

# Allerease™

## Recommended Use:

- ▶ Allergies
- ▶ Seasonal allergic rhinitis
- ▶ Hay fever
- ▶ Anti-histamine

AllerEase™ is a natural product that combines two agents for addressing allergic rhinitis: MSM (methylsulfonylmethane) and standardized grape seed extract. It provides health practitioners with a potent and natural medication for hay fever or seasonal allergic rhinitis, which is a safe alternative to over-the-counter anti-histamines.

Each year starting in March and extending through October, tiny pollen grains, such as from trees and grasses become airborne causing upper respiratory problems for millions of Canadians. Exposure to these allergens can lead to a number of symptoms, including runny nose, watery itchy eyes, sore throat, nasal congestion, post nasal drip and others which are often referred to as hay fever or seasonal allergic rhinitis. Dust, mold and animal dander are common air-borne allergens associated with perennial allergic rhinitis. Health Canada estimated that 20% of Canadians suffer from allergic rhinitis - the most common form of allergies.

The American Academy of Allergies, Asthma and Immunology defined "allergy" (also known as hypersensitivity) as "a harmful increased susceptibility to a specific substance". Although not life threatening, the symptoms of allergic rhinitis each year prompt millions of Canadians to seek relief through over-the-counter anti-histamine medications. These anti-histamines only act to suppress the histamines that the body produced to eliminate the problematic allergens from the body. While the histamines may be suppressed, the body is still disturbed by the allergens plus it must now also address the secondary effects of the newly introduced foreign substance (the drug). In some cases these medications may actually exasperate the root cause of the original

problem. Whereas, undesirable side effects of regular use of anti-histamines are as varied as drowsiness, dry mouth, gastrointestinal upset, insomnia, dizziness and/or headache.

An allergic response occurs when the body's immune system reacts on otherwise harmless substance we call allergens. These allergens cause the body's immune system to produce IgE antibodies, which attach themselves to mast cells and/or basophils. Mast cells are located in the respiratory and gastrointestinal tract whereas basophils are found in the blood. The combining of these IgE antibodies and allergens caused chemicals such as histamine to be released. It is the release of histamines that causes the typical symptoms associated with an allergic response. Once an individual's immune system has identified a particular type of pollen (or other allergen) as "hostile", the body becomes sensitized to it and will react by producing allergy symptoms. This allergic response can continue for an extended period or in some cases for a person's entire life.

## MSM

MSM (Methylsulfonylmethane) is a natural source of sulphur, which is an important element in the body's cells, tissues and fluids. As such, MSM plays a number of important roles in the body, including in limiting the build up of allergens in the body. Unlike antihistamines, instead of acting to suppress histamine production, the effectiveness of MSM for allergies is due to its ability to block the histamine from becoming lodged in the sensitive tissue of the mucus membranes (such as in the nasal passages). When an adequate supply of MSM is present in the body, it coats all the mucus membranes of the body creating a



### Medicinal Ingredients:

Each vegetarian capsule contains:  
 MSM (Methylsulfonylmethane) . . . . . 650 mg  
 Grape Seed Extract (Vitis vinifera L.; 85% Oligomeric proanthocyanidins, seed) . . . . . 100 mg

**Non-medicinal Ingredients:** Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.

**Recommended Dose (adults):** Take 2 capsules two times a day with food or as directed by a health care practitioner. Avoid taking at bed time.

**Caution/Warnings:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Some people may experience mild gastrointestinal bloating, constipation or indigestion.

NPN 80030665 • 120 Capsules



shield through which air-borne allergy-causing contaminants such as pollens and household dust are prevented from entering the lung tissue and nasal passages, thereby mitigating an allergic response.

Over twenty years of clinical development and work with MSM at the Oregon Health Sciences University (OHSU) has lead researchers to conclude that MSM is an excellent therapy for preventing allergies and in the reduction of pain. While MSM's use for pain relief associated with arthritis and acute sports injuries is widely documented and well known, Dr. S. W. Jacob at OHSU states that "MSM to be the most important substance to be identified for the prevention of allergies since the advent of anti-histamines agents, which were introduced over forty years ago." MSM has the effect of overcoming inflammation, swelling and fluid build-up associated with allergic rhinitis.

Anti-histamine medications are not always helpful in the case of person with severe pollen allergies, but almost all persons who start taking MSM for their allergic rhinitis report some degree of relief within a few days of starting the supplement. People find that not only does the sneezing, congestion, tearing eyes and sinus symptoms improve, but other seemingly unrelated problems clear up as well. It may also be beneficial in the treatment of leaky gut syndrome a condition that is frequently associated with allergies. A recent open-label trial found that MSM at doses of 2.6 grams per day for 1 month was a useful agent in the treatment of seasonal allergic rhinitis (SAR). After seven days there was a significant reduction in total ( $p < 0.005$ ) and upper ( $p < 0.01$ ) respiratory symptoms in contrast to baseline. Energy levels also increased significantly by day 14 ( $p < 0.0001$ ). Lower respiratory symptoms were significantly improved from baseline by week 3 ( $p < 0.001$ ). All respiratory improvements were maintained and energy levels continued to increase through the 30 day treatment period.

Unlike anti-histamines, MSM has no serious side effects. Also persons who are allergic to sulfa drugs and sulfite-containing food additives will not be allergic

to MSM as it is an essential mineral, which is in a form already present in the body.

## Grape Seed Extract (*Vitis vinifera*)

Grape Seed Extract is derived from the small seeds (and occasionally the skins) of red grapes. Grape Seed Extract is a rich source of bioflavonoids high in Oligomeric Proanthocyanidins. The specific type of proanthocyanidins found in grape seeds are called "leucoanthocyanins", which are a powerful antioxidant measured to be approximately 20 to 50 times stronger than vitamins C or E, respectively. Leucoanthocyanins from grape seeds can reduce the damage done by free radicals, strengthen and repair connective tissue, promote enzyme activity and help to moderate allergic and inflammatory responses by reducing histamine production. Leucoanthocyanins prevent the release and synthesis of compounds that promote inflammation and allergies such as histamine, serine protease, prostaglandins and leukotrienes.

The catechins in grape seed extract act to inhibit the production of histamine forming enzymes. As a natural antihistamine, grape seed extract helps to control the sneezing, congestion and other hallmarks of an allergic reaction and reduces stomach problems associated with histamine formation in the stomach - which can be a common source of allergies. The extract also inhibits the release of chemicals called prostaglandins that can generate inflammation during an allergic response. Working in concert, the nutrient's antihistamine and anti-inflammatory actions can help to keep at bay such allergic responses as hives, hay fever and eczema. Grape seed is anti-allergic due to its antihistamine effect, as well as proanthocyanidins' ability to strengthen cell membranes of basophils and mast cells, which contain the allergic chemicals, thus preventing over-reaction or hypersensitivity to pollens and food allergens. Many allergy sufferers have reported significant relief using grape seed extract.

## References:

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2. American Academy of Allergies, Asthma and Immunology web-site, January, 2004.
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4. Bagchi D; Garg A; Krohn RL et al. Oxygen free radical scavenging abilities of vitamin C and E, and a grape seed proanthocyanidin extract in vitro. *Res Communi Mol Pathol Pharmacol*, 1997 Feb;95(2): pages 179-189.
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6. Bernstein DI, Bernstein CK, Deng C, Murphy KJ, Bernstein IL, Bernstein JA, Shukla R. Evaluation of the clinical efficacy and safety of grape seed extract in the treatment of fall seasonal allergic rhinitis: a pilot study. *Ann Allergy Asthma Immunol*. 2002 Mar;88(3):272-8.