

Allergy Relief™

Powerful Support For Allergy Sufferers

Allergy Relief is a unique blend of vitamins, minerals, herbs, essential fatty acids, amino acids and other nutrients designed to relieve the symptoms of allergy naturally and without anti-histamine “hangover”. While many natural allergy products take a simple single front approach to relief, Allergy Relief makes a multi-faceted attack on the biological mechanisms that are the cause of the discomforts involved in an allergic response.

Allergy Relief's potent ingredients are designed to pump calcium and essential fatty acids into the “leaking” cell walls of the affected area and to acidify those cells thus strengthening the cell walls and stopping the swelling and fluid leakage which occurs during an allergic episode. At the same time nutritional support is given to essential glandular systems. Allergy Relief is ideal as both a preventative supplement and as a first-aid kit for “crisis” situations.



Look closely at these ingredients and our design rationale then give **Allergy Relief™** a try.

Lyophilized Gland Concentrates- Pituitary- (the “Master gland”) which makes the others work in concert, **Parathyroid-** which controls calcium uptake and cell calcium levels, **Adrenal-** an absolute essential in stress and immunological response and **Liver-** essential for elimination of toxins and immunological response.

Maintaining the acidity of the stomach is also essential to relieving the symptoms of allergies (not just food allergies) so support is given in the form of **Betaine HCL**, **Glutamic HCL** and **Ammonium Chloride** which work together to increase acidity in the stomach when necessary.

Calcium- A key to stopping allergic reactions fast is pumping calcium into cells. To do the job we employ 5 different forms of calcium; aspartate, lactate, citrate, ascorbate and phosphate.

Vitamin C- Has a well-deserved reputation in fighting allergic reactions. It feeds the adrenal gland and helps increase cell membrane integrity.

Folic Acid- Essential to proper amino acid metabolism, folic acid helps rebuild damaged proteins which weaken cell membranes, a major cause of allergic reactions.

Pantothenic Acid- Powerful aid to adrenal function that is vital to the quick balancing of the cells and reduction of allergic responses.

Bromelain- An important synergist working with quercetin to help the body quickly respond to allergic responses. It is also a potent anti-inflammatory which works in conjunction with the other nutrients to

Quercetin- A key bioflavonoid which helps stabilize mast cells, a key player in the symptoms of allergic reactions.

Omega 3 Fatty Acids (Flax Seed Oil and Fish Oil)- Omega 3 oils help stabilize and strengthen key parts of cell membranes. When cell membranes are weak they can more easily become “leaky.” Omega 3's are also strongly anti-inflammatory

L-Methionine- An absolute essential in proper liver function. This sulfur containing amino acid also is a major contributor to the production of glutathione, has anti-inflammatory properties and is an important building block for creatine.

Inositol- An important constituent of cell membranes and messenger cells, both key players in allergy symptoms. Inositol also is an important factor in liver function.
More ingredients listed on reverse side

Choline- Due to its role in fat metabolism, choline is a key nutrient in liver function and the strengthening of cell membranes.

Currently, **Allergy Relief** is packaged in 60 and 120 and 250 tablet size bottles.

More ingredients and explanation on the back side

Designed By Professionals – Made For Your Health!

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Grape Seed Extract- An extremely potent anti-oxidant and anti-inflammatory. It is also an inhibitor of enzymes responsible for the release of histamine.

Perilla Seed Extract- Perilla Seed Extract has been shown to inhibit the production of histamine. It has been especially useful in opening congested lungs and sinuses.

Dulse- Used to support thyroid and parathyroid activity which are vital to proper gland function and cellular calcium balance.

Ginger Root- A potent anti-inflammatory and inhibitor of prostaglandins which can cause allergic response.

Stinging Nettle Leaf Extract- Has been used historically against allergy symptoms like itchy, runny nose, etc. Helps move potassium out of cells.

Black Radish Root Extract- Black Radish is a potent aid to both adrenal gland and liver function.

Amino Acids- The building blocks of the proteins that make up part of the cell membrane. Essential to strong cell membranes.

List of Ingredients

Supplement Facts					
Serving Size: 1 Tablet					
Servings per Container: 60, 120 and 250 Tablets					
Each Tablet Contains:			Dulse	50 mg	†
	Amount per Serving	% Daily Value*	Ginger Root	30 mg	†
Vitamin C	90 mg	150	Stinging Nettle Leaf Extract	50 mg	†
Calcium	30 mg	3	Black Radish Root Extract	75 mg	†
Pantothenic Acid	30 mg	300	Lyophilized Adrenal	80 mg	†
Folic Acid	140 mcg	35	Lyophilized Pituitary	10 mg	†
Bromelain	50 mg	†	Lyophilized Liver	6 mg	†
Betaine HCL	4 mg	†	Lyophilized Parathyroid	1 mg	†
L-Glutamate HCL	6 mg	†	Hydrolyzed Amino Acids	150 mg	†
N,N-Dimethylglycine	20 mg	†	Also Contains: Maltodextrin, Stearic Acid, Magnesium Stearate, Silicon Dioxide		
N,N,N-Trimethylglycine	10 mg	†	† %RDI Not Established		
Quercetin	70 mg	†	*% Daily Values are based on a 2000 Calorie per day diet		
L- Methionine	15 mg	†	Recommendation: One or 2 tablets 2 or 3 times per day or as otherwise directed		
Inositol	20 mg	†	Distributed By: Rainrock Nutritionals Westerville OH 43081 877-204-1953		
Choline Bitartrate	25 mg	†			
Flaxseed Oil	15 mg	†			
Omega-3 Fish Oil	25 mg	†			
Grape Seed Extract	35 mg	†			
Perilla Seed Extract	20 mg	†			

Allergy Relief is designed to provide additional nutritional support to your chosen treatment for the following:

- ▶ Watery Eyes
- ▶ Sneezing
- ▶ Rhinitis
- ▶ Itching eyes, nose
- ▶ Hives
- ▶ Bee, wasp, ant stings
- ▶ Contact dermatitis
- ▶ Allergy related lung congestion
- ▶ Poison Ivy, Oak
- ▶ Allergy related rashes

Suggested Use Directions:

During an acute attack, adults should try 4-5 tablets and wait 15 minutes. If symptoms do not subside, repeat. As a preventative use 1 or 2 tablets 2-3 times per day

Some of Rocky Fork Formulas synergists for this formula are:

Adrenal Force, Boro Cal Plus D, Boro Cal Mag, Co-Enzyme Q10 (capsules or sublingual tablets), DHEA, EPA, Gestall, Gestall HCL, Hepatoplex, Liver ComplexMSM, Omni-Pak EFA, Pantothenic Acid, Super 15

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE