



## Natural Hist-Eez Jr.

- Supports Immune Balance in Hypersensitive Children
- Supports Sinus and Respiratory Health
- Promotes Normal Viscosity of Mucus
- Clears Nasal Passages

This product is a great-tasting, chewable tablet that contains a targeted blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide comprehensive support for children with seasonal challenges caused by common environmental allergens. This product contains quercetin, a powerful flavonoid to support healthy histamine levels. It supplies bromelain to enhance the absorption of quercetin and to support mucosal tissue health and stinging nettles leaf to balance hyper-immune response. N-acetyl cysteine clears the airways by promoting normal viscosity of mucus. This unique nutritional combination safely promotes healthy nasal and sinus passages for children with elevated histamine and respiratory irritation.

### Quercetin†

Quercetin is a biologically active flavonoid antioxidant that is widely distributed in plants, oak trees, onions and tea leaves. Quercetin has strong antioxidant activity and has also been shown to support immune health by mediating the release of inflammatory compounds, including leukotrienes and prostaglandins.<sup>[1,2]</sup> Quercetin is known for its ability to stabilize mast cells, which diminishes the release of histamine, the compound known to cause hypersensitivity reactions during seasonal changes.<sup>[3]</sup>

### Stinging Nettles Leaf†

*Urtica dioica*, commonly known as stinging nettles, is a plant that has been shown to balance immune response, specifically in the airways and nasal passages.<sup>[4]</sup> Studies have shown that the extract of stinging nettles leaf balances several of inflammatory activities that affect respiratory health. In addition to controlling mast-cell degranulation, stinging nettles leaf controls prostaglandin formation and histamine action, thus contributing to a balanced inflammatory response.<sup>[5]</sup>

### Bromelain†

Bromelain is a plant enzyme naturally found on the stem and fruit of the pineapple plant. Bromelain is a proteolytic enzyme

that aids in in the breakdown of large protein complexes, including antigenic compounds. Bromelain has been shown to enhance the absorption of quercetin.<sup>[6]</sup> and to reduce circulating allergenic protein complexes associated with hyper-immune sensitivity and seasonal discomfort.<sup>[7]</sup>

### N-Acetyl-Cysteine†

N-acetyl cysteine (NAC) is an amino acid precursor to one of the most important antioxidants in the body: glutathione.<sup>[8]</sup> Both glutathione and NAC help reduce the viscosity of the mucus allowing for clearing of the airways and improved respiratory health.<sup>[9,10]</sup>

### Vitamin C†

Because vitamin C cannot be synthesized by the human body, it is an essential nutrient that must be consumed in the diet. Among its numerous health-promoting properties, vitamin C supports the immune system and is also a potent antioxidant. When the body is under a significant amount of stress, vitamin C is excreted rapidly. Vitamin C has many immune boosting properties, but is distinctively beneficial for individuals with seasonal discomfort because of its ability to deactivate histamine.<sup>[11,12]</sup>

### Directions

1 tablet as needed or as recommended by your health care professional.

### Does Not Contain

Wheat, gluten, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Supplement Facts <sup>v5</sup>

Serving Size 1 Chewable Tablet  
Servings Per Container 60

1 tablet contains	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid USP)	75 mg	83%
Quercetin Dihydrate	100 mg	*
Stinging Nettle (Leaves)	100 mg	*
Bromelain (2,400 GDU/g) (from Pineapple)	25 mg	*
N-Acetyl-L-Cysteine USP	12 mg	*

\* Daily Value not established

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