

SAY GOODBYE TO ALLERGENS

SNEEZING BOUTS? ITCHY, BLOCKED OR RUNNY NOSE? WATERY, RED OR PUFFY EYES? IF IT'S THAT TIME OF THE YEAR, IT'S TIME TO DO SOMETHING ABOUT IT.



Allergens can affect you both seasonally and continually through the year, based on timing and whether signs recur. Pollens from trees, grasses and weeds appear seasonally and cause seasonal rhinitis. Indoors, dust mites, pet dander (especially cat dander), can cause perennial problems with allergens. In some cases, the signs can be so severe that it affects sleep and concentration.

Signs vary from person to person, but some general indications include:

- Sneezing bouts.
- Itchy, blocked or runny nose, eyes, palate and ears.
- Watery, red, puffy eyes.
- Sore throat, tickly cough and husky voice.

The best way to manage this is to avoid

allergens where possible. Today almost half of patients affected by allergens try to control signs with natural products.

NFS has two high potency formulas to help manage these signs and provide long term and seasonal support.

NFS Quercetin is a powerful antioxidant, which can support the body's own natural immune response to allergens.

NFS Allergy Manager is a high potency formula designed to help support the sinuses and the body's natural defence mechanism against allergens. The formula includes Histidine making it useful for long term and seasonal support.