

# ALLERGENA™

## Zone 1

CT, DE, MA, MD, ME, NH, NJ,  
NY, PA, RI, VT, WV & DC

## Allergy Relief for Where You Live\*

### Geographically Zoned Formula For Local Tree, Weed & Grass Allergens



NET 1 FL. OZ. (30ml)  
& NET 2 FL. OZ. (60ml)

- Homeopathic Sublingual Immunotherapy
- Builds a strong immune system to help fight allergies\*
- Non-drowsy, no side effects and no drug interactions\*
- No GMOs and No Gluten
- Alleviates runny nose, sneezing, congestion, sinus pressure, itchy & watery eyes\*
- Contains herbal drainage remedies to enhance the drainage process and remove antigen residue\*
- Additional immune support provided from Echinacea\*

**Zone 1 is formulated to provide relief for the following local allergens\*\*:**

#### Trees

Alder, Smooth  
Arbor Vitae  
Ash, Arizona  
Ash, Green  
Ash, White  
Aspen, Quaking  
Beech, American  
Birch, Paper  
Birch, River  
Birch, White  
Birch, Yellow  
Box Elder  
Cedar Mountain  
Cedar Red  
Elm, American  
Hackberry  
Hazelnut  
Hickory, Bitternut  
Hickory, Pignut  
Hickory, Shagbark  
Hickory, White  
Hornbeam  
Ironwood  
Ligustrum

Maple, Hard  
Maple, Red  
Maple, Silver  
Mulberry, Paper  
Mulberry, Red  
Mulberry, White  
Oak, Black  
Oak, Pin  
Oak, Post  
Oak, Red  
Oak, White  
Oak, Willow  
Pine, Austrian  
Pine, Red  
Pine, Scotch  
Pine, Shortleaf  
Pine, White  
Poplar, Lombardy  
Poplar, White  
Privet  
Spruce, Blue  
Sweetgum  
Sycamore  
Tree-Of-Heaven  
Walnut, Black  
Willow, Black

#### Weeds

Carelessweed  
Cocklebur  
Dock, Bitter  
Dock, Sour  
Dock, Tall  
Dock, White  
Dock, Yellow  
Goldenrod  
Jerusalem Oak  
Lamb's Quarters  
Mexican Tea  
Mugwort, Common  
Nettle  
Pigweed, Spiny  
Pigweed, Rough  
Pigweed, Redroot  
Plantain, English  
Ragweed, Giant  
Ragweed, Short  
Sorrel, Sheep  
Spearscale  
Waterhemp, Western  
Wormwood, Annual  
Wormwood, Common

#### Grasses

Bermuda Grass  
Bluegrass, Annual  
Bluegrass, Canadian  
Bluegrass, Kentucky  
Canary Grass, Reed  
Cheat Grass  
Corn  
Fescue, Meadow  
Johnson Grass  
June Grass  
Oat Grass, Tall  
Oats, Cultivated  
Orchard Grass  
Quack Grass  
Redtop  
Rye, Cultivated  
Rye Grass, Italian  
Rye Grass, Perennial  
Salt Grass  
Sweet Vernal Grass  
Timothy  
Velvet Grass  
Wheat, Cultivated

#### Herbal Drainage Remedies:

- Baptisia tinctoria
- Hydrastis canadensis
- Myrrha
- Nasturtium aquaticum
- Phytolacca decandra
- Trigonella foenum-graecum

**Active Ingredients:** Antigens 6X, 12X, 30X: \*\*Zone 1 Grasses, \*\*Zone 1 Trees, \*\*Zone 1 Weeds; Herbal Drainage Remedies 3X: Baptisia tinctoria HPUS, Hydrastis canadensis HPUS, Myrrha HPUS, Nasturtium aquaticum HPUS, Phytolacca decandra HPUS, Trigonella foenum-graecum; Echinacea 3X HPUS.

**Inactive Ingredients:** USP Purified Water & 25% USP Ethanol.

\*www.allergena.com/drugdisclaimer

\*\*DISCLAIMER: Local allergens listed are immunologically reactive with the standard homeopathic antigen formulation used in this and other Allergena products.

[www.allergena.com](http://www.allergena.com) / see reverse for more details  
ALLERGENA™ is a Homeopathic Formulation by PROGENA™

## Frequently Asked Questions

### How does Allergena Zone 1 work?

The immune system defends us against disease. When harmful substances are detected, such as pollens, the immune system creates antibodies, which destroy or neutralize allergens (i.e. pollens, dust and/or mold) that cause us to have allergic reactions. However, sometimes even our immune system is not strong enough to defend against these allergens. Allergena is a Homeopathic Sublingual Immunotherapy that reduces the body's negative reaction to allergens. Our homeopathic allergy drops build immunity by exposing your body in micro doses to whatever it is that you are allergic to. This way, the body becomes safely conditioned to tolerate the allergens that previously brought on allergic reactions, and ultimately reduce allergic symptoms. Below are a few definitions to give you a better idea of how Allergena works:

- Sublingual: Underneath the tongue.
- Immunotherapy: Treatment to stimulate or restore the ability of the immune (defense) system to fight infection and disease. Allergy shots are another form of Immunotherapy.

### What does “Geographically Zoned” mean?

Trees in the Southwest are different from trees on the East Coast. That's why native trees, weeds and grasses from across the US have been grouped into 9 unique "zones". These zones ensure your body builds immunity to the specific allergens that make you miserable.

### Why are drainage remedies included?

Our specific herbal remedies enhance drainage of foreign particles which accumulate in the lymph system.

### How long before Allergena begins “working”?

Some users experience relief within hours. Others realize a reduction of symptoms between one to eight weeks.

### How long should I continue to take Allergena?

Frequent administration of Allergena is essential to building immunity. Recommended dosage for adults is 10-15 drops under the tongue, 3 times daily. Children (age 2-12), 6-10 drops under the tongue, 3 times daily, before or after meals. Allow drops to be absorbed orally, then swallow. **Acute allergy attack:** Administer 5-8 drops per hour, in addition to 3 times daily.

### Severe and long-term allergy sufferers?

**Pre-Season:** Begin Allergena one to two weeks before the allergy season at a recommended dosage of 6 drops under the tongue, 3 times daily. **During Allergy Season:** Increase to your recommended dosage. **Post-Season:** For best results, reduce your recommended dosage to 5-8 drops under the tongue once daily for the two weeks following the allergy season.

### Are there any side effects?

There are no known side effects. For extreme sufferers, heightened allergic reaction may occur following administration of Allergena. Do not be alarmed at this response. If you experience a headache after taking Allergena decrease dose to a tolerable level. Then increase dose slowly over a period of two weeks.

### Can I take Allergena with other medications?

Yes. There are no known adverse drug interactions.

### What is Sublingual Immunotherapy (SLIT)?

Sublingual Immunotherapy is a method of allergy treatment that uses an allergen solution given under the tongue. Over time, sensitivity to allergens are reduced. In 1998 the World Health Organization concluded that Sublingual Immunotherapy was a viable alternative to the injection route and that its use in clinical practice is justified.

Bousquet J, Lockey R, Malling H (1998). "Allergen immunotherapy: therapeutic vaccines for allergic diseases. A WHO position paper". J Allergy Clin Immunol 102 (4 Pt 1): 558–62.

## More Products by Allergena:

[www.allergena.com](http://www.allergena.com)

### Zones 2-9

Allergy Relief from  
Trees, Weeds & Grasses

### Mold Mix

Allergy Relief from  
Molds & Fungi

### Dust+Mite

Allergy Relief from  
Dust Mites & House Dust

### Fragrance

Allergy Relief from  
Fragrances, Smoke  
& Pollutants

### Pet Dander

Allergy Relief from  
Cats & Dogs and  
Other Animals

### for Pets

Allergy Relief for  
Cats & Dogs