

# NATURAL D-HIST®



## RECOMMENDED USE

- Used in herbal medicine to help relieve seasonal allergy symptoms
- Used in herbal medicine as supportive therapy to help relieve rheumatic complaints
- Used in herbal medicine as a capillary/blood vessel protectant

## SEASONAL SUPPORT

Natural D-Hist® is a blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide support for seasonal challenges caused by common environmental allergens. Natural D-Hist® includes quercetin, a powerful flavonoid, that has been used in herbal medicine to help protect blood vessels. Bromelain enhances the absorption of quercetin, while stinging nettle leaf balances the hyper-immune response. This powerful combination actively promotes healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation.

### Quercetin

Quercetin is a biologically active flavonoid antioxidant that is widely distributed in plants including oak trees, onions and tea.<sup>1,2</sup> Quercetin is described to have preliminary evidence for supporting endothelial barrier integrity and is described to influence some aspects of platelet aggregation and signalling<sup>3</sup>

### Stinging Nettles Leaf

*Urtica dioica*, commonly known as stinging nettles, is a plant that has been shown in herbal medicine to help relieve seasonal allergy symptoms and act as a supportive therapy to help relieve rheumatic complaints. Stinging nettle has been used as a component of prepared medicines intended for supportive treatment of rheumatic ailments. In a double-blind randomized study, 98 individuals with allergic rhinitis compared the effects of a freeze-dried stinging nettle herb powder with placebo. The study reported the extract produced positive, though limited results, in the treatment of allergic

rhinitis. In a multicenter study, 152 patients with degenerative, rheumatic diseases were given Nettle Herb extract. Subjective improvement of symptoms was observed in 70% of patients.<sup>4,5</sup> Studies have shown that the extract of stinging nettles leaf balances a variety of inflammatory activities that affect respiratory health. Stinging nettle leaf controls mastcell degranulation, prostaglandin formation, and histamine action all contributing to a balanced inflammatory response.<sup>6</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 the breakdown of large protein complexes, and has been shown to enhance the absorption of quercetin.<sup>7</sup>

### N-Acetyl Cysteine

N-acetyl cysteine (NAC) provides antioxidants. It is also an amino acid precursor to one of the most important antioxidants in the body, glutathione.<sup>8</sup>

### Vitamin C

Vitamin C cannot be synthesized by humans and is therefore an essential nutrient that must be consumed in the diet. Among its numerous health-promoting properties, vitamin C helps in wound healing, connective tissue formation and the development and maintenance of bones, cartilage, teeth and gums and is an antioxidant for the maintenance of good health.

## Recommended Dose

**Adults:** Take 2 capsules 3 times per day with meals. For use beyond 12 weeks, consult a health care practitioner.

## Medicinal Ingredients (per capsule)

Vitamin C (Ascorbic acid USP).....	150 mg
Quercetin (Quercetin dihydrate).....	179 mg
Stinging nettle ( <i>Urtica dioica</i> - Herb top).....	200 mg
Fruit bromelain ( <i>Ananas comosus</i> var. <i>comosus</i> , Fruit).....	50 mg (1 800 000 FCC PU)
N-Acetyl-L-cysteine USP.....	25 mg

## Non-Medicinal Ingredients

Hypromellose, Magnesium Stearate, Silicon Dioxide, Stearic Acid.

## Risk statements

Consult a health care practitioner prior to use if you have kidney stones, or a gastrointestinal lesion/ulcer, are taking an anticoagulant/ blood thinner, anti-inflammatory or are having surgery. Consult a health care practitioner if symptoms persist or worsen. Do not use this product if you are taking antibiotics or nitroglycerin or if you are pregnant or breastfeeding. Hypersensitivity/allergy, nausea, vomiting, and diarrhea have been known to occur; in which case, discontinue use.

To be sure this product is right for you always read and follow the label.

## References

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2. Kim HP, Mani I, Iversen L, Ziboh VA. Effects of naturally-occurring flavonoids and bioflavonoids on epidermal cyclooxygenase and lipoxygenase from guinea pigs. *Prostaglandins Leukot Essent Fatty Acids* 1998; 58:17-24.
3. Murray MT, B Bongiorno PB. Flavonoids—Quercetin, Citrus Flavonoids, and Hydroxyethylrutosides. In: Pizzorno JE, Murray MT, editors. *Textbook of Natural Medicine*, Third edition, volume 1. St. Louis (MI): Churchill Livingstone Elsevier; 2006. P 772-777
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5. Blumenthal M, Goldberg A, Brinckmann J, editors. *Herbal Medicine: Expanded Commission E Monographs*. Newton: Integrative Medicine Communications; 2000.
6. Obertreis, B. et al. Anti-inflammatory effect of *Urtica dioica* folia extract in comparison to caffeic malic acid. *Arzneimittelforschung* 1996; 46(1): 52-56.
7. Shoskes DA, Zeitlin SI, Shahed A, Rajfer J. Quercetin in men with category III chronic prostatitis: a preliminary prospective, double-blind, placebo-controlled trial. *Urology* 1999; 54(6): 960-3.
8. Yim CY, et al. Use of N-acetyl cysteine to increase intracellular glutathione during the induction of antitumor responses by IL-2. *J Immunol* 1994; 152:5796-5805.