

RELIEF OF ALLERGY SYMPTOMS



Information for **Health Care Professionals**



ITCHY & WATERY EYES • SNEEZING RUNNY NOSE • ITCHY THROAT & NOSE

Few problems affect more people than allergies. Yet decongestants and antihistamines may cause adverse effects. Many allergy sufferers think they can only take medications that cause rebound congestion and drowsiness, or just suffer through the symptoms. **AllergyCalm™**, as a homeopathic medicine, offers a reliable and low-cost choice.

AllergyCalm relieves hay fever and other respiratory allergy symptoms including **itchy throat and nose; sneezing; runny nose; itchy and watery eyes; and spasmodic cough.**

This line includes meltaway tablets and pellets in the adults and children's aisles. The pellets offer patients another option for allergy relief that's easy to use on the go or with young children. Both the pellets and tablets can be taken without water and are indicated for those 2 years of age and older.

There is no risk of drowsiness or hyperactivity, making AllergyCalm an ideal choice for everyone in the household – from seniors taking other medications to busy adults who need to remain alert. This medicine line is available over the counter and health care professionals can also purchase direct from Boiron.


**World Leader in
Homeopathic Medicines**
BoironUSA.com/hcp

RELIEF OF ALLERGY SYMPTOMS¹⁻³

HOW IT WORKS

ADVANTAGES

SIDE EFFECTS/ DISADVANTAGES

MEDICINES

AllergyCalm™ AllergyCalm Kids Tablets AllergyCalm Kids Pellets AllergyCalm On the Go Pellets	Homeopathic action on hay fever and upper respiratory allergies such as itchy and watery eyes, sneezing, runny nose, and itchy throat and nose.	Non-drowsy; no known drug interactions.	Very low risk of side effects.
Antihistamines <i>(diphenhydramine, chlorpheniramine)</i>	Inverse agonists or antagonists of peripheral H1 histamine receptors.	Generally well tolerated for long periods.	Possible drowsiness, headaches, anticholinergic effects in some patients; interacts with CYP3A4 enzyme inhibitors (except cetirizine).
Cromolyn sodium nasal spray	Stabilizes mast cells' membranes and prevents allergy mediator release.	Well tolerated.	Eye irritant.
Decongestants <i>(pseudoephedrine, oxymetazoline, phenylephrine)</i>	Vasoconstrictors (α 1-adrenergic agonists).	Rapid and sustained effect.	Rebound congestion with overuse; may increase blood pressure in children; use with care in open-angle glaucoma.
Nasal corticosteroids <i>(fluticasone propionate)</i>	Anti-inflammatory action on the nasal mucosa.	Sustained action during the day.	Overuse causes systemic side effects; interacts with CYP3A4 enzyme inhibitors.

SUPPLEMENTS

Beta-glucans <i>(beta-1.3-1.6 glucan)</i>	Yeast derived beta-glucans decreases the severity of symptoms due to ragweed.	Generally recognized as safe.	Possible interactions with antihypertensive and immunosuppressant drugs or indomethacin.
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HERBS

Butterbur <i>(Petasites spp.)</i>	Possible inhibition of histamine release from mast cells.	Well tolerated; pyrrolizidine alkaloids must be removed from preparation.	Safety for long-term use, nursing or pregnant women not yet established.
Guduchi, Giloy <i>(Tinospora cordifolia)</i>	Possible inhibition of histamine release from mast cells.	Well tolerated; safe when used orally and short term.	Possible hypoglycemic effect.
Pycnogenol® <i>(Maritime pine bark extract)</i>	Inhibits the release of histamine from mast cells.	Well tolerated; safe when used orally and short term.	Possible hypoglycemic effect.



Scan & register for access to on-demand homeopathic protocols.

The **AllergyCalm™** line is produced by Boiron using pharmaceutical quality standards, recognized as the most stringent level of Good Manufacturing Practices among health products. The active ingredients are made according to the **Homeopathic Pharmacopoeia of the United States**.⁴

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmacological properties of the strain (in blue) and the general indications of its homeopathic dilution (in green).⁵⁻⁶

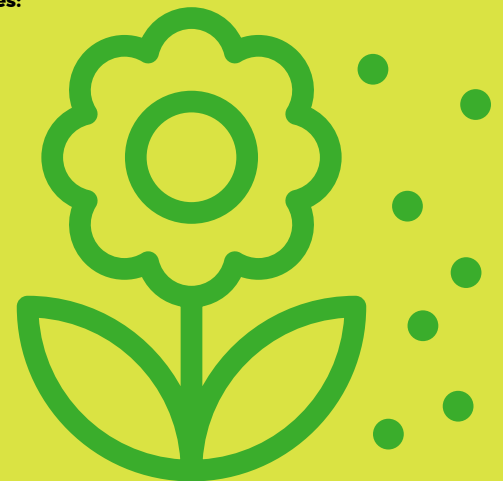
AllergyCalm should be used only for its labeled indications.

<p>Onion (Alliaceae) <i>Allium cepa L.</i></p>	<p>Common ragweed (Asteraceae) <i>Ambrosia artemisiaefolia</i></p>	<p>Eyebright (Orobanchaceae) <i>Euphrasia rostkoviana</i></p>
<p>Labile sulfur compound: coryza with clear irritating nasal discharge, stinging of the eyes, spasmodic cough.</p>	<p>Ragweed pollens: strong allergens.</p>	<p>Aucubin: anti-inflammatory properties; eyebright juice has traditionally been used in homeopathy to relieve irritated eyes.</p>
<p>Allium cepa 3C</p>	<p>Ambrosia artemisiaefolia 5C</p>	<p>Euphrasia officinalis 5C</p>
<p>Relieves runny nose associated with allergies.</p>	<p>Relieves spasmodic cough associated with hay fever.</p>	<p>Relieves burning, irritated eyes.</p>
<p>Histamine hydrochloride</p>	<p>Feathershank (Melanthiaceae) <i>Schoenocaulon officinale</i></p>	<p>Goldenrod (Asteraceae) <i>Solidago virgaurea</i></p>
<p>Histamine: main allergy mediator.</p>	<p>Veratrin: sneezing and running of the nose and eyes with tingling sensation in the throat and mouth.</p>	<p>Goldenrod pollen: mild allergen, which can cause allergic reaction when handled frequently.</p>
<p>Histaminum hydrochloricum 9C</p>	<p>Sabadilla 5C</p>	<p>Solidago virgaurea 5C</p>
<p>Relieves symptoms of allergic conditions.</p>	<p>Relieves sneezing and itchy throat associated with allergies.</p>	<p>Relieves abundant nasal discharge.</p>

+ ADVANTAGES

As a convenient and reliable first choice to relieve allergy symptoms, AllergyCalm offers many advantages:

- No known drug interactions
- Non-drowsy and non-habit forming
- No rebound congestion
- Will not mask underlying conditions
- Can be taken by children 2 years of age and older
- Available in two forms: meltaway pellets and tablets that dissolve in the mouth
- No need to take with food or water



References

1. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
2. *PDR for Herbal Medicines*. 4th ed. Montvale, NJ: Thomson PDR; 2007.
3. Natural Medicines Comprehensive Database. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2022.
4. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry (revised draft)*. U.S. Food and Drug Administration. October 2019. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>.
5. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
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AllergyCalm™



ALLERGYCALM/ALLERGYCALM KIDS TABLETS

60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each pellet)	Purpose*
Allium cepa 5C HPUS (0.42 mg).....	Relieves runny nose associated with allergies
Ambrosia artemisiaefolia 5C HPUS (0.42 mg).....	Relieves spasmodic cough associated with hay fever
Euphrasia officinalis 5C HPUS (0.42 mg).....	Relieves burning, irritated eyes
Histaminum hydrochloricum 9C HPUS (0.42 mg).....	Relieves symptoms of allergic reactions
Sabadilla 5C HPUS (0.42 mg).....	Relieves sneezing and itchy throat (contains less than 10 ⁻¹¹ mg cevadine alkaloids) associated with allergies
Solidago virgaurea 5C HPUS (0.42 mg).....	Relieves abundant nasal discharge

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses* temporarily relieves these symptoms of hay fever or other upper respiratory allergies:

- itchy and watery eyes
- sneezing
- itchy throat and nose
- runny nose
- spasmodic cough associated with hay fever

Warnings

Stop use and ask a doctor if ■ symptoms persist continuously for more than 7 days or worsen ■ cough lasts for more than 7 days, comes back, or is accompanied by fever, rash, or a persistent headache. These could be signs of a serious condition.

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Drug Facts (continued)

Directions

Adults and children 7 years of age and older	At the onset of symptoms, dissolve 2 tablets under the tongue every 15 minutes for 1 hour. Then, take 2 tablets 3 times a day until symptoms are relieved.
Children 2 to 6 years of age	Dissolve 2 tablets in 1 tablespoon of water for easier intake. Follow directions above.
Children under 2 years of age	Ask a doctor.

Other information

- do not use if glued carton end flaps are open or if the blister seal is broken
- store below 86°F (30°C)

Inactive ingredients croscarmellose sodium, lactose, magnesium stearate

Questions or comments?

BoironUSA.com
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1-800-BOIRON-1
(1-800-264-7661)

ALLERGYCALM ON THE GO/ALLERGYCALM KIDS PELLETS

APPROX. 80 PELLETS PER TUBE

Drug Facts

Active ingredients** (in each pellet)	Purpose*
Allium cepa 5C HPUS (0.07 mg)	Relieves Allergy Symptoms: Sneezing, Runny Nose, Irritated Eyes, Itchy Throat
Ambrosia artemisiaefolia 5C HPUS (0.07 mg)	
Euphrasia officinalis 5C HPUS (0.07 mg)	
Histaminum hydrochloricum 9C HPUS (0.07 mg)	
Sabadilla 5C HPUS (0.07 mg)	
Solidago virgaurea 5C HPUS (0.07 mg)	

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses* temporarily relieves these symptoms of hay fever or other upper respiratory allergies:

- itchy and watery eyes
- sneezing
- itchy throat and nose
- runny nose
- spasmodic cough associated with hay fever

Warnings

Stop use and ask a doctor if ■ symptoms persist continuously for more than 7 days or worsen ■ cough lasts for more than 7 days, comes back, or is accompanied by fever, rash, or a persistent headache. These could be signs of a serious condition.

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions

- Adults and children 2 years of age and older: At the onset of symptoms, dissolve 5 pellets under the tongue every 15 minutes for 1 hour. Then take 5 pellets 3 times a day until symptoms are relieved.
- Children under 2 years of age: Ask a doctor.

Other information

- do not use if glued carton end flaps are open or if the pellet dispenser seal is broken
- contains 0.25 g of sugar per dose

Inactive ingredients lactose, sucrose

Questions or comments?

BoironUSA.com | Info@Boiron.com | 1-800-BOIRON-1
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ALSO AVAILABLE FROM BOIRON

