

## Aller Pro

Support for Healthy  
Respiratory Function\*

### Aller Pro Supplementation

Aller Pro promotes a healthy upper respiratory tract through bioavailable herbal and antioxidant immune-supporting ingredients that help support healthy nasal and sinus cavities.\* It helps support healthy levels of mucus in the nasal and sinus cavities.\*

Aller Pro provides herbal and antioxidant support with research-backed ingredients to support healthy nasal and sinus cavities.\* The bioavailable ingredients are available in a vegetarian capsule for maximum absorption and help with seasonal transitions.\* Supplementation may also include these additional benefits:

- Support for healthy nasal and sinus cavities\*
- Promotes healthy respiratory function\*
- Support for healthy immune function\*
- Supports a healthy oxidative stress response\*

### How Aller Pro Works

Deglycyrrhizinated licorice supports healthy mucus levels, thus supporting healthy respiratory function.\*<sup>1</sup> It also has powerful properties that support healthy mucus levels in the lungs.\*<sup>2</sup>

Quercetin is a flavonoid known for its antioxidant properties, affecting healthy respiratory function and promoting healthy nasal and sinus cavities.\*<sup>3</sup> Like all flavonoids, quercetin works as an antioxidant by scavenging free radicals and supporting healthy oxidative stress.\*<sup>4</sup>

Stinging nettle leaf is another ingredient rich in flavonoids and antioxidant properties that has been used in herbal treatments for centuries.\* It helps support upper respiratory health by promoting healthy immune markers.\*<sup>5</sup>

Bromelain is a crude extract from pineapple containing several proteases, enzymes that help us digest and absorb protein complexes, including antigenic compounds that enhance the absorption of quercetin.\* The properties of bromelain support healthy mucus and nasal passages.\*<sup>6</sup>

N-acetyl-l-cysteine (NAC) is an amino acid precursor to glutathione, a crucial antioxidant that affects every system in the body, especially the nervous, immune, and gastrointestinal systems. Glutathione and NAC work together to support healthy mucus levels, thus supporting a healthy airway and promoting a healthy upper respiratory tract.\*<sup>7</sup>



## How Aller Pro Works Continued

Vitamin C is a powerful antioxidant micronutrient with immune-supporting properties that works synergistically with quercetin to encourage healthy immune, nasal, and sinus function.\* Research suggests that supplementation with vitamin C supports respiratory health and immune function through the redox integrity of cells.\*<sup>8</sup>

# Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%DV*
Vitamin C (as ascorbic acid)	150 mg	167%
Quercetin (as quercetin dihydrate)	200 mg	**
Stinging Nettle Powder (leaf; <i>Urtica dioica</i> )	200 mg	**
Deglycyrrhizinated Licorice Extract (root; <i>Glycyrrhiza glabra</i> )	75 mg	**
Bromelain (from pineapple) (2400 GDU/g)	50 mg	**
N-Acetyl-L-Cysteine	25 mg	**

**Other Ingredients:** Hypromellose, vegetable magnesium stearate, silica.

**Directions:** Loading phase: Take 2 capsules three times daily for 7-10 days. Acute: Take 2-3 capsules as needed. Maintenance: Take 1 capsule daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

1. Wang L et al. *Acta Pharm Sin B*. 2015;5(4):310-315.
2. Murck H. *Front Immunol*. 2020;11:1239.
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4. Baghel SS et al. *World J Pharm Pharm Sci*. 2012;1(1):146-160.
5. Roschek B Jr et al. *Phytother Res*. 2009;23(7):920-926.
6. Chakraborty AJ et al. *Life (Basel)*. 2021;11(4):317.
7. Seagrave J et al. *Respir Res*. 2012;13:98.
8. Wintergerst ES, Maggini S, & Hornig DH. *Ann Nutr Metab*. 2006;50:85-94.

\* 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.

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