



# Nutritional Frontiers

*breaking through nutritional boundaries*

## WELLNESS

# ALLERGY SOLUTIONS

### ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

### RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

### NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Airmaxx				
Rad Free				
Immuno Max				
MSM 1000				
Ester C Plus				
Immune Tincture				
Other _____				

### HEALTH CARE PROFESSIONAL NOTES:

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\*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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# THE ALLERGY SYSTEM

Allergies are an exaggerated response from the immune system, most commonly from food and pollen. The immune system is a complex system designed to defend the body from foreign substances such as bacteria, viruses, and other harmful elements. Many side effects may occur because of allergy reactions, such as sneezing, coughing, runny nose, rashes, and even itchy eyes. Natural supplements may be able to lessen, or remove the issues which result in these side effects. By introducing healthy alternatives, instead of taking drugs, your body will be able to heal.

## SYMPTOMS FROM ALLERGIES

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Nasal Congestion       | <input type="checkbox"/> Sweaty Palms                | <input type="checkbox"/> Rash           |
| <input type="checkbox"/> Sneezing/Wheezing      | <input type="checkbox"/> Fatigue                     | <input type="checkbox"/> Mild to Severe |
| <input type="checkbox"/> Itchy Eyes/Watery Eyes | <input type="checkbox"/> Dark Circles Under The Eyes | <input type="checkbox"/> Headaches      |
| <input type="checkbox"/> Itchy Skin/Hives       |  |   |

# THE ALLERGY SOLUTION



## AirMaxx:

### Chewables:

Take 2 chewable tablets, twice daily

### Tablets:

Take 1 tablet, 2 to 3 times daily between meals



## RAD FREE:

Take two capsules with food



## Immuno Max:

Take 1-3 Capsules or Chewables 1-3 times daily

# ABOUT THE ALLERGY SOLUTIONS NUTRACEUTICALS

## AirMaxx Chewables and Tablets:

- Supports proper respiratory function\*
- Contains ingredients to maintain histamine levels within normal ranges\*
- Supports healthy balanced immune system function and contains potent antioxidants\*

## RadFree Capsules:

- Supports healthy aging, the immune system, vascular functions and skin health.
- More than 90 research publications and abstracts have reported the health benefits of grape seed extract focusing on areas related to antioxidant activity, cardiovascular health, gastric health and anti-inflammatory properties.

## Immuno Max:

- Immunomax is designed specifically for anyone with a weakened immune system.
- supports increased resistance to invading microorganisms and enhancing antibody and lymphocyte production.
- increases the number of immune cells and limiting unhealthy cell replication.

	 <b>FOOD</b> 	<b>YES</b>	<b>NO</b>
<b>FRUITS</b>	All fresh, frozen, water packed, or canned.		Juice, grapefruits, oranges or citrus
<b>VEGETABLES</b>	All fresh raw, steamed, sauteed, juiced, or roasted.		Corn, creamed vegetables
<b>STARCH</b>	100% whole grains, sweet potatoes, yams, rice, gluten free oats, oatmeal millet, quinoa, amaranth, tapioca, buckwheat		Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products.
<b>BREAD/CEREAL</b>	100% whole grains, high fiber, oatmeal, rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa		Processed carbs, wheat, spelt, kamut, rye, barley; all gluten-containing products, 100% whole wheat bread
<b>LEGUMES</b>	All beans, peas, and lentils		Soy products, soybeans, tofu, tempeh
<b>NUTS AND SEEDS</b>	Almonds, cashews, walnuts; sesame (tahini) sunflower, and pumpkin seeds; butters made from these nuts and seeds.		Peanuts
<b>MEAT AND FISH</b>	Organic or free range, all canned (water-packed), frozen, or fresh wild fish; chicken; turkey; wild game; lamb.		Beef, pork, cold cuts, hot dogs, sausage, canned meats, shellfish
<b>MILK AND DAIRY SUBSTITUTES</b>	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks.		NO MILK, Cheese, ice cream, pizza, grilled cheese, cottage cheese, cream, yogurt, "non-dairy" creamers.
<b>FATS</b>	Cold pressed olive, flax, coconut, safflower, sunflower, butter, sesame, walnut, pumpkin, almond oils, omega 3 fish oils.		Fried foods, fast food, margarine, shortening, salad dressings processed (hydrogenated) oils, mayonnaise, spreads.
<b>BEVERAGES</b>	WATER filtered or pure spring water, herbal tea, seltzer or mineral water.		Soda pop or soft drinks, juice, alcoholic beverages, coffee, tea, other caffeinated beverages.
<b>SPICES/CONDIMENTS</b>	All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar.		Chocolate, ketchup, relish, chutney, soy sauce, barbeque sauce, other condiments.
<b>SWEETENERS</b>	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia		Artificial Sweeteners, high fructose corn syrup, white or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts.

