



RhinAllergy®

RELIEF OF  
ALLERGY SYMPTOMS

Information for Health Care Professionals

RHINALLERGY/RHINALLERGY KIDS 60 quick-dissolving tablets

| Drug Facts  |  |
|---|--|
| <b>Active ingredients</b>   | <b>Purpose</b>   |
| Allium cepa 5C HPUS.....  | Relieves runny nose associated with allergies                |
| Ambrosia artemisiaefolia 5C HPUS.....   | Relieves spasmodic cough associated with hay fever           |
| Euphrasia officinalis 5C HPUS.....  | Relieves burning, irritated eyes                             |
| Histaminum hydrochloricum 9C HPUS.....  | Relieves symptoms of allergic conditions                     |
| Sabadilla 5C HPUS .....   | Relieves sneezing and itchy throat associated with allergies |
| Solidago virgaurea 5C HPUS.....   | Relieves abundant nasal discharge                            |
| <i>The letters “HPUS” indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.</i>  |  |
| <b>Uses</b>   |  |
| ■ temporarily relieves one or more of these symptoms of hay fever or other upper respiratory allergies: ■ itchy and watery eyes ■ sneezing ■ runny nose ■ itchy throat and nose   |  |
| <b>Warnings</b>   |  |
| <b>Ask a doctor before use</b> in children under 2 years of age.<br><b>Stop use and ask a doctor if</b> symptoms persist continuously for more than 7 days or worsen. <b>If pregnant or breastfeeding</b> , ask a health professional before use. <b>Keep out of reach of children.</b>   |  |
| <b>Directions</b>   |  |
| ■ Adults and children 2 years of age and older: At the onset of symptoms, dissolve 2 tablets under the tongue every 15 minutes for 1 hour. Then, dissolve 2 tablets under the tongue 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. |  |
| <b>Other information</b>  |  |
| ■ do not use if glued carton end flaps are open or if the blister seal is broken ■ store at 68-77°F (20-25°C)   |  |
| <b>Inactive ingredients</b>   |  |
| croscarmellose sodium, lactose, magnesium stearate  |  |
| <b>Questions or comments?</b>   |  |
| <b>BoironUSA.com</b><br><b>Info@boiron.com</b><br><b>1-800-BOIRON-1</b><br>(1-800-264-7661)   |  |

RHINALLERGY KIDS PELLETS two multidose tubes of approx. 80 pellets

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| <b>Uses</b>   |  |
| ■ temporarily relieves one or more of these symptoms of hay fever or other upper respiratory allergies: ■ itchy and watery eyes ■ sneezing ■ runny nose ■ itchy throat and nose   |  |
| <b>Warnings</b>   |  |
| <b>Ask a doctor before use</b> in children under 2 years of age.<br><b>Stop use and ask a doctor if</b> symptoms persist for more than 7 days or worsen. <b>Keep out of reach of children.</b>  |  |
| <b>Directions</b>   |  |
| ■ 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, dissolve 5 pellets under the tongue 3 times a day until symptoms are relieved. ■ Children under 2 years of age: Ask a doctor. |  |
| <b>Other information</b>  |  |
| ■ do not use if pellet dispenser seal is broken   |  |
| <b>Inactive ingredients</b>   |  |
| lactose, sucrose  |  |
| <b>Questions or comments?</b>   |  |
| <b>BoironUSA.com</b><br><b>Info@boiron.com</b><br><b>1-800-BOIRON-1</b><br>(1-800-264-7661)   |  |

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 effects and drowsiness, or just suffer through the symptoms. RhinAllergy®, as a homeopathic medicine, offers a reliable and low-cost choice.

RhinAllergy relieves hay fever and other upper respiratory allergy symptoms including itchy throat and nose, sneezing, runny nose, and itchy and watery eyes.

This line includes quick-dissolving tablets in the adult and children’s aisles, as well as RhinAllergy Kids Pellets. These sweet-tasting pellets offer parents another over-the-counter choice for allergy relief. Both the pellets and tablets can be taken without water and are indicated for children 2 years of age and older.

There are no expected side effects such as drowsiness or hyperactivity, making it an ideal choice for everyone in the household — from seniors taking other medications to busy adults who need to remain alert. Both are readily available in natural product stores nationwide and online.

MEDICINES

|  |   |  |  |
|--|---|--|--|
| RhinAllergy®<br>RhinAllergy Kids Tablets<br>RhinAllergy Kids 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 based on pharmacovigilance.  |
| Antihistamines<br>(loratadine, cetirizine, fexofenadine)             | 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<br>(naphazoline, oxymetazoline, tetrahydrozoline)      | Vasoconstriction α-1 agonists and partial α-2 agonists.   | Rapid and sustained effect.                | Rebound congestion with overuse; use with care in open-angle glaucoma; no action on eye fatigue.                                       |
| Nasal corticosteroids<br>(fluticasone propionate)                    | 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<br>(beta-1.3-1.6 glucan)             | 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.   |
| Pycnogenol<br>(French maritime pine bark extract) | Pycnogenol inhibits the release of histamine from mast cells.                 | Safe when used at common dosages and for short periods of time. | Avoid using during pregnancy and nursing; astringent taste; may inhibit platelet aggregation; decreases blood sugar level and interferes with immunosuppressant drugs. |

HERBS

|  |   |   |  |
|--|---|---|--|
| Butterbur<br>(Petasites spp.)            | 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<br>(Tinospora cordifolia) | Possible inhibition of histamine release from mast cells. | Well tolerated; safe when used orally and short term.                     | Possible hypoglycemic effect.  |



PHARMACOLOGY

The RhinAllergy® line is produced by Boiron using the highest standards and quality control processes. The product’s active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.<sup>5</sup>

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).<sup>5, 6</sup>

RhinAllergy should be used only for its labeled indications.

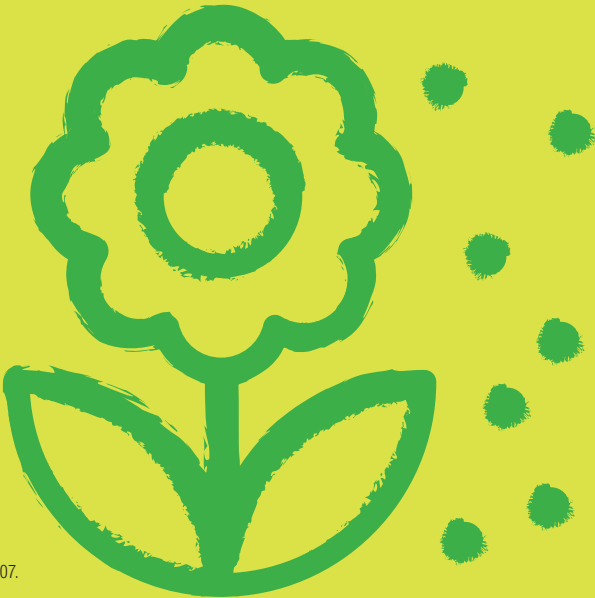
|  |  |  |
|--|--|--|
| Onion (Alliaceae)<br><i>Allium cepa</i> L.   | Common ragweed (Asteraceae)<br><i>Ambrosia artemisiaefolia</i> | Eyebright (Orobanchaceae)<br><i>Euphrasia rostkoviana</i>  |
| Labile sulfur compounds: coryza with clear irritating nasal discharge, stinging of the eyes, spasmodic cough | Ragweed pollens: strong allergens                              | Aucubin: anti-inflammatory properties; eyebright juice has traditionally been used in homeopathy to relieve irritated eyes |
| Allium cepa 5C   | Ambrosia artemisiaefolia 5C                                    | Euphrasia officinalis 5C   |
| Relieves runny nose associated with allergies.   | Relieves spasmodic cough associated with hay fever.            | Relieves burning, irritated eyes.  |

|   |   |  |
|---|---|--|
| Histamine hydrochloride                   | Feathershank (Melanthiaceae)<br><i>Schoenocaulon officinale</i>                                     | Goldenrod (Asteraceae)<br><i>Solidago virgaurea</i>  |
| Histamine: main allergy mediator          | Veratrin: sneezing and running of the nose and eyes with tingling sensation in the throat and mouth | Goldenrod pollen: mild allergen, which can cause allergic reaction when handled frequently |
| Histaminum hydrochloricum 9C              | Sabadilla 5C  | Solidago virgaurea 5C  |
| Relieves symptoms of allergic conditions. | Relieves sneezing and itchy throat associated with allergies.                                       | Relieves abundant nasal discharge.   |

+ ADVANTAGES

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

- No known drug interactions
- Non-drowsy and non-habit forming
- No rebound effect
- Will not mask underlying conditions
- Can be taken by children 2 years of age and older
- Available in two forms: quick-dissolving pellets and tablets that melt under the tongue
- 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 2015.  
4. U.S. Food and Drug Administration. Compliance Policy Guide Sec. 400.400 Conditions Under Which Homeopathic Drugs May be Marketed. [www.fda.gov/iceci/compliancemanuals/compliancepolicyguidancemanual/ucm074360.htm](http://www.fda.gov/iceci/compliancemanuals/compliancepolicyguidancemanual/ucm074360.htm). Accessed 2017.  
5. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.  
6. Guernonprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.