



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				
ImmunoMax				
Buffered C Plus				
Immune Tincture				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

*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 or Capsules:

Take 1 orange flavored chewable tablets or 1 capsule, twice daily



RAD FREE:

Take two capsules with food



Immunomax:

Take 2 Capsules 1-2 times daily or 1 Chewable 1-3 times daily

ABOUT THE ALLERGY SOLUTIONS NUTRACEUTICALS

AirMaxx Chewables and Capsules:



- 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 III 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.

	 FOOD 	YES	NO
FRUITS	All fresh, frozen, water packed, or canned.		Juice, grapefruits, oranges or citrus
VEGETABLES	All fresh raw, steamed, sauteed, juiced, or roasted.		Corn, creamed vegetables
STARCH	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.
BREAD/CEREAL	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
LEGUMES	All beans, peas, and lentils		Soy products, soybeans, tofu, tempeh
NUTS AND SEEDS	Almonds, cashews, walnuts; sesame (tahini) sunflower, and pumpkin seeds; butters made from these nuts and seeds.		Peanuts
MEAT AND FISH	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
MILK AND DAIRY SUBSTITUTES	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.
FATS	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.
BEVERAGES	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.
SPICES/CONDIMENTS	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.
SWEETENERS	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.

