



Breathe easy in the pollen season -

The SANUM spring set for allergies

For many people, the joy of spring and summer is significantly dampened by a runny nose, watery eyes, itching and irritation of the respiratory tract and even asthma. Instead of enjoying the longer days, outings in the fresh air and balmy nights with the windows open, various pollens from trees, grasses, cereals and herbs lead to a significant loss of quality of life, but also to a reduction in performance at school and work.

According to the results of the DEGS1 study (Study on the Health of Adults in Germany), 14.8 % of adults in Germany were medically diagnosed with hay fever between 2008 and 2011 - and the trend is rising. According to the KIGGS study (Study on the Health of Children and Adolescents in Germany, 2014-2017), 11 % of children and adolescents suffered from hay fever.

The explanations as to why the immune system suddenly reacts with an allergic reaction to natural and completely harmless pollen are complex. They range from genetic predispositions to environmental influences and dietary habits. Particular attention should be paid to a balanced fatty acid composition. Omega-3 fatty acids tend to have anti-inflammatory properties, while omega-6 fatty acids favour the development of inflammatory processes. Omega-3 fatty acids also support the development and maintenance of a healthy intestinal environment and microbiome, which is of great importance for allergy prevention and therapy. Today, it is estimated that the ratio of omega-6 to omega-3 fatty acids in the German diet is 15-20:1, with a maximum ratio of 5:1 being recommended.

Experience has shown that LIPISCOR® fish oil capsules are ideal for improving the omega-3 fatty acid balance. This dietary supplement belongs to the group of SANUM Sup preparations. With 400 mg EPA and 200 mg DHA per capsule, they have a particularly favourable and highly bioavailable dosage. They come from sustainable fishing and do not cause any unpleasant burping after ingestion.

The phyto-preparation LUFFASAN®, made from the ripe, dried fruits of the sponge gourd plant *Luffa operculata*, can also be used to support the treatment of runny nose and allergic rhinitis. In Brazil, the plant is also used as a remedy for constipation, tissue swelling and water retention, for example. LUFFASAN® is also available in the form of nasal drops for spraying and can therefore be applied directly to the affected mucous membranes.

LARIFIKEHL®, a myco-preparation made from the tree fungus *Lariciformes officinales* (larch sponge) can also support the treatment of hay fever, as experience has shown that it is used for diseases of the lungs and respiratory tract. The larch sponge is one of the oldest mushrooms used as a remedy in the world. For centuries, it was the most sought-after and famous mushroom due to its reputed healing properties. Its reputation in this country long equalled that of ginseng root in Asia. It was precious and traded at a high price. LARIFIKEHL® D4 capsules can be used to provide an effective stimulus to support lung and respiratory tract function.



As formic acid (Acidum formicicum) is also well suited for the supportive treatment of allergies, the carboxylic acid preparation FORMASAN® can be used to round off the 'hay fever' treatment concept. FORMASAN® is available as a potency chord (D6, D12, D30, D200) in drop form.

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LIPISCOR® Capsules

120 pieces

Dosage

3x 2 daily consume with a meal

LUFFASAN® D4 nasal drops for spraying

20 ml Spray bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: 2-3x 1 spray daily into each nostril

LARIFIKEHL® D4 capsules

20 capsules (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: 1-3x 1 capsule daily.

FORMASAN® Drops

100 ml

Dosage

Adults and adolescents from 12 years: 1-3x 10 drops daily.

For further product information, please refer to the respective instructions for use.