

# Allergy Control® Encasing Kits

## Wondering where to begin?

Turn to our Allergy Control Encasing Kits for a simple all-in-one solution for allergy relief at great savings. Each kit includes encasings for pillow, mattress and box spring at top discounts of up to 25% off. In addition, we've included a free 24-oz Allersearch Allergen Wash, our most popular detergent for removing allergens in any wash temperature — a \$22.95 value as a special gift to you.

COTTON PERFORMANCE and Pristine COMPLETE kits provide top protection from allergens and a certified bed bug barrier. For kid's beds and guest rooms, choose COTTON PURE or MICRO PROTECTION encasing kits. Kits include encasings for pillow and mattress in your choice of our 4 lines of high-quality encasings and a MICRO PROTECTION encasing for the box spring.

Find Our Full Selection of Kits at [www.AllergyControl.com](http://www.AllergyControl.com)

### COTTON PERFORMANCE—25% OFF

Bed Size	Depth	Code	Regular Price	Kit Price	Savings
Twin	9"	CTTK8	\$217.85	\$163.38	\$ 77.42
Long Twin	9"	CTLTK8	\$239.85	\$179.88	\$ 82.92
Full	9"	CTFK8	\$293.80	\$220.34	\$ 96.41
Queen	9"	CTQK8	\$322.80	\$242.09	\$103.66
King	9"	CTKK8	\$439.75	\$329.80	\$132.89
CA King	9"	CTCKK8	\$439.75	\$329.80	\$132.89

### PRISTINE COMPLETE—20% OFF

Bed Size	Depth	Code	Regular Price	Kit Price	Savings
Twin	9"	CPTK8	\$133.85	\$107.08	\$49.72
Long Twin	9"	CPLTK8	\$141.85	\$113.48	\$51.32
Full	9"	CPFk8	\$182.80	\$146.24	\$59.51
Queen	9"	CPQK8	\$202.80	\$162.24	\$63.51
King	9"	CPKK8	\$263.75	\$211.00	\$75.70
CA King	9"	CPCKK8	\$263.75	\$211.00	\$75.70

### COTTON PURE—20% OFF

Bed Size	Depth	Code	Regular Price	Kit Price	Savings
Twin	9"	COTK8	\$105.85	\$ 84.68	\$44.12
Long Twin	9"	COLTK8	\$112.85	\$ 90.28	\$45.52
Full	9"	COFK8	\$139.80	\$111.84	\$50.91
Queen	9"	COQK8	\$162.80	\$130.24	\$55.51
King	9"	COKK8	\$203.75	\$163.00	\$63.70
CA King	9"	COCKK8	\$203.75	\$163.00	\$63.70

\* Kits not eligible for promotional offers.

Use this PROMO CODE to take advantage of your discount



We're here to help at 1.800.ALLERGY (255-3749) and at [www.AllergyControl.com](http://www.AllergyControl.com). Sales tax of 6% in Connecticut and 7.35% in Missouri applies to orders shipped to these states. Should you choose to return a portion of your order, please contact our Customer Service Department at 1.888.222.6837.

Prices and our promotional offer expire 1/31/10. Promotional offers cannot be combined and exclude encasing kits and specially-discounted items. Free shipping offer applies to UPS Ground shipping within the continental U.S.A.

For full information regarding our shipping rates, return policy, competitive price matching pledge and our promotional offers, please see our website.

1.800.ALLERGY  
[www.AllergyControl.com](http://www.AllergyControl.com)

**Allergy Control**  
**PRODUCTS**  
Improving Life Indoors Since 1983



The Best Products at the Best  
Prices—PLUS Save More with this  
Exclusive Discount!

# 20% Off

Allergy Control® Encasings

And Free UPS Ground Shipping on Orders  
Over \$150. FIND YOUR SPECIAL PROMO CODE  
IN THE YELLOW BAR ON THE BACK COVER.

# Allergy Control® Begins at Home

Creating a healthier home environment is an important step towards allergy relief for you and your family.

As your physician has advised you, reducing exposure to indoor allergens from dust mites, molds and pets can lessen or eliminate symptoms. The real question is how to get started on making your home as allergen-free as possible?

Over 1 million allergy-causing dust mites can live in a single bed, so your initial focus should be on the bedroom. Encasing your bed is the first step since up to one-third of your time is spent in the bedroom. To learn more about which doctor recommended encasings are best for you and your family, turn to page 4.

Other simple steps around the home to help find allergy relief are; washing bedding weekly in hot water with allergen-removing detergent (pg 19); cleaning and treating carpets and upholstered furniture with allergen removing products (pg 20); and cleaning your air by using air filters (pg 23) and running an air cleaner (pg 21) in your bedroom.

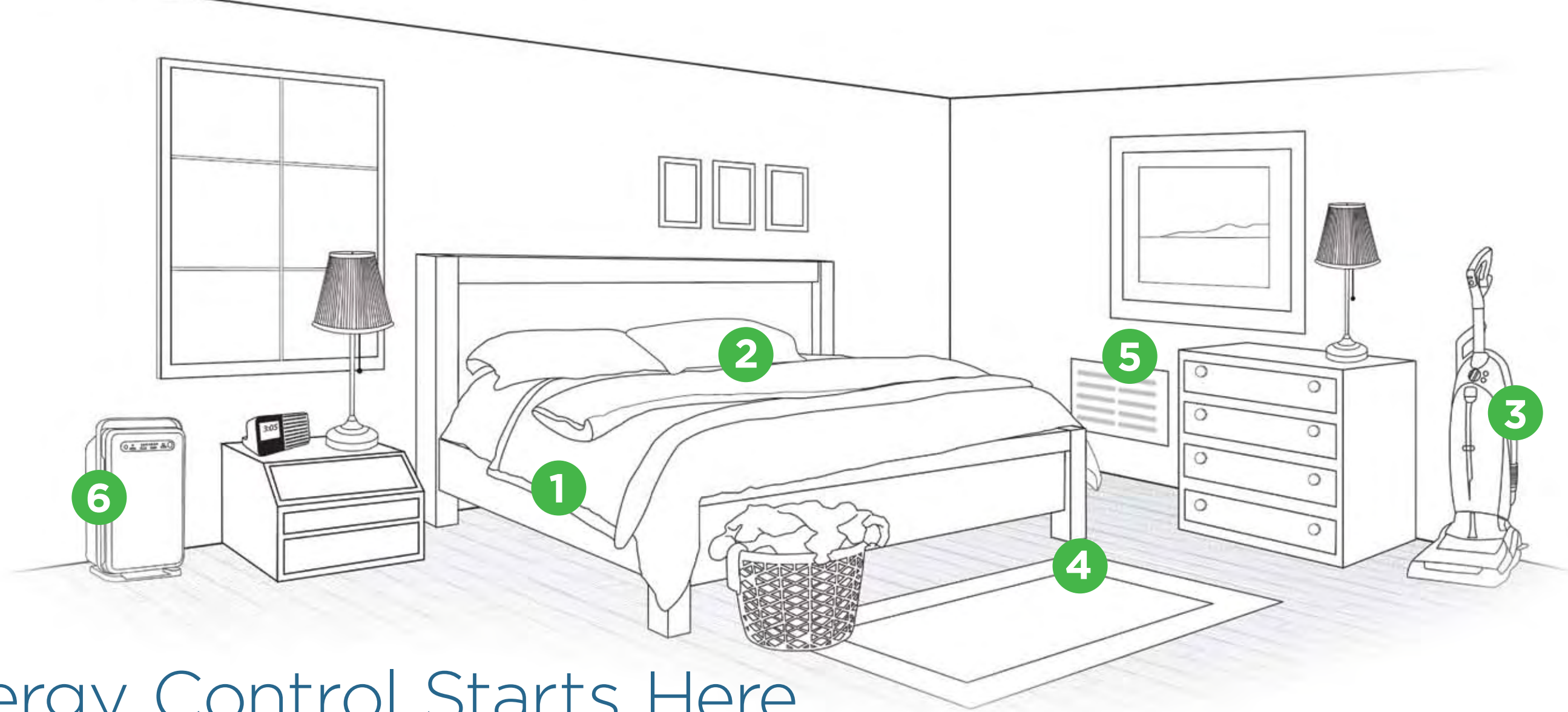
Allergy Control Products is your source for quality healthy-home products at the best prices. Please take a look at this catalog, visit us online at [www.AllergyControl.com](http://www.AllergyControl.com) or call one of our allergy experts today at 1.800.ALLERGY (255.3749) to start down the path towards relief.

Breathe easy,

*The Allergy Control Products Family*

**Allergy Control**  
**PRODUCTS**  
Improving Life Indoors Since 1983





# Allergy Control Starts Here



Call our allergy experts at  
**1.800.ALLERGY (255.3749)**  
 or visit [www.AllergyControl.com](http://www.AllergyControl.com)

## 1 Encase

Scientific studies show the importance of covering pillows, mattresses, box springs and comforters in allergy encasings to avoid inhaling allergens while sleeping. Dust mites thrive in any stuffed bedding so encasings are critical for finding nighttime symptom relief.

## 2 Wash

Wash linens, blankets and any un-encased bedding weekly in hot water to kill mites and remove allergens. If hot water is not possible, wash with a special allergen-removing laundry product.

## 3 Clean

Extend and prioritize cleaning throughout the home, using these 6 steps as a guide to minimize indoor allergens. Allergy sufferers should avoid being home when cleaning is done or wear a face mask when doing their own cleaning.

## 4 Remove

Remove, treat or clean carpet, curtains and upholstered furniture. Hardwood or tile floors, along with wipeable blinds and furniture (such as leather), are preferred. Treat carpet and clean with an allergen-containing HEPA vacuum.

## 5 Filter

HEPA filtration products and high efficiency MERV air filters are designed to offer advanced filtration of airborne allergens that pass through these filters to prevent allergens from circulating in the air in your home.

## 6 Purify

Airborne allergens, especially pet allergens, can be reduced by using an air cleaner. Dust mites and molds thrive in humid environments, so if you live in a humid area, buy a dehumidifier or use air conditioning. Keeping humidity levels between 35-40% and air clean reduces allergy symptoms.

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# Feel the Difference

Allergy Control Products can make with our line of high-quality encasings.

## Allergy Control® COTTON PERFORMANCE

Our exclusive, luxuriously comfortable 100% natural cotton features top dust mite and pet allergen protection. These eco-friendly cotton encasings are made in the U.S.A. and certified to protect you from bed bugs. The anti-microbial and spill resistant finishes keep your bed fresh and clean.

## Allergy Control® PRISTINE® COMPLETE

This exclusive microfiber encasing offers the smallest pore size for dust mite and pet allergen protection and features certified protection from bed bugs. It's treated with an anti-microbial finish and Oeko-Tex Standard 100 certified to be free of harmful substances.

## Allergy Control® COTTON PURE

This 100% natural cotton encasing line offers dust mite allergen protection along with breathable comfort. Superior construction, quality and competitive pricing make this line a value compared to other dust mite-proof encasings.

## Allergy Control® MICRO PROTECTION

An advanced membrane lining protects against dust mite and pet allergens while wicking away perspiration to keep you cool. Extra soft brushed microfiber exterior won't crinkle like other membrane encasings. An economical choice for kid's beds and box springs.

Call our allergy experts at **1.800.ALLERGY (255.3749)** or visit [www.AllergyControl.com](http://www.AllergyControl.com)

ALLERGY CONTROL® ENCASINGS	COTTON PERFORMANCE	PRISTINE® COMPLETE	COTTON PURE	MICRO PROTECTION
Overall Rating	Exceptional Protection from Luxurious Cotton ★★★★★	Ultimate Protection with Microfiber Softness ★★★★★	Standard Protection from Natural Cotton ★★★★	Basic Protection with Water-Resistant Membrane ★★★
Recommended for People Looking for	An unparalleled combination of top allergen protection and extraordinary sleeping comfort	Top allergen protection and a supple cotton-like feel with a certified bed bug barrier	Dust mite allergy relief with soft, natural cotton comfort	An economical choice for full allergy protection, especially great for kid's beds, box springs and additional beds
Allergy Relief & Protection	Dust mite allergens, pet dander and bed bugs	Dust mite allergens, pet dander and bed bugs	Dust mite allergens	Dust mite allergens and pet dander
Allergy Relief Features	<ul style="list-style-type: none"> <li>EXCLUSIVE</li> <li>100% eco friendly, natural cotton barrier designed for high performance protection</li> <li>Luxuriously soft 100% combed cotton for absolute sleeping comfort</li> <li>Latex free</li> </ul>	<ul style="list-style-type: none"> <li>EXCLUSIVE</li> <li>Smallest pore size protects against ultra-fine allergen particles</li> <li>Breathable polyester microfiber provides cotton-like feel</li> <li>Latex free</li> </ul>	<ul style="list-style-type: none"> <li>GREAT VALUE for 100% natural cotton protection</li> <li>Cotton fibers woven for effective protection against dust mites and their allergen particles</li> <li>Latex free</li> </ul>	<ul style="list-style-type: none"> <li>ADVANCED MEMBRANE for total protection against allergens</li> <li>Membrane lining wicks away perspiration</li> <li>Soft exterior fabric for sleeping comfort</li> <li>Latex free</li> </ul>
Unique Features	<ul style="list-style-type: none"> <li>Fabric made in the U.S.A.</li> <li>Certified bed bug barrier</li> <li>Eco-friendly, renewable source 100% cotton</li> <li>Antimicrobial treatment inhibits mold and mildew</li> <li>Stain repellent finish</li> <li>Superior construction details</li> </ul>	<ul style="list-style-type: none"> <li>Fabric made in the U.S.A.</li> <li>Certified bed bug barrier</li> <li>Oeko-Tex Standard 100 Certified</li> <li>Smallest pore size of all Pristine® fabrics</li> <li>Antimicrobial treatment inhibits mold and mildew</li> <li>Superior construction details</li> </ul>	<ul style="list-style-type: none"> <li>Superior comfort over cotton/poly blends</li> <li>Eco-friendly, renewable source 100% cotton</li> <li>Superior construction details</li> </ul>	<ul style="list-style-type: none"> <li>Improved brushed microfiber exterior fabric</li> <li>Ideal for kid's beds with water-resistant ability</li> <li>Excellent and economical for box springs</li> <li>Quality construction</li> </ul>
Barrier Type	100% Cotton	100% Polyester	100% Cotton	Membrane
Thread Count	300	244	230	210 (exterior fabric)
Pore Size	3.6 Microns	2.4 Microns	6.8 Microns	No Pores
Warranty	Lifetime	Lifetime	10-year	5-year



# Quality Encasings, Quality Sleep



Your head rests on your pillow all night long, which is why pillow encasings are so critical. Allergy Control Products offers four lines of pillow encasings in a wide variety of sizes. Make your selection today!

Since 1983, Allergy Control Products has made encasings from the most comfortable and innovative allergen barriers. Our encasings zip closed to create a barrier between you and allergens within your bedding, giving you allergy relief for a healthier and more restful night's sleep.

1

Pillow Encasing

2

Mattress/Box Springs Encasing

3

Comforter Encasing

Properly encasing your bed provides lasting allergy relief in an area of high dust mite and pet allergen exposure.

## Allergy Control® COTTON PERFORMANCE PILLOW ENCASINGS

CTPJ	JUMBO (Std/Queen)	20x28	\$39.95
CTPK	KING	20x38	\$44.95

## Allergy Control® Pristine® COMPLETE PILLOW ENCASINGS

CPPSA	STANDARD	20x27	\$16.95
CPPQA	QUEEN	20x31	\$19.95
CPPKA	KING	20x38	\$21.95
CPPEA	EURO SQUARE	26x26	\$22.95
CPPTA	TRAVEL PILLOW	12x18	\$15.95
CPPBOA	BOLSTER	16x6	\$21.95
CPPWA	READING WEDGE	15x20x8	\$31.95
CPPBA	BODY PILLOW	20x60	\$36.95

## Allergy Control® COTTON PURE PILLOW ENCASINGS

COPSA	STANDARD	20x27	\$12.95
COPQA	QUEEN	20x31	\$14.95
COPKA	KING	20x38	\$16.95

## Allergy Control® MICRO PROTECTION PILLOW ENCASINGS

MPPSA	STANDARD	20x27	\$ 6.95
MPPQA	QUEEN	20x31	\$ 7.95
MPPKA	KING	20x38	\$ 8.95



**Looking for protection from bed bugs?**  
Choose COTTON PERFORMANCE or Pristine® COMPLETE encasings to keep these disgusting critters away.

## HOW TO ENCASE YOUR PILLOW

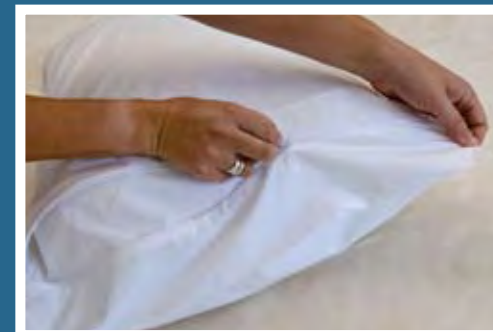
Put your pillow into the encasing.



Place the inside flap behind the zipper.



Zip closed.



Cover with a pillowcase and you're done!



## 2 Mattress & Box Spring Encasings

Encasing your bed is the #1 doctor recommended way to find relief from nighttime allergy symptoms. Allergy Control Products makes four lines of high-quality encasings that are offered at competitive prices to make protecting you and your family from dust mite and pet allergens as easy as possible.



### Allergy Control® COTTON PERFORMANCE MATTRESS/BOX SPRINGS ENCASINGS\*

Offers the best allergen and bed bug protection in a luxurious, eco-friendly 100% cotton.

CTMT	TWIN	39x75x9	\$144.95
CTMLT	LONG TWIN	39x80x9	\$164.95
CTMF	FULL	54x75x9	\$174.95
CTMQ	QUEEN	60x80x9	\$199.95
CTMK	KING	78x80x9	\$279.95
CTMCK	CA KING	73x84x9	\$279.95

### Allergy Control® COTTON PURE MATTRESS/BOX SPRINGS ENCASINGS\*

Offers dust mite allergen protection with the softness of 100% natural cotton, all at a great value.

COMTA	TWIN	39x75x9	\$59.95
COMLTA	LONG TWIN	39x80x9	\$64.95
COMFA	FULL	54x75x9	\$74.95
COMQA	QUEEN	60x80x9	\$89.95
COMKA	KING	78x80x9	\$99.95
COMCKA	CA KING	73x84x9	\$99.95



### Allergy Control® Pristine® COMPLETE MATTRESS/BOX SPRINGS ENCASINGS\*

Features an Oeko-Tex certified microfiber for top allergen and bed bug protection.

CPMTA	TWIN	39x75x9	\$ 83.95
CPMLTA	LONG TWIN	39x80x9	\$ 89.95
CPMFA	FULL	54x75x9	\$109.95
CPMQA	QUEEN	60x80x9	\$119.95
CPMKA	KING	78x80x9	\$149.95
CPMCKA	CA KING	73x84x9	\$149.95

### Allergy Control® MICRO PROTECTION MATTRESS/BOX SPRINGS ENCASINGS

Features an advanced membrane lining for protection that wicks away perspiration for sleeping comfort.

MPMBBA	BUNKY BOARD	39x75	\$32.95
MPMTA	TWIN	39x75x9	\$32.95
MPMLTA	LONG TWIN	39x80x9	\$34.95
MPMCLTA	CA LONG TWIN	37x84x9	\$34.95
MPMFA	FULL	54x75x9	\$38.95
MPMQA	QUEEN	60x80x9	\$42.95
MPMKA	KING	78x80x9	\$52.95



\*COTTON PERFORMANCE, Pristine® COMPLETE and COTTON PURE prices are for 9" depth mattresses or box springs. For pillow-top mattress depths of 12", 15" and 18", please see additional pricing chart below. Remember to check mattress depth to ensure proper fit.

	COTTON PERFORMANCE	PRISTINE COMPLETE	COTTON PURE
12"	Add \$17.00	Add \$17.00	Add \$10.00
15"	Add \$20.00	Add \$20.00	Add \$12.00
18"***	Add \$23.00	Add \$23.00	N/A

\*\*\*Queen, King, & CA King only

Many of today's new mattresses are 12" and 15" deep. To keep your bed from being too high, you may have a 5" thick low profile box spring. Specially-sized Allergy Control MICRO PROTECTION encasings are made for these 5" box springs.

#### 5" Low Profile Box Springs Encasings

MPMTLPA	TWIN	39x79x5	\$28.95
MPMLTLPA	LONG TWIN	39x80x5	\$30.95
MPMQLPA	QUEEN	60x80x5	\$38.95

**Looking for protection from bed bugs?** Choose COTTON PERFORMANCE or Pristine® COMPLETE encasings to keep these disgusting critters away.

**Want to save money?** Encase your box spring with our economical MICRO PROTECTION line, then choose a more deluxe option for your mattress.



**Stop Dust Mites Now**  
with Allergy Control®  
high-quality mattress and  
box springs encasings.



### MEASURING YOUR MATTRESS

Since mattresses and box springs come in different depths, you must carefully measure to ensure proper fit. Using a ruler, measure from the bottom edge of the mattress to the highest point on the top edge. Make sure to add extra depth for pillow top mattresses.





# 3 Comforter Encasings

The final step in encasing your bed is to protect your comforter. People often forget this doctor-recommended step, but to get complete protection from common dust mite and pet allergens, encasing your comforter is a must. Select from our three comforter encasing lines or choose to buy a stand-alone Pristine® COMPLETE comforter to get built-in allergy protection.

## Allergy Control® COTTON PERFORMANCE Comforter Encasings

For exceptional protection and comfort, encase your comforter in an Allergy Control COTTON PERFORMANCE Comforter Encasing. The breathable 100% natural combed cotton provides total sleeping comfort while the luxuriously soft 300-thread count cotton creates a lightweight barrier to dust mites, pet dander and bed bugs. A COTTON PERFORMANCE Comforter Encasing won't weigh down your comforter when placed between your comforter and decorative duvet, and the anti-microbial and stain resistant finishes protect your bedding. Made in the U.S.A. Machine wash and dry.

CTCT	TWIN	64x86	\$189.95
CTCFQ	FULL/QUEEN	86x86	\$229.95
CTCK	KING	102x86	\$259.95

## Allergy Control® Pristine® COMPLETE Decorative Comforter Encasings

Block allergens and enjoy decorative style with Allergy Control Pristine COMPLETE Comforter Encasings. Made from our advanced 100% polyester microfiber, these comforter encasings have cotton-like softness without the wrinkling typically found with cotton. Pristine COMPLETE comforter encasings slip on as a decorative duvet and block ultra-fine dust mite and pet allergens as well as bed bugs. Oeko-Tex Standard 100 certified to be free of harmful substances for a clean and healthy night's sleep. Available in white and ivory to complement multiple decors, these Pristine COMPLETE comforter encasings are an all-in-one answer for lasting protection, elegant style and a simple approach. Machine wash and dry. Specify White (W) or Ivory (I) when ordering.

CPCTA	TWIN	64x86	\$139.95
CPCFQA	FULL/QUEEN	86x86	\$159.95
CPCKA	KING	102x86	\$179.95
CPCLKA	XL KING	106x96	\$189.95

**Looking for complete allergy protection?**  
Go online and buy Allergy Control® Encasings Kits for savings up to 25%.

## Allergy Control® COTTON PURE Comforter Encasings

If you love your decorative duvet cover, you can keep your favorite style and still enjoy allergy relief with an Allergy Control COTTON PURE Comforter Encasing. Slip the encasing around your comforter and then cover with your decorative duvet. The encasing protects you from allergy-causing dust mites by creating a layer of protection that can remain invisible below your decorative cover. The lightweight texture of this breathable 100% natural cotton encasing will keep you sleeping comfortably while effectively blocking allergens. Machine wash and dry.

COCITA	TWIN	64x86	\$ 72.95
COCIFQA	FULL/QUEEN	86x86	\$ 92.95
COCIKA	KING	102x86	\$102.95
COCILKA	XL KING	106x96	\$112.95

# Comforters

## Allergy Control® Pristine® COMPLETE Comforters

Make a simple bedding choice when you select a comforter that combines allergen protection, decorative style and sleeping comfort. The Pristine COMPLETE barrier fabric on the exterior blocks dust mites and pet dander and is Oeko-Tex Standard 100 tested and approved to be free of any harmful substances. The hypo-allergenic 100% poly fiberfill feels as warm as goose down yet is hypo-allergenic and machine washable. Pristine COMPLETE comforters are available in standard weight for additional warmth or a lightweight comforter for warmer climates and a layer of warmth without added weight. Available in White (W), Ivory (I) or Navy (N).

### STANDARD WEIGHT COMFORTERS

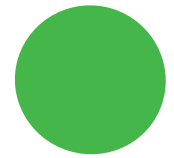
CPDT	TWIN	60x86	\$159.95
CPDFQ	FULL/QUEEN	86x86	\$199.95
CPDK	KING	104x86	\$239.95
CPDXLK	XL KING	104x96	\$249.95

### LIGHTWEIGHT COMFORTERS

CPLDT	TWIN	60x86	\$139.95
CPLDFQ	FULL/QUEEN	86x86	\$169.95
CPLDK	KING	104x86	\$199.95
CPLDXLK	XL KING	104x96	\$219.95

Pristine fabrics are patented under U.S. Patent No. 6,277,770. Pristine® is a registered trademark of Precision Fabrics Group Inc.

**SHOP, LEARN and SAVE at**  
[www.AllergyControl.com](http://www.AllergyControl.com)



# Understanding Allergies

## The Basic Facts on Allergies:

Allergies can bring about sneezing, congestion, watery eyes, wheezing and other tell-tale symptoms. If your physician has diagnosed you with allergies, you may be wondering what causes them or what the best steps are to decrease symptoms? Learning about allergies will help you understand the steps to take as you follow your physician's advice for treatment. To get you started, here are some allergy basics:

### Allergens

People with allergies react to substances called allergens. Allergens are harmless to most people. But when you have allergies, your body finds these substances to be dangerous and reacts by producing antibodies against them. People vary in their degree of sensitivity to allergens, the types of symptoms they experience and the severity of their allergic reactions, but controlling your home environment is a great step in finding relief.

### Indoor Allergens

The three primary indoor allergens are dust mite allergens, mold spores and pet dander.

### Allergic Threshold

Your allergic threshold determines how sensitive you are to an allergen. If you are very sensitive and it doesn't take much exposure to cause an allergic reaction, you have a low allergic threshold.

### Allergen Load

The total exposure at any given time to the various allergens that you are sensitive to.

### Allergen Avoidance

Allergen avoidance steps are actions taken around the home to reduce your exposure to allergens. These steps involve cleaning and containing allergens to minimize your exposure.

### Allergy Relief: A Simple Analogy

Picture a glass, which represents your allergic threshold. A small glass (low threshold) overflows easily when too much liquid is added. But, a larger glass (high threshold) can tolerate greater amounts of liquid before it overflows.

The liquids filling the glass are allergens and there may be one or several types that cause the overflow. Contact with too many allergens, or ones that you're particularly sensitive to, will cause the glass to overflow.

The glass overflowing is your allergic reaction. Allergy relief is found by minimizing the amount of exposure to the types of allergens that cause your glass to overflow. If you take simple allergen avoidance steps around the home, you can help reduce your allergen load by keeping exposure to various allergens to a minimum, which will go a long way toward achieving allergy relief and a healthier lifestyle.

Reducing your overall exposure doesn't have to be an all or nothing project. As long as you keep your exposure below your allergic threshold, you can prevent allergy symptoms from flaring up.

## Allergen Avoidance: Reducing Allergens in Your Home for Allergy Relief

### The First Step: Controlling Allergens in the Bedroom

It's most important to focus on the bedroom first, since the bedroom is where you spend up to one-third of your day and it's where you come into contact with the biggest allergen source—your bed! What should be a clean and restful place is packed with up to 1 million dust mites that produce the allergens that cause your symptoms. Physicians recommend covering your bed in allergy encasings to find relief.

*Here are some frequently asked questions about encasings and what they do:*

### Q: Why is encasing the bed important for allergy relief?

**A:** Dust mites can live in any part of the bed, including pillows, mattress, box spring and comforter. While you sleep, you are inhaling allergens from the bed from dust mites or pet dander. As you move while sleeping, these allergens are released into the air and inhaling them can trigger allergic symptoms. Covering the bed with an encasing blocks the allergens from being released into the air and keeps you from inhaling them throughout the night.

### Q: What is an encasing?

**A:** Think of an encasing as a protective barrier (like a sealed envelope) between the source of the allergens and you. The encasing zips around the bedding, preventing dust mite allergens or pet dander from escaping where they could become airborne and trigger symptoms. Certain encasings also provide certified protection against bed bug infestations.

### Q: Will an encasing be uncomfortable to sleep on?

**A:** Today's encasings offer the protection you need along with the total sleeping comfort found in the quality, high thread count cotton and polyester fabrics used in Allergy Control Products' encasings.

### Q: How can I be sure that encasing the bed will help my allergy symptoms?

**A:** Allergy Control® encasings have been used in major independent scientific studies, which tested various environmental and health benefits associated with encasing the bed. Thousands of allergy patients took part in the studies, and test results proved the effectiveness of encasings as part of an allergen avoidance plan. For a complete list of scientific studies that include Allergy Control encasings, see our website's Allergy Learning Center.

### Q: What other steps should be taken in the bedroom?

**A:** After encasing the bed, the National Institutes of Health (NIH) recommends washing sheets, blankets and other bedding weekly in hot water to kill dust mites. In addition, carpet in the bedroom should be treated or removed as carpet is the second largest source of allergens after the bed.

Learn What You Need to Know  
About Allergies in our New  
ALLERGY LEARNING CENTER

Visit [www.AllergyControl.com](http://www.AllergyControl.com) to read the latest on allergies and allergy relief, connect with other allergy sufferers and get great educational tools for preventing your symptoms.

### THIS ALL NEW RESOURCE INCLUDES:

- The Allergy Blog
- Allergy Prevention Articles
- The Allergy Resource Center
- In the News
- Plus, sign up for the Allergy Control Newsletter to get great information, product news and special discounts!



# Understanding Dust Mite Allergy

## The Basic Facts on Dust Mites:

Dust mites are eight-legged arachnids and are relatives to spiders and ticks. Dust mites are microscopic and, unlike bed bugs, cannot be seen by the naked eye. Adult mites live for 2-to-3 months. During this time a female dust mite can lay 25-to-50 eggs every 3 weeks. Large dust mite populations can result, with up to 1 million dust mites inhabiting a single bed!

### Q: Where do dust mites live?

**A:** Dust mites are found in nearly all homes, even in the cleanest ones. Dust mites prefer warm and humid environments. If relative humidity is greater than 50% for some portion of the year where you live, you can expect to have dust mite populations in your home. Dust mites thrive in dark, warm and humid environments and are typically found in pillows, mattresses, comforters, blankets, carpets and upholstered furniture. These areas also provide the mite's greatest food source, the shed scales of human skin.

### Q: What's the difference between dust and dust mites?

**A:** Dust is made up of many different particles, a variety of which can cause allergies. The dust mite is much smaller and more culpable because of the waste it leaves behind—more than 100,000 of its waste particles can be present in a gram of dust.

### Q: Am I allergic to the dust mite itself and what are dust mite allergens?

**A:** Allergies are not caused by inhaling the mite itself. Instead, you are sensitive to a combination of their waste particles and their dead body fragments. These particles are called dust mite allergens. Tiny dust mite allergens become airborne and are inhaled when you sleep at night, walk or sit on the carpet or sit on upholstered furniture. Unfortunately, long after a dust mite dies, its allergen particles will continue to cause allergy symptoms.

### Q: What is the difference between dust mites and bed bugs?

**A:** Both dust mites and bed bugs can find an ideal living environment in your bed and, unfortunately, both also find humans to be an excellent food source. Dust mites feed off of our shed skin cells while bed bugs bite us directly in order to feed off of our blood. Dust mites cause allergy symptoms and bed bugs do not.

### Q: What protection does an encasing provide?

**A:** An allergy encasing creates a protective layer between you and the dust mite allergens in your bed. Encasings are made from either tightly woven specialized fabrics or they include a membrane layer, and each is designed to block allergy particles from escaping from the bed. So, encasings trap the dust mites and their allergens away from your body. Certain encasings are also certified for bed bug protection based on the quality of the encasing material and the way the encasing is made.



# Understanding Pet Allergies

## The Basic Facts on Pet Allergens

Many people are allergic to animals and may think that the allergy is caused by the pet hair itself. Pet allergen isn't actually the hair, but is instead a protein present in the animal dander. The dander is made up of flaky skin cells and dried saliva, and it causes allergic reactions ranging from inflammation in the nose and eyes to asthma attacks.

### Q: Are there hypo-allergenic pets?

**A:** All pets produce dander, and since dander causes allergy symptoms, no pets are actually hypo-allergenic. Some may produce less dander, and allergy sufferers can be more sensitive to some breeds over others.

### Q: Where are pet allergens found?

**A:** The highest levels of pet allergens are found in people's homes who have pets, but since dander is particularly sticky, it can travel into schools, offices and other areas as it sticks to clothes and other belongings.

### Q: What can I do if I'm allergic to my pet?

**A:** Your pet should be strictly kept out of the bedroom of the allergy sufferer. Wash hands or clothes after coming into contact with the pet and bathe the pet regularly to reduce dander and keep grooming to a minimum.

### Q: How should I remove pet dander from my home?

**A:** Removing pet dander requires thorough cleaning and can take as long as 20 weeks to stop causing symptoms. Some of the most recommended steps are to encase all bedding, wash linens and blankets, treat and vacuum carpets, wipe down walls and filter air with vent filters and HEPA air cleaners.

### Q: What protection does an encasing provide?

**A:** An encasing blocks pet dander within the bed and protects you from inhaling these allergen particles.

# Understanding Mold Allergies

## The Basic Facts on Mold

Molds are microscopic fungi and are made up of clusters of filaments that live on plant or animal matter, which they decompose for nourishment. Many molds reproduce by releasing spores into the air, which settle on other organic matter and grow into new mold clusters. Mold can be found wherever there is moisture, oxygen and something organic to feed on. Since molds need moisture or water to survive, the key to combating mold is to control moisture by keeping areas dry and humidity low.

### Q: Where are molds found?

**A:** Molds are present both outdoors and inside the home. Outdoor molds can be found in fallen leaves, rotten vegetation, poor drainage areas and in other shady, damp areas. Mold spores can travel through the air and come into the home. Indoor molds can grow in areas that don't have enough ventilation or have water pooling, along with the typical warm, dark or humid areas such as showers or basements. Moisture and warmth speeds up the growth of mold on most surfaces.

### Q: What can I do to control mold inside?

**A:** Since mold needs moisture to survive, increasing ventilation to keep areas dry and reducing humidity is the best route to preventing mold growth. Use dehumidifiers and air conditioners to get humidity to levels to between 35-40% and use mildewcide or bleach to kill growth and prevent regrowth. Use air vent filters to keep spores from circulating through vents and try specialized convection heat units that are designed to kill mold spores.





# Pillows



## Aller-Ease® Density Pillow

For allergy protection and custom comfort at an unbeatable value, choose an Aller-Ease Density Pillow. An exterior cover made from tightly-woven 240 thread-count 100% cotton zips around the pillow for protection from microscopic allergy particles. Each pillow includes 100% hypo-allergenic polyester fiberfill and the three fill-weight densities allow you to select your dream pillow based on your sleeping preference. Soft density is ideal for stomach sleepers to keep head relatively flat. Medium density supports the spinal curve along with head, neck and shoulders for back sleepers. Side sleepers are best suited to firm support to keep neck and head on a horizontal surface. Indicate Soft (S), Medium (M) or Firm (F) when ordering.

PDEN	JUMBO (J), STD/QUEEN	20x28	\$22.95
PDEN	KING (K)	20x36	\$29.95

## Aller-Ease® Pillow

Replace your existing pillow with an Aller-Ease pillow that offers plump softness and economical allergy protection for a restful night's sleep. The tightly woven 240-thread count cotton exterior protects you from dust mite allergens while this pillow's interior fill is 100% poly hypo-allergenic fiberfill that won't irritate your allergies. The medium density plush loft supports head and neck and holds up nicely when machine washed and dried. Plus, the low price makes these pillows an affordable and easy way to start on the path toward nighttime allergy relief.

PALLJ	JUMBO (STD/QUEEN)	20x28	\$14.95
PALLK	KING	20x36	\$24.95

## Allergy Control® Pure Slumber Pillows

Enjoy the plump softness normally associated with goose-down with these hypo-allergenic Allergy Control Pure Slumber pillows. Handcrafted in the U.S.A., each pillow is filled with premium 100% poly Fusion fiberfill for down-like softness and easy care. Fusion fiberfill is designed to wash easily even at hot temperatures, dry quickly and fluff back up without clumping. Soft 200-thread count, 100% cotton percale exterior provides ultimate sleeping comfort. Cover with a COTTON PERFORMANCE or COMPLETE encasing for full allergy and bed bug protection.

PSPS	STANDARD	20x26	\$34.95
PSPQ	QUEEN	20x30	\$38.95
PSPK	KING	20x36	\$41.95
PSPE	EURO SQUARE	26x26	\$44.95
PSPT	TRAVEL PILLOW	12x18	\$14.95
PSPBO	BOLSTER	6x16	\$19.95
PSPRW	READING WEDGE	20x15x8	\$49.95
PSPB	BODY PILLOW	20x60	\$69.95



# Mattress Pads



## Mattress Pads

Sink into cushioned softness and enjoy deluxe features at an economical price with these superior mattress pads. Each mattress pad is filled with 8-oz of down-like polyester fiberfill that exceeds the fill of standard pads. The 220-thread count 100% Egyptian cotton top is luxuriously soft while patented accordion-style Expand-a-Grip poly/cotton skirt stays snugly in place for mattresses up to 16" deep. Made in the U.S.A. with quality construction that holds up to frequent washings.

MPADT	TWIN	\$54.95
MPADLT	LONG TWIN	\$59.95
MPADF	FULL	\$64.95
MPADQ	QUEEN	\$74.95
MPADK	KING	\$84.95
MPADCK	CA KING	\$84.95

## Waterproof Mattress Pad

So comfortably soft, this waterproof mattress pad ensures nighttime comfort and protection from wetness and stains. No other waterproof mattress pad includes as many features—4 layered construction, a patented Expand-a-Grip skirt that stays in place on mattresses up to 15" deep, a 100% cotton top and 100% polyester fiberfill provide cool, non-creaky sleeping comfort. Discrete protection is provided by a layer of polyester felt that absorbs wetness away from the sleeper and a 100% polyester laminate that protects the bed. Durable construction for easy washing.

WMPADT	TWIN	\$49.95
WMPADLT	LONG TWIN	\$54.95
WMPADF	FULL	\$59.95
WMPADQ	QUEEN	\$64.95
WMPADK	KING	\$79.95



Interested in seeing  
more products?  
Visit [www.AllergyControl.com](http://www.AllergyControl.com)  
for our full selection





# Bedding

## Alpine Down-Alternative Comforters

Feel like you're enveloped in true Alpine down without the allergy symptoms! The extremely fine poly fiber clusters of this down-alternative comforter feel just like the best, fluffiest Alpine down. You get all of the wonderful softness and warmth, without the allergic sensitivities caused by down feathers. The hypo-allergenic fiber clusters wash well and plump back up to simulate all the lofty properties of down but at a much more affordable cost. The soft 300-thread count 100% Egyptian cotton exterior is stitched in a beautiful windowpane design that keeps the fibers in place. Machine washable.

CADT	TWIN	\$109.95
CADQ	QUEEN	\$129.95
CADK	KING	\$149.95

## SmartSilk™ Duvet Comforter

This SmartSilk Duvet Comforter is from the unique line of SmartSilk natural silk bedding products that are the first to receive asthma & allergy friendly™ certification from the Asthma & Allergy Foundation of America (AAFA). This beautifully-made comforter will block dust mite and pet allergens, while providing natural temperature regulation with the wonderful lightweight warmth you need combined with cooling as perspiration is wicked away. Ideal for asthmatics, allergy sufferers, hot sleepers and menopausal women.

SSDTDROP	TWIN	\$219.95
SSDFDROP	FULL	\$249.95
SSDQDROP	QUEEN	\$299.95
SSDKDROP	KING	\$349.95

## Cashmere Soft Blanket

Cozy softness, easy care and great value are available with our Cashmere Soft Blankets. Just as its name implies, this luxurious blanket offers fleecy softness typically found with the finest cashmere. The attractive feel and the great value have made the Cashmere Soft Blanket a four-year winner of the Consumers Digest Best Buy award. It's made with 50% acrylic yarns for easy washing care and 50% cotton for baby soft texture. The creamy tone suits any bedding décor and the finished woven edge completes the elegant style.

BCSTCR	TWIN	\$ 79.95
BCSQCR	QUEEN	\$ 99.95
BCSKCR	KING	\$119.95



Looking for complete allergy protection?

Go online and buy Allergy Control® Encasings Kits for savings up to 25%.



Buy the gallon size and be green!



# Laundry

## Allerseach® AllergenWash® Allergen Removing Detergent

Allerseach Allergen Wash has always been a customer favorite for its all-in-one ability to clean and remove allergens in any wash temperature. Doctors recommend washing linens and bedding frequently in hot water to remove allergens, but hot water can damage or shrink bedding and drive up energy bills. In cold water or warm, you can remove allergens simply by washing with this specialized detergent. Plus, a little goes a long way with the concentrated formula. We exclusively offer the convenient 34-oz size for 50 medium wash loads, or choose from the 24-oz size for 30 loads or value-sized 1-gallon bottle for 180 loads. Mild and non-toxic formula contains no fragrances or dyes.

AAW	24-OZ BOTTLE	\$22.95
AAWL	34-OZ BOTTLE	\$30.95
AAWR	1-GALLON BOTTLE	\$91.95

## De-Mite® Laundry Additive

Eliminate allergens in any wash temperature and keep your favorite detergent with De-Mite Laundry Additive. De-Mite provides a simple allergy relief solution as all you need is 2 tablespoons added with your detergent to control dust mites. Remove allergens and mites in any temperature, protect washables and prevent shrinking that can occur with hot water. De-mite saves on energy costs when you wash in cold water rather than hot. Choose from the 8-oz bottle for 11-12 loads or the economical 1 liter bottle for 45-50 loads.

DMITE	8-OZ BOTTLE	\$16.95
DMITEL	1 LITER BOTTLE	\$54.95





# Cleaning

## Allersearch<sup>®</sup> ADS™ Carpet Treatment

Allersearch ADS Carpet Treatment is a highly effective and medically-proven spray with tannic acid to neutralize allergens in carpets, drapes and soft furnishings for up to three months. This non-toxic spray effectively neutralizes allergens from dust mites, pet dander, molds and some pollens for a healthier home. Available in a convenient 32-oz spray bottle to treat approximately 600 sq ft. The 1-gallon refill bottle is an economical value for larger areas or for repeat applications and helps to keep the planet green. Not for use on white or light colored items.

ADS	32-OZ BOTTLE	\$24.95
ADSR	1 GALLON BOTTLE	\$79.95

## Allersearch<sup>®</sup> ADMS™ Carpet Treatment

The mild and non-toxic formula of Allersearch ADMS Carpet Treatment contains no tannic acid or benzyl benzoate, which means this spray can be used on any color carpet, soft furnishings or drapes – even white or light-colored carpets. ADMS requires more frequent application and should be applied every 30 days to keep allergen levels to a minimum. Allersearch ADMS comes in a convenient 32-oz spray bottle to treat approximately 600 sq ft. The economical 1-gallon refill bottle is available for larger areas or for repeat applications and helps to reduce post consumer waste.

ADMS	32-OZ BOTTLE	\$18.95
ADMSR	1 GALLON BOTTLE	\$39.95

## Allersearch<sup>®</sup> X-Mite Carpet Cleaning Treatment

Allersearch X-Mite Carpet Cleaning Treatment is designed to clean carpet and neutralize allergens at the same time. The special formula includes tannic acid to neutralize allergens for 90 days from dust mites, pets, molds and pollens. The tiny sponge-like powdered particles in X-Mite grab dirt and spills to clean your carpet. No water, shampoo or steam is necessary, which can all add moisture into the carpet and increase dust mite populations. X-Mite comes in a convenient 1-lb dispensing pouch that can treat an average-sized room at approximately 150 square feet. Not recommended for cotton, silk or oriental carpets.

XM	1 LB BAG	\$23.95
XM3	BUY 3 & SAVE \$12	\$59.85

## DustMite™ and Flea Control

Ecology Works<sup>®</sup> DustMite and Flea Control goes right to the allergen source to eliminate dust mites. Boron, a natural element, coats the food source of dust mites and fleas to starve them out. University tests prove mite populations are extremely low 2 weeks after application and are almost non-existent 8 weeks later. The powder mixes easily in water for use in a spray bottle for small areas or a carpet steamer for big carpeted areas. Clear and odorless, it will not stain lightly colored fabrics. Large 2-lb bag treats 800 sq ft as a spray or 400 sq ft in a steam cleaning machine. 8-oz bag treats 200 sq ft as a spray or 100 sq ft in a steam cleaner. Apply every 4 months for the first 2 treatments and twice annually thereafter.

DMXS	8-OZ BAG	\$10.95
DMXL	2 LB BAG	\$31.95

**Save money and help the planet by buying in bulk!**



# Air Cleaners

Find more great air cleaners online at [www.AllergyControl.com!](http://www.AllergyControl.com)

## Honeywell HEPA and Pre-filter Replacements

Keep your Honeywell air cleaner running smoothly with regular filter replacements. The Universal Pre-filter is perforated to adjust to fit any round Honeywell air cleaner. Replace it every 3 months for fresh, clean air. If you have an older Honeywell air cleaner, replace the filters with the new Lifetime Permanent Filter. Honeywell units take between 2 and 4 replacement filters, depending on the model. Visit [www.AllergyControl.com](http://www.AllergyControl.com) for our reference chart.

### PREFILTER REPLACEMENT

UNVP1	UNIVERSAL PREFILTER	\$16.95
UNVP2	SAVE ON KIT OF 2 PREFILTERS	\$26.95

### PERMANENT HEPA REPLACEMENT

HRF11	PERMANENT HEPA 11"	\$29.95
HRF14	PERMANENT HEPA 14"	\$29.95

## Honeywell SilentComfort™ HEPA Air Cleaner

Remove airborne particles that trigger allergy symptoms and keep noise to a minimum with the Honeywell SilentComfort HEPA Air Cleaner. From family room to bedroom, you can trap airborne particles while the sound-reducing features deliver quiet operation. The Lifetime Permanent HEPA filter is 99.97% certified to 0.3 microns and requires vacuuming only twice a year for low cost, easy maintenance. The Universal Pre-filter contains active carbon to reduce odors and should be replaced every 3 months. The unit includes three speed controls and electronic filter change indicator. Clean Air Delivery Rate (CADR) of 6 air changes per hour in a 15' x 15' room. Measures 19"H x 19 1/3"D. 5-yr Mfr Wty.

SC50	SILENT COMFORT	\$174.95
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## Honeywell QuietCare™ HEPA Air Cleaner

The Honeywell QuietCare™ HQ17 is 30% quieter than other air cleaners of similar performance, even on high speed. Many people run air cleaners on lower speeds to minimize noise, but you can run the Honeywell Quiet Care air cleaner on any speed as the patented airflow technology and sound reducing features keep this air cleaner living up to its name. The Lifetime Permanent HEPA Filter is 99.97% effective to 0.3 microns and is designed to be vacuumed twice a year for convenience and low maintenance costs. Universal Pre-filter contains active carbon to reduce odors and should be replaced every 3 months. Unit includes three air cleaning speeds, filter replacement indicator lights and convenient carrying handle. Clean Air Delivery Rate (CADR) of 6 air changes per hour in a 14' x 14' room. Measures 15.5"H x 13.5"D. 5-yr Mfr Wty.

HQ17	QUIETCARE	\$144.95
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# Air Filters

## Allergy-Free® Aller-Pure® M.A.X. Disposable Filters

With a 4-pack of the Allergy-Free Aller-Pure Micro Allergen XTractor (M.A.X.) disposable filters, you'll have up to a year of clean air in your home at a very low price. At MERV 12, M.A.X. filters have the highest efficiency rating for a home filter and even surpass standards set by the American Lung Association's Health House® guidelines. The superior pleated electrostatic filter media excels at capturing airborne particles to create a whole house filter that improves your indoor air. Designed for low resistance to maintain maximum air flow. Change every 2 to 3 months. Filters are 1" deep and are undercut by 1/8".

### MEDIUM:

12x24, 14x20, 14x24, 14x25, 16x20, 16x25

### LARGE:

20x20, 24x24, 20x25, 25x25, 20x30

AFMM	4-PACK	MEDIUM SIZE	\$55.95
AFML	4-PACK	LARGE SIZE	\$59.95



## Allergy-Free® Aller-Pure® Gold Permanent Filter

Aller-Pure Gold permanent washable filters feature a patented pleated design to maximize the filter's surface area, allowing the electrostatic media to magnetically attract and trap even more particles. Aller-Pure Gold filters are so highly efficient, they're rated at 2 to 3 times the performance of ordinary flat filters. An antimicrobial treatment helps prevent bacteria and fungi growth. Wash monthly with Allergy-Free Filter Cleaner to preserve the filter life. Rigid 1" deep frame design with actual sizes undercut by 1/2" in length and width for fit and 1/8" in depth. Available in 47 sizes and custom orders.

### AVAILABLE IN 47 SIZES, INCLUDING:

14x14, 14x20, 14x24, 14x25, 14x30, 16x20, 16x25, 18x24, 20x20, 20x25, 20x30, 24x24

AFG	GOLD PERM. FILTER	\$99.95
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Find all sizes at [www.AllergyControl.com](http://www.AllergyControl.com).

## Allergy-Free® Filter Cleaner

Aller-Pure® Gold permanent filters require periodic washing to remove allergens and keep performing their best. Washing is simple, fast and effective with the Allergy-Free® Filter Cleaner. More effective than water or other cleaners, it is specially formulated to provide a powerful biodegradable cleaning agent to get your filter back to new.

AFFCLR	32-OZ SPRAY CLEANER	\$14.95
AFFCLRK2	BUY 2 AND SAVE \$4	\$24.95

## Allergy-Free® Vent Filtration Kit

Placing filter media on top of or behind your central furnace heating and air conditioning vents is a simple yet effective way to capture particles before they enter your room. Both microscopic dust allergens and large allergens, such as mold spores, pet dander and pollen are captured before they can trigger allergy attacks. The Allergy-Free® Vent Filtration Kit is an incredible 14" x 60" (5 feet) of filter media. Simply cut the filter media to fit to your vent's dimension and install. Change every 4-to-6 weeks, when dirty.

AFVROLL	VENT KIT	14x60	\$18.95
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**BUY 3 OR MORE VENT FILTER KITS FOR ONLY \$12.00 EACH!**



**SHOP, LEARN and SAVE at**  
[www.AllergyControl.com](http://www.AllergyControl.com)