

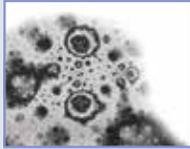


The Comprehensive Source for Allergy Education and Effective Allergen Avoidance Products

The Top Three Indoor Allergy Sources



Dust Mites



Mold



Pet Dander

Over 50 Million Americans Suffer from Allergies
Indoor allergens from dust mites, molds and pets cause allergies, the sixth leading cause of chronic disease in the U.S.

To Treat Allergies, Your Physician May Recommend a 3-Pronged Approach

Recommendations can include (1) Using allergen avoidance products to reduce allergen exposure; (2) Taking allergy medication to reduce symptoms; and/or (3) Utilizing immunotherapy to reduce the allergic response and address the underlying condition.

Encasing Your Bed: The Primary Allergen Avoidance Step

Millions of allergy-causing dust mites are in a single bed. The National Institutes of Health recommends encasing the bed as the primary step to reduce allergen exposure.

Thinking of shopping at your local superstore? You don't need to!



Our great savings solutions mean that you can get **incredible prices** on superior quality encasings.

- Discounted encasings start at just **\$8.79!**
- Encase a Twin Bed (pillow & mattress) for only **\$39.99!**

Exclusive Savings for Patients of this Practice!

Why Allergy Control's Dust Mite Barrier Bedding Is Best –

- It's doctor recommended for the past 30 years
- We offer special construction that means better protection
- For your health, we use only the finest allergen barrier fabrics



SAVE 20%

On Pillow, Mattress, and Comforter Encasings.

Plus, Get

FREE Shipping on Orders Over \$150!!

Just mention or enter code **PD141**

(expires 08/31/2014)

Choosing the right encasing can be challenging.

Our allergy experts are here to help you make the best choices to find relief. Call for helpful advice today.

1.800.255.3749
www.AllergyControl.com

Allergen Avoidance: Reducing Allergens in Your Home

The First Step: Controlling Allergens in the Bedroom



It's most important to focus on the bedroom first, since the bedroom is where you come into contact with the biggest allergen source — your bed! What should be a clean and restful place may be 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 FAQs 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. As you move while sleeping, allergens from dust mites or pet dander are released into the air. Inhaling them can trigger allergic symptoms. Covering the bed with an encasing blocks these allergens from being released into the air.

Q: What protection does an encasing provide?

A: The right allergy encasing creates a protective layer between you and the allergens in your bed. Encasings are either made from tightly woven fabrics or they include a membrane layer — each of which is designed to trap the allergens and keep them away from your body. Certain encasings are also scientifically proven barriers against bed bugs.

Q: Will an encasing be comfortable to sleep on?

A: Our Allergy Control® encasings are made from the best and most breathable fabrics that feel invisible on the bed and offer total sleeping comfort.

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

A: Allergy Control® encasings have been tested and proven effective in major independent scientific studies on the various environmental and health benefits associated with encasing the bed. Thousands of allergy patients took part in these studies. For a complete list of studies, visit our Allergy Learning Center at www.AllergyControl.com.

FAST FACT: Over 3 MILLION Allergy Control® Encasings have been sold to allergy sufferers since 1983.

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 and what the best steps are to decrease symptoms. Learning about allergies will help you understand the steps to take. To get started, here are some allergy basics:

Allergens

People with allergies react to substances called allergens, which your body finds dangerous, and reacts to them by producing antibodies against them. People vary in their degree of sensitivity to allergens, their symptoms, and the severity of their allergic reactions. Controlling your home environment is a great step in finding relief from allergy symptoms.

Allergic Threshold

Determines how sensitive you are to an allergen.

Allergen Load

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

Allergen Avoidance

Actions taken around the home to reduce 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. If you take simple allergen avoidance steps around the home, you can reduce your allergen load, which helps achieve allergy relief and a healthier lifestyle.

You can also enjoy reading these and other articles online by visiting our allergy learning center at www.AllergyControl.com

Sign up & SAVE!

Sign up at www.AllergyControl.com to receive special offers via email.

Watch Our NEW! Education Videos for More Help Understanding Allergies!

Want to learn more about allergies, what causes them and how to avoid allergy symptoms? Go online to www.AllergyControl.com to view our new educational videos!

VIDEO TOPICS INCLUDE:

- Understanding Allergies & Their Causes
- Reducing Allergens in Your Home
- Dust Mite Education
- Benefits of Encasing Your Bed

Understanding Dust Mite Allergies



The Basic Facts on Dust Mites:

Dust mites are eight-legged arachnids and are relatives to spiders and ticks. Dust mites are microscopic so, unlike bed bugs, cannot be seen by the naked eye. A female dust mite can lay 25 to 50 eggs every 3 weeks, resulting in dust mite populations of up to 1 million 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 thrive in dark, warm and humid environments and are typically found in:

- Pillows
- Comforters
- Carpets
- Mattresses
- Blankets
- Upholstered Furniture

These areas also provide the dust mite's greatest food source, the shed scales of human skin.

Q: What is 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 can leave behind more than 100,000 waste particles in a gram of dust, making it a main cause of allergy symptoms.

Understanding Pet Allergies



The Basic Facts on Pet Allergens:

Many people allergic to animals think the allergy is caused by the pet hair itself. Actually, it is caused by a protein present in the animal dander, which is made up of flaky skin cells and dried saliva.

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 less sensitive to some breeds than others.

Q: Where are pet allergens found?

A: Pet allergens are found in the homes of pet owners, but can travel to other areas as dander sticks to clothes and other belongings.

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

A: Keep your pet out of your bedroom. Wash hands or clothes after coming into contact with the pet, bathe the pet regularly, and keep grooming to a minimum.

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

A: Removing pet dander requires thorough cleaning, which can take as long as 20 weeks to alleviate symptoms. Physicians highly recommend that you 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 traps pet dander within the bed and protects you from inhaling these allergen particles.

FAST FACT:

Over 1,000,000 dust mites can live in a single bed, causing allergy symptoms throughout the night.

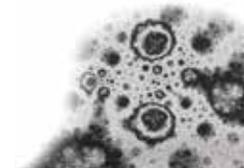
Q: Am I allergic to the dust mite itself?

A: Allergies are not caused by dust mites themselves, but rather by a combination of their waste particles and dead body fragments. These particles are called dust mite allergens.

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. However, dust mites feed on our shed skin cells while bed bugs bite us directly in order to feed on our blood. Dust mites cause inhalant allergy symptoms and bed bugs do not.

Understanding Mold Allergies



The Basic Facts on Mold Allergies:

Molds are microscopic fungi made up of clusters of filaments that decompose plant and animal matter for nourishment. Many molds reproduce by releasing spores into the air, which settle and grow into new mold clusters. These mold spores contribute to mold allergies.

Q: Where are molds found?

A: Molds live both outdoors and inside the home. Outdoor molds are found in fallen leaves, rotten vegetation, and in other shady, damp areas. Indoor molds can grow in areas that don't have enough ventilation or have water pooling. They thrive in warm, dark or humid areas such as showers or basements.

Q: What can I do to control mold inside?

A: Since mold needs moisture to survive, increasing ventilation to reduce humidity is the best route to preventing mold growth.

- Use dehumidifiers and air conditioners to get humidity to levels between 35-40%.
- Use mildewcide or bleach to kill growth and prevent regrowth.
- Use air vent filters to keep spores from circulating through vents.
- Use specialized heat units designed to kill mold spores.

Exclusive Savings for Patients of this Practice

SAVE 20%

On Pillow, Mattress, and Comforter Encasings. Plus, Get FREE Shipping on Orders Over \$150!

Just mention or enter code PD141 (expires 08/31/2014)

Understanding Allergy Encasings

The most recommended step for relief from nighttime allergy symptoms is to encase your bed.

To make the best choice, you may be wondering whether to buy Allergy Control® encasings or to shop at the local superstore. Our encasings offer superior protection and comfort over those typically offered at your local store. Other brands are often poorly made and can't compare to the quality construction, long-term warranties and superior allergy-proof fabrics of our Allergy Control® encasings.



National Institutes of Health

The National Institutes of Health (NIH) outlines "Guidelines for Allergy & Asthma Prevention." These recommendations list encasing pillows and mattresses as one of the most important steps for allergen avoidance. The NIH recommends washing un-encased bedding every week in hot water to kill dust mites.



Allergy Control® Encasings Comparison Chart

	BEDCARE CLASSIC	PRISTINE® COMPLETE	COTTON PERFORMANCE
Exclusive 20% Off Discount!	Pillow encasings starting from: \$8.79 Mattress/Box Spring encasings starting from: \$39.99	Pillow encasings starting from: \$13.56 Mattress encasings starting from: \$67.16	Pillow encasings starting from: \$27.16 Mattress encasings starting from: \$98.36
Overall Rating	Basic Protection with Water-Resistant Membrane ★ ★ ★	Ultimate Protection with Microfiber Softness ★ ★ ★ ★ ★	Exceptional Protection from Luxurious Cotton ★ ★ ★ ★ ★
Recommended for People Looking for	An economical choice for full allergy protection, especially great for kids' beds, box springs and additional beds	A supple cotton-like feel with a scientifically proven bed bug barrier	An unparalleled combination of top allergen and bed bug protection and extraordinary sleeping comfort
Allergy Relief & Protection	Dust mite allergens and pet dander	Dust mite allergens, pet dander and bed bugs	Dust mite allergens, pet dander and bed bugs
Allergy Relief Features	<ul style="list-style-type: none"> • ADVANCED MEMBRANE for total protection against allergens • Membrane lining wicks away perspiration • Soft polyester exterior fabric for sleeping comfort • Latex free 	<ul style="list-style-type: none"> • SMALLEST PORE SIZE protects against ultra-fine allergen particles • Breathable polyester microfiber provides cotton-like feel • Latex free 	<ul style="list-style-type: none"> • EXCLUSIVE • 100% eco-friendly, natural cotton is the best choice for top protection and comfort • Luxuriously soft 100% combed cotton for absolute sleeping comfort • Latex free
Unique Features	<ul style="list-style-type: none"> • Improved brushed microfiber exterior fabric • Ideal for kids' beds with water-resistant ability • Excellent and economical for box springs • Quality construction • Made In The U.S.A. 	<ul style="list-style-type: none"> • Scientifically proven bed bug barrier • Antimicrobial treatment inhibits mold and mildew • Oeko-Tex Standard 100 Certified • Made in the U.S.A. • Superior construction for improved protection and long-term durability 	<ul style="list-style-type: none"> • Scientifically proven bed bug barrier • Natural cotton contains no finishes or chemicals • Made in the U.S.A. • Superior construction for improved protection and long-term durability
Barrier Type	Membrane, No Pores	100% Polyester, 2.4 Microns	100% Cotton, 2.6 Microns
Warranty	5-year	Lifetime	Lifetime



Measure Your Mattress

Using a ruler, measure carefully 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.

Simple Steps to Encase Your Bed



Zip encasing around pillow and cover with a pillowcase.



Fully unzip the encasing and pull it around one end of the mattress.



Zip fully around the mattress and place fitted sheet over the encasing.



Product Information Worksheet

Taking these steps at home can reduce allergens and provide helpful allergy relief.

1 ENCASE — Your #1 Priority for Allergy Relief!

Your first step for allergen avoidance. 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.

Allergy Control® BedCare Classic

Ideal for box spring or kid's mattress. An economical choice with a water-resistant membrane lining for allergen protection.



Our Exclusive, NEW Allergy Control™ Mite-Proof Pillow Protects You While You Sleep And Never Needs An Encasing!

Your protection from dust mites and their allergen is our primary concern, but your comfort and a good night's sleep are important, too. So we created a mite-proof pillow with a special 100% cotton fabric covering that is woven so tightly mites can't penetrate and make a home inside. Because the soft, specially constructed cotton fabric keeps out mites, the pillow never requires encasing yet stays mite-free. Pillows like ours that are made with other outer fabrics aren't as cool, comfortable and breathable as ours yet often cost more. So, start fresh with the pillow that stays fresh and mite-free, even without an encasing, as long as you own it. 100% polyester fiber fill. 7 1/2" loft. Made in the U.S.A. 5-Year Warranty.

Standard Pillow	\$25.00
Queen Pillow	\$30.00
King Pillow	\$35.00

SAVE 20%

On Pillow, Mattress, and Comforter Encasings. Plus, Get FREE Shipping On Orders Over \$150!

Just mention or enter code PD141 (expires 08/31/2014)

Need Help?

Call our allergy experts at 1.800.ALLERGY (255-3749).

We've helped many allergy sufferers, just like you!



Get protection from bed bugs!

These encasings have been scientifically tested and proven to provide protection from bed bugs.

SAVE 20%
On Our
High Quality
Encasings!

PILLOW ENCASINGS	REG. PRICE	WITH 20% DISCOUNT
Standard	\$10.99	\$8.79
Queen	\$11.99	\$9.59
King	\$12.99	\$10.39

MATTRESS OR BOX SPRING ENCASINGS

Twin	\$49.99	\$39.99
Long Twin	\$59.99	\$47.99
California Long Twin	\$59.99	\$47.99
Full	\$59.99	\$47.99
Queen	\$69.99	\$55.99
King	\$79.99	\$63.99
Cal. King	\$84.99	\$67.99

Allergy Control® Pristine® COMPLETE

Our Oeko-Tex certified microfiber is free of harmful substances and offers top allergen and bed bug protection.



* Mattress encasing prices are for 9" depth. For Complete and Cotton Performance,

\$17.00 for 12" depth
\$20.00 for 15" depth
\$23.00 for 18" depth

PILLOW ENCASINGS	REG. PRICE	WITH 20% DISCOUNT
Standard	\$16.95	\$13.56
Queen	\$19.95	\$15.96
King	\$21.95	\$17.56

MATTRESS ENCASINGS

Twin	\$83.95	\$67.16
Long Twin	\$89.95	\$71.96
Full	\$109.95	\$87.96
Queen	\$119.95	\$95.96
King or CA King	\$149.95	\$119.96
Crib	\$49.95	\$119.96

COMFORTER ENCASINGS

Twin	\$139.95	\$111.96
Full/Queen	\$159.95	\$127.96
King	\$179.95	\$143.96

Allergy Control® COTTON PERFORMANCE

Our exclusive, luxurious 100% cotton encasings offer the best allergen and bed bug protection for ultimate sleeping comfort.



* Mattress encasing prices are for 9" depth. For Complete and Cotton Performance,

\$17.00 for 12" depth
\$20.00 for 15" depth
\$23.00 for 18" depth

PILLOW ENCASINGS	REG. PRICE	WITH 20% DISCOUNT
Jumbo (Std/Qn)	\$33.95	\$27.16
King	\$37.95	\$30.36

MATTRESS ENCASINGS

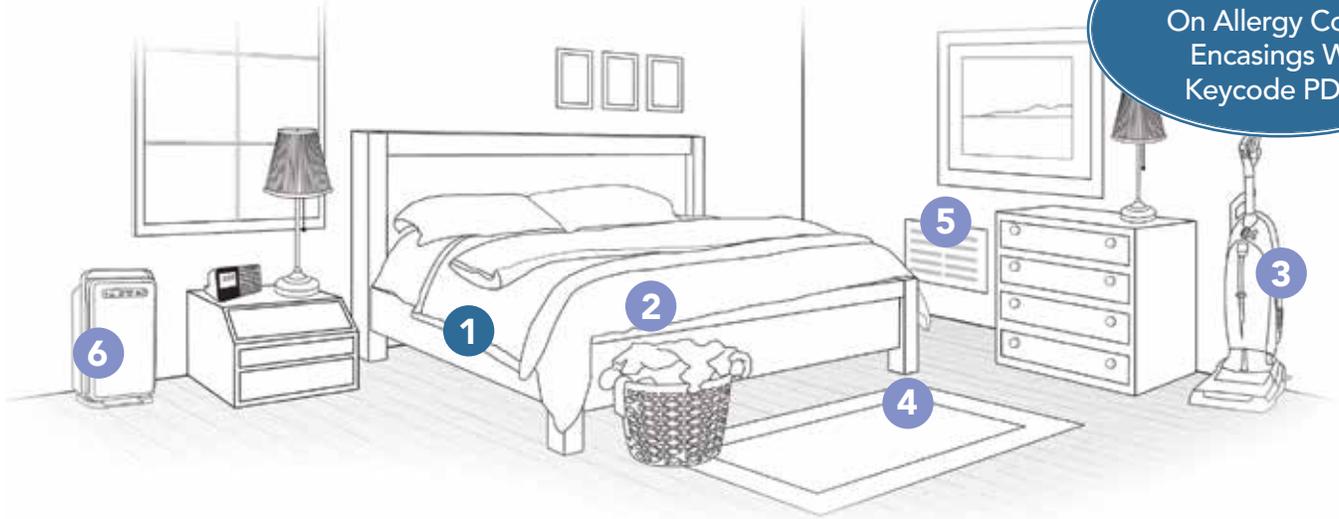
Twin	\$122.95	\$98.36
Long Twin	\$139.95	\$111.96
Full	\$149.95	\$119.96
Queen	\$169.95	\$135.96
King or CA King	\$239.95	\$191.96

COMFORTER ENCASINGS

Twin	\$161.95	\$129.56
Full/Queen	\$194.95	\$155.96
King	\$219.95	\$175.96

Taking these steps at home can reduce allergens and provide helpful allergy relief.

SAVE 20%
On Allergy Control Encasings With
Keycode PD313



Removes Allergens



2 WASH

Allergens build up in all bedding, even hypo-allergenic bedding. Wash linens, blankets and any un-encased bedding weekly in hot water to kill mites and remove allergens. Or, use a special allergen-removing laundry product in any wash temperature.

PRODUCT	BENEFIT	REGULAR PRICE
<input type="checkbox"/> Allergy Control Mite-Proof Pillow	Our Mite-Proof pillows feature hypo-allergenic fill and dust mite protection from allergen-blocking 100% cotton exterior. Needs no encasing!	\$25.00 - \$35.00
<input type="checkbox"/> Allergy Control® BedCare® Comforters	Dust mite and pet dander protection from our new polyester microfiber. Hypo-allergenic fill. Available in white, ivory, and navy in standard fill.	\$159.95 - \$249.95
<input type="checkbox"/> SmartSilk Allergy Bedding	Certified as asthma & allergy friendly™ to block dust mite and pet allergens. 100% natural silk fill and 100% cotton exterior.	\$34.95 - \$399.95
<input type="checkbox"/> Allersearch® AllergenWash	All-in-one laundry detergent cleans while removing allergens in any wash temperature. (2 sizes available)	\$29.95 - \$109.95
<input type="checkbox"/> De-Mite Laundry Additive	Use with your detergent to remove allergens in any wash temperature. (2 sizes available)	\$16.99 - \$53.99

Improves Cleaning



3 CLEAN

Simple cleaning throughout the home can help reduce allergens that cause allergy symptoms. Wear a face mask when cleaning to avoid inhaling allergens.

PRODUCT	BENEFIT	REGULAR PRICE
<input type="checkbox"/> Dust Graber Dust Cloths	Special cloths attract and bond dust. No dusting spray needed. Set of 4.	\$10.96
<input type="checkbox"/> Allersearch AllerDust	Spray on dust cloth to bind particles to cloth for improved cleaning.	\$16.95
<input type="checkbox"/> AllergyZone Face Mask	Filters 95% of particles to 0.3 microns. NIOSH N95 Rated. Disposable mask, set of 3.	\$9.99
<input type="checkbox"/> Silk Comfort Mask	Lightweight silk mask for use anywhere to reduce exposure to airborne particles.	\$25.99

Filters More Allergens



4 REMOVE

Carpets and upholstered furniture are the next largest sources of indoor allergens. Remove carpet or clean with an anti-allergen treatment and a HEPA-filtration vacuum cleaner.

PRODUCT	BENEFIT	REGULAR PRICE
<input type="checkbox"/> Allersearch ADMS Spray	Anti-allergen spray makes particles in carpet and soft furnishings non-allergenic.	\$21.95 - \$49.95
<input type="checkbox"/> Allersearch ADS Carpet Treatment	Medically proven tannic acid deactivates allergens for up to 60 - 90 days.	\$34.95 - \$99.95
<input type="checkbox"/> Allersearch X-Mite	Dual-purpose powder neutralizes allergens and cleans carpets.	\$29.95
<input type="checkbox"/> DustMite & Flea Control	Clinically-proven, natural-based powder or spray kills dust mites and fleas in carpet.	\$10.49 - \$31.96
<input type="checkbox"/> Miele S7210 Twist Upright Vacuum	Rated as the best upright for deep carpet cleaning and removal of pet hair. Miele offers superior filtration, high quality and user-friendly features.	\$449.00
<input type="checkbox"/> Miele S2181 Titan Canister Vacuum	Quality made for long-term use, active HEPA filtration for particles and odors, carpet powerbrush, smooth floor brush and user-friendly features. 3 accessory tools.	\$639.00 \$599.00
<input type="checkbox"/> Aller-Mold	Use Aller-Mold to clean and protect surfaces from mold growth up to 90 days.	\$28.95 - \$69.95



5 FILTER

Breathe cleaner air by capturing airborne allergens with air vent filters and HEPA filtration products.

PRODUCT	BENEFIT	REGULAR PRICE
<input type="checkbox"/> Allergy-Free® Aller-Pure® Gold Filters	Patented permanent filter features sophisticated pleated design to trap more particles on electrostatic media. Excellent long-term value for cleaner indoor air.	\$99.99
<input type="checkbox"/> DustCheck® Vent Filtration Kit	Trap allergens before they enter a room by placing filter media behind air vents. Cut economically priced 16x60 filter media for current and replacement use.	\$13.49
<input type="checkbox"/> Allergy-Free® Filter Cleaner	Specially designed spray cleaner keeps permanent filters performing at their best.	\$14.99

Breathe Cleaner Air



NEW!



6 PURIFY

Airborne allergens, especially pet allergens, can be reduced by using an air purifier. Dust mites and molds thrive in humid environments, so use a dehumidifier or air conditioner when in humid areas. Keep humidity levels between 35 - 40%.

PRODUCT	BENEFIT	REGULAR PRICE
<input type="checkbox"/> Advanced HEPA+ Air Purifier	Perfect air purifier for a bedroom or den up to 500 sq. ft. Delivers HEPA filtered air to help you or your child avoid the allergens that offend you.	\$599.00
<input type="checkbox"/> Solues Dehumidifier	Removes up to 70 pints in 24 hours to help prevent mold and mildew. Energy Star rated. 3 models to choose from: 30 - Pint, 45 - Pint, and 70 - Pint.	\$209 - \$264
<input type="checkbox"/> Honeywell Air Purifiers	Value priced with long-life HEPA filter for low maintenance costs.	\$141.99 - \$181.99
<input type="checkbox"/> Blueair Air Purifiers	Best in Class CADR winner (Clean Air Delivery Rate). HEPASilent filters for quiet and effective cleaning. Wide range of options for small to large room sizes.	\$329 - \$769
<input type="checkbox"/> Mold Zapper	Convection heat zaps mold spores to prevent them from spreading and multiplying.	\$79.99
<input type="checkbox"/> Humidity Gauge	Monitor humidity and keep to the proper range to inhibit dust mite and mold growth.	\$13.49

OTHER HELPFUL PRODUCTS

Our extensive selection of helpful products for asthma control, sinus relief, sensitive skin, pet allergies, personal care and more can be found online at www.AllergyControl.com.

Find Over 500 Products Online



PRODUCT	BENEFIT	REGULAR PRICE
<input type="checkbox"/> MiniWright Peak Flow Meter	Monitors peak flow rates for improved asthma control. Standard and low range.	\$25.99 - \$31.99
<input type="checkbox"/> PARI Trek S or Vios Compressor	Respiratory and asthma care compressors with LC Sprint nebulizer for short treatments. Rx Required.	\$119.99
<input type="checkbox"/> Vicks Steam Inhaler	Natural steam therapy soothes throat and helps clear congested sinus passages.	\$41.99
<input type="checkbox"/> SinuPulse Elite Nasal Irrigator	Pulsating mist or cleansing spray cleans sinuses and nasal passages to prevent infection. Includes 4 tips & 30 SinuAir powdered saline packets.	\$79.95
<input type="checkbox"/> Germ-Free Humidifier	Vicks Germ-free humidification for up to 24 hours from 2-gallon tank.	\$109.95
<input type="checkbox"/> Vanicream Personal Care Products	Dermatologist-recommended skin and hair care products contain no chemicals or fragrances.	\$3.49 - \$15.49
<input type="checkbox"/> Allersearch Pet+ Shampoo	Pet shampoo reduces pet allergens and conditions coat to lessen grooming.	\$18.95

Reduce Allergen Exposure in Your Home

This set of guidelines, developed in accordance with the National Institutes of Health, Asthma Education Prevention Program, will help you reduce allergen exposure in your home.

Allergy Control Starts Here

Go to: www.AllergyControl.com to learn more about these 6 Steps To Allergy Control At Home
www.allergycontrol.com/t-Resources-6-Steps-to-Allergy-Control-at-Home.aspx



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 to remove allergens and clean with an allergen-trapping HEPA vacuum.

5 FILTER

HEPA filtration products and high efficiency MERV furnace 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 clean air reduces allergy symptoms.

Follow Your Physician's Recommendation:

Rx Allergen Avoidance Prescription for Improving Life Indoors

Patient Instructions: Prioritize your allergen avoidance steps and focus on those that are most effective to reduce exposure. The more steps you can take throughout the home, the greater you and your family's overall allergy relief will be. Find encasings on pgs. 4 - 5 and other helpful products on the Product Information Worksheet (pgs. 6 - 7).

- | | |
|---|--|
| <p>1. Encase</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pillow <input type="checkbox"/> Mattress <input type="checkbox"/> Box Spring <input type="checkbox"/> Comforter <p>2. Wash</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bed Linens <input type="checkbox"/> Blankets <p>3. Clean</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dusty Areas <input type="checkbox"/> Carpets <input type="checkbox"/> With Face Mask | <p>4. Remove</p> <ul style="list-style-type: none"> <input type="checkbox"/> Carpet or Treat Carpet <input type="checkbox"/> Curtains and Upholstered Furniture <input type="checkbox"/> Use HEPA Vacuums <p>5. Filter</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use Air Filters <input type="checkbox"/> Cover Vents <p>6. Purify</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use HEPA Air Purifiers <input type="checkbox"/> Monitor Humidity <input type="checkbox"/> Use Dehumidifiers & Air Conditioning <input type="checkbox"/> Prevent Mold Growth |
|---|--|

Physician / Healthcare Professional _____

Date _____

Physician Notes:

SAVE 20% On Pillow, Mattress, and Comforter Encasings. Plus, Get FREE Shipping on Orders Over \$150!
 Just mention or enter code **PD141** (expires 08/31/2014)



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