

### Description

**Fire Quench supports those suffering from seasonal allergies.**

**Quercetin:** Among the flavonoids, quercetin is one of the most biologically active. One of the best studies effects of quercetin is its ability to prevent mast cells from de-granulating during an allergic response. In preventing mast cell de-granulation, quercetin prevents the release of histamine, one of the major triggers to the overall allergic response.

**Stinging Nettles:** Nettles leaf has been shown to be effective when used for hay fever.

**N-Acetyl Cysteine:** NAC is a precursor to one of the bodies most potent antioxidants, glutathione. NAC breaks (reducing) the disulphide bonds in mucus of the intestines and especially the lungs, making mucus less viscous.

**Ascorbic Acid Vitamin C:** One of the most talked about vitamins in recent decades, Vitamin C activity was first identified hundreds of years ago for its ability to prevent and treat scurvy. There are few conditions for which Vitamin C has not been promoted for, and in many cases had some effect.

**Bromelain:** Bromelain is the term used to describe a group of enzymes derived from the stem and fruit of the pineapple plant (*Ananas comosus*). As a plant enzyme, Bromelain has many advantages and uses as a supplemental ingredient. Bromelain has an "Approved" status by the German Commission E for micro inflammations (allergic reactions, localized internal infections). Other activities associated with Bromelain include inhibition of platelet aggregation, decreasing the viscosity of mucus (mucolytic), antibiotic activity and smooth muscle relaxant.

### Dosage

**SUGGESTED USE** as a dietary supplement.

**Loading Dose:** 2 capsules 3 times per day for 7-10 days.

**Maintenance:** 1 or more capsules per day or as recommended by your health care professional.

**Does Not Contain** *Gluten, yeast, artificial colors or flavors.*

### Cautions

If you are pregnant or nursing, consult with your health care practitioner before taking this product.

Supplement Facts <sup>V1</sup>		
Serving Size 2 Capsules		
Servings Per Container 20 & 60		
	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid USP)	300 mg	333%
Quercetin Dihydrate	400 mg	*
Stinging Nettle (Leaves)	400 mg	*
Bromelain (from Pineapple)	100 mg (240 GDU)	*
N-Acetyl-L-Cysteine USP	50 mg	*

\* Daily Value not established.

**Other Ingredients:** Hypromellose (Natural Vegetable Capsules), Magnesium Stearate, Silicon Dioxide, and Stearic Acid.

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease.*

*Cease taking this product and consult your physician if you have negative reactions upon ingestion.*

