



# ALLER PRO

## What Is ALLER PRO?

TonicSea Aller Pro is an advanced nutritional supplement containing evidence-based ingredients shown to support immune function and a healthy respiratory system.\* Read on to learn more about how Aller Pro works in the body, as well as how to use it, and what makes TonicSea products superior to the competition.

## How ALLER PRO Works

Aller Pro ingredients are demonstrated in clinical research to support a healthy respiratory system, immune function, and symptoms of seasonal discomfort through a myriad of mechanisms.\* Below you will find summaries of the compelling evidence for the benefits of Aller Pro ingredients:

**DGL (Deglycyrrhizinated) Licorice Root:** The root of the licorice plant has been shown to have expectorant (mucus-loosening) properties in humans, thus providing healthy respiratory support.\* It also acts as a demulcent by soothing irritation in mucous membranes.\*

Deglycyrrhizinated (DGL) version of licorice removes the substantial parts of glycyrrhizin, which can cause issues with hypertension, edema. Therefore, deglycyrrhizinated licorice found in Aller Pro is a safer option for long-term use in susceptible individuals.

**Quercetin:** Quercetin is an important flavonoid (specifically a flavonol) found in various plants. Like all flavonoids, quercetin works as an antioxidant by scavenging free radicals and supporting oxidative stress.\* It also has been shown in research to support healthy nasal and sinus function.\*

**Stinging Nettle Leaf:** Stinging nettle is a plant so-named due to the stinging sensation it produces when you touch its leaves. Ironically, research suggests the leaves of stinging nettle have a variety of healthful properties for humans.\*

For example, evidence suggests that supplementing with stinging nettle leaf helps support healthy nasal function by modulating certain immune markers.\*

\* 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.

**Bromelain:** Bromelain is a crude extract from pineapple fruit that contains several proteases—enzymes that help us digest and absorb protein complexes, including antigenic compounds that enhance the absorption of quercetin.

But the benefits of bromelain are quite extensive beyond just supporting protein digestion, with clinical evidence suggesting it also supports healthy immune function.\*

**N-Acetyl-L-Cysteine (NAC):** NAC is an amino acid precursor to one of the most crucial antioxidants in the human body—glutathione. Glutathione is involved in a multitude of metabolic reactions affecting every system in the body, especially the nervous system, immune system, and gastrointestinal system.

Glutathione and NAC help reduce the viscosity (thickness) of mucus, thus supporting a healthy airway and promoting a healthy upper respiratory tract.\*

**Vitamin C:** Vitamin C is a powerful antioxidant micronutrient with immune-supporting properties that works synergistically with quercetin to encourage healthy nasal and sinus function.\*

## ALLER PRO Supplementation

Given the importance of healthy respiratory and immune function for supporting overall health and wellness, supplementing with Aller Pro can benefit users in a variety of ways.\* The most relevant research-backed benefits of supplementing with Aller Pro include:

- Supports healthy nasal and sinus regions\*
- Supports healthy respiratory function\*
- Support healthy immune function\*
- Bioavailable ingredients for maximal absorption

## ALLER PRO Dosing Recommendations

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
	Amount Per Serving	%DV*
Vitamin C (as Ascorbic Acid)	150 mg	167%
Quercetin (as Quercetin Dihydrate)	200 mg	†
Stinging Nettle Leaf	200 mg	†
Deglycyrrhizinated Licorice (Root)	75 mg	†
Bromelain (from Pineapple) (2400 GDU/g)	50 mg	†
N-Acetyl-L-Cysteine	25 mg	†
*Daily Value (DV) based on a 2,000 calorie diet.		
**Daily Value not established.		

**Other Ingredients:** Cellulose (Vegetarian Capsule), L-Leucine.

**Loading Dose:** As a dietary supplement, take 2 capsules three times daily for 7-10 days.

**Acute Use:** As a dietary supplement, take 2-3 capsules as needed.

**Maintenance Dose:** As a dietary supplement, take 1 or more capsules daily, or as directed by your healthcare practitioner.

**Note:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use.

## The TonicSea Quality Difference

This product is non-GMO, vegetarian-friendly and made in a cGMP facility. It is also free of wheat/gluten, soy, dairy, shellfish, egg, tree nuts, and artificial colors.



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