

HistaBalance



Clinical Applications:

- Supports balanced immune response in individuals with heightened sensitivity
- Promotes clear and healthy sinus and respiratory function
- Helps maintain normal mucus viscosity
- Supports comfort and health of nasal passages during seasonal shifts

SEASONAL SUPPORT

HistaBalance is a targeted formula combining flavonoids, antioxidants, enzymes, and botanicals to support a healthy response to seasonal and environmental allergens. It features quercetin, a potent flavonoid that helps regulate histamine levels, and bromelain, which enhances quercetin absorption and supports mucosal tissue. Stinging nettle leaf helps calm overactive immune responses, while N-acetyl cysteine (NAC) promotes clear airways by supporting healthy mucus consistency. Together, these ingredients work synergistically to maintain clear nasal and sinus passages and support respiratory comfort.

Quercetin

Quercetin is a plant-derived flavonoid with potent antioxidant and anti-inflammatory properties. Naturally found in onions, apples, tea, and oak species, it has been shown to modulate the release of histamine and other inflammatory compounds such as leukotrienes and prostaglandins.^{1 2} Its ability to stabilize mast cells helps reduce histamine-related reactions, particularly those experienced during seasonal shifts.³

Stinging Nettles Leaf

Stinging nettles have a long history of traditional use for supporting upper respiratory and immune health. Clinical studies show that *Urtica dioica* helps regulate immune activity in the nasal passages and airways, balancing the release of inflammatory compounds that contribute to seasonal discomfort.^{4 5} It helps modulate mast cell activity and reduces the action of histamine and prostaglandins.

Bromelain

Bromelain is a proteolytic enzyme extracted from pineapple stems and fruit. It aids in breaking down large protein complexes and enhances the absorption of quercetin.⁶ In addition, bromelain has been studied for its role in reducing circulating allergenic proteins and promoting a balanced immune response to environmental triggers.⁷

N-Acetyl Cysteine

AC is a powerful antioxidant precursor to glutathione, one of the body's most important detoxifying agents.⁸ In the respiratory tract, NAC supports healthy mucus viscosity and clearance, helping to maintain open airways.^{9 10} It also enhances the body's antioxidant defenses, supporting immune resilience during times of oxidative stress.

Vitamin C

As an essential vitamin, vitamin C is crucial for immune function and is rapidly depleted under physical or emotional stress. It is a potent antioxidant that protects against free radical damage and plays a unique role in histamine clearance, making it especially useful for those with seasonal immune challenges.^{11 12}

Directions

Loading Dose: Take 2 capsules three times daily for 7–10 days.

Maintenance: Take 2 capsules daily, or as recommended by your healthcare provider.

† 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.

Does Not Contain

This product contains no gluten, corn, yeast, or artificial colors or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product

References

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Supplement Facts ^{V1}		
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), Silicon Dioxide, Stearic Acid and Magnesium Stearate.

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