ANTI-HISTAMINES

3000-5000 mg Vit. C daily If symptoms worsen, increase to 1000 mg every 2-3 hours, back off dose if you develop diarrhea.

400-800 mg Magnesium daily is a natural antihistamine.

400 IU Vit. E, 200 mcg Selenium to decrease sensitivity to allergens

600-1200 mg daily of N-Acetyl-Cysteine (NAC) to help expectorate mucus and loosen phlegm and bronchial secretions.

1000 mg B5 daily

250-500 mg Quercetin and bromelain daily for allergies and inflammation.

Flavonoids aka Bioflavonoids, compounds common to most plants and to which many fruits and veggies owe their color. Most beneficial is quercetin which prevents production of histamine and other inflammatory agents.