



# Health Matters

by  
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With springtime pollen counts at typically high levels, many are looking for relief from symptoms of seasonal allergies, such as sneezing, sinus congestion, headaches and itchy, watery eyes. More time outdoors can precipitate these symptoms. Even bronchial asthma can be triggered by seasonal allergies.

Antihistamine-type drugs can provide symptomatic relief, but commonly cause side effects such as nervousness, fatigue and drowsiness. An all-natural product called **Breathe Free** offers effective support for sinus, bronchial and eye health against common reactions to pollen, pollution, dander, dust, mold and other irritants.

**Breathe Free** is a synergistic blend of thirteen traditional herbal extracts with a long history of use for allergic reactions. Found to provide relief in as little as 20-30 minutes, **Breathe Free** is fast-acting, non-drowsy natural nasal and sinus support designed to help you enjoy more outdoor-time this spring.

As always, we guarantee your satisfaction.

**Locally owned for 36 years**

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