

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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CLEAR SKIES

Breathing Just Got Easy

- Supports patients with itchy eyes & throat, nasal congestion
- Targets patients with post-nasal dripping
- Natural alternative to anti-histamine medicines

Quercetin is a natural compound found in onions, red wine, green tea, apples, berries, and broccoli.

As one of the main active ingredients in our allergy formula, Clear Skies, Quercetin supports patients who are looking to reduce the histamine response typically associated with common allergies like itchy eyes, nasal congestion, nasal dripping, and throat irritations.

Unlike anti-histamine medications, Clear Skies does not have the side effects of drowsiness, confusion, and over-dried mucus membranes.

Usual dosage: Take 2 to 3 Clear Skies capsules two to three times daily, as needed, and preferably without food.