

# Clinical Study Results Summary

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### Product Use:

- Used once daily, mainly in the morning or shortly before the known time of day when symptoms usually appear.
- One application per each nostril.
- Symptoms measured were sneezing, runny nose, itchy and watery eyes.
- Scale used to measure symptoms
- 5 - complete relief, without symptoms
- 4 - major relief, casual sneezing
- 3 - light, but noticeable allergy symptoms
- 2 - allergy symptoms apparent with periodic flare ups
- 1 - allergic rhinitis with complete symptoms

### Time period:

- December 2003 through March 2004; this time period does not represent seasonal sufferers, but rather perennial or chronic allergy sufferers. This means they could suffer from a variety of triggers including but not limited to dust mites, pet dander, and/or smoke in addition to pollen.
- Duration of 6 weeks with evaluation at time zero, 3 weeks (21st day after start of treatment), and 6 weeks (42nd day after start of treatment).

### Study participants:

- Suffer from diagnosed allergic rhinitis as diagnosed by a radioallergosorbent test (RAST) which is an allergy test that involves collecting blood or by traditional dermal skin tests.
- Currently use a pharmaceutical treatment (either over-the-counter or prescription); participants were asked to discontinue use of their current medications during the study.
- Total of 40 participants (16 men, 24 women)
- Summary of previous treatments used by participants:
  - Decongestant - 35%
  - Corticosteroids - 42.5%
  - Antihistamines - 2.5%
  - Corticosteroid/Antihistamine combination - 20%

**Table 1**

	Scale 1	Scale 2	Scale 3	Scale 4	Scale 5	% scoring complete or major relief (4,5)
Baseline - before treatment	4 (10%)	16 (40%)	14 (35%)	6 (15%)	0 (0%)	15%
3 weeks	1 (2.5%)	5 (12.5%)	16 (40%)	13 (32.5%)	5 (12.5%)	45%
6 weeks	1 (2.5%)	2 (5%)	6 (15%)	20 (50%)	11 (27.5%)	77.5%

Table 1 shows number of patients during each time period and their reported score (percent of total participants in parenthesis).

**Table 2**

	3 scale improvement	2 scale improvement	1 scale improvement	0 scale improvement	Mean improvement
3 weeks	0%	5%	80%	15%	0.9 scales
6 weeks	7.5%	35%	47.5%	10%	1.4 scales

Table 2 shows the percent of participants that experienced improvement. After 3 weeks of use, 85% of participants realized improvement in their allergy symptoms. After 6 weeks of use, 90% of participants realized improvement in their symptoms.

### Side Effects

- There were no reported side effects from any participants.
- Participants reported that the product was simple and easy to use.

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