A growing demand for effective treatment

The number of people with allergies has grown dramatically in recent years. Currently, more than one in six Canadians suffer from hay fever during the spring and summer months. Unsatisfactory results with conventional treatments are widespread — increasing numbers of allergy sufferers are therefore eager to try alternative options like homeopathy.

Luffeel® nasal spray and tablets combine the therapeutic effects of natural botanical substances with mineral ingredients. Luffeel® has been proven to effectively relieve typical allergic nasal and ocular symptoms such as itchy, stuffy or runny nose, sneezing as well as itchy and watery eyes.

When there is a history of seasonal allergies, the effectiveness of Luffeel® nasal spray may be enhanced by starting treatment with Luffeel® tablets prior to the onset of symptoms. Thus, Luffeel® can be taken both in prevention and treatment. Although Luffeel® is mainly used to treat hay fever, it has clinically shown to be effective in treating different types of allergic rhinitis.

Benefits of Luffeel®

- Suitable for children and adults
- Scientifically demonstrated efficacy
- Provides the choice of either nasal or oral dosage form; the nasal spray locally modulates and promotes regulation of the inflamed mucous membranes through its decongestant and desensitizing properties while the tablets work systemically to relieve allergic rhinitis
- May be used at the onset of symptoms or even in prevention
- Sold on the international market for over 13 years
- May be combined to other natural or conventional medications (no known medicinal interactions) and is suitable for long-term treatments

Although initial benefits may be felt rapidly, Luffeel® should be taken for 7 to 14 days before evaluating its complete effectiveness. If symptoms persist, consult a health care practitioner.

Dosage recommendations

1 to 2 months before pollen exposure, in general

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Dosage Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults, 12 years and older</td>
<td>1 tablet 3 times daily</td>
</tr>
<tr>
<td>Children, 6 to 12 years</td>
<td>1 tablet 2 times daily</td>
</tr>
<tr>
<td>Young children, 2 to 6 years</td>
<td>½ tablet 3 times daily</td>
</tr>
</tbody>
</table>

During pollen season

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Dosage Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults, 12 years and older</td>
<td>1 tablet every 30-60 minutes, up to 12 times daily</td>
</tr>
<tr>
<td>General dosage</td>
<td>1 tablet 3 times daily</td>
</tr>
<tr>
<td>Children, 6 to 12 years</td>
<td>1 tablet 2 times daily</td>
</tr>
<tr>
<td>Young children, 2 to 6 years</td>
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Adu lts, 12 years and older

<table>
<thead>
<tr>
<th>Dosage Schedule</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute periods</td>
<td>1 tablet every 1-2 hours, up to 8 times daily</td>
</tr>
<tr>
<td>General dosage</td>
<td>1 tablet every 30-60 minutes, up to 8 times the first day, then continue with the general dosage</td>
</tr>
<tr>
<td>Young children, 2 to 6 years</td>
<td>1 tablet every 1-2 hours, up to 6 times daily</td>
</tr>
<tr>
<td>Babies, 0 to 2 years</td>
<td>Consult a health care practitioner</td>
</tr>
</tbody>
</table>

Contraindication: hypersensitivity to benzalkonium chloride.

For exceptional results!

Enjoy the outdoors and leave your allergies behind!

The Luffeel® “duo”

The carefully chosen ingredients in Luffeel® complement each other in order to address a broad spectrum of nasal and ocular allergic symptoms. The combination of both tablets and nasal spray offers significant relief from the most common symptoms of hay fever.

Luffeel®

Luffeel® Nasal Spray

Composition: 100 ml contains: medicinal ingredients: Luffa operculata D4, D12, D30, Glycyrrhiza glabra D4, D12, D30 10 g each, Histaminum D12, D30, D200, Sulfur D12, D30, D200 5 g each. Non-medicinal ingredients: monobasic sodium phosphate (anhydrous), dibasic sodium phosphate (anhydrous), sodium chloride, purified water, benzalkonium chloride solution.

Contraindication: hypersensitivity to benzalkonium chloride.

Dosage: In rare instances, irritation of the nasal mucosa with burning sensation, increased nasal secretion and nosebleeds may occur. Consult a health care practitioner.

Package size: atomizer containing 20 ml of solution.

Luffeel® Tablets

Composition: 1 tablet contains: medicinal ingredients: Lobelia inflata D4, Luffa operculata D12 2.5 mg each. Non-medicinal ingredients: lactose, magnesium stearate.

Contraindication: do not use in thyroid conditions without first seeking medical advice.

Dosage: In acute periods, 1 tablet 1-2 hours, up to 8 times the first day, then continue with the general dosage. Consult a health care practitioner.

Side effects: none known.

Package size: pack containing 50 tablets.

Revised: May 2009
Luffeel®

**Scientifically proven**

In a randomized, double-blind clinical study of 146 patients suffering from seasonal allergic rhinitis, the effectiveness of Luffeel® nasal spray was compared to that of cromolyn sodium nasal spray over a six-week period. Four to eight sprays of Luffeel® per nostril daily resulted in significant and lasting improvement of symptoms, equivalent to that of cromolyn sodium. Both medications were well tolerated.²

**For an improved quality of life**

![Graph showing mean overall RQLQ* score](image)

In a drug monitoring study, concomitant administration of Luffeel® nasal spray and tablets was rated by over 70% of the 1,090 hay fever participants as either “good” or “very good” therapy.⁴

Another trial on children suffering from seasonal allergic rhinitis compared treatment with Luffeel®, Lyphosot® and Oculoheel® to conventional medication. The study concluded that the homeopathic therapy was as effective as the conventional treatment and was substantially better tolerated.⁴

**REFERENCES**


Luffeel® is the Canadian name of Luffa comp.-Heel® which is distributed worldwide.

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**Luffeel®

- Scientifically and clinically proven effective for children and adults
- No known medicinal interactions

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**Alleviates symptoms of seasonal allergies**

- Runny and stuffy nose
- Sneezing
- Itchy and watery eyes