



and Without Waiting.



**Supplement Facts**

Serving Size 1 Capsule  
Servings Per Container: 40, 120

	Amount Per Serving	% Daily Value
1 capsule contains		
Vitamin C (as Ascorbic Acid)	150 mg	250%
Quercetin	200 mg	*
Stinging Nettles Leaf Powder	200 mg	*
Bromelain (2400 GDU/g)	50 mg	*
N-Acetyl Cysteine USP*	25 mg	*

\* % Daily Value not established

**Natural D-Hist**

**ID #524 40 Capsules**

**ID #524A 120 Capsules**

SUGGESTED USE: As a dietary supplement; **Loading Dose:** 2 capsules three times per day for 7-10 days. **Acute:** 2-3 capsules as needed. **Maintenance:** 1 or more capsules per day or as recommended by your health care professional.

**Support for:**

- Seasonal Changes
- Nasal Health
- Bronchial Function

**The Ortho Molecular Difference:**

- Won't Cause Drowsiness
- Fast Acting Natural Formula

**Contraindications, Adverse or Other Reactions:**

Herbal products may cause mild stomach upset or an allergic reaction. Move dose closer to meals or cease product if symptoms persist. If you are pregnant or nursing, ask your health care provider before taking this product.



Ortho Molecular Products Stevens Point, WI



Get There.



No Drowsiness.  
No Waiting.

***Natural D-Hist is the ideal solution for over 40 million individuals.***

***In the past, the most commonly used approach has been to mask the annoyances after it is too late to address the cause.***

If you are like the 40 million Americans who shy away from the outdoors during the height of the growing season, you have likely tried every over-the-counter product on the market.

Unfortunately, most products force your body to function in a way that is not natural, hence the many side effects associated with these products.

Why is Natural D-Hist different? Because the approach of Natural D-Hist is to address the issue *before* it can become a concern. Most products only mask the situation — Natural D-Hist helps support sinus and nasal passage tissue *when you need it most*.

Natural D-Hist. Nasal and sinus support for the height of the growing season.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## The “Natural” in Natural D-Hist.

Ortho Molecular Products’ Natural D-Hist is formulated for maximum effectiveness, with carefully selected dosages of critical natural components to provide optimal support for nasal and sinus passageways.

### ***Quercetin***

A powerful natural flavonoid, Quercetin has also been shown to inhibit certain compounds that typically affect sinus and respiratory health.

### ***Stinging Nettles Leaf***

Studies have shown Stinging Nettles have demonstrated both promising mechanisms and clinical results for supporting nasal passageway health.

### ***Bromelain***

A strong pineapple enzyme, Bromelain has proven mucolytic properties. As such, Bromelain supports normal mucousal tissue function and enhances the absorption of Quercetin.

### ***N-Acetyl L-Cysteine*** (NAC)

An amino acid that is a natural mucolytic, NAC reduces the viscosity of mucus. Studies have shown individuals have been treated effectively without side effects when given NAC.

Natural D-Hist.

Seasonal Support  
Without Drowsiness,  
Without Ephedra,

NATURAL  
**D-HIST**™

ORTHO  
MOLECULAR  
PRODUCTS  
Because Efficacy Matters™