

The Luffeel® "duo"

for exceptional results



A growing demand for an 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.¹ 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 runny nose, sneezing and itchy 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**.

Luffeel®

Enjoy the outdoors and leave your allergies behind!

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.

Benefits of Luffeel®

- ☞ Suitable for the entire family including children and pregnant or nursing women
- ☞ No known side effects (such as drowsiness) or contraindications* for cardiac or hypertensive patients
- ☞ Scientifically demonstrated safety and effectiveness
- ☞ Provides the choice of either nasal or oral dosage form; the nasal spray locally modulates or promotes regulation of inflammation of the mucous membranes through its decongestant and desensitizing properties while the tablets systematically relieve allergic rhinitis
- ☞ May be used at the onset of symptoms or even in prevention
- ☞ Sold on the international market for over 10 years
- ☞ May be combined to other natural or conventional medications and is adequate for long-term treatments

Dosage recommendations

| | |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------|
| 1 to 2 months before pollen exposure | |
| General | 1 tablet 3 times daily |
| During pollen season | |
| Acute periods | 1 tablet every 30-60 minutes, up to 12 times daily combined to 1-2 sprays in each nostril 3 to 5 times daily |
| General | 1 tablet 3 times daily combined to 1-2 sprays in each nostril 3 to 5 times daily |

Allow tablet to dissolve slowly in the mouth or inhale deeply through the nose while administering the spray in each nostril.

Note: the above adult dosages should be adapted for children according to their age.

Luffeel® Nasal Spray

Composition: 100 ml contains: medicinal ingredients: Luffa operculata D4, D12, D30, Galphimia glauca D4, D12, D30 10 ml each, Histaminum D12, D30, D200, Sulphur D12, D30, D200 5 ml each. Non-medicinal ingredients: benzalkonium chloride.

***Contraindication:** hypersensitivity to benzalkonium chloride.

Package size: atomiser without propellant containing 20 ml of solution.

Luffeel® Tablets

Composition: 1 tablet contains: medicinal ingredients: Aralia racemosa D1, Arsenicum iodatum D8, Lobelia inflata D6, Luffa operculata D12 25 mg each. Non-medicinal ingredients: lactose, magnesium stearate.

***Contraindication:** this preparation includes an iodine-containing ingredient. In cases of thyroid disorders, use only with the advice of a health care professional.

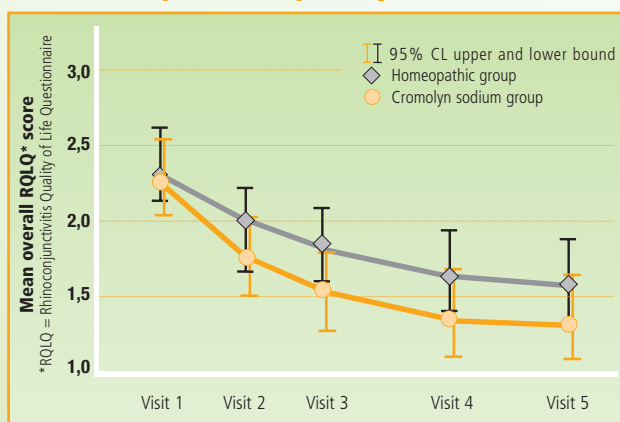
Package sizes: packs containing 50 tablets.

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



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.³

A recent trial on children suffering from 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

- 1) CBC News Online, INDEPTH: Health. Something to sneeze at: Seasonal allergic rhinitis. Site visited on February 8th 2006 (<http://www.cbc.ca/news/background/health/hayfeer.html>)
- 2) Weiser M *et al.* A randomized equivalence trial comparing the efficacy and safety of Luffa comp.-Heel nasal spray with cromolyn sodium spray in the treatment of seasonal allergic rhinitis. *Research in Complementary Medicine* 1999;6(3):142-8.
- 3) Frase W, Weiser M. Antihomotoxic treatment of hay fever. *Biological Therapy* 1994;8(3):91-6.
- 4) Arrighi A. Homotoxicological versus conventional treatment regimens in the prophylaxis and treatment of pediatric seasonal allergic rhinitis: a comparative clinical study. *J Biomedical Therapy Spring* 2006;8-10.

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



Luffeel®

Luffeel®

- Scientifically and clinically proven effective
- For the whole family
- No known side effects or medicinal interactions

Alleviates symptoms of seasonal allergies

- ⌘ Runny nose
- ⌘ Sneezing
- ⌘ Itchy eyes

The information contained in this brochure does not replace the advice of a health care professional.

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