

TAKE BACK CONTROL

From Your ALLERGIES

Every spring, allergies take control of the lives of millions of people, affecting everything from their productivity during the day to their quality of sleep at night. In fact, as many as 50 million Americans suffer from allergies, making it one of the most common chronic diseases.¹ However, many misconceptions exist about allergies that may be keeping people from getting the relief they need. Here are a few examples, according to a recent survey:*

MISCONCEPTIONS

More than half of allergy sufferers believe allergy symptoms are inevitable and that you can't control them.

One in four allergy sufferers believe allergies are only an issue during the day.

Nearly **40 percent** of allergy sufferers believe all allergy pills make you sleepy/groggy.

Nearly **40 percent** of allergy sufferers believe nasal allergy sprays are difficult to use.

One in four allergy sufferers believe all over-the-counter allergy medications are the same.

FACTS

There are many ways allergy sufferers can take back control. For example, making small changes to your daily routine like washing your hair at night and not sleeping near your pets can make a big difference.

Allergies don't just impact your daytime activities – they can also result in restless and sleepless nights, leaving you tired and unable to function properly the next day.

While it's true that some first-generation antihistamines can make you sleepy, second-generation antihistamines offer non-drowsy relief.

Some nasal sprays are ergonomically designed to fit comfortably in your nose, so you can deliver relief right to the source of your nasal allergy symptoms.

All over-the-counter allergy medications are not the same. Different allergy medications have different formulas and active ingredients, which means they may treat different symptoms and provide different kinds of relief.

If you are an allergy sufferer, it is important to learn the facts and to find a treatment option that works for you, so you can take back control. Luckily, several allergy medicines are available over-the-counter at full prescription strength.

Nasacort
ALLERGY 24HR

Nasacort Allergy 24HR is a scent and alcohol free nasal spray that provides 24-hour relief of sneezing, itchy runny nose and the toughest nasal allergy symptom – **congestion**. It does this by blocking the body's chemical responses to allergens and reducing allergic inflammation in the nasal passages.

Allegra
ALLERGY

Allegra is an antihistamine that offers **fast, non-drowsy relief** from allergy symptoms including sneezing, runny nose, itchy watery eyes, and itchy nose or throat. Relief starts in just one hour and stays strong for 24.

XYZAL
ALLERGY 24HR

Xyzal Allergy 24HR is an antihistamine that offers continuous, maximum strength relief of sneezing, runny nose, itchy, watery eyes and itchy nose or throat. In fact, Xyzal is as effective at hour 24 as it is at hour 1, providing **all night and all day allergy relief** that can help allergy sufferers get a better night's sleep and a better day's productivity.

FOR MORE INFORMATION, VISIT WWW.ALLERGY.COM

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1. Centers for Disease Control and Prevention. Allergies. Available online at <https://www.cdc.gov/healthcommunication/ToolsTemplates/EntertainmentEd/Tips/Allergies.html>. Accessed February 13, 2018.

* This online survey of 1,000 U.S. allergy sufferers ages 18 and over was fielded from January 28, 2018 to February 7, 2018 by Toluna. Allergy sufferers are defined as those who suffer from indoor or outdoor, seasonal or year-round allergies. In order to have qualified for this survey, respondents must have suffered from allergies in the past 12 months and must have done something to prevent or manage their allergy symptoms.