

BETTER RESULTS

easy as 1-2-3

Research shows that patients who take their allergy drops three times a day, every day, report feeling better faster than those who take them just once or twice a day. To get the most from your allergy drop treatment, stay with it until your body learns to tolerate what you're allergic to.

How do allergy drops work?

1

PHASE 1 // INITIAL ORAL TOLERANCE // 0 - 3 MONTHS

Your body adjusts to treatment and symptoms can improve. You may experience minor mouth itching, but this will decrease as tolerance begins.

2

PHASE 2 // SYMPTOM RELIEF // 3 MONTHS - 2 YEARS

As symptoms decrease, your body takes steps toward changing your allergen tolerance. You might feel tempted to stop your treatment because you feel better, but don't! By continuing treatment, your body learns long-term tolerance.

3

PHASE 3 // LONG TERM TOLERANCE // 2 - 5 YEARS*

As symptoms continue to improve, your body increases its allergen tolerance. This long-term learning is needed to stay symptom-free after treatment. Your provider will determine the final length of treatment.

* Varies based on allergy complexity & adherence. Foods may take longer.

**Three times a day – every day – for
faster, better, lasting results.**



Sublingual Immunotherapy Prescription Order Contents

Allergychoices Pharmacy prescription orders include the following:

- Sublingual Immunotherapy Prescription — metered vials for foods and inhalants lasts 90 days and includes a custom mix of antigens and a glycerin diluent, as indicated by the prescriber. Preseasonal prescriptions consist of a two-vial set.
- Zippered pouch for easy storage & transport with new patient orders, and replacement pouches are available upon patient request
- Allergy Drop Treatment Record Pocket diary for documenting doses
- Prescription instruction sheet
- Copy of the prescription including ingredients and dosing schedules
- Payment receipt

Packaging:

All prescriptions are mailed in a foil, tamper-evident package via USPS Priority Mail unless other shipping methods are requested. Patients receive tracking via email address on file. Please note if your practice would like to include a notice recommending first dose observation in the practice for new or escalated prescriptions.



Our practice follows the La Crosse Method™ Protocol, which has been used in clinical practice since 1970. The Protocol has helped treat more than 250,000 allergic patients across the country, and has an excellent safety profile.

Aside from being a safe, effective, and patient-friendly treatment, allergy drop therapy is also affordable. If you are covered under a participating insurance plan, your testing and office visits are typically covered. Allergy drop therapy is not currently covered by most insurance plans, and prescription payment is required at the time of service. Check with your carrier about your specific coverage. Most patients agree this temporary investment is well worth the improvement in their health, reduction in allergy-related expenses, and overall quality of life. Allergy drop therapy is typically less expensive than other forms of treatment considering co-pays, and/or an increased number of office visits, and long-term use of temporary symptom management medications.

Watch a video about how to take your allergy drops:
allergychoices.com/taking-allergy-drops

Your next appointment is on _____

at _____

If you have questions before your appointment, please contact us at:

Your Guide to Allergy Drop Treatment



You can treat the cause of your allergies and not just the symptoms

You've been identified as a candidate for allergy drop immunotherapy — also known as sublingual immunotherapy. Allergy drops work like allergy shots, slowly helping you build tolerance to what causes your allergies. They're delivered under your tongue in drop form that you can take anywhere.

Allergy drops have been used safely and effectively to treat a broad range of allergies, including dust mites, pollen, mold, animals, foods, and seasonal allergies such as grass, trees, and ragweed.



Evaluation & Testing

Your medical history and exam will help us determine which allergy tests you need to identify your allergies.

Your Treatment Plan



Based on your medical history, physical exam, and test results, we will develop a treatment plan for you that includes prescribing personalized allergy drops. We may also recommend environmental changes and medication to temporarily relieve symptoms. Most patients who take allergy drops find they need less of these medications over time.

Receive Your Allergy Drops



We will show you how to take your treatment and answer any questions you have. We will monitor your therapy and gradually adjust its strength until your body learns long-term tolerance to your problem allergens. Refill your prescription every 90 days; your treatment will be mailed to your home. If you're taking your dose as prescribed, your bottle should be nearly empty by the time the new one arrives. Discard the old prescription to benefit from the new, stronger dose.

Time & Consistency



Now it's up to you. Research shows that patients who take their drops three times a day report feeling better faster than those who take them just once or twice a day. Some patients feel symptom relief in a few weeks, but others may need more time to notice a difference.

You'll benefit the most from your treatment by staying with it until your body has learned to tolerate what you're allergic to, which happens in three phases that typically take three to five years.

Phase 1 (0-3 months) — Initial oral tolerance

Your body adjusts to treatment and symptoms can improve. You may experience minor mouth itching, but this will decrease as tolerance begins.

Phase 2 (3 months-2 years) — Symptom relief

As symptoms decrease, your body starts building allergen tolerance. You might feel tempted to stop your treatment because you feel better, but don't! By continuing treatment, your body learns long-term tolerance.

Phase 3 (2-5 years*) — Long-term tolerance

As symptoms continue to improve, your body increases its allergen tolerance. This long-term learning is needed to stay symptom-free after treatment. Your provider will determine the final length of treatment.

*Varies based on allergy complexity & adherence. Foods may take longer.

Take your treatment three times a day — every day — through all phases for faster, better, and lasting results.

Return Visits



Three to six months after receiving your drops, we may ask you to return so we can check your progress and see whether you're ready to have your prescription adjusted to a higher strength.

Patients who consistently take their dose three times daily tend to respond faster, which allows us to adjust your dose more quickly.

You will continue to visit us at regular intervals; timing depends on your progress and the severity of your allergies. We will continue to monitor, adjust, and retest to determine the final treatment length specifically for you.

To reorder your allergy drop prescription

between visits, contact us or the pharmacy directly. You can choose to order drops from Allergychoices Pharmacy to ensure the quality and high integrity of their custom-formulated allergy drop prescription.



How do I know what's in my treatment?

In your prescription packet, you'll find an insert with details noting which antigens are included under "Lot ingredient information." This also lists the strength of each ingredient by dilution (Dil#1 - 7, typically). The dilution number is matched to your level of sensitivity. You'll typically start with a higher dilution number (weaker strength) and as you build tolerance, the dilution number will decrease, with 1 being the strongest concentration.



"Slow-Start" or "What to do if you have mild allergy symptoms from the drops" instructions:

Symptom examples: mild tongue tingling, sneezing, flare of rash, or any of your typical allergy symptoms.

- Take only 1 dose daily for 4-7 days or until you no longer have symptoms from the drops.
- Then increase to 1 dose twice per day for 4-7 days or until you tolerate this dose.
- Then increase to 1 dose 3 times per day and continue at this dose.

Your dose has been formulated to minimize symptoms. If you have more than very mild and tolerable symptoms when you start taking a new bottle, or if the above regimen does not reduce your symptoms, please contact your provider.

General Reactions:

Rarely, generalized reactions may occur, including:

- Mild to moderate urticaria (hives) with rash, swelling or itching on more than one part of the body. This typically occurs within minutes of taking a dose.
- Angioedema has **not** been reported using this protocol, but has been reported rarely with other protocols. Symptoms include swelling of the ears, tongue, lips, throat, intestines, hands, and feet – alone or in any combination. This may occasionally be accompanied by asthma symptoms and may progress to anaphylactic shock. The primary danger lies in suffocation from airway swelling. Angioedema may occur within minutes of taking a dose and requires immediate medical attention.
- Anaphylactic shock, the rarest complication, has **not** been reported using this protocol but has rarely occurred using other protocols. Symptoms include acute asthma, low blood pressure, unconsciousness, and potentially death. If you have a history of these reactions, you are required to have an epinephrine injector available when taking your drops.

Questions?

If you have several questions between appointments, please call your provider.

To Refill Your Prescription

You can reorder drops by calling your provider or Allergychoices. Please place your order at least 14 days before you run out to avoid breaks in treatment.

IMPORTANT SAFETY NOTE

In the unlikely event you experience swelling, wheezing, or difficulty breathing, call 9-1-1. Do not resume drops until you have discussed it with your provider.



First-time use of your new drop bottle and dispenser

Red (environmental) or Blue (food) Bottles: Each bottle is a 3 month (90 day) supply.

Your drop bottle dispenser has been set up to deliver a precise dose of antigen with each pump.

Priming the dispenser – To begin using your dispenser, remove the colored safety clip and push down on the pump several times firmly and quickly until a drop is released. You may need to prime the pump again if your bottle remains unused for an extended time. The safety clip should be kept from small children as it may pose a choking hazard.

Taking your dose – After the clip is removed, rest the pump's dispensing arm on your lower front teeth. Push the pump down firmly and quickly to release the dose under your tongue.

Replace the clip when you are finished to prevent accidental release of drops.

One dose equals one full depression of the pump.

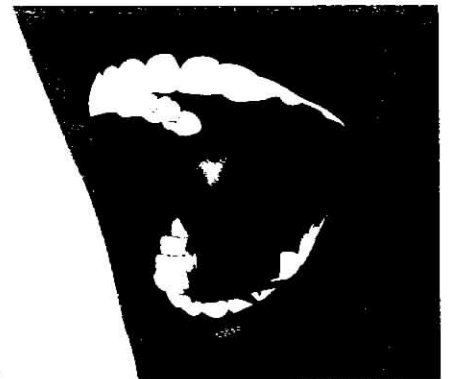
Take one dose under your tongue three different times each day*

The goal is to **constantly** expose your immune system to the allergen proteins in your bottle(s) in a non-threatening way. Spreading doses throughout the day accomplishes this.

*Or as prescribed by your provider

Morning, after work or school, and before bed can be times that work best. Try not to miss any doses. You do not need to take your drops at the same time every day, but at least a couple of hours apart will give you the best results.

If you miss a dose, you can take two doses before bed to catch up. If you miss an entire day or two, restart as soon as possible without worry. Missing doses too often can hinder your progress. If you miss more than 14 days, contact your prescriber before restarting.

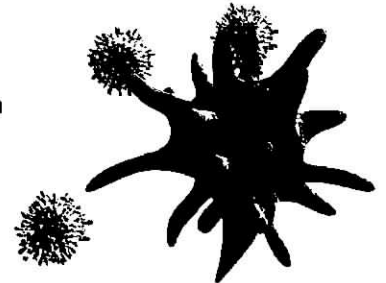


Hold your tongue still for 30 seconds after taking your drops; then you can swallow

This allows the mouth's specialized dendritic cells to capture allergen proteins and pull them under the surface.

Try not to eat or drink 10 minutes before or after you take your dose

This allows your mouth's immune cells to focus on processing the allergen proteins in your drops, without being distracted by other proteins.



Microscopic view of a dendritic cell capturing allergen protein.

If you're taking both red and blue bottle drops, you can take them at the same time

During any given instance, you can take the red bottle and blue bottle drops one after another. Try to take them on opposite sides under your tongue during one administration (for example, red on the right and blue on the left) so that you maximize the use of immune cells in the floor of your mouth. Randomly switch up the sides; that may work better.

**TIP: Keep your bottle(s) near room temperature;
a bedroom or kitchen counter works great.**



What is sublingual immunotherapy (or allergy drops)?

Unlike most allergy drugs, which only treat symptoms temporarily, sublingual immunotherapy addresses the underlying cause of allergies. Allergy drops are administered under the tongue in gradually increasing dosages until the patient develops long-term tolerance to the allergy-causing substance.

What is an antigen?

An antigen is an allergy-causing substance. Examples include dust, pollen, mold, and specific foods such as dairy, peanuts, fish, wheat, corn, and eggs.

What kind of allergies can be treated with allergy drops?

One benefit of allergy drops is that they can treat a broad range of allergies, including those caused by dust mites, pollen, mold, animals, foods, and seasonal allergies such as grass, trees, and ragweed.

Who should take allergy drops?

Although most allergy sufferers can benefit from allergy drops, they're especially ideal for people who can't tolerate or don't respond to allergy shots, as well as those who are unable to commit to allergy shot therapy. These people include:

- Infants and children*
- Asthmatics
- People whose medical conditions prevent them from pursuing other allergy treatment
- Those who are needle phobic
- Those with chronic conditions including sinusitis
- Those with food and mold allergies
- Those with multiple allergies including dust, pollen, foods, and animal

*Allergy drops have proven especially helpful for children with eczema and recurrent ear infections, which often have underlying allergic causes. Research shows that many children with untreated eczema and allergies often develop asthma and other chronic conditions later in life, so treating them early can have life-long benefits and may prevent development of other allergies and asthma.

Are allergy drops safe? Is there research validating their effectiveness?

Allergy drops have been used around the world for more than 100 years, and numerous studies validate both the safety and effectiveness. The World Health Organization has endorsed sublingual immunotherapy as a viable alternative to allergy shots. The Cochrane Collaboration, the world's most-trusted international organization dedicated to reviewing healthcare treatments, concluded that allergy drop immunotherapy significantly reduced allergy symptoms and the use of allergy medications. In 2013, the Agency for Healthcare Quality Research published a review that examined studies which used both sublingual and subcutaneous immunotherapy (allergy shot) treatments. Reviewers found sufficient evidence to support the effectiveness and safety of subcutaneous and sublingual immunotherapy for the treatment of allergic rhinitis (hay fever) and asthma.

What are the advantages of allergy drops?

In addition to being a viable option for people of all ages, there are other advantages to allergy drops:

- **Lower cost, fewer clinic visits.** Compared to shots, allergy drops typically cost less and require fewer clinic visits. Most patients receiving allergy drops need only a few clinic visits the first year, and then once every 6-12 months thereafter until visits are no longer needed.
- **More convenient.** You can take allergy drops at home or wherever you are, making it much easier to stay with your treatment.
- **Less medication.** Our patients report, and research confirms, that they typically need less medication to control symptoms after beginning allergy drops.
- **Enjoy healthier days.** The end benefit of taking drops consistently? Feeling better. Patients typically report fewer clinic visits, hospitalizations, and less time lost from work and school.



Frequently Asked Questions



Will my medical insurance cover the costs?

Insurance companies may cover the cost of office visits and diagnostic testing. However, because allergy drops are an off-label use of FDA-approved antigens, they are not typically covered by insurance. Allergy drops do qualify for Health Savings Account or Flex Spending reimbursement. Most patients agree that the investment in allergy drops is well worth the lasting results and improvement in their quality of life, and the monthly costs are typically comparable to copays for prescriptions and injection immunotherapy.

I've heard that allergy drops are not approved by the FDA. Is that safe?

First, it's important to understand that the antigens used in allergy drops are the same FDA-approved antigens used in allergy shots. They're also prepared the same way as allergy shots. The difference is the route of administration — a dispenser that delivers a drop of antigen under the tongue versus a syringe injecting antigen into tissue. The FDA approves products, not therapies, so it's unlikely that it will ever "approve" multi-antigen immunotherapy.

Antigens are labeled by the FDA for single use through injections and some for sublingual immunotherapy. A number of FDA-approved biologics are considered off-label use when delivered via sublingual immunotherapy, which is both legal and highly common. Most physicians prescribe drugs in an off-label manner today, for example, the use of blood pressure medications for migraines, montelukasts for COPD, or arthritis drugs to treat shingles. Multiple antigen therapies for both injection and sublingual use are also an off-label use of FDA-approved biologics.

Why don't more patients receive allergy drops if they're so effective?

Allergy drops are widely accepted as an effective treatment throughout the world. That acceptance is growing in the U.S. as the treatment becomes more widely available and providers are better educated about its benefits.

What are the ingredients in sublingual immunotherapy?

Each prescription is a custom solution for each patient according to the type and severity of his or her allergy. Drop prescriptions contain custom concentrates of the allergen the patient is found to be allergic to upon testing. Antigens are put into a glycerin solution for stability. There are no additional preservatives.

How long will I need to take my drops?

Most patients take allergy drops three times daily for three to five years, but it varies according to the severity of the allergies, seasonality, and how adherent they are to treatment. Many patients begin to see symptom improvement within a few weeks to months but need to keep using the drops through the full course of therapy to get long-term benefit.

How do I order my drops?

Allergy drop prescriptions need to be ordered by a licensed prescriber who will monitor your treatment progress and dose based on your progress. Allergy drops using the La Crosse Method™ Protocol are dosed and adjusted over time based on your specific allergy test results rather than one-size-fits-all treatment. This highly customized approach helps to ensure maximum safety and effectiveness for each patient. It also helps to reduce the likelihood of treatment side effects and severe reactions that have been noted with other treatment approaches that may begin at a higher dose regardless of patient sensitivity.

How long can I expect the effects of allergy drops to last?

A benefit of immunotherapy, whether allergy shots or allergy drops, is that it can alter the course of allergic disease by treating the root cause, not just the symptoms. Once tolerance is built, it can be permanent for many patients. Key studies have been conducted to explore the long-lasting effect of allergy drops, including a 10-year study on children with asthma that demonstrated drops maintained effectiveness long after treatment stopped.

But even the best treatments won't work if you don't stay with them. Like allergy shot treatment, it's important to stay with allergy drop treatment until your provider has determined it can be discontinued to give you the best chance of long-term effectiveness.



<u>Prescription Service</u>	<u>Price</u>
Inhalant (Red) Multi-Allergen 1-20 antigens One 15 ml vial (90-day supply)	\$149
Inhalant (Red) Multi-Allergen Complex Prescription One 15 ml vial (90-day supply) 21-26 antigens More than 26 add \$3 per antigen	\$159
Food (Blue) Multi-Allergen 1-18 antigens One 30 ml vial (90-day supply)	\$173
Preseasonal† (Yellow) Single-Allergen Two 15 ml vials	\$152
Priority Shipping*	Included
Second Day UPS	Est. \$40
Overnight shipping*+	Est. \$80

Please Note: Prices are subject to change at any time; additional charges may apply. As the prescription owner, the patient is responsible for payment.

- * All orders are sent via USPS Priority Shipping with delivery tracking included; delivers normally within 2-3 business days.
- *+ Overnight postal packaging requirements for liquid antigens demand specific packaging to ensure package integrity. Charges are estimated. Actual price may vary based on delivery address and special requirements.
- † Contact us for details about Mountain Cedar co-seasonal and preseasonal bundled pricing.