



## First-time use of your new drop bottle and dispenser

**Red or Blue 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 a few days. The safety clip should be kept from small children as it may pose a choking hazard.

**Taking your drops** — After removing the colored safety clip, rest the dispensing arm of the pump on your lower front teeth. Push the pump down firmly and quickly, so that the dose is released 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\*

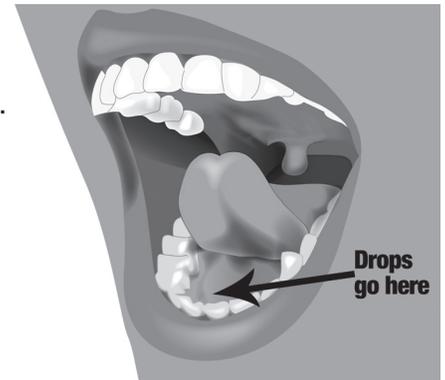
The goal is to **constantly** expose your immune system to the allergen proteins in your bottle(s) in a non-threatening way. Spreading drops over the course of each day accomplishes this.

\*Or as prescribed by your provider

**Morning, after work or school, and before bed** seem to be the 3 times that work best. Try not to miss any doses. You do not need to take your drops at exactly the same time every day, but at least a couple of hours apart will give you the best results.

When life occasionally gets in the way — as it can — and you miss a dose, you can add an extra dose before bed to catch up.

If you miss an entire day or two, just restart as soon as possible without worry. *(Missing doses too often can hinder your progress and reduce your benefit, and is therefore not recommended.)*

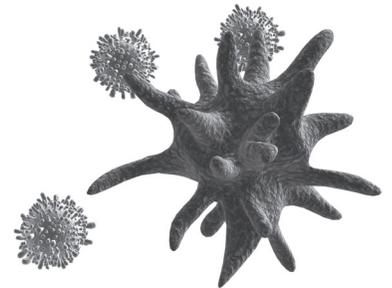


### Hold your tongue still for 30 seconds after taking your drops; then you can swallow

This allows the immune system's dendritic cells in your mouth to capture the allergen proteins from the drops and pull them under the surface.

### Try not to eat or drink 2 minutes before or after you take your drops

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 at the same time or 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, but do **not** be consistent about which bottle you use on which side. Randomly switch up the sides; that actually works better.

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



## “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 pump of drops daily for 4-7 days or until you no longer have symptoms from the drops.
- Then increase to 1 pump of drops twice per day for 4-7 days or until you are well tolerating this dose.
- Then increase to 1 pump of drops 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 work to help your symptoms from the drops go away, please contact your provider.

## Preseasonal Treatment (yellow label) Instructions

Start with ONE dose under the tongue the first day. Hold the drops under your tongue for 20-30 seconds before swallowing. Increase by one dose per day until you’ve reached 10 doses per day. If drops cause allergic symptoms, take an antihistamine and repeat the same dose the next day before increasing your dose. Use only one bottle at a time.

Continue 10 doses of your preseasonal treatment daily until both bottles are empty. We recommend that you split your dose – 5 drops in the morning and 5 drops in the evening.

Continue your regular red and blue drops as directed.

## Questions?

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

## To Refill Your Drops

You can also 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, take an antihistamine and call your doctor. Do not resume drops until you have discussed it with your doctor.