

# The Great Outdoors and Your Pollen Allergy

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## *Caring for the Asthmatic Patient*

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America's  
foremost  
Allergy & Asthma  
information  
and product  
Resource

# Allergy & Asthma GUIDE

## Reducing Mold in Your Home

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Recommended by Physicians Worldwide for over 36 years

ALLERGY  ASTHMA  
TECHNOLOGY LLC

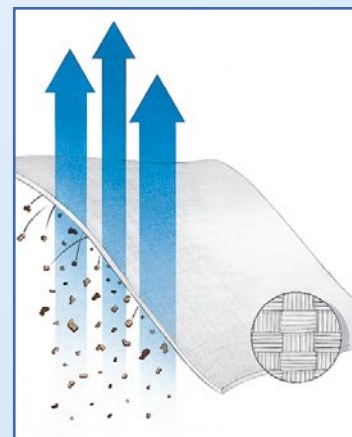
# AllerTech® Ultimate® Cotton Bedding Protectors



***Our top-of-the-line bedding protectors offer total protection and ultimate comfort***

This revolutionary technology features a luxurious blended cotton fabric with a special woven construction that allows for total allergen protection while ensuring the highest level of comfort. Soft and lightweight, it's easy to launder and maintain. It also features secure full zipper enclosures, durable finished seams and antimicrobial protection. Tested with complete success and certified by independent laboratories and departments of Allergy, Asthma and Immunology at leading Colleges of Medicine.

- Complete allergen protection
- Mean pore size 2.6 microns
- Total air passage
- Advanced construction

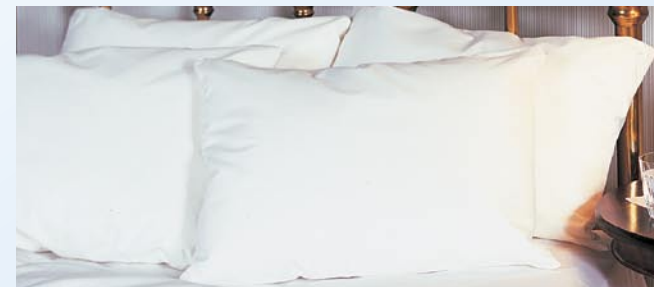


## ULTIMATE® COTTON

Pillow Protectors		
Standard	21" x 27"	#UC2127—\$11.95
Queen	21" x 31"	#UC2131—\$13.95
King	21" x 37"	#UC2137—\$14.95
Mattress Protectors		
Crib	28" x 52" x 5"	#UC2852—\$29.95
Twin	39" x 75" x 9"	#UC3975—\$54.95
Long Twin	39" x 80" x 9"	#UC3980—\$59.95
Full	54" x 75" x 9"	#UC5475—\$64.95
Queen	60" x 80" x 9"	#UC6080—\$79.95
King	78" x 80" x 9"	#UC7880—\$94.95
California King	72" x 84" x 9"	#UC7284—\$94.95
Box Spring Protectors		
Twin	39" x 75" x 9"	#UC3975—\$54.95
Long Twin	39" x 80" x 9"	#UC3980—\$59.95
Full	54" x 75" x 9"	#UC5475—\$64.95
Queen	60" x 80" x 9"	#UC6080—\$79.95
King	39" x 80" x 9" (2)	#UB3980—\$119.90
California King	37" x 84" x 9" (2)	#UB3784—\$119.90

For 12" Deep Mattress Protectors add \$9.00  
For 15" Deep Mattress Protectors add \$15.00

# Mite Resistant Pillows



## ***Easy-care comfort and protection***

Since we spend so much time breathing the air from our pillows, it is extremely important to make them as allergen free as possible. Our easy-care, mite-resistant pillows reduce this exposure dramatically. Unlike other pillows that are only chemically treated to prevent the growth of bacteria, our pillows not only provide protection against bacteria but, most importantly, provide a dust mite barrier. Made of a special technology and extremely comfortable. They're stuffed with a special fluffy fiberfill to encourage a restful sleep. Easily laundered and durable enough to withstand frequent washings.

- #P2026 Standard Size Pillow — **\$19.95**
- #P2030 Queen Size Pillow — **\$24.95**
- #P2036 King Size Pillow — **\$29.95**
- #P2038 Body Pillow — **\$39.95**

# Supreme Mattress Pad

## ***Value priced, easy-care protection***

Providing dust mite control, the Supreme mattress pad is generously filled with a treated antimicrobial fiber for protection against bacteria. Topped with a soft, smooth, long-lasting cotton/polyester cover for comfort. Machine washable and dryable. Fits mattresses up to 18" deep.



- #MPG3875 Twin Size Mattress Pad (38" x 75") — **\$24.95**
- #MPG5475 Full Size Mattress Pad (54" x 75") — **\$34.95**
- #MPG6080 Queen Size Mattress Pad (60" x 80") — **\$39.95**
- #MPG7880 King Size Mattress Pad (78" x 80") — **\$49.95**

# Down Around® Pillows

## ***Down Around® Hyperclean® Pillow***

This pillow-in-a-pillow design features a feather filled inner pillow for resilient support surrounded by an outer pillow of fluffy down for softness and comfort. Utilizing a special washing process called Hyperclean®, the down and feathers have been washed and rinsed up to eight times insuring the removal of allergens, dust and dirt.

100% cotton cover, 230-thread count, five-year factory warranty. Use AllerTech® Pillow Protectors to encase pillow for mite-free protection.

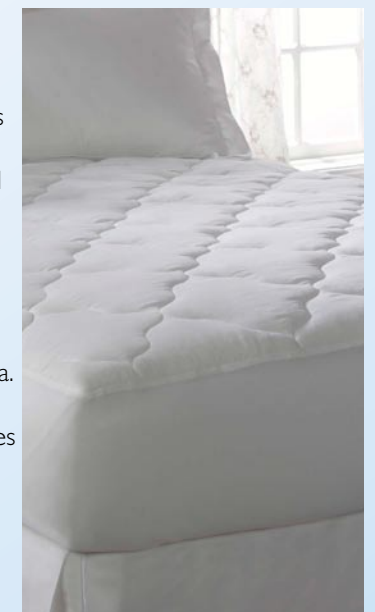


- #PD2026 Standard Size Down Around® Pillow — **\$39.95**
- #PD2030 Queen Size Down Around® Pillow — **\$44.95**
- #PD2036 King Size Down Around® Pillow — **\$49.95**

# Ultimate Mattress Pad

## ***Superior comfort & protection***

Our top-of-the-line mattress pad is made to last. Its 220-thread count, 100% combed cotton top offers comfort and support while providing an excellent allergen barrier. And it even utilizes treated hypoallergenic fiberfill to inhibit the growth of bacteria. Machine washable and dryable and will fit mattresses up to 18" deep. Five-year warranty.



- #MPB3875 Twin Size Mattress Pad (38" x 75") — **\$39.95**
- #MPB5475 Full Size Mattress Pad (54" x 75") — **\$49.95**
- #MPB6080 Queen Size Mattress Pad (60" x 80") — **\$54.95**
- #MPB7880 King Size Mattress Pad (78" x 80") — **\$64.95**



## Reducing mold in your home

Molds can flourish in a variety of areas throughout your house, particularly in humid conditions. Visible as spots or streaks, it is the mold spores that contain the allergen, and once they become airborne, your symptoms begin.

Maintaining appropriate humidity levels is the first step in fighting mold. The ideal range for indoor humidity level is 40-50 percent. Humidity levels that are greater than 50 percent should be decreased by using a **dehumidifier**. Humidity levels less than 40 percent should be increased by using a **humidifier**. You can use a **humidity monitor** to measure the humidity level in your home.

In addition to maintaining proper humidity levels, you can avoid mold through the use of **mold removers** and **mold preventers**. A **mold remover** eliminates mold on contact and can be used everywhere mold grows. Following up with a **mold preventer** assures the mold won't grow back.

Finally, many mold spores grow in areas you can't reach, such as your crawl space, central duct work or air conditioner. To avoid inhaling these allergens, run a **HEPA air purifier** (pages 10-11), install a **disposable furnace filter** (page 35) on your central air supply, and use a **filter on your window screens** and **air vents** (pages 34-35).

## Eva-Dry™ Petite Dehumidifier



### Small and mighty!

While it may be compact in size our Petite Dehumidifier by Eva-Dry™ has the ability to dehumidify an area up to 500 sq. ft. When in action it's whisper quiet and automatically turns off when its spill proof, 16-ounce water tank is full. Its size, 6"W x 8 1/2"H x 5"D allows for placement in the most difficult of locations. One-year manufacturer's warranty.

**#D1100** Eva-Dry™ Petite Dehumidifier — **\$49.95**

## Personal Ultrasonic Cool Mist Humidifier

### Nano-Silver technology eliminates bacteria and viruses

Our Personal Ultrasonic Cool Mist Humidifier uses Nano-Silver Technology to stop mold and bacteria from growing in the water tank so only clean, fresh water is vaporized into the air. Nano-Silver is known to kill 650 species of bacteria and viruses. Virtually silent with a space saving design (9"H x 8"W) that allows for placement on a nightstand or desk. One-half gallon tank capacity, adjustable humidifying control, 8 hour run time. Will humidify an area up to 150 square feet. Two-year manufacturer's warranty.



**#H1501** Personal Ultrasonic Cool Mist Humidifier — **\$49.95**

## Eva-Dry™ Compact Dehumidifier

### Keeps air fresh and clean

Needing no power or batteries to operate the Eva-Dry™ Compact Dehumidifier is 100% renewable. Its ideal for use in closets, bathrooms, under the sink, vehicles, etc. Its built in indicator will tell you when its time to regenerate the unit. Eliminates the effects of mold and mildew. Five-year factory warranty.

**#D3000** Compact Dehumidifier up to 125 sq. ft. area, (6"L x 1"W x 5"H) — **\$18.95**

**#D3500** Compact Dehumidifier up to 250 sq. ft. area, (8"L x 2"W x 5"H) — **\$27.95**



## Germ-Free Mist Humidifiers

### Laboratory proven exclusive process



Warm Mist

Cool Mist

By utilizing a patented UV-Germicidal process used in hospital laboratories, our **Germ-Free Cool Mist** and **Germ-Free Warm Mist** humidifiers are perfect for allergy and asthma sufferers. Their comforting mist is virtually 100% free of bacteria and molds. They do not create any white dust, therefore minerals don't enter the air you breathe or settle on surfaces. Featuring 1.9 gallon capacity, adjustable humidity control levels, two-speed power control and easy to clean and fill tanks. Their space saving, attractive design measures 12 1/2"L x 14"W x 13"H. Three-year factory warranty.

**#H6000** Cool Mist Germ-Free Humidifier — **\$99.95**

**#H5220** Warm Mist Germ-Free Humidifier — **\$99.95**

## Cool Mist Sanitizing Humidifier

### Automatically maintains an ideal comfort zone

The Vicks® Invisible Cool Mist Tower Humidifier's cool, soothing moisture brings relief from sinus irritation and the other effects of dry air. Its special UV technology insures that the cool mist is 99% free of germs, bacteria and mold. Perfect for medium to large size rooms. Has three speeds and three adjustable humidity control settings and automatically maintains the desired humidity. It's easy to clean; fill-and-carry 3 gallon removable tank runs up to 24 hours per filling. Space saving, eye-pleasing design. Size: 25"H x 8"W x 9"D. Weight: 10 lbs. Three-year manufacturer's warranty.

**H3800** Vicks® Cool Mist Sanitizing Humidifier — **\$79.95**



## Humidity Monitor

### Humidity affects your health

Humidity above 50% encourages the growth of dust mites and molds. Low humidity can aggravate respiratory distress. Our digital humidity monitor takes the guesswork out of knowing your humidity. It's easy to read and displays both temperature and humidity, and is factory calibrated for accuracy. It also has a clock, date and alarm features. Its non-tip design keeps it from falling over. Can be either wall mounted or free standing.



**#H2206** Humidity Monitor — **\$24.95**

## Air-Dryr Portable Dehumidifier

### Reduces mites and molds

Dust mites and molds thrive in humid areas. You can reduce the humidity in your immediate environment by plugging in the Air-Dryr 1000 where you need it. Unlike conventional dehumidifiers, the Air-Dryr 1000 is silent and uses convection currents to reduce mildew. Its compact design makes it easy to use anywhere: bedroom, living room, even in your office. It packs well in a suitcase for use when traveling. Safe to use near fabrics. Its economical 130 watts of power make it suitable for areas up to 1000 cu. ft. 13 1/2" D. Weighs only 2 lbs.



**#D1000** Air-Dryr Dehumidifier — **\$59.95**

## Natural Dehumidifier

### Effective and long lasting

This nonelectric, patented system absorbs moisture that causes mildew, mold and rust. Dehumidifies areas up to 1000 cu. ft., holds up to 1/2 gal. of moisture before emptying. Lasts for months. Use wherever dampness is a problem.



**#D1200** Dehumidifier — **\$7.95**

**#D1201** Refill — **\$4.95**