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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician before beginning any supplement program. Prior to using our products, take them to your physician for approval. AllerPops Corp. assumes no responsibility for the improper use of, self-diagnosis with, and/or treatment using these products. AllerPops Corp. products should not be confused with prescription medicine and should not be used as a substitute for medically supervised therapy.

## How to get the best results when using AllerPops

Start about an hour before a meal and follow these four steps once every other day until your symptoms disappear.



### STEP 1 **Brush**

Brush your teeth with water. No toothpaste.



### STEP 2 **Scrub**

Scrub your tongue with a warm wet cloth from the back to the front until most of the biofilm is removed.



### STEP 3 **Gargle**

Gargle and swish hot (optimal 120° f) water for 10-20 seconds. Spit out and repeat gargling for 3-5 minutes.



### STEP 4 **Enjoy!**

Consume one AllerPoP. Let it slowly melt in your mouth. Do not chew the lollipop or swallow it whole.

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You may not feel a significant change after the first several pops. Some people use AllerPops as a preventative 1-3 times before the allergy season begins and experience even better lasting results. No additional oral hygiene is needed during the time you're using AllerPops. **Excessive oral hygiene may prevent AllerPops from working completely.**  
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**Simplified method:** For children or people who cannot gargle properly. Consume one AllerPops every other day with a hot beverage or after brushing your teeth. Wiping tongue, teeth, gums and other oral surface areas with wet, slightly hot cloth for several minutes may make the process more efficient. Warm/hot water can be sweetened for young children if it is more appealing. *This method may take months to reach a sustained relief.*  
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**Choking hazard!** Adults should supervise any use by children under three years old.  
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**Who should not use AllerPops:** Pregnant women, people with an infection in the airway or head/neck area, a compromised immune system or if you're allergic to any of the ingredients.  
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**Share with a loved one:** Sounds crazy but having a healthy family member with no allergies suck the pop first for a few minutes may speed up your relief.  
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**Oral hygiene:** After you have satisfied results, brush and floss with a frequency of once a day to once a week for teeth and gum health. Do not use mouthwash, a Neti-pot, tongue scraping/cleaning or oil-pulling.

**Warning:** Though it rarely happens, discontinue using AllerPops if you feel ill, tired, have a low fever or head-ache. These feelings should go away within a week, likely with your allergy symptoms.  
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## Frequently Asked Questions

### I did not feel any change after using AllerPops, WHY?

It is typical if you do not feel any changes after the first couple of pops. However, if you do not feel any changes after 6 pops, you may check if your oral cleaning is too much.

The most common reason for AllerPops not working is oral hygiene. The excessive oral routine may prevent AllerPops from working completely.

Most people who did not feel a change after AllerPops keep doing too much oral hygiene. AllerPops promote good bacteria. Oral hygiene removes them. During the time using AllerPops, you do not need extra oral hygiene, not on the day using the pop, nor on the day not using it. This will help the good bacteria to accumulate.

### Can I take allergy medicine while taking AllerPops?

Yes. You may take your allergy medicine before the relief from AllerPops kicks in.

### What is the proper oral hygiene to keep the lasting effects of AllerPops?

We suggest an oral hygiene routine after satisfaction with AllerPops to be brushing once a day to once a week and flossing less frequently. Better not use toothpaste. Do not clean tongue. Do not use mouthwash. Do not use Neti pot. Do not oil-pulling. Limit chewing gum.