

Allergenic Extracts Represented in the Comprehensive Inhalant Mix

Weed Pollen: Sagebrush, Ragweed, Cocklebur, Marshelder, Mugwort, Pigweed, Atriplex, Wingscale, Kochia, Russian Thistle, Lamb's Quarter, Nettle, English Plantain, Sheep Sorrel, Wormwood, Salt Bush

Grass Pollen: Timothy, Kentucky Blue, June, Johnson, Bahia, Bermuda, Love Grass, Prairie Grass, Sweet Vernal, Meadow Fescue, Rye, Orchard, Red Top, Velvet, Canary, Corn, Sugarcane, Cereal Grains

Tree Pollen: Cedar, Juniper, Cypress, Pine, Spruce, Mimosa, Locust, Mesquite, Birch, Alder, Hazelnut, Hornbeam, Oak, Beech, Chestnut, Pecan, Hickory, Walnut, Ash, Olive, Privet, Lilac, Cottonwood, Poplar, Aspen, Willow, Maple, Box Elder, Elm, Mulberry, Sycamore, Sweet Gum, Hophornbeam

Insects: Dust Mite

Epidermal: Dog, Cat, Horse, Cattle, Feathers

Molds: Alternaria, Aspergillus, Candida, Cephalosporium, Trichosporium, Epidermophyton, Pullaria, Monilia, Phycomycetes, Penicillium

Common Pollen/Food Cross-Reactivity

If you're allergic to certain types of pollen, you may also be allergic to various foods with a similar chemical makeup—a phenomenon known as cross reactivity. For patients, the good news is that with each pollen you desensitize your body to, you fortify yourself against many of its "close cousin" food items. Here are some common pollens and the foods that they are related to:

Birch, Alder and Hazelnut pollens: Apple, celery, cherry, peach, pear and hazelnut foods

Grass pollens: Celery, cereal grains and potato foods

Mugwort pollen: Apple, carrot, celery, kiwi, orange and peanut foods

Ragweed pollen: Banana, cantaloupe and watermelon foods