



# ALLERGY

## SELF-HELP GUIDE

### ALLERGY TREATMENT

This Guidebook was written with one goal in mind: to help you help yourself. The first line of defense against allergy is environmental control. Scientific studies over the last several years have shown which environmental control measures are effective and which are not. The advice given in this guidebook is based on those studies. By following our simple plan, you can significantly decrease your exposure to allergy-causing substances, and significantly improve your health.



See our latest catalog beginning on Page 9, now with FREE SHIPPING in contiguous U.S.

Substances capable of provoking allergic reactions are called allergens. Allergies to airborne allergens—such as house dust mites, mold, pollen and animal dander—affect over 50 million people in America today. Although widespread, allergies are treatable and the symptoms are controllable. Depending upon your individual situation, your allergist will recommend one, two or all three of the following treatments:



photo © Mission: Allergy, Inc.

#### 1. ALLERGEN AVOIDANCE:

**Eliminating or decreasing your exposure to the substance to which you are allergic.** The less of the allergy-causing material to which you are exposed, the more comfortable you will be, and the less medication you will require.

#### 2. MEDICATION:

**Using pharmaceuticals in various forms to block the symptoms of allergy.** Although this does not do anything to eliminate the specific allergy causing those symptoms, it is at times a necessary part of treatment, especially in asthma, severe nasal allergy or eczema.

#### 3. IMMUNOTHERAPY:

**Administering the actual substances to which you are allergic, in order to produce a degree of tolerance to them.** The allergist at first gives extremely small amounts of the allergens, and then very slowly and gradually increases the dose over time, thereby decreasing your degree of sensitivity. Although commonly given as allergy injections, in some situations treatments may be given by mouth.



### WHAT WE DO:

- **Information**--We provide patients with medically accurate advice on allergen avoidance, based on current scientific studies.
- **Research**--Our research lab performs studies on dust mite and allergen avoidance, and stays informed of the latest results of other researchers.
- **Products**--We offer the highest quality products that have been tested and proven to be effective for allergen-avoidance.

### WHAT WE DO NOT DO:

- We do not sell products that have not been proven to work.
- We do not sell products that are unrelated to allergen avoidance.

### WHAT WE ARE:

We are a company with a simple philosophy: *Do the right thing.* It is the driving force behind our medical advice, our products, and our approach to our employees and our customers.

## A MESSAGE FROM THE PRESIDENT OF MISSION: ALLERGY

Hello. I'm Dr. Jeffrey Miller, a Board Certified Allergist retired from 32 years of clinical allergy practice, and currently a dust mite researcher and President of Mission: Allergy. Thirty years ago I saw a need for a reliable source of allergen-avoidance products for my patients, and started a company to fill that need. The result today is Mission: Allergy.

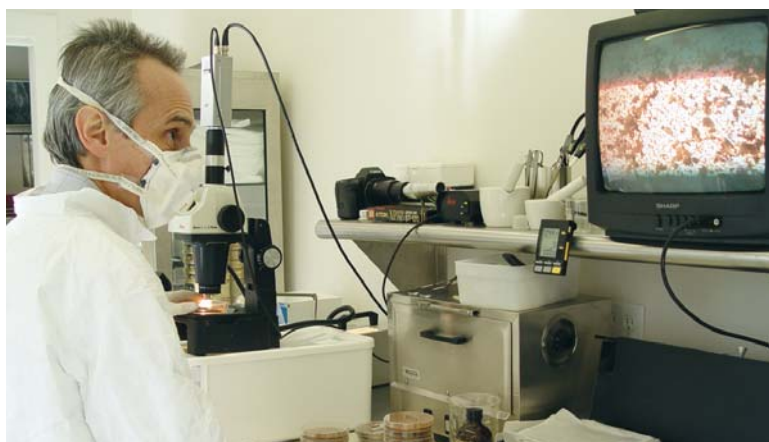
Recently, many stores and outlets have offered products designed to appeal to allergic patients. But Mission: Allergy is unique in its focus on medical and scientific accuracy. This applies both to the advice given in this first part of our Allergy Self-Help Guide, and to the products shown in the second part of the Guide. We only sell items that have been shown in scientific studies to be effective.

The products that we manufacture ourselves are made to the highest specifications, appropriate for medical use. The other products that we distribute have in every case been carefully selected to be the best of their class. And just as important as what we sell is what we don't sell. There are many products that you will not see in this Guide. That is because they either have not been proven to work, or have actually been shown to be ineffective.

We are proud that our company is recommended by many of the finest allergists and academic allergy departments in the country. We have earned their trust due to our high scientific and ethical standards. We look forward to serving your needs with those same high standards and with our exceptional customer service.

Sincerely,

Jeffrey Miller, MD



“Mission Allergy has produced an authoritative catalogue that we use for patient education about allergen avoidance for dust, mold and dander. Dr. Jeffrey Miller is a world-renowned dust mite expert and author of scientific papers. The dust covers Mission Allergy produces have passed the test of validation of their efficacy in an academic setting; no one else has this level of evidence in support of their dust mite barrier products.”

**Lawrence DuBuske MD**

Clinical Professor of Medicine

The George Washington University School of Medicine\*

Once your allergist has identified the specific substances causing your symptoms, you should then reduce your exposure to those allergens as much as possible. This is the most fundamental starting place, especially when symptoms are the result of allergy to materials present in the indoor environment. In some cases, exposure can be eliminated or decreased to the point that no other treatment is necessary. In other cases exposure can be decreased only partially, making other types of treatment necessary. But even in those situations, less treatment will be required, and it will work better, if you have first decreased exposure.

When thinking about decreasing exposure, it is useful to keep in mind the analogy between the level of an individual's "allergic threshold" and the

capacity of a glass. If too much water is poured into the glass, it will overflow. This happens regardless of whether all of the water came from a single pitcher, or whether some water was poured from each of several pitchers. If the total amount of water exceeds the capacity of the glass, the glass will overflow. Similarly, if an individual is allergic to one or more substances, the sum total of exposures at a given time (the "total allergen load") determines whether or not the person's threshold will be exceeded and symptoms will result. Successful allergen avoidance does not necessarily mean lowering exposure to zero. It does, however, require making significant decreases in exposure, to get the level of allergen in your environment below your allergic threshold.

- If it is a hard surface, **WIPE**
- If it is a washable fabric, **WASH**
- If it cannot be wiped or washed, **ENCASE**
- If it cannot be wiped, washed, or encased, **REMOVE**
- If the indoor air is not dry, **DEHUMIDIFY**

Throughout this guidebook you will see statements by prominent allergy specialists (who do *not* receive compensation from Mission: Allergy) and from publications.

All institutions\* are mentioned for identification purposes only; statements do not constitute an endorsement by the institution.

- ☐ *"I use your Self-Help Guide because I can rely on it to be accurate and balanced, and to provide quality products to my patients. The information about allergy is useful and not distorted by a sales pitch, as it is with some other companies. Your company sells only products that have been shown to be effective."*

**Andrew Saxon, MD**

Chief, Division of Clinical Immunology & Allergy  
UCLA School of Medicine\*

- ☐ *"Mission: Allergy literature contains very useful, informative and factual information that I use when I discuss avoidance measures with my patients who suffer from respiratory allergies, and also provides an excellent resource for reliable products that are appropriate for allergic patients."*

**Richard R. Rosenthal, M.D.**

Chief: Allergy Section  
INOVA Fairfax Hospital\*

- ☐ *"Mission: Allergy is most capably led by Dr. Jeffrey Miller. I know of no one who is any more skilled at understanding how to control dust mite exposure than Dr. Miller. He has utilized this extensive expertise in the design of his excellent product line."*

**Gailen D Marshall, Jr., MD PhD**

Chair of Allergy and Immunology; Professor of Medicine, Pediatrics and Pathology  
The University of Mississippi Medical Center\*





## WHAT IS DUST ALLERGY?

Dust allergy is actually a sensitivity to substances in the waste particles and body fragments of house dust mites.

## IS EVERYONE ALLERGIC TO DUST?

While almost everyone is irritated by exposure to large amounts of dust, only some people have a true allergic reaction to house dust. This true allergic sensitivity is just as real and just as specific as an allergy to ragweed, tree pollen or cat dander. It may cause nasal symptoms, eye inflammation, asthma or eczema (atopic dermatitis).

## WHAT ARE DUST MITES?

Dust mites are microscopic creatures that live in pillows, mattresses, blankets, carpets and other soft materials. They are often thought of as insects, but are actually tiny arachnids, relatives of spiders and ticks. They live near people and other warm-blooded animals. Their food is the dead skin scales that we all shed every day.

Dust mites avoid the light, and require at least 50% relative humidity to survive. They are therefore plentiful in soft materials, such as pillows, mattresses and blankets, where they can burrow into the fabric to get away from the light. Beds provide the warmth,

darkness, high humidity and shed skin scales that mites crave, and they are the source of the biggest mite exposure for most of us. A mattress may contain over a million dust mites. A female mite lays about 60 eggs in her lifetime. Each mite lives for about 80 days, during which time it produces one thousand allergy-causing waste particles.

Live mites themselves are not inhaled. Rather, it is the waste particles that they have produced, and the body fragments of dead dust mites, that become airborne, are inhaled and cause allergy symptoms. This is because mites do not live in the air, but are burrowed in soft materials. Mite waste particles become briefly airborne when one walks on a carpet, sits on an upholstered chair, places one's face on a pillow, makes a bed, puts on a sweater or wool garment, or otherwise disturbs the soft materials where the dust mites are living.

## WHAT CAN BE DONE TO DECREASE EXPOSURE TO HOUSE DUST MITES?

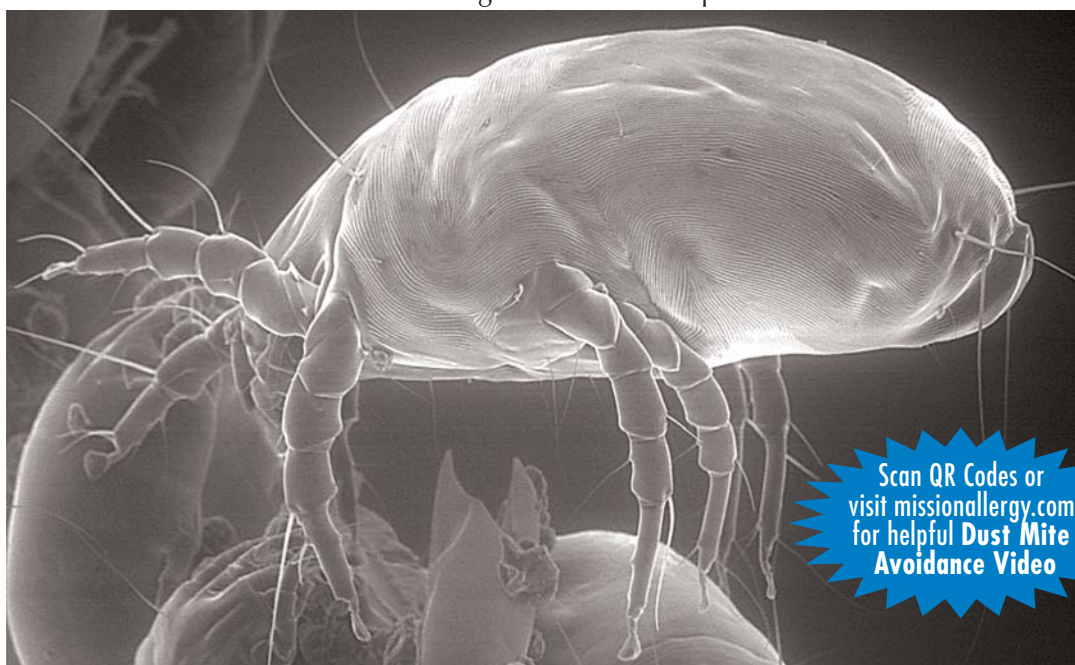
Efforts should focus on the bedroom, where mite numbers are highest, and where most people spend a third of their life. Steps should be prioritized, taking first those actions that are relatively easy, but that produce large decreases in exposure.



Dust Mites under the Microscope



Dust Mite Avoidance the Mission: Allergy Way



Electron Micrograph of Dust Mite shown 400 times greater than actual size.

photo © Mission: Allergy, Inc.

Scan QR Codes or visit [missionallergy.com](http://missionallergy.com) for helpful Dust Mite Avoidance Video

## START WITH THE BEDROOM:

### IMPORTANT STEPS

**1. Encase pillows, mattress and box spring in allergen impermeable covers,** to prevent mite allergens from escaping and being inhaled. An alternative is to purchase a new pillow manufactured with an allergen barrier outer fabric.

If there is more than one pillow on the bed, all of them should be encased, or replaced with barrier fabric pillows.

**2. Use washable blankets, and wash all bedding every 2 weeks.** This will kill live mites, and wash out accumulated mite allergen. Hot water is recommended, and is essential with newer "High Efficiency" washing machines.

**Replace comforters with a special comforter manufactured with an allergen-barrier outer fabric.** Because such comforters cannot be colonized by mites, they need not be washed frequently.

**3. If possible, remove the bedroom carpet,** leaving a wipeable floor (hardwood or tile).

Washable throw rugs may be used, if washed every 2 weeks.

**4. Remove stuffed toys, throw pillows, pennants, upholstered furniture,** and other non-washable, non-wipeable items from the bedroom.

Washable toys may be kept in limited number if they are machine washed regularly.

### OPTIONAL STEPS

1. Remove curtains from the bedroom, using instead wipeable blinds or shades. Alternatively, wash or dry-clean curtains frequently.

2. If you cannot remove the bedroom carpet, use a dry carpet-cleaning product to remove dust and mite allergens.

Avoid shampooing carpets, as the residual moisture can actually increase mite growth.

## CLEAN YOUR HOME:

### IMPORTANT STEPS

**1. Have cleaning done when the allergic person is not present.** If the patient does the cleaning, he or she should wear a facemask, and consider wearing goggles.

**2. Use a good quality vacuum that entraps allergen** and prevents it from blowing out through the exhaust. This is generally accomplished by the use of a HEPA filter.

### OPTIONAL STEPS

1. Extend the measures described for the bedroom to the family room: remove carpets, and replace upholstered furniture with wipeable furniture of wood, leather or plastic.

2. Wash and dry-clean clothing frequently, and keep clothing in a closet with the door shut. Store cleaned woollens in individual plastic bags to delay re-colonization by mites.

## CONTROL YOUR AIR:

### IMPORTANT STEPS

**1. Keep humidity below 50%** to prevent dust mite growth entirely. Lesser decreases in humidity still suppress dust mite growth and allergen production somewhat. **Use air conditioning in the summer, supplemented with an additional dehumidifier.**

**2. Avoid using a humidifier in the winter,** or if one is used, **monitor humidity with a gauge,** and keep relative humidity below 45-50%.

**The following steps are of questionable benefit, and we cannot recommend them based on current information:**

- Chemicals to kill mites are not recommended. Benzyl benzoate works very well in the laboratory to kill dust mites on contact, but does not decrease mite allergen levels in homes enough to decrease symptoms. Tannic acid does not affect the mites themselves, but works to inactivate the allergen in their waste particles. It is less effective and shorter lasting than previously believed. Neither of these is recommended by the current National Heart, Lung and Blood Institute or national Allergy Society guidelines.
- Air cleaners, although widely used, are of limited benefit for mite allergy. This is probably because mite allergens in the air settle to the floor within a half-hour after disturbance. Air cleaners are more useful for smaller allergens, such as animal danders, which stay airborne for long periods of time.
- Studies have shown little or no allergen in hot air ducts. Hot air duct cleaning has not been shown to be helpful or needed.



## WHAT ARE ANIMAL ALLERGENS?

Cats, dogs and other mammals produce proteins in their skin that can become airborne and cause allergic symptoms. Because of their very small size (much smaller than pollen grains or dust mite particles) these particles remain suspended in the air for long periods of time. It is not the hair of the animal, but rather the dander produced by the skin, that causes the allergic reaction. Even a non-shedding pet produces dander, so the sad truth is that there is no such thing as a non-allergenic breed of cat or dog. However, it is true that some individual cats or dogs produce more allergenic dander than other individual cats or dogs.

## WHERE ARE ANIMAL ALLERGENS FOUND?

Animal allergen levels are highest in homes where pets are present. What is surprising, however, is that these allergens are also found (in lesser but still significant amounts) in places—such as schools and workplaces—where pets have never been present, having been brought there on the clothing of pet owners. Dander allergens are sticky, and dander in soft materials, such as carpets, mattresses, upholstered furniture and clothing, can persist for long periods of time. Unless special steps are taken, pet dander can remain in a home for up to six months after the pet has been removed.

## WHAT CAN BE DONE TO DECREASE EXPOSURE TO ANIMAL DANDER ALLERGENS?

The medically best solution is the most emotionally difficult: finding a new home for the pet. Although this is a decision that only you and your family can make, the fact is that there is no other action that will as dramatically, effectively and safely eliminate the symptoms of pet allergy. If you are able to remove the pet, the steps noted below will hasten the clearing of residual pet allergen.

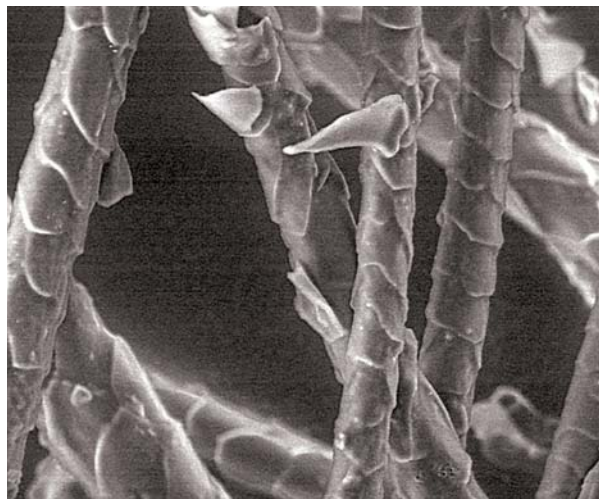
If you cannot or will not remove the pet, the following steps will decrease the level of exposure somewhat. Whether or not they will be sufficient to relieve symptoms will depend on the severity of the allergy.

## START WITH THE BEDROOM:

1. Keep the pet out of the patient's bedroom at all times.
2. Encase the pillow, mattress and box spring in allergen-proof covers, to prevent previously accumulated dander from becoming airborne and being inhaled. [Not all encasings sold today will block animal allergen. Verify that the encasing blocks dander as well as mite allergens before purchasing.]
3. Wash all bedding including blankets repeatedly, or replace.
4. Remove the bedroom carpet, if possible.

## CLEAN YOUR HOME:

1. Vacuum your carpet with a vacuum cleaner that traps the very small dander allergens. This generally requires the use of a vacuum cleaner with a HEPA filter.
2. Confine the pet to a small area that is closed off from the rest of the house, ideally one with a wipeable floor.
3. Minimize direct contact with the pet, and wash hands after touching it. Do not sit on furniture that the pet ever occupies. Use an allergen-proof barrier pad between the pet and furniture.
4. Bathe the pet twice weekly to temporarily remove allergen from its skin.



Electron Micrograph of Cat Hair

photo © Mission: Allergy, Inc.

## CONTROL YOUR AIR:

1. Open windows to allow an exchange of air through the house, so that airborne dander allergen can escape. (This may be counterproductive, however, if the patient is also pollen-allergic.)
2. With windows closed, HEPA air cleaners can remove significant amounts of animal allergen. Air cleaners are more effective at removing animal allergen than dust mite allergen, since the much smaller and lighter dander allergens are always in the air, and thus subject to the filtering effect of the air cleaner.

The following steps are of questionable benefit, and we cannot recommend them based on current information:

- Despite claims to the contrary, there is no evidence that certain breeds of dogs or cats are less allergenic than others.
- Products claiming to remove cat or dog allergen from the skin of the pet are no more effective than ordinary washing.



## WHAT IS MOLD?

**Molds are microscopic fungal organisms.** They grow as networks of interlocking filaments that spread on and into organic matter, leading to its decomposition. When clusters of these filaments become large enough, they are visible as fuzzy growths of mold or mildew. Bread mold is a familiar example.

Mold lives by secreting enzymes that break down the organic matter on which the mold is living, making it available as a nutrient for the mold. This breaking-down action is what makes mold damaging to household items such as paper, fabric or leather. Molds reproduce by forming spores, which travel through the air, settle on other plant or animal organic material, and grow into new clusters of filaments. The mold spores travel over large distances, and are often more numerous than the pollen grains of plants. Proteins in the secretions of the mold filaments, and possibly in the mold spores, are capable of causing allergy in some people.



Microscopic View of a Mold Releasing Spores

## WHERE ARE MOLDS FOUND?

**Molds are found primarily in warm, dark and damp locations.** Unlike plants, which use energy from the sun to produce food, molds obtain their energy by digesting other organic matter. To do so, they need moisture. Molds grow outdoors, and, if the humidity is high enough, indoors as well. They do not have the clearly defined seasons that pollens do, but are at their peak during months of high humidity, and are absent in outdoor air only if there is snow on the ground. They can grow on grass and on the bark of trees, and are plentiful in fallen leaves and other decaying vegetation. Indoors, they live in areas of high humidity, such as basements or poorly ventilated bathrooms.

## WHAT CAN BE DONE TO DECREASE EXPOSURE TO MOLD? CLEAN YOUR HOME:

1. **Use diluted bleach (1 part to 10 parts water) to eliminate visible mold growth** on non-porous surfaces such as showers and shower curtains.
2. **Avoid carpets in bathrooms,** or use only washable bathroom mats on wipeable floors.
3. **Remove any carpeting that has been installed directly on basement concrete floors.** Use wipeable, vapor-barrier materials, such as tile or vinyl flooring. Mold-allergic people should not sleep in basement level bedrooms.

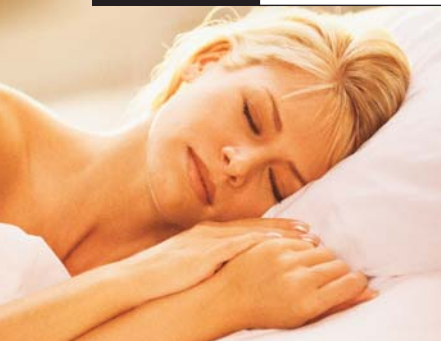
## CONTROL YOUR AIR:

1. **Keep humidity under 50% by using air conditioning — possibly supplemented with dehumidifiers** — in the summer. Use a gauge to measure indoor humidity. Small air-dryers may be used to prevent mold growth in closets.
2. **Avoid over-humidification.** Either do not use a humidifier in the winter, or if you do, limit its output so that humidity remains under 50%. Use only humidifiers that have a heating element that prevents mold from growing in the unit itself.
3. **Allow moisture to escape from the home.** Ventilate the shower and cooking areas. Vent your clothes dryer to the outdoors. Open windows when outside humidity is low.
4. **Do not store firewood indoors,** and avoid live Christmas trees. Do not repot plants indoors. Mold lives on the bark of trees and in soil.

## AVOID OUTDOOR EXPOSURE:

1. **Avoid greenhouses, antique shops, summer cottages, and musty hotel rooms.**
2. **Wear a facemask,** and possibly goggles, if you must cut grass, rake leaves, work in a barn, or be exposed to compost.





# Q&A

“All mattresses, box springs, pillows and comforters should be encased in well-sealed, tightly woven, microfiber ‘mite-proof’ covers from a reputable company, such as Mission: Allergy...”

**abc NEWS**

“Making the Indoors Safer for Allergy Sufferers”

Visit [missionallergy.com](http://missionallergy.com)  
to see photo and feature  
comparisons with other brands of  
allergen-barrier encasings.

- “Mission: Allergy brings science to the art of allergen avoidance. I recommend their high-quality products to my patients.”

**Mitchell Lester, MD**

Former Director,  
Pediatric Asthma Center,  
Children's Hospital Boston\*  
Past President, New England  
Society of Allergy\*

- “I am very impressed. You follow the scientific literature and sell only products that work.”

**Murray Dworetzky, MD**

Clinical Professor of Medicine,  
Cornell Medical College\*  
Past President,  
American Academy of Allergy  
Asthma and Immunology\*

- “We recommend Mission: Allergy. They not only provide excellent products at competitive prices, but they also educate patients for better overall allergy care.”

**Jack Becker, MD**

Chief, Section of Allergy  
St. Christopher's Hospital  
for Children\*

- “I strongly recommend Mission Allergy products to all my patients who require allergen-impermeable encasings. Their products are consistently the highest quality available.”

**Kenneth Backman, MD**

Chief, Section of Allergy  
Bridgeport Hospital\*

\*Institutions are mentioned for identification purposes only; statements do not constitute an endorsement by the institution. The above physicians do not receive compensation from Mission: Allergy, Inc.

## What is an encasing?

An encasing is an allergen-proof barrier that completely surrounds a pillow, mattress or boxspring, preventing the escape and subsequent inhalation of allergy-causing particles. All Mission: Allergy pillow and mattress encasings are made from breathable barrier fabric that allows air and water vapor to pass, while blocking all allergens.

## Why are encasings important?

If you sleep 8 hours a night, you spend one-third of your life in bed! And dust mites are present in very high numbers in beds, where warmth, humidity, and dead human skin cells promote their growth.

## Are they uncomfortable? Do they make noise?

Not in the least—if they are good quality. Mission: Allergy encasings are soft and breathable, never stiff, hot or noisy.

## Do I still use a pillow case and sheets?

Yes. The pillow case goes over the allergen-proof pillow encasing, and sheets go over the allergen proof mattress encasing. The pillow case and sheets should be washed in hot or warm water every one or two weeks.

## Should the encasing be washed?

The allergen-proof encasings should *not* be washed frequently. Although they are machine washable, frequent washing is unnecessary, since the surface of a high-quality encasing is too smooth to allow dust mite growth or allergen accumulation. Washing may even be counterproductive, since allergen escapes into the air every time the encasing is taken off.

## How should encasings be cared for?

Simply wipe with a damp cloth or vacuum monthly to remove surface dust. Wash encasings only if they become soiled.

## How are Mission: Allergy encasings different from other encasings?

They are far superior to other encasings in both the quality of the barrier fabric and the quality of the sewing construction. The differences are immediately obvious.

## Do I need to tape over the zipper?

All Mission: Allergy encasings are manufactured with interior flaps of barrier fabric that prevent the escape of allergens through the zipper. They do not need to be taped.

## What is the pore size of Mission: Allergy encasings and comforters?

Mission: Allergy Premium Microfiber has a mean pore size of only 2 microns...the smallest of any microfiber encasing fabric on the market. Mission: Allergy Barrier Fabric II has a mean pore size of 6 microns.

## Why are some items in other catalogs but not yours?

Because we only sell products that work. If you do not see a product for allergen-avoidance in our catalog, you very likely don't need it!

**Call our knowledgeable representatives for additional product information.**  
**Toll Free: 1-877-NOALLER(GY) 1-877-662-5537**



## Product Catalog

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"The first step in your mite-control mission: the right pillow and mattress covers. Skip the cheapie versions—their weave isn't tight enough. Instead, invest in MISSION: ALLERGY Premium Microfiber Allergen-Proof Encasings."

**Men'sHealth** Magazine  
"Clearing the Air on Allergies"

"Our top pick for the best anti-allergy pillowcase is the MISSION: ALLERGY Premium Microfiber Pillow Encasing"

**health**

"10 Best Pillowcases and Protectors for People with Allergies"

### Why are MISSION: ALLERGY® prices the best prices?

Mission: Allergy® manufactures its own allergen-barrier encasings and comforters in the United States. The prices for our products are neither the lowest nor the highest in the marketplace—but they are the *best* prices! How can the best prices not be the lowest? Because **our prices are low for the high quality of our products.**

We determine the features our products need to be *medically effective*, and we then work backwards from that, spending what is needed to create that quality. We then sell directly to you, without a middle-man.

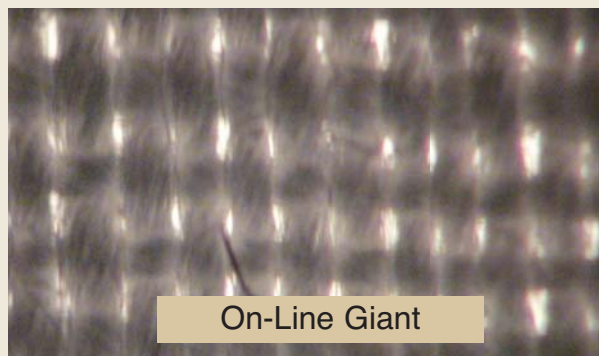
Buying a poor quality item that will need to be replaced because it did not last or did not work is not a saving; it is a loss. Remember: **it is not just a question of what you pay, but of what you get for your money!**



MISSION: ALLERGY



National Retailer



On-Line Giant



Other Allergy Supplier

All microscope photos were taken at the same magnification (60X) and same lighting.

Light areas are open pores in the barrier fabric, through which allergen can pass.

The tighter the weave, the more effective the barrier.



# Allergen-Proof Encasings

MISSION: ALLERGY® Allergen-Proof Pillow and Mattress Encasings are made with the highest quality sewing construction. The differences from competitive products are immediately apparent. All seams and edges are bound with seam binding for durability. All zippers are highest quality, with interior zipper flaps to prevent possible allergen escape through the zipper webbing. And

placement of encasings on the mattress is easy, thanks to super-long zippers — half the circumference of the entire mattress!

Order DIRECTLY by phone or from [missionallergy.com](http://missionallergy.com) to receive FREE SHIPPING and a FREE GIFT\*

\*Free shipping in contiguous U.S. Free gift with \$75 minimum order, 1 per customer



## Comfort

MISSION: ALLERGY® encasings are comfortable because they “breathe”. Air moves freely through them, even though allergens cannot!



## Protection

MISSION: ALLERGY® encasings prevent the escape of allergens. These amazing fabrics are so tightly woven that water actually beads up on their surface!



## Durability

MISSION: ALLERGY® encasings are made to last. Bound seams, zipper flaps, and quality zippers ensure lasting value.

**MISSION: ALLERGY® manufactures its own allergen-proof encasings from two exclusive fabrics, available only from MISSION: ALLERGY®.**

### MISSION: ALLERGY Premium Microfiber®

This silky soft, premium quality microfiber fabric is strong but lightweight, and totally imperceptible beneath the pillowcase and sheets. It is an extremely tightly woven, true microfiber fabric with a mean pore size of only 2 microns, the smallest of any commercially available microfiber encasing. It allows the free passage of air and moisture, but prevents the escape of allergens, both dust mite allergens as well as the smaller animal dander allergens. It is the ultimate in comfort, protection, and durability. 100% microfiber polyester. Lifetime warranty.

### MISSION: ALLERGY Barrier Fabric II®

This high quality fabric is an exceptional value, providing protection and durability at a moderate price. It is an effective allergen barrier, with a mean pore size of 6 microns, and is sewn with the same quality construction as our top-of-the-line Premium Microfiber encasings. For effectiveness at a midline price, these encasings have no equal. 100% microfiber polyester. Ten-year warranty.

Swatches

available.

Please ask.

“Say sayonara to dust mites. The fix is to use hypoallergenic encasements on my mattress and pillows. Dr. Fost recommends Mission: Allergy.”

**Health Magazine**

“How healthy is your Bedroom”





- "We exclusively recommend Mission: Allergy products in our division. Quality and comfort are key in mite barrier encasements, and Mission: Allergy covers are the best. Our patients also appreciate the quality service."

**Ron Simon, MD**

Head, Division of Allergy, Asthma and Immunology  
Scripps Clinic\*

- "Protect both your pillows and your mattress with special mite-proof covers, experts say. Be sure you get covers from a reputable company, like Mission Allergy..."

**The New York Times**

"Much Ado About Dust Mites"

\*Institutions are mentioned for identification purposes only; statements do not constitute an endorsement by the institution. The endorsing physicians do not receive compensation from Mission: Allergy, Inc.



## MISSION: ALLERGY® Pillow Encasings

Breathable, medically effective, quality-sewn encasings, with dual zipper flaps. Ten-year warranty on Barrier Fabric II Encasings; Lifetime warranty on Premium Microfiber Encasings.

Made in USA.

Note that all pillows on the bed should be encased.

**We can manufacture custom sizes to your specifications. Call for information.**

## MISSION: ALLERGY® Mattress Encasings

Breathable, medically effective, quality-sewn encasings, with inner zipper flap, extra-long zipper. Ten-year warranty on Barrier Fabric II Encasings; Lifetime warranty on Premium Microfiber Encasings.

Made in USA.

**Available in 9", 12", 15" and 18" Depths.**

**FOR 12" DEEP**, Microfiber or Barrier Fabric II, **add \$16.95**

**FOR 15" DEEP**, available in Microfiber only, **add \$21.95**

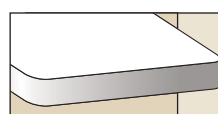
**FOR 18" DEEP**, available in Microfiber only, **add \$27.95**

**We can manufacture custom sizes to your specifications. Call for information.**

**FOR AIRBEDS, WATERBEDS, OR TRAVEL**, where a zippered encasing is impractical, we offer easy-placement encasings constructed like a fitted sheet. Call for information.

	PREMIUM MICROFIBER		BARRIER FABRIC II	
Standard (20" x 27")	#EPS	\$28.95	#EPS-B	\$22.95
Queen (20" x 31")	#EPQ	\$34.95	#EPQ-B	\$24.95
King (20" x 38")	#EPK	\$38.95	#EPK-B	\$27.95
Euro Sq. (26" x 26")	#EPES	\$40.95		
Body (20" x 60")	#EPB	\$62.95		
Travel (12" x 18")	#EPT	\$27.95		

	PREMIUM MICROFIBER		BARRIER FABRIC II	
Crib 6" (29" x 52")	#EMC	\$89.95		
Twin 9" (39" x 75")	#EMT	\$132.95	#EMT-B	\$94.95
Long Twin 9" (39" x 80")	#EMLT	\$139.95	#EMLT-B	\$99.95
Full 9" (54" x 75")	#EMF	\$161.95	#EMF-B	\$129.95
Queen 9" (60" x 80")	#EMQ	\$179.95	#EMQ-B	\$142.95
King 9" (78" x 80")	#EMK	\$247.95	#EMK-B	\$174.95
Cal. King 9" (72" x 84")	#EMCK	\$251.95	#EMCK-B	\$174.95



Please measure your mattress before ordering:

W \_\_\_\_\_ x L \_\_\_\_\_ x H \_\_\_\_\_

## MISSION: ALLERGY® Box-Spring Encasings

The MISSION: ALLERGY® BARRIER FABRIC II encasing in 9" depth makes a high quality box spring encasing. Low Profile box-spring encasings in 6" depth available for Queen and King only. Ten-year warranty.

Made in USA.

For economy box-spring encasings, we have tear-resistant, heavy gauge vinyl with welded seams. One-year warranty. Imported.

**Bunkboard encasings available for bunk beds. Call for information.**

	BARRIER FABRIC II		VINYL	
Twin 9" (39" x 75")	#EBT-B	\$94.95	#EBT	\$27.95
Long Twin 9" (39" x 80")	#EBLT-B	\$99.95	#EBLT	\$29.95
Full 9" (54" x 75")	#EBF-B	\$129.95	#EBF	\$31.95
Queen 6" (60" x 80")	#EBQ-B6	\$135.95		
Queen 9" (60" x 80")	#EBQ-B	\$142.95	#EBQ	\$33.95
King 6" (39" x 80") set of 2	#EBK-B6	\$193.95		
King 9" (39" x 80") set of 2	#EBK-B	\$198.95	#EBK	\$59.95
Cal. King 9" (37" x 84") set of 2	#EBCK-B	\$219.95	#EBCK	\$59.95







# Comforters, Pillows & More

Our comforters, pillows and mattress pads are made with the same **MISSION: ALLERGY Premium Microfiber®** fabric used in our best encasings, so they are **completely impermeable to all allergens**, yet feel as **soft as silk**. They cannot become colonized with mites, and will thus never contain any interior mite allergen. Neither will they retain animal dander allergen.

Unlike ordinary blankets or comforters, these comforters do not need to be washed weekly to eliminate allergens, but only need to be washed infrequently, when soiled. They are a good alternative to encasing an existing pillow or comforter. If desired, they may be covered with decorative duvet covers, with only the decorative cover requiring regular washing.



## MISSION: ALLERGY® Premium Microfiber Allergen-Proof Comforters

10" quilted box pattern  
100% polyester.  
Made in USA.

**Warmer**  
**DreamFill®**

Twin	(68" x 88")	#CDT	\$234.95
Queen	(88" x 98")	#CDQ	\$299.95
King	(108" x 98")	#CDK	\$369.95

DreamFill® comforters available in white, natural and blue-gray.



White



Natural



Blue-Gray



## MISSION: ALLERGY® Premium Microfiber Allergen-Proof Light-Weight Comforters

8" quilted box pattern for queen and king; Diamond pattern for twin. 100% polyester. **Less Warm**  
Made in USA. **DreamFill®**

Twin	(68" x 88")	#CBDT	\$214.95
Queen	(88" x 98")	#CBDQ	\$265.95
King	(108" x 98")	#CBDK	\$319.95

DreamFill® Light-Weight Comforters available in white, natural and blue-gray.

Our pillows and comforters are all covered with the same luxurious **MISSION: ALLERGY® Premium Microfiber** fabric. Quality fillings include:

**DreamFill®** is made from ultra-fine fibers that are as soft and as fine as silk. Its superior lofting quality and down-like feeling provide comfort, softness and resilience, for a luxurious warm yet lightweight comforter, or a soft moldable pillow.

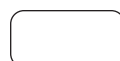
**ComfortFill™** is a quality filling for pillows. Its fiber structure creates a fuller, more substantive pillow offering more support, often preferred by side sleepers.

**White Goose Down** This superior down, sterilized and washed to twice the industry standard and covered with our Premium Microfiber fabric, allows those allergic to feathers, down or mites to enjoy the unsurpassed comfort and luxury of down—without allergy.

## MISSION: ALLERGY® Premium Microfiber Allergen-Proof Comforter Covers

If you already have a comforter to which you are attached, an alternative to replacing it is to place it within a cover made from our allergen-proof Premium Microfiber fabric, thus preventing the escape of allergens. Our microfiber comforter covers are imperceptible in use, and do not give the comforter a stiff feeling. Available in colors: white, natural and blue-gray. See page 13 for color-coordinated pillow shams and bedskirts for a beautiful matching set.

Made in USA.



White



Natural




Blue-Gray

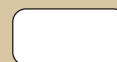
Twin	(68" x 88")	#CCT	\$179.95
Full	(86" x 86")	#CCF	\$224.95
Queen	(88" x 98")	#CCQ	\$239.95
King	(108" x 98")	#CCK	\$289.95

**Comforter Clips** Easy-to-use snap-on style.  
Clips (pkg. of 4) #CLIPS \$7.95

## MISSION: ALLERGY® Microfiber Bedskirts

Unlike typical bedskirts ("dust-ruffles"), which must be removed and replaced for weekly hot-water washing, these Microfiber Bedskirts cannot be colonized by mites, and therefore do not require frequent washing. Constructed from our exclusive barrier fabrics, this bedskirt completely covers the top of the boxspring for a secure fit. Fourteen inches from seam to bottom. Use alone, or with our color-matched comforters, comforter covers, and shams.

Available in colors: white, natural and blue-gray 100% polyester microfiber. Made in USA. 



White



Natural



Blue-Gray

Twin (39" x 75")	#SDT	\$116.95
Full (54" x 75")	#SDF	\$124.95
Queen (60" x 80")	#SDQ	\$139.95
King (78" x 80")	#SDK	\$144.95
Cal King (72" x 84")	#SDCK	\$144.95




## MISSION: ALLERGY® Premium Microfiber Allergen-Proof Pillows

Made in USA. 

		White Goose Down	DreamFill®	ComfortFill™
Travel	(12" x 18")		#PDT \$48.95	#PFT \$29.95
Youth	(16" x 20")			#PFY \$39.95
Standard	(20" x 26")	#PGS \$214.95	#PDS \$79.95	#PFS \$44.95
Queen	(20" x 30")	#PGQ \$234.95	#PDQ \$99.95	#PFQ \$58.95
King	(20" x 36")		#PDK \$109.95	#PFK \$64.95
Euro	(26" x 26")			#PFE \$64.95
Body	(20" x 60")			#PFB \$94.95

## MISSION: ALLERGY® Premium Microfiber Allergen-Proof Mattress Pads

Constructed like a fitted sheet. Fits mattresses 9"-18" deep, except twin 9"-12" deep. Quilting pattern may vary. Made in USA. 


Twin	(39" x 75")	#MPT	\$174.95
Long Twin	(39" x 80")	#MPLT	\$186.95
Full	(54" x 75")	#MPF	\$214.95
Queen	(60" x 80")	#MPQ	\$234.95
King	(78" x 80")	#MPK	\$329.95
Cal. King	(72" x 84")	#MPCK	\$334.95

### CONSUMER ALERT:

These pillows, comforters and mattress pads are available exclusively from MISSION:ALLERGY®. Do not confuse them with other items sold as "hypoallergenic". The term hypoallergenic refers only to the fact that the *interior* stuffing does not itself cause

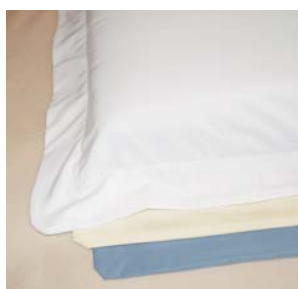
allergy—not to whether it can become colonized with dust mites! Our pillows, comforters and mattress pads have a Premium Microfiber allergen-barrier *exterior*, and thus cannot become colonized with mites. They therefore do NOT require hot water washing.

## MISSION: ALLERGY® Premium Microfiber Allergen-Proof Shams

Both decorative and allergen-proof, these shams may be used over your favorite existing pillows or Mission: Allergy pillows. Made with Mission: Allergy Premium Microfiber Fabric, they provide an effective barrier to all allergens and require no additional encasing. They match our comforters, comforter covers, and bedskirts, or may be used alone. Available in colors: white, natural and blue-gray. Sold individually. Made in USA. 

Standard	(21" x 27")	#SHMS	\$45.95
Queen	(21" x 31")	#SHMQ	\$47.95
King	(21" x 38")	#SHMK	\$52.95
Euro	(27" x 27")	#SHME	\$51.95

Note: interior dimensions shown.







# Washable Blankets & More


Our MISSION: ALLERGY® genuine Polartec® blankets provide warmth without weight. Air pockets in the fleece on either side of an insulating core trap body heat, creating thermal insulation. These blankets are not only extremely soft and comfortable, but they are also able to withstand the repeated machine washing and drying

necessary to kill dust mites and remove all allergens. Quick drying and non-pilling. Available in several fashion colors, tastefully finished with color coordinated blanketstitch edging.

We also feature a natural cotton blanket made of certified organic cotton.



## New Luxury Soft Blanket

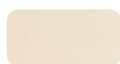
The luxurious feel of cashmere in a lightweight yet warm blanket. A favorite in all seasons, plush and cozy for snuggling. Shown in denim. Available in solid colors: ivory, beige and denim. See color chart. 100% superfine polyester. Made in USA. 



Twin (84" x 60")	#BLST	\$146.95
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Full/Queen (90" x 80")	#BLSFQ	\$188.95
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King (90" x 100")	#BLSK	\$241.95
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Ivory



Beige



Denim

## Organic Cotton Blanket

Made of Certified Organic Cotton, these lightweight blankets are naturally soft, comfortable, and attractive, ideal for summer use. Pre-shrunk and machine washable. Available in only the natural beige color of cotton; no dyes whatsoever are added. 100% organic cotton.

Lap (67" x 46")	#BOCL	\$69.95
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Twin (90" x 70")	#BOCT	\$109.95
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Full/Queen (90" x 90")	#BOCFQ	\$134.95
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King (90" x 110")	#BOCK	\$159.95
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## NatureSoft® Luxury Stripe Sateen Sheet Sets and Pillow Cases

These luxurious sheets are woven from 100% Certified Organic cotton. They feature a subtle and elegant stripe pattern, and a 400 thread-count Sateen weave resulting in a silky shine and a soft drape and feel. Generously sized to fit up to 17" deep. Sets include one flat sheet, one fitted sheet, and two King pillow cases with King and Cal King sets, two Standard pillow cases with Queen and Full sets, and one Standard pillow case with Twin set. Available in White Stripe or Natural Stripe. 100% Certified Organic cotton.

Twin	(39" x 75")	#SOCT	\$149.95
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Full	(54" x 75")	#SOCF	\$164.95
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Queen	(60" x 80")	#SOCQ	\$189.95
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King	(78" x 80")	#SOCK	\$204.95
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Cal. King	(72" x 84")	#SOCCK	\$229.95
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Extra pillow cases set of two:

Std/Queen	(20" x 33")	#PCOCS	\$34.95
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King	(20" x 40")	#PCOCK	\$41.95
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“I recommend Mission: Allergy to my patients who want the highest quality products for allergen avoidance.”

**Joseph Sproviero, MD, PhD**  
Assistant Clinical Professor of Medicine  
Yale University School of Medicine\*

“I am always on the lookout for products that will make my life less itchy, sneezy and wheezy... My Mission: Allergy blanket was snuggly soft. (After washing) it didn't stretch or get misshapen, and was as soft as ever... this blanket can withstand the hot water washings and drying necessary to kill dust mites... I love this blanket!”

**Brooke Sander**  
MA Report newsletter,  
Allergy & Asthma Network /  
Mothers of Asthmatics\*

\*Institutions are mentioned for identification purposes only; statements do not constitute an endorsement by the institution. Endorsers do **not** receive compensation from Mission: Allergy, Inc.



## MISSION: ALLERGY® Allergen-Proof Comfort Cushion

Fun for kids, this comfy, round cushion is great for reading, watching TV, or just lounging. The inner allergen-barrier lining prevents the passage of mite or dander allergens, and the removable polyester/cotton outer cover is easy to wash. Can also be used as an Allergy Approved® mite-, flea-, and bedbug-proof pet bed. Includes cushion with allergen-barrier lining and washable outer cover. Outer cover available in natural (shown) and denim. Made in USA.

### Cushion, liner, and cover:

42" #CU42 \$199.95  
48" #CU48 \$229.95

### Extra washable outer cover:

42" #CU42C \$39.95  
48" #CU48C \$49.95



Natural



Denim



## MISSION: ALLERGY® Premium Microfiber Reversible Allergen-Proof Barrier Pad

When placed on a source of allergen such as upholstered furniture or carpet, these pads act as a protective barrier between you and the allergens. They are useful for an allergic person sitting on a couch or for a child playing on the floor. They can also serve as a wipeable barrier to protect beds or furniture from wandering pets. And because pets themselves can be allergic to dust mites, they are Allergy Approved® for use as pet beds or crate liners, to shield pets from mite allergens. Water-repellant (but not totally water-proof), the easily machine-washable, allergen-proof microfiber is Natural on one side, Blue-Gray on the other (matching our comforters, bedskirts and shams), quilted over an interior batting. 100% Polyester.

Made in USA.

Small (29" x 29")	#BPS	\$84.95
Extra Large (50" x 59")	#BPXL	\$128.95



## MISSION: ALLERGY® Allergy Approved® Pet Beds

Pets can also be allergic to dust mites in their bed, with resulting skin itching and inflammation. These pet beds contain an inner allergen-barrier that prevents dust mite allergen from colonizing the bed and reaching the pet's skin, plus a removable outer washable cover with a soft quilted polyester top and a durable nylon bottom. Extra washable outer covers are also available. IMPORTANT: These pet beds are NOT for people who are allergic to their pets. They are for pets who are themselves allergic to dust mites, or for people who are allergic to dust mites and wish to avoid exposure to the dust mite allergen present in a typical pet bed. Made in USA



Tan



Blue

Small	23" x 28"	\$149.95	Large	29" x 42"	\$229.95
Medium	25" x 36"	\$174.95	X-Large	36" x 54"	\$324.95



# Clean and Protect

"I am impressed with Mission: Allergy's dedication to providing evidence based products for the allergy patient. Their brochure is educational and their service and products are excellent."

**Richard J. Morris, MD**

Clinical Professor of Medicine, University of Minnesota\*

"We highly recommend Mission: Allergy for allergy and environmental control products. Mission: Allergy has been reliable and good to our patients."

**Roger Katz, MD**

Clinical Professor of Pediatrics, UCLA School of Medicine\*

## Rapid Test for Dust Mite Allergen

Allows you to measure the amount of dust mite allergen in your home.



Dust mites are invisible, but this easy test will tell you in ten minutes whether there is a low, medium or high level of mite allergen in samples of carpet or bedding dust, allowing you to take corrective action. Kit contains materials to perform 2 tests: contact-free dust collector system to attach to your vacuum cleaner's wand, testing solution, 2 test cassettes with built-in color charts, and complete, easy to follow instructions. This kit uses test reagents developed at the University of Virginia, and is the most accurate rapid screening allergen test kit available for home use.

#RT \$59.95

## Capture® Carpet Cleaner

This dry treatment has been shown to remove significant amounts of dust mite allergen from carpets.



Capture® cleans without water, unlike wet carpet cleaners, which leave a damp residue that actually promotes dust mite growth. When rubbed into the carpet, these porous, microscopic particles work like tiny sponges, absorbing dirt, dust and allergen, which are then vacuumed with the Capture® particles from the carpet. Kit includes 24oz. Soil Release Pre-Mist, 4lb. pail of Capture® Carpet and Rug Dry Cleaner, and cleaning brush. Cleans up to 400 sq.ft.

#CCC \$39.95

## Window Screen Pollen Filter



Fits between window and windowsill to allow the entry of fresh air into the home, while trapping 96% of pollen. Designed for double hung windows (see photo). The sturdy, rustproof aluminum

frame holds a replaceable filter cartridge. Also keeps out insects, rain and wind, while minimizing noise. Seven-inch high model adjusts from 20" to 36" wide; eleven-inch high model adjusts from 25" to 44" wide.

Seven inch high screen	#WS7	\$27.95
Replacement filter (7 in.)	#WSRF7	\$19.95
Eleven inch high screen	#WS11	\$35.95
Replacement filter (11 in.)	#WSRF11	\$26.95

## Air Dry® Space Dryers

Eliminate mold growth in closets and other small spaces up to 10x10x10 feet. This device works by a silent convection method, and is not hot to the touch. Damp air is drawn in through the base of the unit, and dry, heated air is released through the top perforations. The drying process within the Air Dry® has been shown to render mold spores non-viable, thereby eliminating mold growth. Electrical cost is equivalent to that of a light bulb. 13.5"W x 4.5"H; 3.5lbs.



#DAD \$69.95

## Extech® Temperature/Humidity Gauge

Monitors indoor humidity for dust mite and mold control.



Controlling the indoor humidity is essential for limiting the growth of both dust mites and mold. The large, easy to read displays of this gauge show percent relative humidity, temperature and time. Memory with reset function stores minimum and maximum measurements for humidity and temperature. Gauge is approximately 3"x 4", and comes with built-in stand, bracket for optional wall mounting, and AAA battery.

#GE \$49.95





“Mission: Allergy has been an innovator in developing high-quality allergy products since its inception, which keeps it on the cutting edge of the field. Thank you for providing products that our patients can trust to be effective for reducing allergen exposure.”

**Jay M Portnoy, MD**

Director, Division of Allergy, Asthma & Immunology, Children's Mercy Hospital\*

“I always recommend Mission: Allergy products to my patients. Their educational material is second to none, and helps my patients to better understand allergy and reduce allergen exposure, and their mite-barrier encasings and other products are of the highest quality.”

**James P. Rosen, MD**

Associate Clinical Professor of Pediatrics, University of Connecticut School of Medicine\*

\*Institutions are mentioned for identification purposes only; statements do not constitute an endorsement by the institution. The endorsing physicians do not receive compensation from Mission: Allergy, Inc.



## Hookless Spa Shower Curtain with Snap-off Liner

This quality shower curtain is ideal for the allergic family. Manufactured for the luxury hospitality and spa industry, it is water repellent and resistant to mildew and bacteria. It has a snap-off liner for easy washing, and an upper mesh “window” for air circulation, light and visibility. Slotted rings allow easy attachment to the shower rod— without hooks. 100% polyester curtain and liner.

Curtain 71" W x 77" L; Snap-off Liner 70" W x 57" L



Snap on/off liner

#SC \$99.95  
Extra Snap-Off Liner #SCL \$29.95

### MISSION: ALLERGY® Dust Cloths

Wipe dust off hard surfaces without it becoming airborne.

Our exclusive Mission: Allergy Dust Cloths have a microfiber construction containing millions of wedge-shaped sections that catch and retain dust particles, without the need for cleaning sprays or chemical treatment of the cloth. Simply wash the cloth to remove dust and reuse. Set includes one general purpose cleaning cloth suitable for use on all surfaces, and one superfine cloth for cleaning electronic equipment, video screens and lenses. 100% polyester microfiber. 16" x 16". Imported. Package of two cloths

#DC \$14.95



### MISSION: ALLERGY® Dust Mitts

Made from super-soft microfiber fabric with over 220,000 fibers per square inch, they fit over your hands like a mitten. Use one on each hand for double-fast cleaning! Retain dust without chemicals or sprays. Just wash to re-use repeatedly. Sold in packs of two.

#DCM2 \$14.95 for 2



### Vanicream Moisturizing Ointment

This highly effective moisturizer is ideal for dry or sensitive skin from allergy or eczema. It contains no dyes, fragrance, lanolin, papaben, or other potentially irritating chemicals, and has the National Eczema Association's Seal of Acceptance. 13oz jar

#VP \$18.95



## Personal Protection Face Masks

Mission: Allergy manufactures and distributes facemasks for protection from allergens and infectious particles. For product descriptions and current availability of facemasks, please see our website [missionallergy.com](http://missionallergy.com) and look under PRODUCTS > Clean Home > Personal Protection



### Respilon® Anti-Smog and Anti-Allergen Face-Scarf

This stylish face-scarf and high-tech respirator in one contains a nanofiber filtering membrane that blocks the inhalation of both smog particles and allergens. Urban smog contains tiny solid particles known as “PM2.5” that are particularly dangerous to those with asthma or other respiratory disease. The nanofiber layer captures 99.9% of all dangerous airborne particles, yet allows for the easy movement of air. The face-scarf is stylish and comfortable, with an adjustable nose clip assuring proper fit. It also acts as a warming scarf to moderate the inhalation of cold air that can provoke asthma. Made of Lycra spandex with the added nanofiber membrane, it is suitable for use during walking, jogging, cycling, or other recreational activities, especially in urban areas. Hand washable.

#FS \$49.95







# Air Cleaners

- ☐ “Our patients have been very pleased with the quality of products from Mission: Allergy.”

**Richard D. DeShazo, MD**

Professor and Chairman Dept. of Medicine, University of Mississippi Medical Center\*

- ☐ “Mission: Allergy provides excellent products for allergen-avoidance in allergic patients.”

**Richard G. Gower, MD**

Past President, American College of Allergy, Asthma and Immunology\*

\*Institutions are mentioned for identification purposes only; statements do not constitute an endorsement by the institution. The endorsing physicians do not receive compensation from Mission: Allergy, Inc.

Air cleaners can be helpful for certain types of allergies, particularly allergy to cat dander and dog dander. They are also useful at removing particulate air pollution. However, the air cleaner must be the right type and size. Please see How to Choose an Air Cleaner below to learn how to select the right air cleaner.



**The Air Cleaner market is currently in a state of flux. Please visit [missionallergy.com](http://missionallergy.com) or call us at 1-877-NOALLERGY (1-877-662-5537) for the latest availability and best pricing on air cleaners.**



**Guide to Air Cleaners  
in the Home (EPA)**

**Ventilation in Buildings  
(CDC)**

## How to Choose an Air Cleaner

### What HEPA means and doesn't mean.

The filter is one of the key components of an air cleaner. Filter types are defined by the size and number of microscopic particles that they remove from the air passing through them. Microscopic particles are measured in microns. The period at the end of this sentence is approximately 400 microns in size, pollen grains are 30 microns, dust mite waste particles are about 20 microns, and cat allergen particles vary from about 1 to 20 microns in size. Bacteria, and exhaled droplets containing the Covid-19 virus, are about 5-10 microns, while dangerous air pollution particles are 1 to 2.5 microns. A HEPA (High Efficiency Particulate Air) filter removes 99.97% of all 0.3 micron particles from the air that passes through it. But note that these percentages refer to the air that passes through the filter, not necessarily to all of the air in the room. Many advertisements give the misleading impression that any HEPA filter will clean the air in a room of more than 99% of its particles. The reality is that the amount of cleaning of the air in the room depends not just on the filter, but also on the amount of air moving through the filter. This is expressed as the “Clean Air Delivery Rate”, or CADR. The EPA and the American Lung Association recognize CADR as the appropriate test of air cleaner effectiveness.

### What CADR means.

The Clean Air Delivery Rate is the volume (measured in cubic feet) of particle-free air being delivered into the room each minute. It is the best measure of the true cleaning capacity of the air cleaner, since it reflects both the effectiveness of the filter and the amount of air going through the filter. The higher the clean air delivery rate, the larger the size room that can be effectively cleaned of airborne particles. Clean air delivery rates are measured using procedures standardized by the Association of Home Appliance Manufacturers (AHAM), which allows the capacities of various air cleaners to be compared to each other. Note that most air cleaners have more than one fan speed, and that the advertised clean air delivery rate applies to the highest speed.

### How to choose the right size unit.

Air cleaners are usually listed with the room size for which they are recommended. This recommendation is based on the unit's ability to provide a certain number of air changes per hour in a room of that size. AHAM recommends that the total air of the room be replaced with filtered air 4.8 times per hour. The Center for Disease Control (CDC) recommends 5 air exchanges per hour, which is the standard that Mission: Allergy uses to calculate the room sizes listed here. *Note that the listed CADRs (and therefore the room sizes) are based on the highest fan speed, so if you want to use a quieter lower speed you should choose a unit with a higher CADR.* For very large spaces it is often more cost-effective to have multiple medium sized units rather than a single very large unit; simply add the CADRs of the units together. Be wary of advertisements for air cleaners claiming suitability for large rooms that are based on only 2 air-exchanges per hour, rather than the recommended 5.

**To choose the air cleaner with the proper Clean Air Delivery Rate for any size room  
(to achieve the recommended 5 air-exchanges per hour)**

$$\begin{array}{c} \boxed{\phantom{000}} \text{ ft} \\ \text{Room Length} \end{array} \times \begin{array}{c} \boxed{\phantom{000}} \text{ ft} \\ \text{Room Width} \end{array} \times \begin{array}{c} \boxed{\phantom{000}} \text{ ft} \\ \text{Ceiling Height} \end{array} \text{ divided by } 12 = \begin{array}{c} \boxed{\phantom{000}} \text{ cfm} \\ \text{advised CADR} \end{array}$$



## Our Guarantee

We guarantee every item we sell without reservation. If for any reason whatsoever you are not completely satisfied with anything you order from MISSION: ALLERGY, you may return it within 30 days for an immediate exchange or refund. Simply call Customer Service toll-free at 1-877-NOALLERGY. Returns must be in original packaging, in good condition.

**FREE SHIPPING**

in contiguous U.S.

Order **DIRECTLY**  
by phone or from  
**missionallergy.com**  
to receive **FREE GIFT\***

\*with \$75 minimum order, 1 per customer.

*"Your customer service representative was super-helpful and courteous. I appreciate your return policy and am happy to do business with a company that really cares about its customers."*

**L.L.** San Diego, CA

*"Thank you for your outstanding customer service. I ordered various products from Mission: Allergy, and was extremely pleased with the level of service that I received."*

**J.L.** Brighton, MA

*"I appreciate the quick response to my questions and your concern regarding my order. I shall be using your company for future orders."*

**M.T.** Albuquerque, NM

*"I truly appreciate the helpful, courteous service. And I so appreciate your products, and the peace of mind that I already feel when I think I can help my daughter breathe better."*

**M.B.** Storrs, CT

*"I have purchased several products, including air purifiers, from Mission: Allergy. I have found the staff to be extremely informative, courteous, and patient, and the products and steps they have advised have helped to reduce my symptoms considerably."*

**N.W.** Somerville, MA

*"I wanted to let you know how pleased I was with the quality of your products, and how delighted I was to see that they were made here in the U.S. Nowadays with everyone cutting corners and using cheaper materials it's hard to find quality products, so I was very happy with my recent order. Thanks so much!"*

**L.H.** Scarborough, ME

## Placing an Order

## Contacting Customer Service

Would you like to place an order? Do you have questions or concerns? Our helpful and knowledgeable customer service representatives are available to take your order or answer your questions. Please call us at 1-203-364-1570 or toll-free at 1-877-NOALLERGY (1-877-662-5537) Monday through Friday 8:30 a.m. to 5:00 p.m. Eastern Time; Hours may vary by season. We welcome payment by VISA, MasterCard, Discover, or American Express.

**By Phone:** 1-203-364-1570 or Toll-free 1-877-NOALLERGY (1-877-662-5537)

**By Fax:** 1-203-426-5607

**Online:** [www.missionallergy.com](http://www.missionallergy.com)

**By Mail:** MISSION: ALLERGY  
28 Hawleyville Road  
P.O. Box 45  
Hawleyville, CT 06440

**Questions? Call, or e-mail us at** [customerservice@missionallergy.com](mailto:customerservice@missionallergy.com)

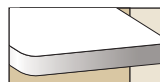
## Delivery Information

**All orders are SHIPPED FREE in the Contiguous U.S. within one business day via FedEx ground service.**

FedEx next-day or second-day air service is available for an additional charge.

Please add \$24.95 shipping to Alaska and Hawaii.

<b>BILL TO:</b>	<b>SHIP TO: (if different)</b> (Note: FedEx can not deliver to P.O. Boxes.)
Name: _____	Name: _____
Address: _____	Address: _____
City: _____	City: _____
State: _____ Zip: _____	State: _____ Zip: _____
Daytime Phone: _____	Gift message: _____
Evening Phone: _____	_____
E-mail: _____	_____



Please measure your mattress before ordering:

**W** \_\_\_\_\_ **x** **L** \_\_\_\_\_ **x** **H** \_\_\_\_\_

ITEM#	DESCRIPTION	SIZE/DEPTH	COLOR	QUANTITY	PRICE EACH	TOTAL PRICE
METHOD OF PAYMENT: "use additional paper if needed"					Merchandise Subtotal	
<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard					<b>Shipping in the Contiguous U.S.</b>	<b>FREE</b>
<input type="checkbox"/> Discover <input type="checkbox"/> American Express					Additional Shipping AK, HI	
Card Number: _____					Merchandise Subtotal Plus Shipping	
Expiration Date: _____ Security Code: _____					Sales Tax (CT Residents) please add 6.35%	
Signature: _____					Sales Tax (other states) we will add if required	
Physician's Name: _____					<b>TOTAL</b>	

(Will appear on receipt for insurance claim, tax-deduction or reimbursement purposes)

**MISSIONALLERGY.COM**



**Toll Free: 1-877-NOALLER(GY) 1-877-662-5537**

**19**

# Allergy-Free Bedroom



Rx

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

- ☐ Wipe smooth furniture weekly with a dust-trapping cloth. **1** (page 17)
- ☐ Wash sheets and pillow cases every 1-2 weeks. **2**
- ☐ Wash blankets every 1-2 weeks, or use an allergen-barrier comforter or blanket. **3** (pages 12, 14)
- ☐ Encase pillows in allergen-proof covers, or replace with allergen-barrier pillow. **4** (pages 11, 13)
- ☐ Encase mattress and boxspring in allergen-proof covers. **5** (pages 10, 11)
- ☐ Remove bedroom carpet. If unable to remove carpet, use Dry Carpet Cleaner to decrease allergens. **6** (page 16)
- ☐ Remove upholstered furniture, stuffed toys and throw pillows. Keep clothing in a closet with the door closed. **7**
- ☐ Remove curtains, using window shades or blinds instead. **8**
- ☐ Dehumidify to under 50% by using an air conditioner, possibly supplemented with a dehumidifier. **9 10**
- ☐ Use a dust mask during allergen exposure. (page 17)
- ☐ Use allergen containment vacuum or vacuum bag.
- ☐ Remove the pet from the home.
- ☐ Remove the pet from the bedroom, and bathe it twice weekly.
- ☐ Use a HEPA air cleaner. **11** (page 18)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

\_\_\_\_\_, MD

