

# Efficas Care™ improves the management of allergic rhinitis and quality of life for allergy sufferers.

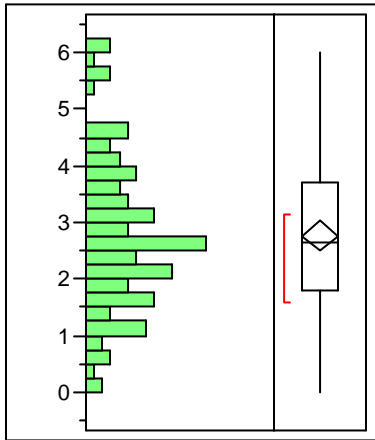
## Overall Improvement in Quality of Life Scores (p<0.001)

61% reported an improvement in quality of life, mean change from baseline in MiniRQLQ = -1.3, (0-6 scale).

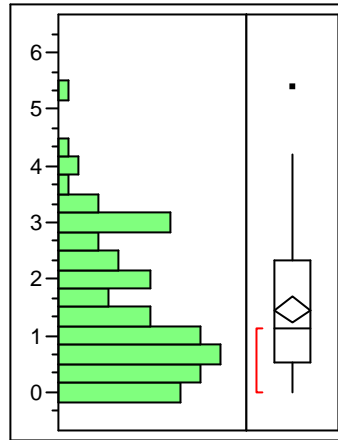
Analysis of all subjects who completed the MiniRQLQ at baseline and Day 28.

Subjects self-assessment of the negative impact of their allergy symptoms on quality of life improved significantly after 4 weeks of using Allergy Care (p < 0.001, N = 109). 6 = extremely troubled, 3 = moderately troubled, 0 = not troubled.

MiniRQLQ Total Score Day 1



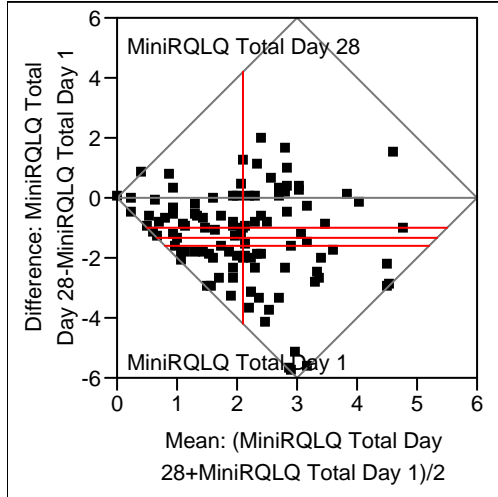
MiniRQLQ Total Score Day 28



At baseline, 39% were at least moderately troubled (score  $\geq 3$ ) by their allergies, and only 14% were hardly troubled at all or not troubled (score  $\leq 1$ ).

By Day 28, only 14% were at least moderately troubled (score  $\geq 3$ ) by their allergies, while 45% were hardly troubled at all or not troubled (score  $\leq 1$ ).

Paired T-Test: MiniRQLQ Total Score Day 28 versus Day 1



MiniRQLQ Total Day 28	1.45478	t-Ratio	-9.00222
MiniRQLQ Total Day 1	2.76999	DF	108
Mean Difference	-1.3152	Prob >  t	<.0001
Std Error	0.1461	Prob > t	1.0000
Upper95%	-1.0256	Prob < t	<.0001
Lower95%	-1.6048		
N	109		
Correlation	0.2919		

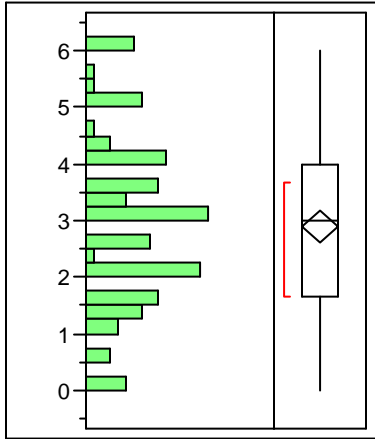
## Reduction in nasal symptoms ( $p < 0.001$ )

65% reported feeling less troubled by allergy-related nasal symptoms, mean change from baseline MiniRQLQ questions = -1.3, (0-6 scale).

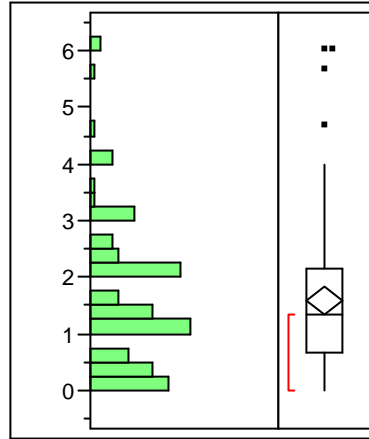
**Analysis of all subjects who completed the MiniRQLQ at baseline and Day 28.**

**Subjects self-assessment of the negative impact of their allergy-related nasal symptoms on quality of life improved significantly after 4 weeks of using Allergy Care ( $p < 0.001$ ,  $N = 109$ ). 6 = extremely troubled, 3 = moderately troubled, 0 = not troubled**

### Nose Symptoms Day 1



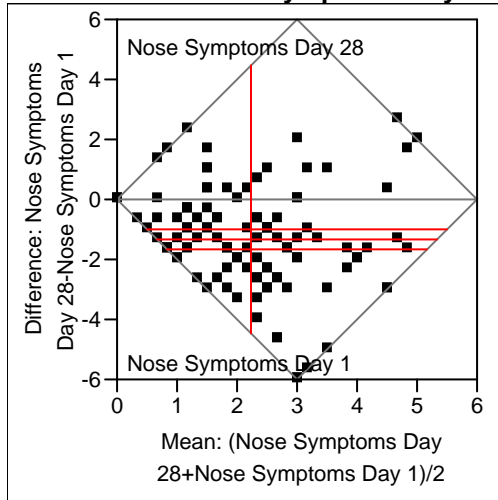
### Nose Symptoms Day 28



At baseline, 53% were at least moderately troubled (score  $\geq 3$ ) by allergy-related nose symptoms and only 11% were hardly troubled or not troubled (score  $\leq 1$ ).

By Day 28, only 17% were at least moderately troubled (score  $\geq 3$ ) by allergy-related nose symptoms, while 46% were hardly troubled or not troubled (score  $\leq 1$ ).

### Paired T-Test: Nose Symptoms Day 28-Nose Symptoms Day 1



#### Paired t-test

Nose Symptoms Day 28	1.58716	t-Ratio	-8.13892
Nose Symptoms Day 1	2.90214	DF	108
Mean Difference	-1.315	Prob >  t	<.0001
Std Error	0.16157	Prob > t	1.0000
Upper95%	-0.9947	Prob < t	<.0001
Lower95%	-1.6352		
N	109		
Correlation	0.29055		

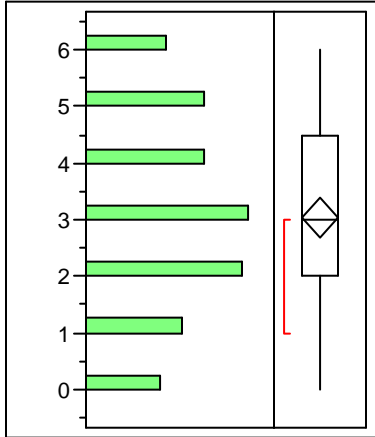
**Reduction in allergy-related fatigue (p<0.001)**

70% reported feeling less troubled by allergy-related fatigue, mean change from baseline = -1.5, (0-6 scale).

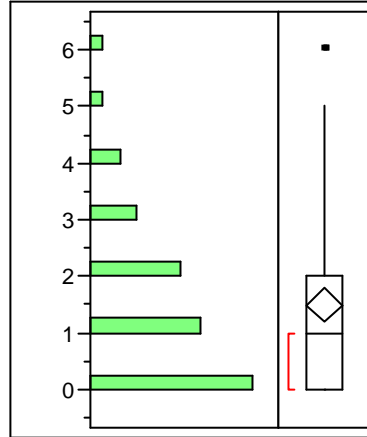
**Analysis of all subjects who completed the MiniRQLQ at baseline and Day 28**

Subjects self-assessment of the negative impact of their allergies on tiredness and/or fatigue improved significantly after 4 weeks of using Allergy Care (p < 0.001, N = 109). 6 = extremely troubled, 3 = moderately troubled, 0 = not troubled

**Tiredness and/or fatigue Day 1**



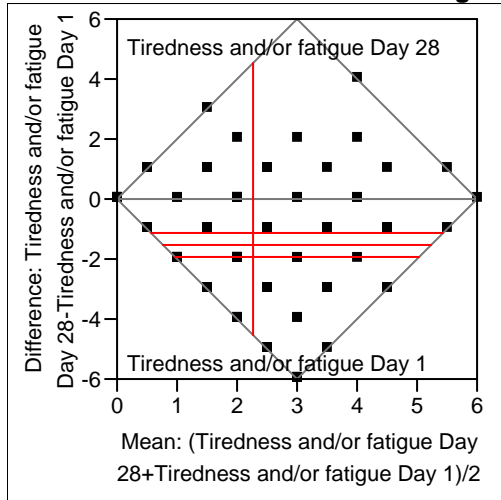
**Tiredness and/or fatigue Day 28**



At baseline, 60% were at least moderately troubled (score  $\geq 3$ ) and only 21% were hardly troubled at all or not troubled (score  $\leq 1$ ).

By Day 28, only 22% were at least moderately troubled (score  $\geq 3$ ) while 59% were hardly troubled at all or not troubled (score  $\leq 1$ ).

**Paired T-Test: Tiredness and/or fatigue Day 28 versus Day 1**



**Paired t-test**

Tiredness and/or fatigue Day 28	1.48624	t-Ratio	-7.93918
Tiredness and/or fatigue Day 1	3.0367	DF	108
Mean Difference	-1.5505	Prob >  t	<.0001
Std Error	0.19529	Prob > t	1.0000
Upper95%	-1.1634	Prob < t	<.0001
Lower95%	-1.9376		
N	109		
Correlation	0.2602		

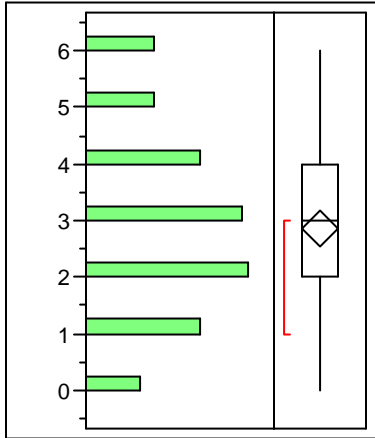
### Improved Sleep (p<0.001)

58% of those with allergic rhinitis reported reduced sleep interference, mean change from baseline MiniRQLQ sleep question = -1.3 (0-6 scale). Of those who were severely troubled at baseline, 90% reported improvement.

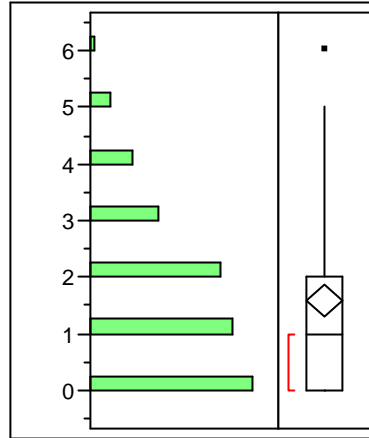
### Analysis of all subjects who completed the MiniRQLQ at baseline and Day 28

Subjects self-assessment of the negative impact of their allergies on ability to sleep improved significantly after 4 weeks of using Allergy Care (p < 0.001, N = 109). 6 = extremely troubled, 3 = moderately troubled, 0 = not troubled

#### Sleep difficulties Day 1



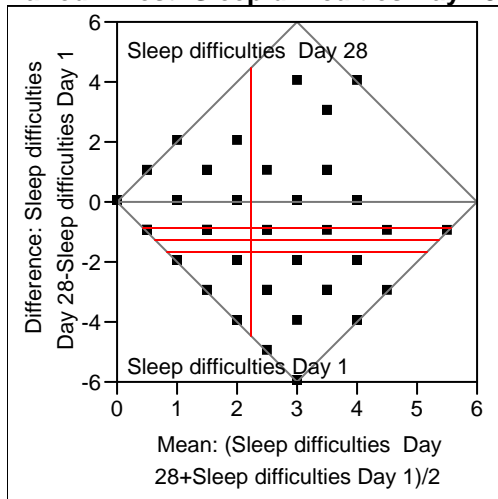
#### Sleep difficulties Day 28



At baseline, 55% were at least moderately troubled (score  $\geq 3$ ) and only 23% were hardly troubled at all or not troubled (score  $\leq 1$ ).

By Day 28, only 24% were at least moderately troubled (score  $\geq 3$ ) while 53% were hardly troubled at all or not troubled (score  $\leq 1$ ).

### Paired T-Test: Sleep difficulties Day 28 versus Day 1



#### Paired t-test

Sleep difficulties Day 28	1.59633	t-Ratio	-6.39578
Sleep difficulties Day 1	2.86239	DF	108
Mean Difference	-1.2661	Prob >  t	<.0001
Std Error	0.19795	Prob > t	1.0000
Upper95%	-0.8737	Prob < t	<.0001
Lower95%	-1.6584		
N	109		
Correlation	0.14603		

**Significant improvements in runny, stuffy, blocked nose and watery, itchy eyes were reported by study participants after taking Efficas Care for four weeks (MiniRQLQ,  $p < 0.001$ ).**

72.5% of Allergy sufferers reported they were less troubled by a stuffy blocked nose, mean change from baseline = -1.4 (0-6 scale). Of those who were severely troubled at baseline, 95% reported improvement.

68.8% of Allergy sufferers reported they were less troubled by a runny nose, mean change from baseline = -1.3 (0-6 scale).

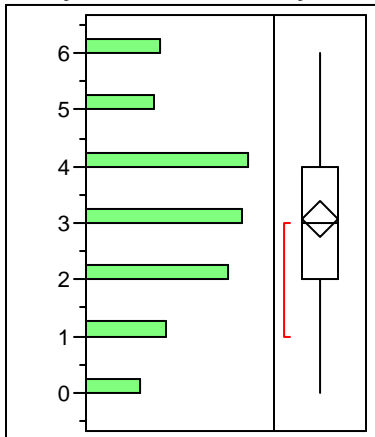
43% of Allergy sufferers reported they were less troubled by itchy eyes, mean change from baseline = -1.3 (0-6 scale).

49.5% of Allergy sufferers reported they were less troubled by watery eyes, mean change from baseline = -1.5 (0-6 scale).

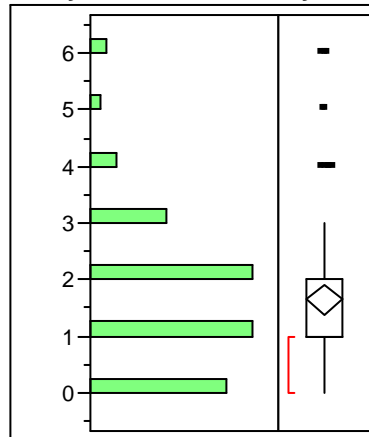
**Analysis of all subjects who completed the MiniRQLQ at baseline and Day 28**

Subjects self-assessment of the negative impact of having a stuffy blocked nose improved significantly after 4 weeks of using Allergy Care ( $p < 0.001$ ,  $N = 109$ ). 6 = extremely troubled, 3 = moderately troubled, 0 = not troubled

**Stuffy blocked nose Day 1**



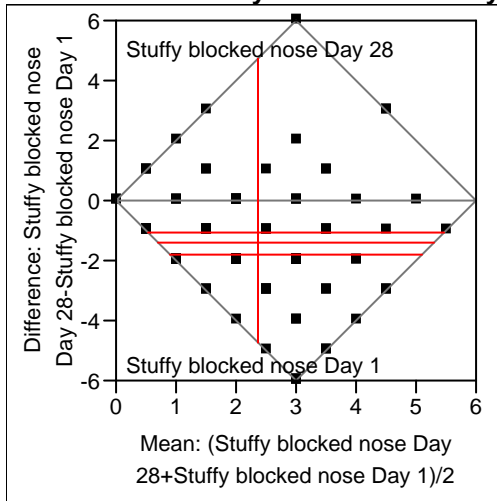
**Stuffy blocked nose Day 28**



At baseline, 62% were at least moderately troubled (score  $\geq 3$ ) and only 18% were hardly troubled at all or not troubled (score  $\leq 1$ ).

By Day 28, only 22% were at least moderately troubled (score  $\geq 3$ ) while 50% were hardly troubled at all or not troubled (score  $\leq 1$ ).

### Paired T-Test: Stuffy blocked nose Day 28 versus Day 1



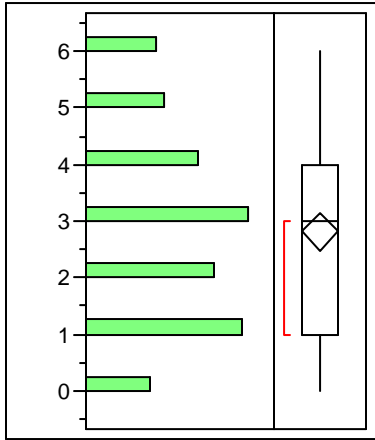
#### Paired t-test

Stuffy blocked nose Day 28	1.65138	t-Ratio	-7.57744
Stuffy blocked nose Day 1	3.07339	DF	108
Mean Difference	-1.422	Prob >  t	<.0001
Std Error	0.18766	Prob > t	1.0000
Upper95%	-1.05	Prob < t	<.0001
Lower95%	-1.794		
N	109		
Correlation	0.20585		

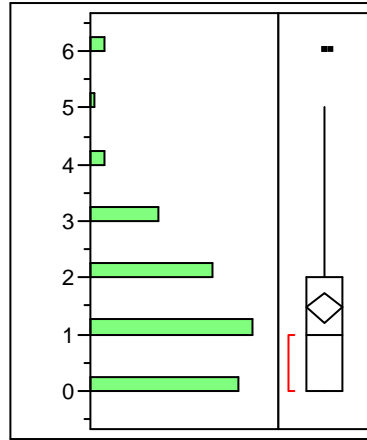
## Analysis of all subjects who completed the MiniRQLQ at baseline and Day 28

Subjects self-assessment of the negative impact of having a runny nose improved significantly after 4 weeks of using Allergy Care ( $p < 0.001$ ,  $N = 109$ ). 6 = extremely troubled, 3 = moderately troubled, 0 = not troubled

### Runny nose Day 1



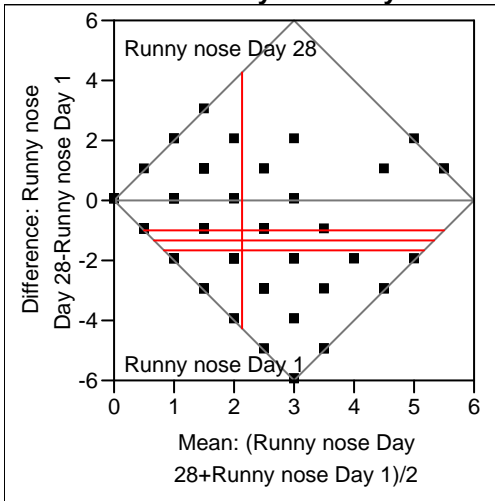
### Runny nose Day 28



At baseline, 55% were at least moderately troubled (score  $\geq 3$ ) and only 28% were hardly troubled at all or not troubled (score  $\leq 1$ ).

By Day 28, only 19% were at least moderately troubled (score  $\geq 3$ ) while 58% were hardly troubled at all or not troubled (score  $\leq 1$ ).

### Paired T-Test: Runny nose Day 28 versus Day 1



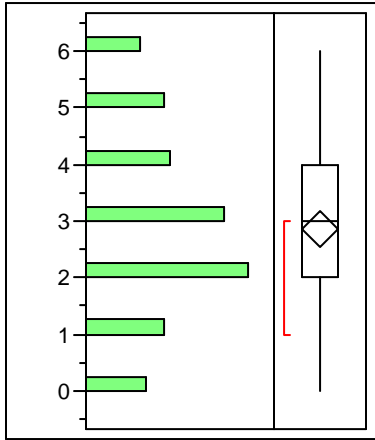
#### Paired t-test

Runny nose Day 28	1.46789	t-Ratio	-7.67614
Runny nose Day 1	2.80734	DF	108
Mean Difference	-1.3394	Prob >  t	<.0001
Std Error	0.1745	Prob > t	1.0000
Upper95%	-0.9936	Prob < t	<.0001
Lower95%	-1.6853		
N	109		
Correlation	0.3437		

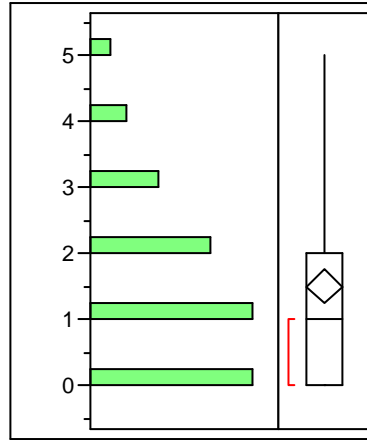
## Analysis of all subjects who completed the MiniRQLQ at baseline and Day 28

Subjects self-assessment of the negative impact of having itchy eyes improved significantly after 4 weeks of using Allergy Care ( $p < 0.001$ ,  $N = 109$ ). 6 = extremely troubled, 3 = moderately troubled, 0 = not troubled

### Itchy eyes Day 1



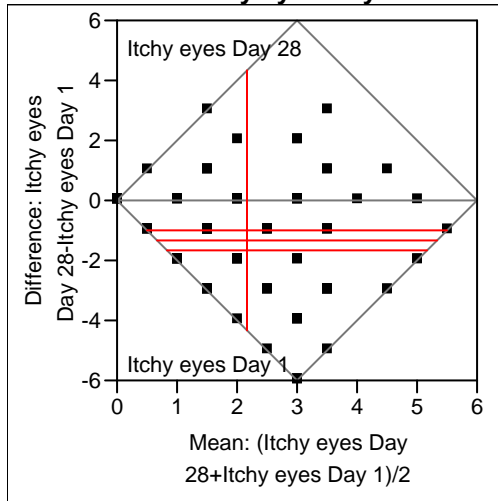
### Itchy eyes Day 28



At baseline, 54% were at least moderately troubled (score  $\geq 3$ ) and only 21% were hardly troubled at all or not troubled (score  $\leq 1$ ).

By Day 28, only 22% were at least moderately troubled (score  $\geq 3$ ) while 57% were hardly troubled at all or not troubled (score  $\leq 1$ ).

### Paired T-Test: Itchy eyes Day 28 versus Day 1



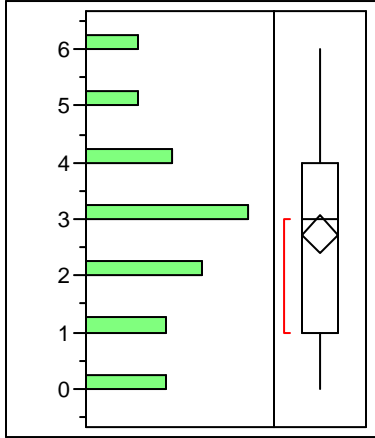
Itchy eyes Day 28	1.50459	t-Ratio	-7.8579
Itchy eyes Day 1	2.85321	DF	108
Mean Difference	-1.3486	Prob >  t	<.0001
Std Error	0.17163	Prob > t	1.0000
Upper95%	-1.0084	Prob < t	<.0001
Lower95%	-1.6888		
N	109		
Correlation	0.33924		



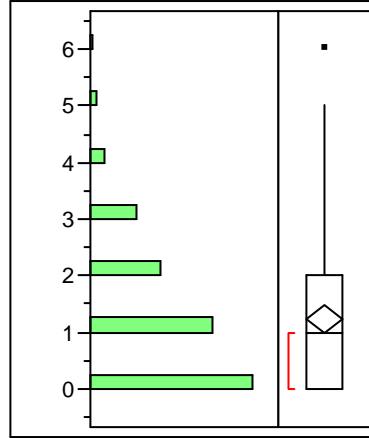
## Analysis of all subjects who completed the MiniRQLQ at baseline and Day 28

Subjects self-assessment of the negative impact of having watery eyes improved significantly after 4 weeks of using Allergy Care ( $p < 0.001$ ,  $N = 109$ ). 6 = extremely troubled, 3 = moderately troubled, 0 = not troubled

### Watery eyes Day 1



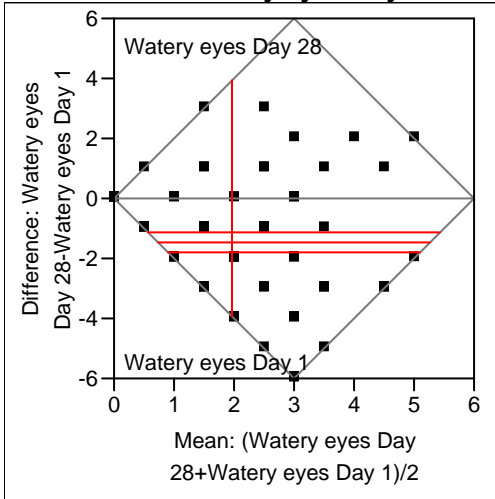
### Watery eyes Day 28



At baseline, 56% were at least moderately troubled (score  $\geq 3$ ) and only 26% were hardly troubled at all or not troubled (score  $\leq 1$ ).

By Day 28, only 17% were at least moderately troubled (score  $\geq 3$ ) while 66% were hardly troubled at all or not troubled (score  $\leq 1$ ).

### Paired T-Test: Watery eyes Day 28 versus Day 1



#### Paired t-test

Watery eyes Day 28	1.23853	t-Ratio	-8.60435
Watery eyes Day 1	2.72477	DF	108
Mean Difference	-1.4862	Prob >  t	<.0001
Std Error	0.17273	Prob > t	1.0000
Upper95%	-1.1439	Prob < t	<.0001
Lower95%	-1.8286		
N	109		
Correlation	0.33494		