



# The Itch Clinic

Allergy, Dermatology, and Otolaryngology

Dr. Keith A Hnilica DVM, MS, DACVD

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

1	Saline	
2	Histamine	

TREES		30 Min Rxn
3G	Alder mix	
4*A	Ash mix	
5G	Beech, American	
6*A	Birch mix	
7A	Box Elder/Maple mix	
8*A	Cedar (Juniper)	
9*A	Cottonwood, Eastern	
10A	Elm mix	
11A	Mulberry, White	
12*A	Oak Mix, Eastern	
13A	Pecan	
14*A	Hickory mix	
15A	Pine Mix	
16G	Poplar, White	
17G	Privet (Olive)	
18G	Sweet Gum	
19A	Sycamore, Am, Eastern	
20A	Walnut, Black	
21A	Willow/Black	

GRASSES		
22A	Bahia	
23A	Bermuda	
24*A	Johnson	
25*G	Ky-A, Orch, Rye, Tim, June	
26G	Sweet Vernal	
27A	Meadow Fescue	
28G	Redtop	

WEEDS		
29*A	Cocklebur	
30G	D-Dz	
31G	Grass Smutt	
32A	Dock, Yellow	
33G	Dog Fennel	
34A	Plaintain-Sorrel mix	
35G	Goldenrod	
36G	Hackberry	
37*A	Lamb's Quarter	
38A	Marsh Elder rough	
39A	Mugwort	
40G	Nettle	
41A	Pigweed mix	
42A	Ragweed mix	
43G	Red Clover	
44A	RT-†	

HOME ALLERGENS		
45GA	Mold mix	
46*G	House dust mix	
47*A	House dust Mites mix	
48G	Kapok	
49*G	Cat	
50G	Human Dander	
51G	silk	
52*G	Sheep, wool	
53G	Mattress Dust	46/54
54G	HMRU Dust	46/53

INSECTS		
55*G	Flea	
56G	Ant	
57G	Mosquito	
58*G	Moth, Ants, Mosquito, CR	
59*P	Staphylococcus	

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The Itch Clinic

4 locations in East Tennessee

(800) 621-1370

[www.itchnot.com](http://www.itchnot.com)

TheItchClinic.com

# Omega 3 on Amazon

The following options have the correct ratio of DHA to EPA. Those with a higher ratio (>1.5) may work better. If your product has a low ratio of DHA to EPA (e.g. has more DHA) you could purchase an EPA-only product and add that in (e.g. OmegaVia EPA Only). It can be difficult to identify the specific product by name as many bottles have similar names, so it's best to search by the ASIN number on Amazon.

Brand	DHA	EPA	Ratio	Price	Caps/ day	Price/ day	ASIN
Nutranesis Triple Strength	430	860	2.000	\$17.51	1	\$0.10	B01459HK54
Country Life Mood 2000mg	150	1000	6.667	\$31.22	1	\$0.17	B001LCQYMY
Jarrow Formulas EPA-DHA Balance	200	400	2.000	\$21.49	2	\$0.18	B00130QFEM
InnovixLabs Pharma-Grade	135	366	2.711	\$19.99	2	\$0.20	B00F5ZV6W6
Nature Made Ultra	278	647	2.327	\$19.96	1	\$0.22	B00DS5BI78
Nutrigold Triple Strength Gold	250	750	3.000	\$41.03	1	\$0.23	B004O2I9JO
Carlson Labs Super Gems	200	300	1.500	\$35.55	2	\$0.24	B003BVIAWO
Pure Alaska Clinical Strength	144	356	2.472	\$23.99	2	\$0.27	B005NWKPOA
Nutriden	120	180	1.500	\$27.97	4	\$0.28	B00L9QK5PY
Naturo Sciences 1700mg	300	450	1.500	\$26.97	1.5*	\$0.34	B01998PLWU
Intelligent Labs ultrapure omega	272	408	1.500	\$29.99	1.5*	\$0.37	B00USQWTRS
Coromega Squeeze Packets	230	350	1.522	\$21.05	2	\$0.47	B000FFQATA
OmegaVia Pharma-Grade	260	780	3.000	\$28.89	1	\$0.48	B00CJJK1E
OmegaVia EPA Only	0	500	n/a	\$28.89	2	\$0.48	B00D37S0HC
OmegaVia Pharma-Grade	260	780	3.000	\$28.89	1	\$0.48	B00CJJK1E
Garden of Life Minami Platinum	228	756	3.316	\$32.15	1	\$0.54	B00BQHUZWO
Biothriveslabs Pure	215	430	2.000	\$17.27	2	\$0.58	B00S2U44M0
Garden of Life Oceans 3 Beyond	225	337.5	1.500	\$19.09	2	\$0.64	B00280M11Q
Nordic Naturals 1000mg	110	165	1.500	\$36.92	4	\$0.82	B002CQU55K
Nordic Naturals - EPA Xtra	150	530	3.533	\$33.96	1.5*	\$0.85	B015RZ83BA
Nature Made Vegetarian Softgels	90	180	2.000	\$20.10	4	\$1.34	B007RC6NEG

\*if dose is 1.5 caps, it should be taken as 1 cap every other day, 2 caps every other day since the capsules can't be cut in half.

—Chris Aiken, M.D., Updated 2/23/2016