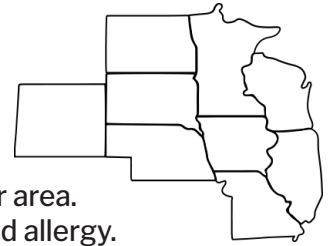


# MIDWEST Pollen Seasons



Check out this calendar of common seasonal allergy triggers in your area.  
 Year-round you may still be impacted by dust mite, pet dander, and mold allergy.

TREES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Alder		●	●	●								
Ash				●	●							
Birch			●	●	●							
Cedar, Juniper		●	●	●	●							
Cottonwood			●	●	●							
Elm				●	●							
Maple			●	●	●							
Mulberry				●	●							
Oak				●	●							
Pecan				●	●							
Sycamore				●	●							
Walnut (Black)					●	●						
GRASSES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bermuda					●	●	●	●	●			
Brome						●	●					
Johnson						●	●	●	●			
Ky. Bluegrass					●	●						
Meadow Fescue					●	●						
Ryegrass					●	●	●					
Timothy						●	●					
WEEDS	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Cocklebur							●	●	●			
Dock/Sorrel					●	●	●					
Kochia							●	●				
Lamb's Quarters						●	●	●				
Marshelder							●	●	●			
Nettle							●	●	●			
Pigweed							●	●				
Plantain					●	●	●	●	●			
Ragweed								●	●	●		
Russian Thistle							●	●	●			
Sagebrush						●	●	●	●			

Treat the cause of your allergies with safe, pain-free, and effective allergy drops.

Allergy drops treat a wide variety of allergies and related conditions. Learn more at [allergychoices.com](http://allergychoices.com).