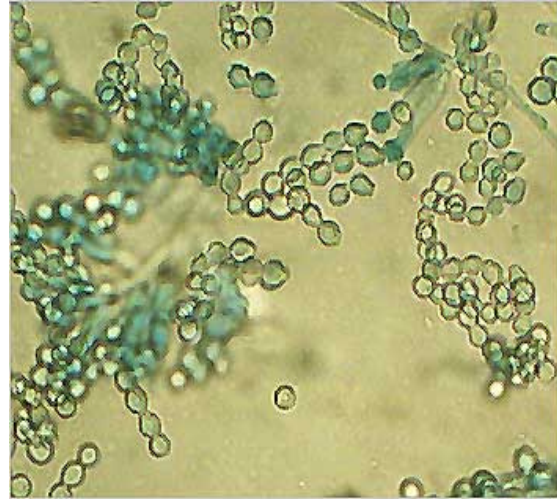


## ***Moulds - the Hidden Allergens in the Home The nillergen Allergy Range (formerly the Indoor Allergy Range) is the Answer***

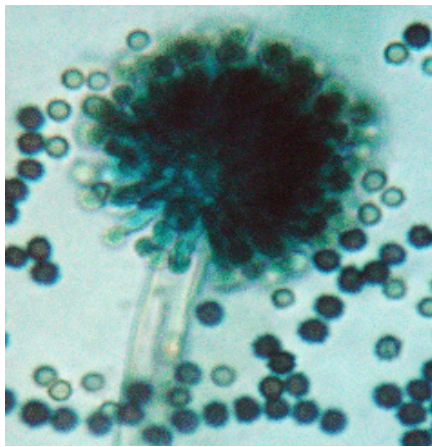
*Moulds are an underestimated and unacknowledged cause of a great deal of misery amongst allergic people. They can cause a wide range of symptoms including asthma, allergic rhinitis, depression and joint pain. In the past treatment has needed to be with toxic fungicides. Now the nillergen Allergy Range can be used with confidence that it is effective, safe and easy to use.*

People tend to think of moulds as a problem in very poor houses in severely disadvantaged areas. In fact, many modern homes easily provide the 3 things that moulds need to survive and reproduce – moisture, oxygen and something to eat. The “something to eat” takes many forms and moulds live happily in basements, closets, bathrooms and fresh food storage areas and on house plants, humidifiers, garbage pails, refrigerated drip trays, mattresses, upholstered furniture, foam rubber pillows, wall cavities, wood floors, carpeting, tiles, acrylic paint and plasterboard!!

The perfect environment is created by damp, leaks or floods coupled with poor ventilation.



Mould in a vegetative state



Mould reproducing showing the spores that become airborne

Moulds reproduce by producing tiny spores that become airborne and it is from there that they are ingested or inhaled. Their best friends in terms of reproduction are the vacuum cleaner, the builder and the air conditioner. Physical disturbance helps to disperse the spores.

The majority of moulds produce allergens so jeopardise the health of immune compromised individuals --- the very young, the elderly, the sick and of course, people who are predisposed to asthma, rhinitis and other allergies. There are some species that produce mycotoxins and these are classed as highly dangerous.

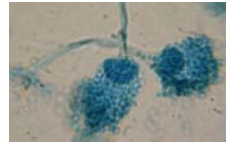
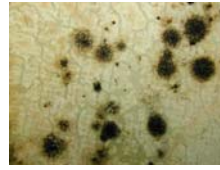
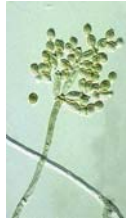
Indoor moulds have been divided into 3 hazard classes:

- **Hazard Class A** – Mycotoxin producers that are highly hazardous to health & must be dealt with immediately
- **Hazard Class B** – Moulds that may cause allergic reactions to occupants if present indoors over a prolonged period of time
- **Hazard Class C** – Includes fungi not known to be a hazard to health but may cause economic damage so preferably not present

Unfortunately, there are over 100,000 species of mould and at least 31 genera (family groups) are commonly found in the home. With the nillergen™ Range these can be treated safely and effectively.

## MOULDS – “THE ROGUES GALLERY”

IN KITCHENS & BATHROOMS	HAZARD CLASS
<i>Aspergillus fumigatus</i>	A
<i>Cladosporium cladosporioides</i>	B
<i>Cladosporium sphaerospermum</i>	C
<i>Ulocladium botrytis</i>	C
<i>Chaetomium globosum</i>	C



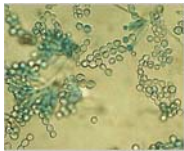
*Cladosporium cladosporioides*      *Aspergillus fumigatus*



*Aspergillus versicolor*

*Penicillium*

*Aureobasidium* spp



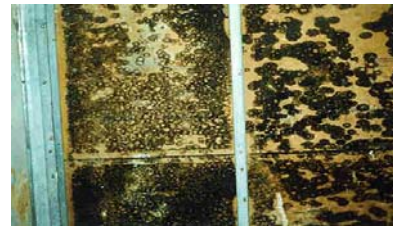
*Scopulariopsis* spp

ON MATTRESSES & CARPETS	HAZARD CLASS
<i>Aspergillus versicolor</i>	A
<i>Penicillium</i> spp.	B
<i>Aureobasidium pullulans</i>	B
<i>Scopulariopsis</i> spp	B
<i>Aspergillus repens</i>	Not known
<i>Wellemia sebi</i>	A
<i>Chaetomium</i> Spp.	A

ON WALLPAPERS	HAZARD CLASS
<i>Fusarium</i> spp	A
<i>Stachybotrys chartarum</i>	A
<i>Trichoderma</i> spp	B
<i>Scopulariopsis</i> spp	B
<i>Cladosporium sphaerospermum</i>	C
<i>Chaetomium</i> spp.	C



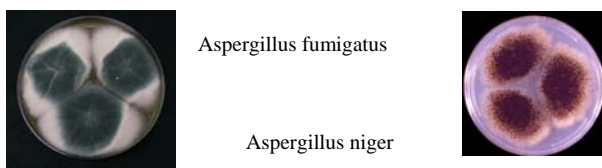
*Fusarium* spp.



*Stachybotrys chartarum*



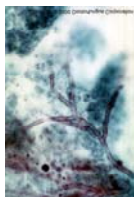
*Trichoderma* spp.



*Aspergillus fumigatus*

*Aspergillus niger*

ON WINDOW FRAMES	HAZARD CLASS
<i>Aureobasidium pullulans</i>	B
<i>Cladosporium sphaerospermum</i>	C
<i>Ulocladium</i> spp.	C



*Aspergillus flavus*

IN BASEMENTS & CELLARS	HAZARD CLASS
<i>Aspergillus versicolor</i>	A
<i>Aspergillus fumigatus</i>	A
<i>Fusarium</i> spp.	A

FLOWER POT SOIL	HAZARD CLASS
<i>Aspergillus fumigatus</i>	A
<i>Aspergillus niger</i>	A
<i>Aspergillus flavus</i>	A

## Safeguarding your health and your home

For most of us identification of different moulds is not a realistic objective. At The Healthy House we advocate one simple course of action – ZERO TOLERANCE! Allergy sufferers are advised to avoid cleaning basements and cellars and should always take care when handling flower pot & garden soil. If there is any reason to believe that the mould is hazard class A, any individual who cleans the area is advised to wear a face mask..

Within the home, the Bio-Life nillergen Range is independently proven to get rid of any moulds in carpets, furnishings, bathrooms and kitchens. Most importantly, the products are not only effective anti-fungals, based on eucalyptus and ylang-ylang essential oils and benzyl benzoate, they are also SAFE for the ALLERGY SUFFERER. The range now holds the Allergy UK Consumer Award.

### The Bio-Life nillergen Range and How to Use the Products

PRODUCT	Suitable for	Application Rate
nillergen Sofa and Bed™	Mattresses Sofas & soft furnishings Tiles Walls	4 sprays per sq. meter Leave to dry --- the solution will evaporate gradually in 2/3 hours.  For stubborn moulds, re-apply in 24 hours or use nillergen™ Laundry in solution.
nillergen Carpet™	Carpets	1 ml per litre of normal cleaning or carpet fluid.
nillergen Laundry™	Tiles Walls  Washing clothes	1ml per 1 litre of water. Wear rubber gloves for cleaning tiles and walls to avoid contact with fluid and mould spores  50 ml per wash
nillergen Air™	The airborne load	1 spray per cu metre twice per day until the infestation is cleared.  Always spray the area after treatment because physical disturbance will cause the release of spores into the air

For routine mould control nillergen Air™ should be used once per week to deal with any airborne spores that come in as a matter of course. nillergen Sofa and Bed™, nillergen Carpet™ and nillergen Air™ are recommended for use in the home every 3 months in order to deal with spores that are brought in from soil, plants and other outside sources as a natural course of events.

In damp, polluted areas, the treatments will keep the treated surfaces free of moulds for a minimum of 1 month. Needless to say, if you do have recurrent moulds in certain areas, you need to seek professional help to find the source of excess moisture and improve the ventilation in the area. A Weather Station that checks the relative humidity will alert you to whether you need to invest in a dehumidifier to extract the humidity from the air.

Fungal control in the home is just as important as protecting the family from food poisoning and oro-faecal disease especially if they are prone to allergic reactions!

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