A Picture Guide to Common Inhalant Allergens

**GRASSES**
- **Bahiagrass**
  - Time of Pollination: Spring - Summer - Fall
- **Bermudagrass**
  - Time of Pollination: Spring - Summer - Fall
- **Johnsongrass**
  - Time of Pollination: Spring - Summer - Late Winter in extreme South
- **Perennial Ryegrass**
  - Time of Pollination: Spring - Summer - Fall
- **Timothy Grass**
  - Time of Pollination: Summer
- **Cocklebur**
  - Time of Pollination: Summer - Fall
- **Common Ragweed**
  - Time of Pollination: Late Summer - Fall
- **Timothy Grass**
  - Time of Pollination: Summer
- **Perennial Ryegrass**
  - Time of Pollination: Spring - Summer - Fall

**WEEDS**
- **Mugwort**
  - Time of Pollination: Late Summer - Fall
- **Nettle**
  - Time of Pollination: Summer - Fall
- **Plantain**
  - Time of Pollination: Spring - Fall
- **Rough Pigweed**
  - Time of Pollination: Late Summer - Fall
- **Russian Thistle**
  - Time of Pollination: Late Summer - Fall
- **Sheep Sorrel**
  - Time of Pollination: Summer
- **Wormwood**
  - Time of Pollination: Late Summer - Fall

**TREES**
- **Acacia**
  - Time of Pollination: Late Winter - Early Spring
- **Alder**
  - Time of Pollination: Early Spring
- **Australian Pine**
  - Time of Pollination: Late Winter - Spring
- **Bayberry**
  - Time of Pollination: Spring
- **Birch**
  - Time of Pollination: Late Winter - Early Spring
- **Eucalyptus**
  - Time of Pollination: Year Round
- **Eucalyptus**
  - Time of Pollination: Early Spring
- **Elm**
  - Time of Pollination: Early Spring
- **Maple**
  - Time of Pollination: Early Spring
- **Maple Leaf Sycamore**
  - Time of Pollination: Spring - Summer
- **Mesquite Tree**
  - Time of Pollination: Spring - Summer
- **Mountain Cedar**
  - Time of Pollination: Late Winter - Early Spring
- **Mulberry**
  - Time of Pollination: Spring - Summer
- **Oak**
  - Time of Pollination: Spring - Summer
- **Queen Palm**
  - Time of Pollination: Summer - Early Winter

**INDOOR ALLERGENS (year round)**
- **Cat Dander**
- **Cockroach**
- **Dog Dander**

**INDOOR/OUTDOOR ALLERGENS (year round)**
- **Molds**
- **Dust Mites**
- **Mouse**
  - Mouse epithelium e71
  - Mouse urine e72
- **D. farinae d2**
  - D. ptternstinae d1

90% of people suffering with seasonal allergies are sensitized to multiple allergens.¹


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