



QUANTUM ALLERGY CANADA INC.
ALLERGEN CALENDAR CHART

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Trees	Cedar/Juniper Hazel Alder	Cedar/Juniper Hazel Alder Birch Oak Box Elder Elm Maple Willow	Cedar/Juniper Alder Pine Birch Oak Box Elder Elm Maple Willow Ash Poplar Pecan Cottonwood	Hazel Alder Pine Birch Oak Box Elder Elm Maple Willow Ash Poplar Pecan Cottonwood Mulberry Walnut Willow	Alder Pine Birch Oak Box Elder Elm Maple Willow Ash Poplar Pecan Cottonwood Mulberry Walnut Sycamore	Pine Birch Oak	Pine					Cedar/Juniper
Grasses			Kentucky	Kentucky	Kentucky Bermuda Johnson Orchard Timothy	Kentucky Bermuda Johnson Orchard Timothy Bahia Red Top Meadow fescue Sweet vernal Rye and Oat	Kentucky Bermuda Johnson Orchard Timothy Bahia Red Top Meadow fescue Sweet vernal Crab Grass	Kentucky Bermuda Johnson Orchard Timothy Bahia Red Top Meadow fescue Sweet vernal Crab Grass	Kentucky Bermuda Johnson Orchard Timothy Bahia Red Top Meadow fescue Sweet vernal Crab Grass	Crab Grass		
Weeds				Ragweed Sorrel	Ragweed Dock Nettle Plantain Sorrel	Ragweed Dock Nettle Plantain Mugwort	Ragweed Dock Nettle Plantain Mugwort Cocklebur Pigweed Lambs Quarter	Ragweed Dock Nettle Plantain Mugwort Cocklebur Pigweed Lambs Quarter Marsh Elder	Ragweed Nettle Mugwort Cocklebur Pigweed Lambs Quarter Marsh Elder Dog Fennel	Ragweed Pigweed Marsh Elder Dog Fennel	Ragweed	
Moulds	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores	Alternaria Aspergillus cladosporium epioccum ustilago Fungal Spores
Inhalant	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog	Dust Mites Cat Dog

Source & Reference: Everyday Health, CBC News, Metroplex Allergy & Asthma, Northwest Allergy & Asthma, ALK, Austin Diagnostic Clinic, Alabama Allergy & Asthma Center, Care Plus, MAARA, Net Office, Zyrtec