

## Pine Mix

**Species:** Pinoideae

**Family:** Pinus

**Category:** Tree

A composite of allergens three greatest offenders of the Pine family, the white, loblolly and shortleaf pines are some for the tallest most common and greatest pollen producing trees in the U.S. These Pines are frequently cultivated as timber for a variety of purposes- mast making, use as lumber, foods and medicines. They are often used ornamentally in urban and suburban settings and can be found growing naturally throughout most of the U.S. These trees typically blossom in spring and allergenic, the pollen would be very difficult to avoid for sensitive individuals. It is best to check pollen levels during spring months. Be sure to keep windows and doors closed and un air-conditioning as much as possible.

