

# POLLEN CALENDAR\*



**POLLEN GUARD™**  
breathe with ease

BRISBANE, QUEENSLAND

STOPS  
99%  
OF POLLEN & DUST

**NANOFIBER™**  
FLYSCREEN MESH

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Arecaceae (Palms)												
Casuarina (Sheoak)					mild	high	high	high	high	mild		
Urticaceae (Nettle)	mild								mild	high	high	high
Acacia (Wattle)			mild	high	high	high	high	high	mild			
Myrtaceae (Gum trees, Bottlebrush)			mild	high	mild							
Chenopodiaceae (Salt bush)	mild	high	mild									
Cyperaceae (Sedge)	high	high	high	mild				mild	high	high	high	high
Asteraceae (Daisy)		mild	high	high	mild							
Cupressaceae (Cypress pine)	mild						mild	high	high	high	high	high
Pinus (Pine trees)						mild	high	high	high	mild		
Poaceae (Grass)	high	high	high	high	high	mild				mild	high	high
Plantago (Plantain)	mild							mild	high	high	high	high
Ulmus (Elm)												
Salix (Willow)												
Rumex (Docks, Sorrels)												
Quercus (Oak)												
Oleaceae (Olive, Ash, Privet)												
Alnus (Alder)												
Betula (Birch)												
Coprosma (Mirror bush)												

\*source www.researchgate.net