

Pollen loading in Europe

Allergen	January	February	March	April	May	June	July	August	September	Oktober	November	December
Mugwort (Ragweed)												
Birch												
Chestnut												
Oak												
Alder												
Ash												
Grasses												
Hazel												
Nettle + Pellitory												
Plane												
Yew												
Olivetree												

Source information: www.pollenfluginfo.org (2009)