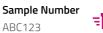


# Histamine Intolerance Test TEST RESULT



#### Test result Histamine Intolerance





**Report Date** 08/07/2019





### Your test result

A value of 5 U/ml of the diamino oxidase (DAO) concentration was found in the serum. This shows that there is a deficiency of diamino oxidase and histamine intolerance is likely.

< 3 U/ml Suspected pronounced histamine intolerance

3-10 U/ml Probable histamine intolerance

> 10 U/ml Unlikely histamine intolerance

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#### Analysis

The standard value for diamino oxidase is above 10 U/ml (green range), a value of between 3 U/ml and 10 U/ml indicates a probable histamine intolerance (yellow range). If the value is below 3 U/ml, histamine intolerance is typically pronounced (red area).

## Frequently Asked Questions

#### What can be done in case of histamine intolerance? \_\_\_\_

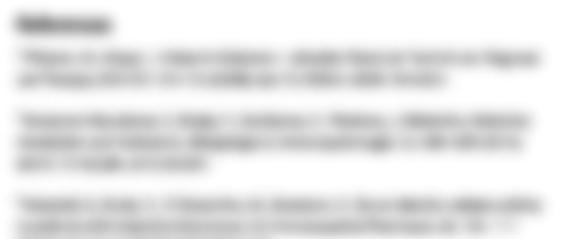
In addition to intestinal rehabilitation and the restoration of natural colonization with microorganisms, an optimization of the vitamin and trace element supply (vitamin B6, vitamin C, zinc, niacin) as well as a diet low in histamine can also lead to an improvement in intolerance. Additionally, it is important to consider the influence of medications. In certain cases DAO can be administered in a targeted manner. Histamine, which is ingested through food, can also be bound to mineral ion exchangers and largely eliminated.

#### Which medications can increase intolerance?

Acetylcysteine, ambroxol, aminophylline, amitriptyline, chloroquine, isoniazid, metamizole, metoclopramide, propafenone and verapamil may adversely affect

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