



Histamine Intolerance Test

TEST RESULT

Test result

Histamine Intolerance

Name
Jane Blogs

Sample Number
ABC123

Report Date
08/07/2019

Birth date
08/07/1987



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

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

1. The first step in the process of identifying a problem is to define the problem clearly. This involves identifying the symptoms and the underlying causes of the problem. Once the problem is defined, the next step is to gather information about the problem. This can be done through research, interviews, and observation. The final step is to develop a solution to the problem. This involves identifying the resources available and developing a plan of action.

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3. The third step in the process of identifying a problem is to develop a solution to the problem.

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4. The fourth step in the process of identifying a problem is to implement the solution.

This involves putting the plan of action into effect.

5. The fifth step in the process of identifying a problem is to evaluate the solution.

This involves assessing the effectiveness of the solution and making any necessary adjustments.

6. The sixth step in the process of identifying a problem is to communicate the solution.

This involves sharing the solution with others who may be affected by the problem.

7. The seventh step in the process of identifying a problem is to monitor the solution.

This involves keeping track of the progress of the solution and making any necessary adjustments.

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1. INTRODUCTION

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