

DAOfood®

MINI-TABLETS DISPENSER BOTTLE

DR
HEALTH
CARE
Innovating in
DAO Deficiency

Information to patients

FOOD FOR
SPECIAL MEDICAL PURPOSES

DAOfood® is a food for special medical purposes used in the management for Diamine Oxidase (DAO) enzyme deficiency.

What is histamine?

Histamine is an essential molecule, a transmitter that belongs to the so-called group of biogenic amines and that is naturally present in many foods as well as inside our cells. Normally, the intake of histamine contained in food does not cause any problem, since it is quickly processed and metabolized by Diamine Oxidase enzyme (DAO).

What is DAO?

DAO is the main enzyme for the metabolism of ingested histamine. It is mainly located in the intestinal epithelium, where it absorbs and degrades the ingested histamine preventing it from passing into the bloodstream.

What is DAO deficiency?

It refers to a deficiency in Diamine Oxidase (DAO) metabolism activity or when there is an imbalance between the ingested histamine and the enzyme capacity to metabolize it. As histamine has not been properly metabolized and degraded, it passes into the bloodstream triggering different symptoms. The most common reactions of DAO deficiency are for example:

- Digestive disorders such as bloated feeling, flatulence and diarrhea.
- Pain and muscle contractures and osteopathic pain.
- Skin disorders, such as dry or atopic skin.
- Headache
- Non-allergic rhinitis
- Tinnitus

Which foods contain histamine?

Histamine is present in all food to a greater or lesser extent, whether plant or animal origin. Food undergoing a lengthy maturation or food stored for an extended period of time is particularly high in histamine and other biogenic amines also degraded by DAO enzyme.

These foods are, among others:

- Raw or pasteurized milk and dairy products
- Citrus fruits, strawberries and banana
- Seafood, oily fish and fish sauces
- Raw cured sausage such as spiced sausage, chorizo or bacon
- Some vegetables such as tomatoes, spinaches or aubergines
- Alcoholic drinks*, specially red and sparkling wines

*Alcoholic drinks contain, to some extent, histamine or other biogenic amines, and furthermore, alcohol inhibits DAO activity impeding histamine degradation and metabolism.

How does DAOfood® work?

The Diamine Oxidase (DAO) contained in DAOfood® serves as a supplement to the enzyme found in the body, which is in charge of metabolizing histamine. Taking one tablet of DAOfood® before each meal increases the amount of DAO in the small bowel and therefore also boosts histamine degradation. This accelerates in the digestive tract the processing of the histamine found in different foods, that triggers the symptoms.

How should DAOfood® be used?

Take one tablet with water twenty minutes before the main meals (3 times a day) DAOfood® tablets have a gastro-resistant coating that allows the enzyme Diamine Oxidase not to be released in the stomach, but in a delayed manner in the small bowel, which is where the

histamine ingested in the diet is degraded. Therefore, the tablets should not be chewed or split, but swallowed whole.

What does DAOfood® contain?

Ingredients: Bulking agent: cellulose microcrystalline and hydroxypropylcellulose; pig kidney protein extract with 7% diamine oxidase (DAO); glazing agents: ethylcellulose, potato starch; stabilisers: sodium alginate and magnesium salts of fatty acids; medium chain triglycerides; glazing agent: hydroxypropylmethylcellulose; stabilisers: oleic acid and stearic acid.

Important observations

DAOfood® does is not suitable for use as the only source of food. Use only under the supervision of a qualified practitioner, who shall recommend the dosage according to the symptoms. Keep out of reach of children. Store in a cool place. The tablets must be swallowed whole. It does not contain Histamine. Gluten free. Lactose free. Sugars-free.

Conservation

DAOfood® contains Diamine Oxidase (DAO), a thermolabile enzyme (sensitive to temperature), and it is advisable to keep it away from heat sources. If it is consumed according to the recommended daily intake dose, it does not require special conservation, but if it is exceptionally consumed sporadically and stored for a long time, it is advisable to keep it in a refrigerator.

Nutritional Information	Per tablet	Per 100g
Energy	0,6 kJ	1070 kJ
	0,15 kcal	261 kcal
Fat	0,002 g	3,6 g
Of which: Saturated	0,0004 g	0,8 g
Carbohydrate	0,0106 g	18,9 g
Of which: Sugars	<0,0003 g	<0,5 g
Protein	0,0029 g	5,2 g
Salt	0,0006 g	1 g
Pig kidney protein extract	4,2 mg	7,5 g
• Diamine Oxidase (DAO)	0,3 mg	0,5 g
Sodium	0,24 mg	400 mg

DR Healthcare España, S.L.

Escoles Pies, 49 - Principal
08017 Barcelona - España
Tel. +34 935 533 692
E-mail: info@dr-healthcare.com
Sanitary Register:
RGSEAN nº 26.011864/B

Website: dr-healthcare.com

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