

# DAOfood® Plus



Gastro-resistant tablets filled capsules

## Patient information

DAOfood® Plus is a food for special medical purposes used in the dietary 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 the 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, constipation or diarrhoea.
- Pain and muscle contractures and osteopathic pain.

- 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 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, spinach or aubergines.
- Alcoholic drinks\*, especially red and sparkling wine.

\* 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® Plus work?

The Diamine Oxidase (DAO) contained in DAOfood® Plus serves as a supplement to the enzyme found in the body, which oversees metabolizing histamine. Taking one capsule of DAOfood® Plus before each meal increases the amount of DAO in the small bowel and therefore also boosts histamine degradation. This ac-

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celerates the processing of the histamine found in different foods in the digestive tract, which triggers the symptoms.

### How should DAOfood® Plus be used?

Take one capsule with some water 20 minutes before the main meals (3 times a day). The capsule should be swallowed whole, if you are unable to swallow it whole, please open it and ingest the tablets from its interior separately, swallowing them whole without chewing, splitting or breaking them. If you cannot take vitamin C (brown tablet) or quercetin (green tablet), you can open the capsule and remove the corresponding tablets.

### What does DAOfood® Plus contain?

Bulking agents: microcrystalline cellulose and hydroxypropyl cellulose; quercetin 95%; potato starch; L-ascorbic acid (vitamin C); glazing agent: ethyl cellulose; pig kidney protein extract with 7% diamine oxidase (DAO); bulking agent: hydroxypropyl methylcellulose; stabilisers: magnesium salts of fatty acids, sodium alginate; rice starch, medium-chain triglycerides; stabiliser: stearic acid, oleic acid, dicalcium phosphate; colour: caramel E150d; vegetable capsule: hydroxypropylmethylcellulose.

DAOfood® Plus Eficaps® capsules contain gastro-resistant tablets with controlled release DAO in the intestine that prevent stomach acid pH and tablets that guarantee the immediate release of adjuvant active ingredients.

Each capsule contains four tablets:

- 2 DAO white/beige gastro-resistant tablets with release into the intestine.
- 1 brown tablet for immediate release with vitamin C.
- 1 green tablet for immediate release with quercetin.

### Important observations

DAOfood® Plus 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 capsules must be swallowed whole. It does not contain Histamine. Gluten free. Lactose free.

### Conservation

DAOfood® Plus It 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.

### Which pack sizes is DAOfood® Plus available in?

DAOfood® Plus is available in packs containing 30 and 60 capsules.

Nutritional Information	Per tablet	Per 100g
Energy	10,14 kJ / 2,39 kcal	1659 kJ / 391 kcal
Fat	0,008 g	1,3 g
Of which: Saturated	0,0017 g	0,28 g
Carbohydrate of which: Sugars	0,57 g 0,023 g	93,8 g 3,7 g
Protein	0,006 g	1 g
Salt	0,002 g	0,358 g
Pig kidney protein extract	4,2 mg	0,687 g
· Diamine Oxidase	0,3 mg	0,049 g
Quercetin	40 mg	6,547 g
Vitamin C	20 mg	3,273 mg
Sodium	0,8 mg	143 mg

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