

# DAOfood<sup>®</sup> Plus



Gastro-resistant pellet filled capsules

## Patient information

FOOD FOR  
SPECIAL MEDICAL PURPOSES

DAOfood<sup>®</sup>Plus is a food for special medical purposes used in the dietary treatment 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.

# DAOfood® Plus

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

## How should DAOfood® Plus be used?

The capsule should be swallowed whole with some water, 20 minutes before the main meals (3 times a day). If you are unable to swallow it whole, please open it and ingest the pellets from its interior separately, swallowing them whole without chewing, splitting or breaking them.

## What does DAOfood® Plus contain?

Bulking agent: Cellulose microcrystalline and Hydroxypropylcellulose; Quercetin 95%; L-ascorbic acid (vitamin C); Coating agent: Ethyl cellulose; Potato starch; Stabilizer: Hydroxypropyl methylcellulose; Protein extract from pig kidney with 7% Diamine Oxidase (DAO); Medium-chain triglycerides; Stabilizers: Magnesium stearate, Oleic acid, Alginate Sodium; Anti-caking agent: Stearic acid; Humectant: Glycerine; Anti-caking agents: Magnesium carbonate and dicalcium phosphate; Rice starch; Colorant: Caramel E 150d. Vegetable capsule: Coating agent: Hydroxypropyl methylcellulose.

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

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

## Important observations

DAOfood® Plus does not replace a balanced diet and a healthy lifestyle and is not a single food source. Alcohol and medicines may largely inhibit the action of the Diamine Oxidase enzyme (DAO). To be used only under the supervision of a qualified practitioner or nutritionist who shall recommend the dosage according to the symptoms.

Keep out of the reach of children.

Not recommended for children or pregnant women. Store in a cool dry place.

## 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 value	1,72Kj / 0,41 Kcal	391,69 Kj / 92,70 Kcal
Fat	0 g	0,82 g
Saturated fat	0 g	0,09 g
Carbohydrate of which: Sugars	0,08 g	19,24 g
Dietary Fibre	0,01 g	2,57 g
Proteins	0,0079 g	1,77 g
Salt	0 g	1,10 g
Protein extract · Diamin Oxidase	4,2 mg	0,67 g
	0,3 mg	0,048 g
Quercetin 95%	40 mg	6,343 mg
Vitamin C	20 mg	3,171 mg
Sodium	0 mg	0 mg

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