

# DAO Histaminase™

*With Bioflavonoids*



Item #76880  
60 Capsules

---

## The Key Features of DAO Histaminase™, a Food Supplement

- Diamine oxidase (DAO) supports degradation of excess histamine from foods
- It may assist histamine intolerance induced from foods, including tomatoes, cheese, wines, and pizza
- Quercetin and rutin are bioflavonoids that also play a role in histamine tolerance
- These bioflavonoids can help stabilise cell membranes, and support the integrity of mast cells

---

## Description

**DAO Histaminase™** contains **diamine oxidase (DAO)**, an enzyme found in the gut that digests histamine. The body produces DAO to degrade food-derived histamine in the upper and lower intestine.

Various foods, such as tomatoes, cheese, and red and sparkling wines, are sources of extra histamine. If the body produces too little DAO or it chemically blocks the DAO, it cannot degrade the histamine sufficiently, resulting in “histamine intolerance.” Too much histamine from favorite foods and too little DAO in the intestines can both contribute to this situation. Supplemental DAO may assist histamine induced food intolerance.

Histamine is the most important mediator in IgE-mediated reactions, and these reactions can appear similar to those that may be caused by histamine intolerance. Histamine is inactivated enzymatically via diamine oxidase (DAO) and histamine N-methyltransferase (HMT). DAO occurs predominately in the intestinal mucosa, placenta, kidney, and thymus. Exogenous histamine (such as that ingested with food) is mostly degraded by DAO.

**DAO Histaminase™** provides the patented, biogenous enzyme diamine oxidase, derived from porcine kidney protein extract, which enables the degradation of excess histamine when taken at the time of eating the

offending foods.

**Quercetin** is an antioxidant bioflavonoid found throughout the plant kingdom in fruits, vegetables, leaves, rinds, and barks. Food sources include onions, grapes, red wine, tea, kale, tomatoes, broccoli, green beans, asparagus, apples, berries, and St. John’s wort.

Quercetin can inhibit release of histamine by basophils and mast cells, and inhibit production and activity of leukotrienes and prostaglandins. Quercetin may promote healthy gastric mucus production and inhibit lipid peroxidation, both potentially providing gastro-protective effects.

Quercetin appears to support the health of the vascular system by enhancing the strength and permeability of the capillaries, supporting vasorelaxation, and helping to protect cholesterol and tissues in the body from oxidative damage. Quercetin also has a balancing effect on biotransformation by inhibiting Phase 1 enzymes and increasing the activity of Phase 2 enzymes.

**Rutin** is a particular form of quercetin, consisting of oxerutins and troxerutin. Rutin supplementation can significantly increase the levels of three plasma flavonoids, quercetin, kaempferol, and isorhamnetin. Rutin has shown a marked

affinity for the venous wall, and it supports healthy microcirculation and capillary permeability. Rutin has profibrinolytic and membrane protective activity. It also has antioxidant activity, and can decrease plasma free radical levels both systemically and locally.

---

Serving Size: 1 Capsule  
Servings Per Container: 60

**Amount per Serving:**

|                                                             |       |
|-------------------------------------------------------------|-------|
| Diamine Oxidase (from Porcine Kidney) (DAOsin®) 5,000 HDU** | 41 mg |
| Rutin                                                       | 50 mg |
| Quercetin                                                   | 50 mg |

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, sucrose, rice starch, shellac, hydroxypropylcellulose, polyvinylpyrrolidone, talc, corn starch, carboxymethylcellulose, glycerol, L-leucine.

**Suggested Use:** As a dietary supplement, 1 capsule one or two times daily with histamine-rich foods, or as directed by a healthcare professional.

**Caution:** If pregnant or nursing, consult your healthcare practitioner before use. Keep out of reach of children.

\*\*Histamine Degrading Units

DAOsin® is a registered trademark of Sciotec Diagnostic Technologies, Austria.

---