

DAOfood® Veg

DAO ENZYME

DIETARY MANAGEMENT OF DAO DEFICIENCY

- **Contains DAO ENZYME** (Diamine Oxidase).
- The **active ingredient is a Novel Food** according to the EU Regulation 2015/2283.
- Acts **metabolizing ingested histamine** in the diet, preventing its accumulation in the blood and avoiding the appearance of **symptoms**.
- **Restore the optimal activity DAO levels** thanks to its structural and functional equivalence with the human DAO, avoiding histamine absorption.
- The DAO enzyme contained in DAOfood® Veg presents an enzymatic activity of **>0,41 mU per tablet** (>20.000 HDU).

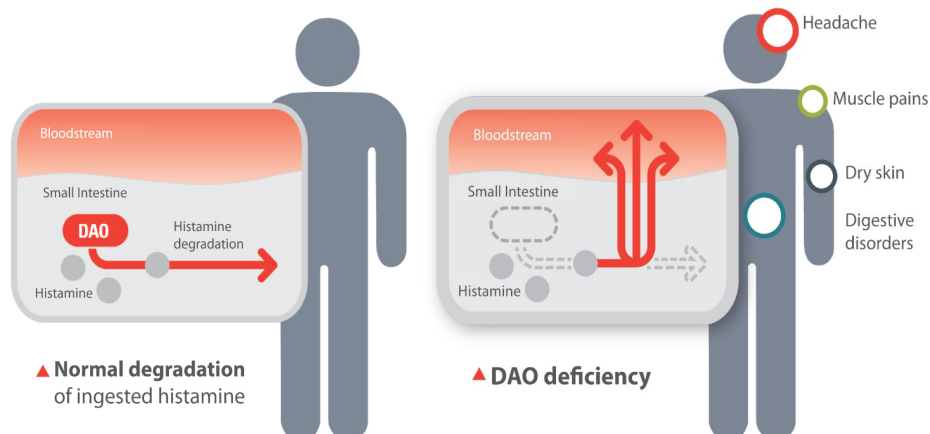
What is DAO?

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 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 deficiency?



National code: / RGSEA 26.11864/B

Food for Special Medical Purposes

It refers to a deficiency in DAO metabolization 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.
- Skin disorders, such as dry or atopic skin.
- Headache
- Non-allergic rhinitis.
- Tinnitus.

How does DAOfood® Veg work?

The diamine oxidase (DAO) contained in DAOfood® Veg serves as a supplement to the enzyme found in the body, which is in charge of metabolizing histamine. Taking one tablet of DAOfood® Veg 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.

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What does DAOfood® contain?

Bulking agent: cellulose microcrystalline and hydroxypropylcellulose; pea (*Pisum sativum*) sprout dehydrated powder with diamine oxidase (DAO) enzyme; glazing agent: ethylcellulose; potato starch; stabilisers: sodium alginate and magnesium salts of fatty acids; medium chain triglycerides; glazing agent: hydroxypropylmethylcellulose; stabilisers: oleic acid and stearic acid.

DAOfood®Veg consists on gastro-resistant tablets with controlled release DAO in the intestine that prevent stomach acid pH.

How should DAOfood® be used?

Take one tablet with water twenty minutes before the main meals (3 times a day) DAOfood® Veg 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.

DAOfood® Nutritional Information

Nutritional Information	Per tablet	Per 100g
Energy	0,14 Kcal/0,6 kJ	255 kcal/1056 kJ
Fat	0,0012 g	2,1 g
Carbohydrate	0,0123 g	22,1 g
of which: Sugars	0,0005 g	1 g
Protein	0,0018 g	3,2 g
Salt	0,0004 g	0,67 g
Pea (<i>Pisum sativum</i>) sprout dehydrated powder	4,2 mg	7,5 g
Diamine Oxidase (DAO)	0,3 mg	0,5 g
Sodium	150 mg	270 mg

DAOfood®Veg does not contain the ingredients referred to in Annex II of the Regulation (EU) No. 1169/2011.

Conservation

DAOfood® Veg 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.

LOGISTICAL INFORMATION

Reference code : DAO60DIVEG

Net weight 3,3 g

Item dimensions (cm) L x W x H 23 x 52 x 80

EAN 13

Case dimensions (cm) L x W x H 28 x 35 x 32

Units per case 216