

DAOfood[®] Veg

DAO enzyme

For the dietary management of DAO deficiency

- **Contains DAO ENZYME** (Diamine Oxidase) of vegetal origin.
- Acts **metabolizing ingested histamine** in the diet, preventing its accumulation in the blood and avoiding the appearance of symptoms.
- **Restores the optimal levels of DAO activity** 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 around **0.61 mU per dose (30,000 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 ingested histamine preventing it from passing into the bloodstream.

What is histamine?

Histamine is an essential molecule, a transmitter that belongs to a group of amines known as 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 problems, since it is quickly processed and metabolized by the enzyme Diamine Oxidase (DAO).

What is DAO deficiency?

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

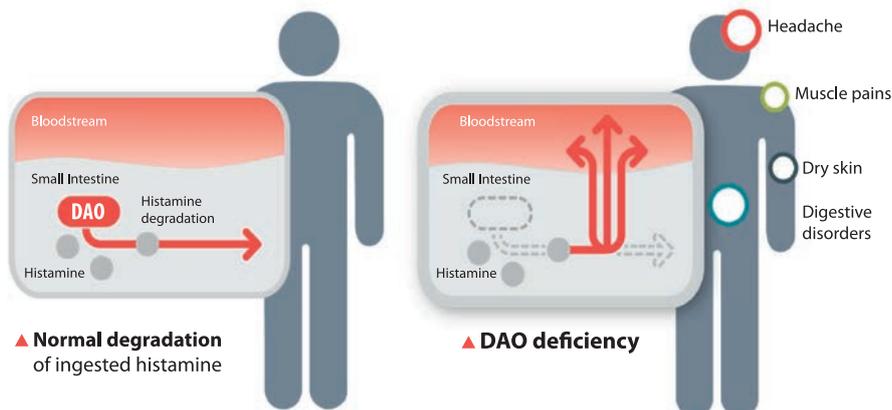
- Digestive disorders including feelings of bloating, flatulence, constipation and diarrhea.
- Skin disorders, such as dry skin or atopic dermatitis.
- Non-allergic rhinitis.
- Tinnitus.
- Headache.
- Muscle pain and cramps, and osteopathic pain.

How does DAOfood[®] Veg work?

The Diamine Oxidase (DAO) contained in DAOfood[®] Veg serves as a supplement to the same enzyme found naturally in the body, which is responsible for 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 the processing in the digestive tract of the histamine found in different foods which is the root cause of the symptoms.



Food for Special Medical Purposes



DAOfood[®] Veg

DAO enzyme For the dietary management of DAO deficiency

The DAO enzyme contained in DAOfood[®] Veg acts only in the intestine; it is not absorbed and has no systemic activity, and hence it is considered a harmless product with no adverse effects.

What does DAOfood[®] Veg contain?

INGREDIENTS: Bulking agent: microcrystalline cellulose and hydroxypropyl cellulose; pea (*Pisum sativum*) sprout dehydrated powder with 7% diamine oxidase (DAO); glazing agent: ethylcellulose; potato starch; stabilizers: sodium alginate and magnesium salts of fatty acids; medium chain triglycerides; glazing agent: hydroxypropyl methylcellulose; stabilizers: oleic acid and stearic acid.

How should DAOfood[®] Veg be used?

Take one tablet with water 20 minutes before the main meals (3 times a day). DAOfood[®] Veg tablets have a gastroresistant 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.

LOGISTICAL INFORMATION

| | | | |
|--------------------------------|---------------|----------------------------------|----------------|
| Reference code | DAO60DIVEG | Cases per layer | 6 |
| Net weight | 3.36 g | Layers per pallet | 5 |
| Item dimensions (mm) L x W x H | 23 x 52 x 80 | Cases per pallet | 30 |
| EAN13 | 8437009483152 | Units per pallet | 6,480 |
| Units per case | 216 | Pallet dimensions (cm) L x W x H | 120 x 80 x 150 |
| Case dimensions (cm) L x W x H | 28 x 35 x 32 | Gross pallet weight (kg) | 180 |

| Nutritional information | Per tablet | Per 100g |
|--|---------------|--------------|
| Energy | 0.6 kJ | 1,046 kJ |
| | 0.14 kcal | 225 kcal |
| Fat | 0.0012 g | 2.1 g |
| of which: Saturates | 0.0009 g | 1.7 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 |
| of which: Sodium | 0.15 mg | 270 mg |
| Pea (<i>Pisum sativum</i>) sprout dehydrated powder | 4.2 mg | 7.5 g |
| • Diamine Oxidase (DAO) | 0.3 mg | 0.5 g |

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

Recommended storage

Refrigerated (2-8°C) / 60% RH. Avoiding temperatures over 40°C while handling and transport.

Recommended conservation to the consumer

DAOfood[®] Veg contains Diamine Oxidase (DAO), a thermolabile enzyme (sensitive to temperature), and as such it is advisable to keep it in a refrigerator.

Shelf life

24 months from manufacturing date.