

# DAOfoodPlus<sup>®</sup> Veg

## DAO enzyme

## For the dietary management of DAO deficiency

- **Contains DAO ENZYME** (Diamine Oxidase) of vegetal origin. Also contains vitamin C and quercetin that act as adjuvants on the dietary management of DAO deficiency.
- 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<sup>®</sup> Plus 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) metabolism 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:

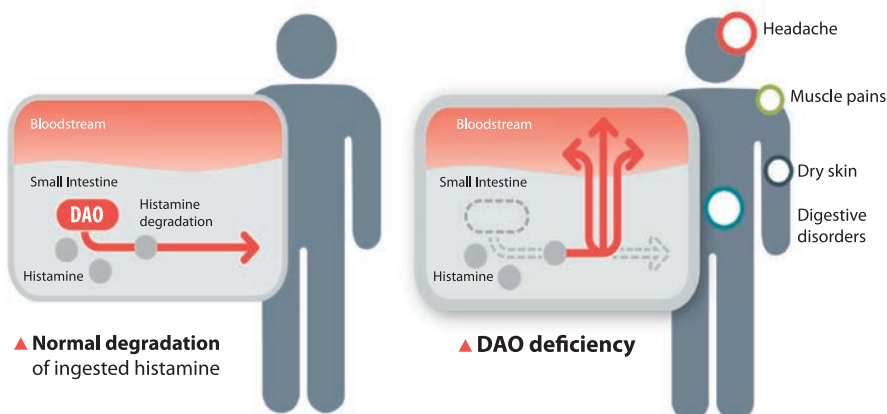
- Digestive disorders including feelings of bloating, flatulence, constipation and diarrhea.
- Skin disorders, such as dry skin or atopic dermatitis.
- Non-allergic rhinitis.
- Tinnitus.
- Headache.
- Muscle pain and cramps, and osteopathic pain.

### How does DAOfood<sup>®</sup>Plus work?

The Diamine Oxidase (DAO) contained in DAOfood<sup>®</sup>Plus 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<sup>®</sup>Plus 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. Quercetin and Vitamin C are two active ingredients that act as adjuvants on the dietary management of DAO deficiency.



Food for Special Medical Purposes



# DAOfood<sup>®</sup> Plus Veg

## DAO enzyme For the dietary management of DAO deficiency

The DAO enzyme contained in DAOfood<sup>®</sup> Plus 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<sup>®</sup> Plus Veg contain?

**INGREDIENTS:** Bulking agents: microcrystalline cellulose and hydroxypropyl cellulose; quercetin; potato starch; L-ascorbic acid (vitamin C); glazing agents: ethyl cellulose; bulking agent: hydroxypropyl methylcellulose; pea sprout (*Pisum sativum*) dehydrated powder with 7% diamine oxidase (DAO); 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: hydroxypropyl methylcellulose.

DAOfood<sup>®</sup> Plus Veg Eficaps<sup>®</sup> capsules contain gastro-resistant tablets for controlled release of DAO in the intestine, avoiding the acidic pH of the stomach, and tablets that guarantee the immediate release of adjuvant active ingredients.

Each capsule contains four tablets:

- 2 white/beige gastro-resistant DAO tablets for intestinal release.
- 1 brown immediate-release tablet containing vitamin C.
- 1 green immediate-release tablet containing quercetin.

### LOGISTICAL INFORMATION

Reference code	DAO60PLUSVEG	Cases per layer	9
Net weight	36.42 g	Layers per pallet	5
Item dimensions (cm) L x W x H	11.4 x 6.2 x 7.7	Cases per pallet	45
EAN13	8437024155157	Units per pallet	1,260
Units per case	28	Pallet dimensions (cm) L x W x H	120 x 80 x 138
Case dimensions (cm) L x W x H	45 x 17 x 24	Gross pallet weight (kg)	133 Kg

DR Healthcare is a leading biomedical company in research, development, innovation and manufacturing of nutraceutical products aimed at the dietary management of DAO deficiency and its associated pathologies.

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### How should DAOfood<sup>®</sup> Plus Veg be used?

Take 1 capsule with some water 20 minutes before main meals (3 times a day). The capsule should be swallowed whole. If the whole capsule cannot be swallowed, it can be opened up and the tablets within can be consumed separately. The tablets must be swallowed 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.

Nutritional information	Per capsule	Per 100g
Energy	10.14 kJ 2.39 kcal	1,659 kJ 391 kcal
Fat	0.008 g	1.3 g
of which: Saturates	0.0017 g	0.28 g
Carbohydrate	0.57 g	93.8 g
of which: Sugars	0.023 g	3.7 g
Protein	0.006 g	1 g
Salt	0.002 g	0.358 g
of which: Sodium	0.87 mg	143 mg
<b>Pea (<i>Pisum sativum</i>) sprout dehydrated powder</b>	<b>4.2 mg</b>	<b>0.687 g</b>
• <b>Diamine Oxidase (DAO)</b>	<b>0.3 mg</b>	<b>0.049 g</b>
Quercetin	40 mg	6.547 g
Vitamin C	20 mg	3,273 mg

DAOfood<sup>®</sup> Plus 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<sup>®</sup> Plus 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.