

# DAOfood®



## For the dietary management of DAO Deficiency and its associated symptoms

### What does DAOfood® contain?

The main ingredient is a highly active Diamine Oxidase (DAO) enzyme. Ideal for prolonged dietary management of DAO Deficiency.

### What is DAO deficiency?

This refers to a deficiency in Diamine Oxidase (DAO) metabolism activity or an imbalance between the amount of histamine ingested with food and the enzyme capacity to metabolise it. As histamine has not been properly metabolised and degraded, it passes into the bloodstream triggering different symptoms such as bloating, flatulence, constipation or diarrhoea.

### How does DAOfood® work?

The Diamine Oxidase (DAO) supplements the enzyme found naturally in the body. DAO is in charge of metabolising histamine. Histamine is ingested with most foods and also produced naturally in the body. Unless this histamine is metabolised, it builds up and causes the various symptoms of DAO deficiency. Gastroresistant coated tablets delay DAO enzyme release until it reaches the small intestine, where it acts.

### How should DAOfood® be taken?

Taking one tablet before each meal helps to increase the breakdown of dietary histamine in the gut and therefore avoiding the common reactions reported for an excess of histamine in the body.

Available in both  
plant-based and  
animal-derived  
forms

Lightweight,  
portable and  
convenient





# BiomeNurturing™ Beyond Bacteria

