



general user information

Advice on how to deal with a food intolerance or which supplement is best for you? Contact one of our intoleran dietitians at info@intoleran.com or visit our website intoleran.com

Being a health related product we are careful to be responsible in our claims and advice, so we prefer to tailor answers specific to your needs. If you have any questions about the use of any of our products, please feel free to contact us! A dietitian will be able to respond to your query.

disclaimer

A healthy lifestyle is important, as is a varied and balanced diet, for which dietary supplements are not a substitute for.

- Shelf life of the products is printed on the packaging
- Do not use after expiration date
- Store in a cool and dry place (less than 25°C) however a small amount kept on your person for use in short term is fine as this is what our products are intended for
- Keep out of reach of children
- Do not exceed the recommended daily dose

DAO Enzyme manufactured by DR Healthcare Spain for Intoleran under EU Patents



meet the range

In addition to products for histamine intolerance, Intoleran also has products for other food intolerances. More info about our products? Visit intoleran.com

contact information

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about intoleran

Intoleran specialises in supplements for food intolerances. Our mission is to enable everyone to enjoy food, even if they have an intolerance. Remko Hiemstra, the founder of our company, is lactose intolerant himself and saw the need for solutions in this area. Based on his own experience, he started developing our range of food supplements in 2008.

Intoleran offers an extensive range of supplements for different food intolerances. We produce our supplements in our own production facility in The Netherlands. In doing so, **we only use ingredients that are essential** - so no unnecessary additives. This way, as many people as possible can use our products without undesirable side effects and enjoy food again without worry!

what is histamine?

Histamine plays a role in many processes in our body. Such as in our sleep-wake rhythm, wound healing, and in our nervous system. Histamine is produced by the body and largely stored in the mast cells. Histamine can be released, for example, during allergic reactions, but medicines can also release histamine into the body. In addition to our body making histamine, it also occurs naturally in various foods, plant and animal products - particularly in fermented and mature foods. Examples of products rich in histamine are aged cheese, salami, cured smallgoods, certain fish products, sauerkraut, alcoholic beverages (especially red wine), tomatoes, spinach and pork.

histamine intolerance

An excess of histamine in the body is normally broken down quickly by the enzyme Diamine Oxidase, also known as DAO enzyme for short. This enzyme is produced in different places in the body. The intestinal mucosa has the highest DAO activity, but the DAO enzyme is also produced in other places in the body.

The DAO enzyme is responsible in the intestines for the breakdown of histamine that enters the intestines through food. In this way, histamine from food is not absorbed into the body, and histamine levels will not rise.

A histamine intolerance is an imbalance between the amount of histamine present in the body and the ability of the body to break it down. This is often caused by insufficient DAO enzyme production in the body. Therefore, histamine from food is not sufficiently broken down, causing histamine to be absorbed into the body and histamine levels to rise. As histamine plays a role in many processes in the body, the symptoms of histamine intolerance are also very diverse.

DAO mini

DAO mini is an **effective small tablet** which contains the **pure Diamine Oxidase enzyme (DAO)**, 20,000 to 30,000 HDU of DAO per tablet. DAO mini is suitable for children over 4 years of age. Not suitable for vegetarians.

Suggested use:

Take 1 tablet just before the histamine containing meal or drink. Use a maximum of 3 tablets per day. Swallow tablet whole, do not chew because of the gastric acid-resistant coating.

Ingredients (per tablet):

Diamine Oxidase (DAO) enzyme (range of 20,000-30,000 HDU per tablet from pig kidney protein extract) in a small 5mm tablet. Fillers: Microcrystalline cellulose, hydroxypropyl cellulose. Glazing agent: ethyl cellulose, potato starch. Stabilizers: sodium alginate, magnesium stearate, medium chain fatty acids. Glossing agent: hydroxypropyl methylcellulose. Stabilizers: oleic acid, stearic acid.

DAO plus

Our DAO plus capsules contain **the active enzyme Diamine Oxidase (DAO)** and **added effectiveness with the supportive action of Vitamin C and Quercetin**. DAO plus contains 4 small gastro-resistant tablets per capsule. The white/beige tablets contain the DAO enzyme 20,000 to 30,000 HDU per capsule, the brown tablet contains Vitamin C and the green tablet contains Quercetin. DAO plus is suitable for children 4 years and older. Not suitable for vegetarians.

Suggested use:

Take 1 capsule just before the histamine containing meal or drink. Use a maximum of 3 capsules per day. In case of difficulty swallowing capsules, the capsules can be opened and then you can swallow the individual tablets with water, without chewing them.

Ingredients (per capsule):

Pig kidney extract with 7% diamine oxidase (DAO) enzyme 20,000-30,000 HDU per capsule, Quercetin 95%, Vitamin C (L-Ascorbic Acid). Fillers: microcrystalline cellulose, hydroxypropyl cellulose. Glazing agent: ethyl cellulose, potato starch. Stabilizers: hydroxypropyl methylcellulose, medium chain fatty acids, magnesium stearate, oleic acid, sodium alginate. Humectant: glycerine. Anti-caking agent: stearic acid, magnesium carbonate, dicalcium phosphate, Rice starch. Colouring agent: caramel Capsule: hydroxypropyl methylcellulose (HPMC).

cozidase

Cozidase provides **supplementation of copper and zinc** for assisting the function of certain enzyme processes. Cozidase also contains **Vitamin C and Vitamin B6 for added support**.

Suggested use:

Take one capsule twice a day with food. In case of nausea, reduce the dosage to one capsule per day. Use a maximum of 2 capsules per day. The capsules can also be opened in order to take the powder directly. Cozidase is suitable for children 4 years and older.

Use care when combining this supplement with other supplements. Avoid excessive intake of copper, zinc and vitamin B6. In case of nausea symptoms, reduce dosage to 1 capsule per day.