

# HistaGest-DAO™

*Supports the Digestion of Histamine-containing Foods\**



GASTROINTESTINAL HEALTH\*



HistaGest-DAO™ provides supplemental diamine oxidase (DAO), the enzyme responsible for breaking down food-derived histamine, to help support normal and healthy histamine metabolism.\* Each tablet provides 20,000 histamine-degrading units of DAO from porcine kidney extract to promote the breakdown of dietary histamines.\* HistaGest-DAO™ is formulated with gastro-resistant, coated tablets with delayed-release technology that allows the DAO enzyme to reach the small intestine where it performs its action.

Histamine is a vital compound synthesized from the essential amino acid histidine. Histamine is produced in the body and resides in various tissues, including the liver, lungs, intestine, heart, pancreas, and various other organs. Histamine is primarily stored and released by certain immune cells, but also by a variety of other cells, in

response to an injury or in the presence of foreign substances. It is also present in all foods in the diet in various degrees. Common histamine-rich food sources include fermented foods such as sauerkraut, vinegar, yogurt, alcoholic beverages, fish, cured meats and cheese, and certain fruits and vegetables (e.g., ripe bananas, citrus, spinach, and tomatoes).

DAO is present in the gut and its main function is to metabolize ingested dietary histamines. Reduced DAO activity may result in higher levels of histamine being absorbed through the small intestine and accumulating in the blood. Taking 1 tablet before each meal helps promote the amount of DAO in the small bowel to help break down histamine in the digestive tract supporting digestive comfort for individuals with sensitivity to histamine-rich foods.\*

## Benefits

- Promotes normal histamine metabolism
- Promotes the breakdown of food-derived histamines
- Enhances DAO activity in the gastrointestinal (GI) tract
- May support individuals who are intolerant to histamine-rich foods

## Recommended Use

Take 1 tablet 20 minutes prior to the consumption of histamine-rich foods or as directed by your health-care practitioner.

It is recommended not to exceed 3 tablets per day. Should be swallowed whole; do not crush, break, or split the tablets.

## Highlights

- Provides 20,000 histamine-degrading units of DAO from 4.2 mg of porcine kidney extract per 1-tablet serving
- Gastro-resistant, coated tablets with controlled-release allowing the DAO enzyme to reach the small intestine to perform its action
- Small tablet delivery in a convenient travel dispenser for portability and ease of use when on-the-go
- Does not contain glucose, lactose, histamine, or sugars

DAO Enzyme manufactured by Dr Healthcare Spain, S.L.U., for Designs for Health under Patents.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

Designs for Health and logo are trademarks of Designs for Health, Inc. © 2022 Designs for Health, Inc. All rights reserved

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.