

# DAO Enzyme

Promotes breakdown of dietary histamine<sup>‡</sup>

## INDICATIONS

- Ages 18 and up
- Individuals who experience symptoms of histamine intolerance, such as occasional GI upset, skin sensitivity or flushing<sup>‡</sup>

## BENEFITS

- Promotes breakdown of dietary histamine<sup>‡</sup>
- Reduces gastrointestinal discomfort (occasional diarrhea, bloating and gas) associated with sensitivity to histamine-rich foods<sup>‡</sup>
- Eat with greater confidence when histamine may be present in food<sup>‡</sup>

## FEATURES

- Acid-resistant capsules protect DAO from degradation in the stomach

## VERIFIABLE SCIENCE

Histamine is a substance found in many foods, such as meats, spinach, fermented foods, avocados, nuts, tomatoes and chocolate. An estimated 1-3% of the population cannot digest dietary histamine efficiently, often because of low intestinal diamine oxidase (DAO), an enzyme in the GI tract that normally breaks down histamine. These individuals often experience gastrointestinal discomfort, headache, skin sensitivity or flushing after consuming histamine-containing foods.<sup>1</sup> Supplementation with DAO enhances DAO activity in the GI tract, promoting breakdown of dietary histamine and reducing gastrointestinal discomfort (occasional diarrhea, bloating and gas) associated with sensitivity to histamine-rich foods.<sup>3</sup> DAO may also reduce skin symptoms associated with high intestinal histamine levels.<sup>6</sup> In an open-label pilot study, individuals with low DAO levels (< 10 U/ml) who received DAO (10,000 HDU) up to 3 times per day reported significant improvements in gastrointestinal, respiratory and skin symptom scores after 4 weeks. Subjects reported significant improvement in gastrointestinal comfort, including occasional diarrhea, bloating and gas, headache, respiratory and skin discomfort.<sup>3</sup> In a double-blind, placebo-controlled, crossover investigation of 22 patients, supplementation of 10,000 HDU DAO twice daily for 30 days improved dietary histamine-associated skin discomfort.<sup>6‡</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule, 2-3 times daily, with each meal, or as directed by a health care professional.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Diamine oxidase is porcine-derived

## NOTES

Size 1 cap

Bottle count 60

Order code DAE6

Bottle size 120cc

## REFERENCES

1. Comas-Basté O, Sánchez-Pérez S, Veciana-Nogués MT, et al. *Biomolecules*. 2020 Aug 14;10(8):1181.
2. Sánchez-Pérez S, Comas-Basté O, Costa-Catala J, et al. *Front Nutr*. 2022 May 25;9:897028.
3. Schnedl WJ, Schenk M, Lackner S, et al. *Food Sci Biotechnol*. 2019; 28(6): 1779-1784.
4. Manzotti G., Breda D., Di Gioacchino M., Burastero S.E. *Int J Immunopathol Pharmacol*. 2016;29:105–111.
5. Komericki P., Klein G., Reider N., et al. *Wien Klin Wochenschr*. 2011;123:15–20.
6. Yacoub MR, et al. *Int Arch Allergy Immunol*. 2018;176(3-4):268-271.

# DAO Enzyme

Promotes breakdown of dietary histamine<sup>‡</sup>

## SUPPLEMENT FACTS

1 capsule, 2-3 times daily, with meal.

One (size 1) capsule contains:

Porcine kidney extract 4.2 mg  
(providing 0.55 mU diamine oxidase (DAO) activity)

Other ingredients: hypoallergenic plant fiber (cellulose), acid-resistant vegetarian capsule (cellulose, pectin, glycerol, purified water)

DAO Enzyme manufactured by DR HEALTHCARE, S.L.U.

0.55 mU is equivalent to 26,676 HDU



DAO Enzyme	Quantity	Order Code
	60	DAE6

<sup>‡</sup>Visit [PureEncapsulations.com](https://PureEncapsulations.com) for more information about our GMO policy.

<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



800.753.2277 | [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com)

Pure Encapsulations is a registered trademark.

