

## Daofood Plus 60 Capsules

EAN: 8437009482933

FABRICANTE: Dr Helathcare



*DAOfood® is a food formulated for special medical purposes, intended to help in the dietary control of DAO Deficiency and/or Histamine Intolerance, as well as pathologies related to these conditions.*

### DESCRIPTION

#### What is Daofood and what is it for?

It is a food supplement that is used for the dietary management of gastrointestinal, muscular and dermatological pathologies caused by DAO deficiency.

#### How does Daofood work?

The enzyme Diamino Oxidase (DAO) present in DAOfood® acts as a complement to the natural enzyme in the human body responsible for breaking down histamine. By taking a DAOfood® tablet before each meal, the presence of DAO in the small intestine is increased, which increases its ability to metabolize histamine. Thanks to this, the elimination of histamine contained in food during digestion is accelerated, which contributes to alleviating the symptoms associated with DAO Deficiency and Histamine Intolerance.

#### What is the recommended daily dose of Daofood?

It is recommended to consume each tablet with a little water 20 minutes before each main meal (a total of 3 times a day: breakfast, lunch and dinner), because the activity of the DAO enzyme in DAOfood is maintained for 4-5 hours, each tablet can also be consumed a maximum of 2-3 hours before each meal.

#### What does DAOfood Plus contain?

**DAOfood Eficaps capsules Plus** contain gastro-resistant tablets with controlled release DAO in the intestine that avoid 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 tablets with DAO released in the intestine.

1 orange tablet of immediate release of vitamin C.

1 yellow immediate-release tablet of quercetin\*.



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(\*) If you cannot take quercetin or vitamin C, you can open the capsule and remove the yellow and/or orange tablet, respectively.

### What are the ingredients of Daofood?

- Bulking agents: microcrystalline cellulose and hydroxypropyl cellulose;
- Quercetin 95%;
- potato starch;
- L-ascorbic acid (vitamin C);
- Coating agent: ethylcellulose;
- Pig kidney protein extract with 7% diamine oxidase (DAO);
- Bulking agent: hydroxypropylmethylcellulose;
- Stabilizers: magnesium salts of fatty acids, sodium alginate;
- Rice starch, medium chain triglycerides;
- Stabilizer: stearic acid, oleic acid, dicalcium phosphate;
- Colouring: caramel E150d.
- Vegetable capsule: hydroxypropylmethylcellulose.



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Información nutricional	Por cápsula	Por 100g
Valor energético	10,14 kJ / 2,39 kcal	1659 kJ / 391 kcal
Grasas	0,008 g	1,3 g
de las cuales: Saturadas	0,0017 g	0,28 g
Hidratos de Carbono	0,57 g	93,8 g
de las cuales: Azúcares	0,023 g	3,7 g
Proteínas	0,006 g	1 g
Sal	0,002 g	0,358 g
Extracto proteico de riñón de cerdo	4,2 mg	0,687 g
· DiAminoOxidasa	0,3 mg	0,049 g
Quercetina	40 mg	6,547 g
Vitamina C	20 mg	3.273 mg
Sodio	0,8 mg	143 mg

### Do you have any Daofood interaction?

**DAOfood** does not serve as a sole source of food. Alcohol and medications can greatly inhibit the action of the DiAminoOxidase (DAO) enzyme.

### How should I store Daofood?

**DAOfood** contains Diamino Oxidase (DAO), a thermolabile enzyme (sensitive to temperature), and it is recommended to keep it away from heat sources. If it is consumed according to the recommended dose of daily intake, it does not require special conservation, but if it is consumed exceptionally sporadically and stored for a long time, it is advisable to keep it in the refrigerator.

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DAOfood® is a food for special medical purposes that is used in the dietary management of DiAminoOxidase (DAO) enzyme deficiency.

### What is histamine?

Histamine is a vital molecule, a transmitter that belongs to the so-called biogenic amines and is naturally present in many foods as well as inside our cells. Normally, the intake of histamine contained in food does not cause any type of problem, since it is quickly processed and metabolized by the enzyme DiAminoOxidase (DAO).

### What is the DAO?

DAO is the main enzyme in the metabolism of ingested histamine. It is mostly located in the intestinal epithelium, an area where it breaks down the histamine ingested in the diet, avoiding its passage into the blood.

### What is DAO deficiency?

There is talk of DAO deficiency in case of deficiency in the activity of the metabolizing enzyme DiAminoOxidase (DAO) or when there is an unbalanced ratio between the histamine ingested with food and the ability to metabolize it by said enzyme. Due to this, histamine is not metabolized or degraded sufficiently, passing into the bloodstream and triggering the different symptoms. The usual reactions when there is a DAO deficiency are, for example: · Digestive disorders, such as a feeling of bloating, flatulence, constipation or diarrhea · Muscular pain and contractures and osteopathic pain · Skin disorders, such as dry or atopic skin · Headache · Rhinitis non-allergic Tinnitus

### What foods contain histamine?

Histamine is present to one extent or another in all foods, whether of animal or plant origin. Foods that undergo long maturation or are stored for a long period have a particularly high content of histamine and other biogenic amines that are also broken down by the DAO enzyme. These include, for example: · Raw, pasteurized milk and dairy products · Citrus fruits, strawberries and bananas · Seafood, oily fish and fish sauces · Raw sausage, such as salchichón, chorizo or bacon · Some vegetables, such as tomatoes, spinach or aubergines · Alcoholic beverages\*, especially red and sparkling wine \*Alcoholic beverages contain histamine and other biogenic amines to one degree or another, but alcohol also inhibits the activity of the DAO enzyme, preventing the metabolization and degradation of the histamine.





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### How does DAOfood® work?

DAOfood®'s DiAminoOxidase (DAO) complements the body's own enzyme, which is in charge of metabolizing histamine. Taking a DAOfood® tablet before each meal increases the amount of DAO in the small intestine and, therefore, the ability to break down histamine. This accelerates the processing in the digestive tract of the histamine present in food, which is the trigger of the symptoms.

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<https://bio-farma.es> - [info@bio-farma.es](mailto:info@bio-farma.es)

C/ Vermell, 20 3r 3a - 17252  
St. Antoni de Calonge (Girona) Spain

 +34 696 79 77 77

