

Daosin 15 Tablets

EAN: 8437013094900 FABRICANTE: SALENGEI



Food for special medical uses, contains the enzyme diamine oxidase (DAO) for the dietary management of DAO deficiency (histamine intolerance).

DESCRIPTION

What is histamine?

Histamine is a vital molecule, a transmitter belonging to the so-called biogenic amines, which is naturally present in many foods and also inside our cells. Normally, the intake of histamine contained in foods does not cause any problems, since it is quickly processed and metabolized by the DAO enzyme.

What foods contain histamine?

Histamine is present to one degree 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 degraded by the enzyme DAO.

Foods with the highest content include, for example:

- Raw milk, pasteurized milk and dairy products.
- Citrus fruits, strawberries and bananas.
- Seafood, oily fish and fish sauces.
- Raw sausage, such as salami, chorizo or bacon.
- Some vegetables, such as tomatoes, spinach or eggplant.
- Alcoholic beverages*, especially red wine and sparkling wines.

* Alcoholic beverages contain histamine and other biogenic amines to a greater or lesser extent, but alcohol also inhibits the activity of the DAO enzyme, preventing the metabolization and degradation of histamine.

The DAO enzyme and DAO deficiency

What is DAO? DAO is the main enzyme in the metabolism of ingested histamine. It is mainly located in the intestinal epithelium, where it degrades the histamine ingested in the diet, preventing it from entering



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the blood.

What is DAO deficiency? DAO deficiency is defined as a deficiency in the activity of the metabolizing enzyme DiAminoOxidase (DAO) or when there is an unbalanced ratio between the enzyme ingested with food and the ability of said enzyme to metabolize it. As a result, histamine is not sufficiently metabolized or degraded, passing into the bloodstream and triggering the different symptoms. Common reactions when there is a DAO deficiency are, for example:

- Digestive disorders, such as bloating, flatulence, constipation or diarrhea.
- Muscle pain and contractures and osteopathic pain.
- Skin disorders, such as dry or atopic skin.
- Headache.
- Non-allergic rhinitis.
- Tinnitus.

DAOSIN®

DAOSin® is a food for special medical purposes. For the management of DAO deficiency (histamine intolerance).

The DiAminoOxidase contained in **DAOSIN®** complements the body's own enzyme, which is responsible for metabolizing histamine.

Taking one **DAOSIN®** capsule before each meal increases the amount of DAO in the small intestine and, therefore, the ability to break down histamine. This accelerates the processing of histamine present in food, which is the trigger for symptoms, in the digestive tract.

It is essential to take **DAOSIN®** before a meal. By the time the histamine-containing food reaches the intestine, the capsule should have already dissolved and the DAO enzyme it contains should be active.

The contents of the capsule should not be chewed but swallowed whole, so that the contents pass intact through the stomach into the intestine. If you have difficulty swallowing, you may open the capsule and swallow the contents with water. Do not crush or chew.

Instructions for use

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241130
<https://bio-farma.es/buy/f/salengei/daosin-15-tablets>



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Take one tablet with a little water 15 minutes before a meal containing histamine. The maximum recommended daily dose is three tablets (corresponding to three daily meals containing histamine).

Ingredients

Bulking agent: microcrystalline cellulose, maltodextrin, acidity regulator: sodium phosphate, emulsifier: cross-linked sodium carboxymethylcellulose, coating agent: gum, shellac, pork kidney protein extract, anti-caking agent: silicon dioxide, coating agent: hydroxypropyl methylcellulose, acidity regulator: calcium carbonate, anti-caking agent: magnesium salts of fatty acids, fully hydrogenated vegetable fat (coconut), stabilizer polydextrose, anti-caking agent: talc.

Contraindications

Not recommended for children and pregnant women. Contains protein extract, free of histamine and rich in natural DiAminoOxidase (DAO).

DAOSin[®] contains a histamine-free protein extract (rich in natural diamine oxidase (DAO)). Alcohol and some medications may substantially inhibit the activity of the DAO enzyme.

It is advisable to avoid the consumption of alcoholic beverages, as they contain histamine and other biogenic amines to a greater or lesser extent. Alcohol is also an inhibitor of the functional activity of the DAO enzyme, which prevents the metabolization and degradation of histamine.

