



SAMPLE REPORT

09-May-1990 Female

16 HARKER STREET
BURWOOD VIC 3125

P: 1300 688 522
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Dr.SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125

LAB ID : 3814213
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814213

INTEGRATIVE MEDICINE

BLOOD - SERUM	Result	Range	Units	
Diamine Oxidase	14.0	> 10.0	units/mL	

Integrative Medicine Comments

Diamine Oxidase (DAO) is the body's own enzyme that metabolises Histamine. The level of the enzyme directly determines the degradation of histamine. In situations of DAO deficiency or inhibition, histamine cannot be degraded quickly enough and histamine intolerance symptoms present. These include GIT issues, migraines, nasal mucosa irritations, allergy-like symptoms.

Result Interpretation:

- > 10 U/ml Low incidence of Histamine Intolerance
- 3.0 - 10 U/ml Probable Histamine intolerance
- < 3.0 U/ml High incidence of Histamine Intolerance

PLEASE NOTE:

Low DAO activity may be influenced by the following medications;
Muscle relaxants, Analgesics, Antihypertensives, Antiarrhythmics, Antibiotics, Antidepressants, Diuretics.

Optimal DAO activity is influenced by adequate levels of cofactors such as Vitamin C, Vitamin B6, Copper and manganese.

DAO is regularly found in higher levels in pregnant patients and patients that have recently had Heparin administration.

Additional Assessments: Serum Copper, Caeruloplasmin levels, Plasma Zinc, Vitamin C, Vitamin B6.

BLOOD - Li HEPA	Result	Range	Units	
HISTAMINE	63.0 *H	28.0 - 51.0	ug/L	

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang



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Histamine Comment

ELEVATED WB HISTAMINE:

Otherwise known as Histadelia, it is more prevalent in males and is seen in schizophrenics (15 - 20%).

In assessing Histamine levels, Diamine Oxidase (DAO) should also be tested concurrently as patients with histadelia appear to have low to normal levels of copper. Important to this is that copper is required for the enzyme Diamine Oxidase (DAO), which is involved in the metabolism of histamine.

Additional Assessments:

In evaluating copper status, serum/plasma (or Red Cell) copper, Zinc and caeruloplasmin are preferred.

Aluminium and cadmium appear to be copper antagonists, and as such it would be beneficial to also determine their levels.

Treatment recommendations:

Supplementation with the amino acid Methionine lowers blood levels of histamine by increasing histamine breakdown.

A low protein diet with high complex carbohydrates is also recommended.

Histidine, which is more common in animal proteins, should be avoided as it converts to histamine.

Supplement with Calcium, Copper, Magnesium, Manganese, Vitamin B6 and Vitamin C.

CAUTIONARY NOTE:

Histadelic patients should avoid folic acid supplementation, as it can produce excess histamine. Folic acid increases depression in histadelic patients.

Tests ordered: HIAM,IMPEI,CFee,DAO

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang