

Omne
Drem™

**Histamine
Digest**

with DAOgest™ Diamine Oxidase

Histamine Intolerance is Real. Histamine Digest Can Help.*



*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.

Histamine Intolerance is real.

Omne Diem™ Histamine Digest can help.

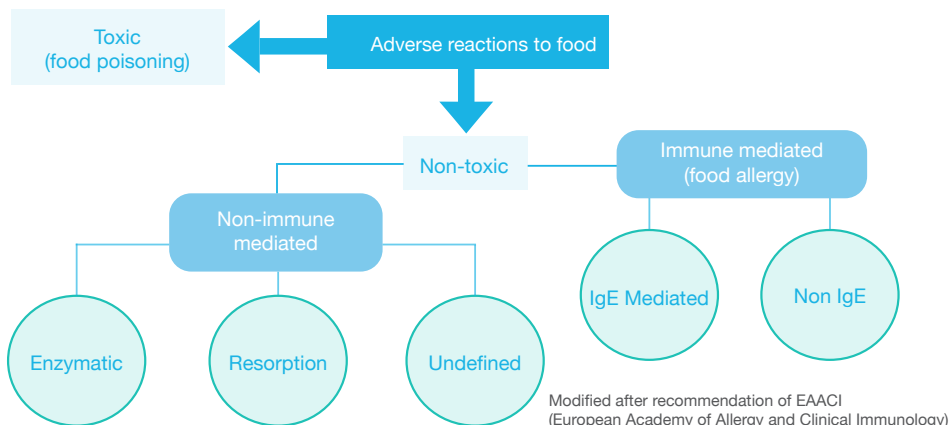
What Is Histamine?

Histamine is a biogenic amine present in our bodies and in our food supply. Biogenic amines are found in everything from dairy products and meats to fruits, vegetables and grains. Processes that result in the microbial alteration of foods—such as aging (meat), fermentation (wine, spirits, cheese), and package processing (prepared packaged foods)—can increase the levels of histamine and other biogenic amines in foods and beverages.

Omne Diem™ Histamine Digest supplies Diamine Oxidase (DAO), the enzyme that neutralizes dietary histamine in the digestive tract. Taking **Omne Diem™ Histamine Digest** prior to consuming high histamine foods and beverages defends against digestive histamine sensitivity to help reduce the occurrence of histamine intolerance.*

Allergy or Intolerance?

While the manifestation of Histamine Intolerance (HIT) may mimic allergic reactions, HIT is not a classical food allergy. Rather, research suggests that HIT is mediated by a deficiency in levels and/or activity of the Diamine Oxidase enzyme.



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Indication	Percentage of Western Population
Lactose Intolerance	10-30%
Fructose Malabsorption	33%
Food Allergy	3-5%
Histamine Intolerance	2-5%
Celiac Disease	0.5%
Fructose Intolerance	<.01%

Symptoms of Histamine Intolerance

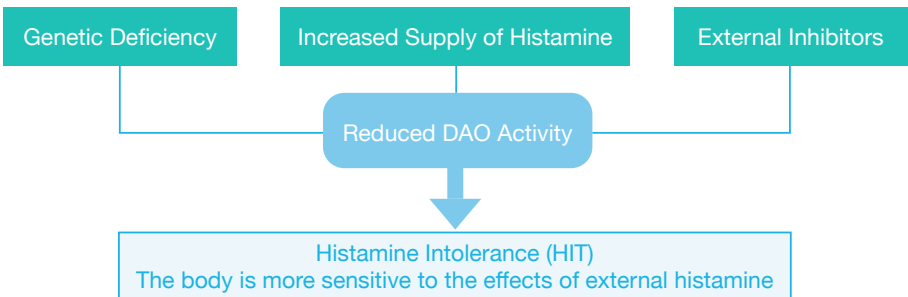
- Vasodilation (flushing/reddening)
- Hypotension/Tachycardia
- Stuffy, runny nose/sneezing
- Swollen or red, watery eyes
- Headache or migraine
- Diarrhea, cramps, bloating
- Feelings of anxiety
- Urticaria (hives)

How Histamine Digest Works

Diamine Oxidase is responsible for the degradation of biogenic amines ingested with food (exogenous histamine). DAO is active in the ileum and jejunum of the small intestine. It is also found concentrated in the kidney, thymus and placenta. When histamine levels in the digestive tract become excessive, DAO breaks down the excess. When there is a deficiency of available DAO or DAO activity is blocked, reactions can occur. **Omne Diem™ Histamine Digest** supplies natural, active supplemental DAO to help neutralize excess histamine.*

Causes of Histamine Intolerance

Imbalance between histamine and the degrading enzyme Diamine Oxidase (DAO)



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Histamine-Rich Foods

- Chocolate
- Cheese (all types, especially aged)
- Sauerkraut
- Tuna
- Aged, cured, processed and fermented meats (pepperoni, sausage, bacon)
- Tomatoes/Ketchup
- Vinegar (all types)
- Alcoholic beverages
- Shellfish
- Avocado
- Bananas
- Eggplant

Histamine Liberators

- Berries (especially strawberries)
- Alcoholic Beverages
- Milk and dairy products
- Citrus fruits
- Bananas
- Chocolate
- Shellfish
- Eggs

DAO Enzyme-Inhibiting Drugs

- Acemetacin
- Acetylcysteine
- Adalimumab (Humira)
- Amitriptyline
- Antihistamines
- Aspirin
- Diazepam
- Duloxetine (Cymbalta)
- Etanercept (Enbrel)
- Fluoxetine (Prozac)
- Haloperidol
- Ibuprofen
- Neomycin
- Propranolol
- Sertraline (Zoloft)
- Venlafaxine
- Verapamil

NEW
Higher
Potency!



Alcoholic beverages present a “triple-threat” to histamine levels by:

- 1) introducing excess histamine
- 2) liberating histamine
- 3) blocking the activity of DAO in the gastrointestinal tract.



Call 1-888-876-5765 to place an order with our Customer Service Associates.



Email your questions and feedback to feelbetter@diemdirectllc.com



Order online at www.diemnutrition.com



Fax your order to 1-307-316-0328

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