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16 HARKER STREET  
BURWOOD VIC 3125

**Dr.SAMPLE REPORT**  
**TEST HEALTH CENTRE**  
**123 TEST STREET**  
**BURWOOD VIC 3125**

LAB ID :                    3814144  
UR NO. :  
Collection Date : 09-May-2022  
Received Date:09-May-2022



3814144

**BIOCHEMISTRY**

BLOOD - SERUM	Result	Range	Units	
<b>IgE (TOTAL)</b>	<b>144 *H</b>	0 - 120	units/mL	

**INTEGRATIVE MEDICINE**

URINE, 24 HOUR	Result	Range	Units	
<b>N-methyl Histamine</b>	<b>242.0 *H</b>	30.0 - 200.0	ug/gCR	
<b>Prostaglandin D2</b>	<b>118.0 *H</b>	35.0 - 115.0	pg/mgCR	
<b>Leukotriene E4</b>	<b>132.0 *H</b>	0.0 - 104.0	pg/mgCR	
<b>2,3-Dinor-11b-Prostaglandin F2a</b>	<b>6158 *H</b>	0.0 - 5205	pg/mgCR	

**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.

**N-METHYL HISTAMINE:**

Please Note: Reported ranges for urine N-methyl Histamine are age related. Levels progressively decline as a child approaches adulthood.

BLOOD - SERUM	Result	Range	Units	
<b>Tryptase</b>	<b>17.0 *H</b>	0.0 - 15.0	ng/mL	
<b>Chromogranin A</b>	<b>105.0 *H</b>	0.0 - 93.0	ng/mL	
<b>Diamine Oxidase</b>	<b>8.0 *L</b>	> 10.0	units/mL	
BLOOD - WHOLE	Result	Range	Units	
<b>HISTAMINE</b>	<b>55.0 *H</b>	28.0 - 51.0	ug/L	

(\* ) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range



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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.