

Information sheet histamine intolerance (HIS)

Histamine is an endogenous substance and also occurs naturally in many foods. Foods where microorganisms are involved in the production are particularly rich in histamines. In the body, histamine is broken down by the enzyme diamine oxidase (DAO), among others. If there is a lack of this histamine-degrading enzyme or an imbalance of histamine/DAO, this is known as a histamine intolerance. This affects approx. 1% of the total population, whereby 80% of the people affected are middle-aged women.

After eating foods rich in histamines (e.g. wine, cheese, chocolate etc.), the following symptoms can occur:

- Gastrointestinal complaints (e.g. diarrhoea, stomach aches or bloating)
- Headaches and migraines
- Redness and itchiness of the skin, hives
- Flushing
- Tiredness, dizziness and blood pressure fluctuations
- Cardiac arrhythmia
- Trouble breathing
- Blocked or runny nose

Observing a **low-histamine diet** is very important in the event of histamine intolerance, and a **dietary consultation** is highly recommended. If histamine intolerance is suspected, it is necessary to keep a food diary (2-3 weeks). Please bring the diary with you to the dietary consultation.

You can **make an appointment** for a dietary consultation online at www.allergiezentrum.at/termin or by telephone at 01/982 41 21.