

AH & Glutamin Formula



Supports enzyme synthesis

Histamine-degrading enzyme requires micronutrients

Histamine is an endogenous building material that is also found in a large number of foods. Foods that undergo a maturing process or prolonged storage are particularly rich in histamine. Typical examples are sauerkraut, pickled fish or well-ripened cheese. Histamine is broken down in the body by the enzyme DAO (diaminooxidase). This enzymatic process requires special micronutrients as co-factors, especially vitamin B6, copper and zinc. In addition to its function as a cofactor, zinc also contributes to normal protein synthesis. The body's own enzymes, such as diamine oxidase (DAO), are also proteins. The AH & Glutamin Formula developed by Biogena contains this special combination of nutrients and also supplements it with the amino acids L-Glutamine and Vitamin C.

AH & Glutamin Formula

- With vitamin B6 and vitamin C, the trace elements copper and zinc as well as the amino acid L-glutamine
- Zinc contributes to a normal protein synthesis. The body's own enzymes such as diamine oxidase (DAO) are also proteins.
- Contains vitamin B6, copper and zinc. The histamine-degrading enzyme diaminooxidase (DAO) requires these micronutrients as cofactors


Possible applications:

- To support enzyme synthesis
- For the targeted supply of vitamin B6, copper and zinc. The histamine-degrading enzyme diaminooxidase (DAO) requires these micronutrients as cofactors

Bioavailable micronutrients in a pure form

- Only active ingredients
- Free of additives
- No colouring agents, artificial flavourings or covers
- Gluten-free
- Fructose-free
- Lactose-free
- 100 % vegan
- Hypoallergenic

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- Plant-based capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
Activated vitamin B6 (P5P)	15 mg	1071
<i>corresponds to vitamin B6</i>	<i>10 mg</i>	<i>714</i>
Vitamin C	120 mg	150
Zinc	8 mg	80
Copper	0.5 mg	50
L-glutamine	150 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

L-glutamine, calcium-L-ascorbate, hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose, zinc citrate, pyridoxal 5'-phosphate, cupric citrate.

RECOMMENDED DOSAGE

1 capsule daily taken outside mealtimes with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Not suitable for persons under the age of 18.

PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 26 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Food supplement in accordance with EU Directive 2002/46/EC Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 29.06.2018.



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