

Test kit: Histamine

ORY ANALYSIS – STOOL TEST



Leaky Gut & Histamin – a modern phenomenon

An increased histamine concentration in the stool can indicate an allergic or pseudoallergic reaction as well as a chronic stress situation. If the cause of this is not remedied, it can sooner or later lead to inflammatory events in the intestine and increased permeability of the intestinal mucosa - so-called leaky gut.

About the function of our intestinal mucosa

In order to absorb all nutrients for the body, the intestine has a physiologically very permeable intestinal mucosa or membrane. Various changes, such as an unbalanced intestinal flora or food intolerances, can cause the intestinal barrier to become too permeable and, in addition to nutrients and water, toxins and toxins can enter the bloodstream. This is called leaky gut syndrome, which means "permeable intestine". Zonulin is studied as a marker protein for determining the barrier performance of the intestine.

The most common symptoms of histamine intolerance are:

- Skin: sudden redness ("flush"), rash, hives, itching.
 - Gastrointestinal: bloating, abdominal pain, diarrhea, nausea, vomiting
 - Respiratory: stuffy or runny nose, asthma
 - Cardiovascular: Palpitations, blood pressure changes, cardiac arrhythmias.
 - Central nervous system: pulsating headaches, migraines
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TEST INSTRUCTION



CHECK:

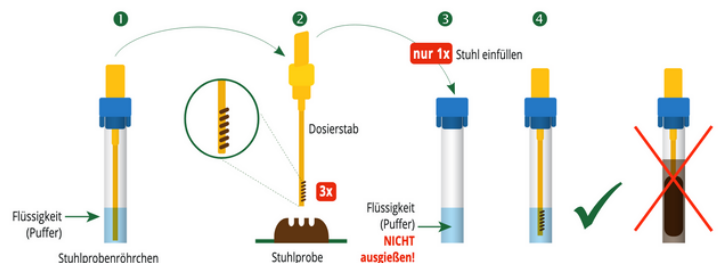
- Requirement sheet + instructions for performing the test + mailing box
- Stool collection aid
- 1 special collection set + 1 long transport tube



TEST INSTRUCTIONS:

- Place the enclosed stool catcher in the toilet bowl (depending on the bathroom installation, you can also place newspaper underneath for support)
- Catch your stool with it

- Removing the dosing rod: Unscrew the upper yellow cap from the sample tube and pull out the dosing rod located on it. The blue conical insert remains on the tube!
- Insert the dosing rod into the stool at 3 different points. The grooves of the dosing tip must fill with the stool sample.



- Put the dosing rod back into the test tube (Do not pull it out again! Repeated transfer of stool into the test tube falsifies the result). The excess stool is wiped off at the narrow opening of the blue cone insert so that only a defined amount of stool (15 mg) on the dosing rod enters the tube.
- Close the tube so that the yellow cap audibly clicks into place. Then shake until the grooves of the dosing rod are free of stool and the stool sample is completely dissolved in the liquid (extraction buffer).
- Insert the sample tube into the long transport tube



PACKING AND SHIPPING

Please put the sample tubes into the transport tubes and together with the completed request form into the shipping bag and bring it to the mailbox or post office. Shipping envelope does not need to have postage added.

Important note: Please do not send on Friday (weekend) or before holidays!



Done! You will receive an e-mail when your results are in.