

SUGGESTED USE: Take 1 to 2 capsules no more than 15 minutes before consumption of histamine-rich foods, or take as directed by your healthcare professional.

WARNINGS: Consult your healthcare professional before use, especially if you are pregnant or nursing. Keep out of reach of children. Contains ingredient derived from porcine (pig). Avoid if allergic to pork or any other ingredient. Histamine Block is NOT EFFECTIVE for symptoms of immune-related (antibody- or IgE-related) food allergies, such as peanuts, shellfish, etc., or for gluten intolerance due to sensitivity or celiac disease.

STORAGE: Keep tightly closed in a cool, dry place.

Histamine Block is a patented enzyme formula containing diamine oxidase (DAO) - the main enzyme responsible for the degradation of ingested histamine. This enzyme has been found to break down food-derived histamine in the digestive tract. DAO is not absorbed and does not have any systemic activity.*

* 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.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, gluten, or artificial colors.

Histamine Block Meets or Exceeds cGMP Standards.



T A R G E T E D S U P P O R T



Seeking Health®

Histamine Block

Supports Healthy Degradation
of Food-derived Histamine†

Dietary Supplement

30 CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	10 mg	11%
Diamine Oxidase (from porcine kidney protein concentrate)	4.2 mg (10,000 HDU)	*

* Daily Value (DV) Not Established.

Other Ingredients: Microcrystalline cellulose (plant fiber), vegetable capsule (hypromellose, water), sucrose, rice starch, shellac, hydroxypropylcellulose, crospovidone, hydrated magnesium silicate, sodium carboxymethylcellulose, and glycerol.

Find Other Effective Health Products At

www.seekinghealth.com

Manufactured for and Distributed by:

Seeking Health, LLC

3140 Mercer Ave

Bellingham, WA

98225

(800) 547-9812

HISTA-30-CAPS

REV. 112018

This package is completely recyclable