

# Using Histamine Bundle

You have a powerful collection of supportive supplements and knowledge in your hands. Your **Histamine Bundle** supports three key areas—gut, blood, and cell membranes—which in turn support overall healthy histamine levels.†

## Getting Started



### Histamine Digest™

**There are two ways to use this product:**

#### With food:

Taking 1 capsule before eating or drinking helps break down histamine found in foods and drinks. You can take this any time of day or night and as many times a day as needed. Some people take it with every meal. Some take it with just wine or when eating high-histamine foods. This will help keep histamine at a healthy level and eliminate feelings related to histamine intolerance.†‡

#### Away from food:

Your symptoms may not be due to the histamine content of your food. It may be that you have an imbalance in your microbiome and have an overpopulation of histamine-producing bacteria in your gut. Take 1 capsule anytime at least 30 minutes away from food or drink. This way, **Histamine Digest™** focuses on digesting the histamine from the microbes in your gut instead of the food or drink.†

#### Gastrointestinal issues?

Take 1 capsule of **Histamine Digest™** on an empty stomach to see if you feel better within 30 minutes. If you do, keep taking it away from meals for a period of time in addition to taking it with food and drink.†

#### Additional tips

Take **Histamine Digest™** away from food or drink to support:

- Uterine comfort during the menstrual cycle.†
- Occasional nausea during pregnancy.†

†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.

‡Histamine Digest 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.



## Histamine Nutrients

If you're experiencing histamine symptoms and need to support healthy histamine levels, take 2 capsules.<sup>†</sup> You may use this at any time of day or night, with or without food, and as needed, multiple times a day or night. If you take away from food on an empty stomach, you may experience a niacin flush. A niacin flush is a warm sensation experienced, especially in the skin of your face, hands, and chest. It goes away within about 20 minutes and is not harmful. Consider taking 2 capsules before bed to support a healthy onset of sleep.<sup>†</sup>



## ProBiota™ HistaminX™

After dinner, take 1 capsule. This is the best time to take probiotics. While **Histamine Digest™** may have an immediate effect (within 30 minutes), the unique blend of histamine-balancing bacteria found in **ProBiota™ HistaminX™** works to support healthy microbiome balance over time. It's best to take this supplement every evening long-term.<sup>†</sup>



## HistaminX™

**HistaminX™** is designed to provide fast-acting, additional antioxidant support during periods of high pollen and seasonal sensitivities.<sup>†</sup> You should assess how you're feeling on a day-to-day basis and take **HistaminX™** accordingly. If you're feeling the discomfort of seasonal sensitivities, take 2 capsules without food any time of day or night as needed. If you're not affected by seasonal sensitivity symptoms on a particular day, then you don't need to take **HistaminX™**.<sup>†</sup>



## Dirty Genes: Histamine Workbook

### **Use your Histamine Workbook to learn:**

- The common causes of high histamine
- How to support overall histamine levels
- The symptoms of high histamine
- When you should use the supplements
- What are low histamine symptoms
- When you should stop using the supplements
- How histamine symptoms are also potential side effects of these supplements

## **Personalize Your Histamine Recovery**

The **Histamine Report** provides a personalized presentation of how your genetic variations may contribute to increased histamine intolerance and mast cell activation.

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