

IgG FOOD ALLERGY

When you are suffering from a chronic complaint that just will not go away, the cause may be a delayed IgG food allergy (type III). IgG food allergies often remain undetected because the symptoms only occur a few hours or even days after the consumption of a trigger food, making them **extremely difficult to identify**.

Possible symptoms

GASTROINTESTINAL AILMENTS

- Bloating
- Constipation
- Crohn's Disease
- Diarrhoea
- Irritable Bowel Syndrome (IBS)
- Nausea

CHRONIC PAIN

- Headache
- Migraine

EXCESS WEIGHT

- Chronic weight problems
- Obesity

SKIN PROBLEMS

- Atopic dermatitis-like skin problems
- Eczema
- Psoriasis

Fortunately, a **reliable diagnostic test and nutritional concept can help: ImuPro**. With ImuPro, you will find out whether or not a delayed food allergy could be the cause of your chronic complaints.

What is an IgG food allergy? With type III food allergies, the immune system reacts to usually harmless food allergens and produces specific antibodies, called IgG antibodies. These antibodies can then cause inflammatory reactions which can lead to **various chronic complaints**. The symptoms are delayed.

Note: An IgG food allergy **should not be mistaken for a classic food allergy** (type I). If you have a type I allergy, your immune system produces IgE antibodies. These antibodies lead to an immediate allergic reaction. The symptoms appear within seconds or minutes: severe swelling, breathing difficulty, rash, itching skin or even anaphylactic shock. ImuPro does not detect IgE food allergies.

The origin of a large number of chronic complaints has not been identified yet. It is assumed that IgG-mediated food allergies (type III) play a role in some chronic ailments and thus might offer an interesting and promising therapeutic approach. However, these interactions are not scientifically proven yet and are still being discussed among scientists. On the other hand, a growing number of publications and a large amount of anecdotal evidence support the idea that elimination diets based on foodstuff specific IgG antibody measurements result in improved symptoms in patients.

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ImuPro
Right Food. Better Health.

IMUPRO

Individual nutritional analysis and personalised guidance.

ImuPro is a concept that combines a sophisticated and reliable blood analysis for IgG food allergies with our unique post-test guidance.

Step 1

Blood analysis for IgG food allergy

Step 2

Unique post-test guidance

270

Up to 270 foods are tested. Together with your test results, you will receive your individual nutritional concept – **your building blocks to a healthier life.**

ImuPro is your trusted companion on your path to better health.

Your test results and your personal nutritional guidelines will help you to find the foods that are good for you and to pinpoint your individual "trigger foods". By avoiding the foods that cause you problems, inflammatory processes can be reduced or even stopped and your body can recover.

Get ImuPro now – Get your building blocks to a healthier life.



YOUR BUILDING BLOCKS FOR BETTER HEALTH

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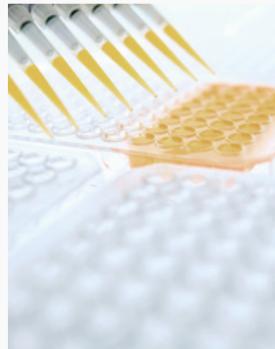
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IgG Food Allergy: Diagnostics and Guidance

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THE IMUPRO CONCEPT – DIAGNOSTICS AND GUIDANCE

In an **extensive laboratory analysis** high levels of IgG antibodies specific to particular food proteins are identified **precisely** and **reliably**. Together with your test results, you will receive comprehensive nutritional guidelines explaining how to understand and proceed from your results.



The nutritional guidelines contain 3 important building blocks



2 Provocation phase

After the elimination phase, you start a **provocation diet** and gradually include the avoided foods one by one. The provocation phase helps to find your personal **trigger foods**. Only one new food at a time should be reintroduced in order to find out whether it might be responsible for your complaints.

1 Elimination phase

During the elimination phase, you may consume all the foods without raised levels of IgG antibodies in a **4-day rotation** cycle. This helps to prevent the development of new delayed food allergies and malnutrition. All foods with high levels of IgG-antibodies are avoided during this phase. By avoiding them, inflammatory processes can be reduced or even stopped.

3 Stabilisation phase

During the stabilisation phase, the trigger foods identified in the provocation phase are avoided for at least one year so that the IgG antibodies can degrade and **your body can recover**. Then you may start another provocation phase. You may find that there are one or two foods that you will have to avoid permanently.



ImuPro Screen provides an individual analysis of 22 foods.

It is a simple way to find out quickly and at a reasonable price whether an IgG food allergy might exist. It is a purely diagnostic examination and does not include any dietary recommendations.

ImuPro Screen+ provides an individual analysis of 44 common foods,

such as dairy products, cereals and chicken egg. You will receive a comprehensive report with accurate results at a glance. Dietary recommendations are not included.

ImuPro Basic tests the 90 most important foods,

such as typical kinds of meat, vegetables, fruits, cereals, dairy products and chicken egg. As well as a comprehensive report with accurate results at a glance, you will receive your personal nutritional guidelines which include individual recommendations for your 4-day rotation.

ImuPro Complete tests 270 foods and additives (incl. the 90 foods in ImuPro Basic).

In addition to the typical kinds of meat, vegetables, fruits, cereals, milk and egg, their alternatives and region-specific foods are also tested. Furthermore, a huge number of spices, tea, coffee, wine and also thickening agents and preservatives are examined. Your diet can be changed very selectively based on the findings. This means that there will be a variety of alternatives for your 4-day rotation. You will receive a comprehensive report with accurate results at a glance and personal nutritional guidelines which lead you through your change in diet. Your results pack also includes individual recommendations for your 4-day rotation and a recipe book which is specifically tailored to your personal needs.

ImuPro Screen

- Brief report containing accurate results for all the tested foods at a glance

ImuPro Screen+

- Comprehensive report containing accurate results for all of your tested foods at a glance

ImuPro Basic

- Comprehensive report containing accurate results for all of your tested foods at a glance
- Personalised nutritional guide

ImuPro Complete

- Comprehensive report containing accurate results for all of your tested foods at a glance
- Personalised nutritional guide
- Individual recipe book specifically tailored to your personal needs

IMUPRO: THE TESTED FOODS AT A GLANCE

- ImuPro Screen
- ImuPro Screen+
- ImuPro Basic
- ImuPro Complete

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- ² caps. annum
- ³ caps. frutescens

MEAT	ROSEMARY	SOLE	PINE NUT
Beef	Rosemary	Sole	Pine nut
Chicken	Saffron	Squid, cuttlefish	Peanut
Deer	Sage	Swordfish	Pistachio
Duck	Savory	Trout	Poppy seeds
Goat meat	Thyme	Tunafish	Pumpkin seeds
Goose	Vanilla	Zander	Sesame
Hare	Wild garlic		Sunflower seed
Lamb			Walnut
Ostrich meat			
Pork			
Quail			
Rabbit			
Roe deer			
Turkey hen			
Veal			
Wild boar			

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS	MUSHROOMS	LEGUMES	FISH & SEAFOOD
Amaranth	Bay boletus	Broad bean	Anchovy
Arrowroot	Cap (boletus)	Chickpeas	Angler, monkfish
Buckwheat	Chanterelle	Green bean	Blue mussels
Carob	Meadow mushrooms	Green bean, pea	Carp
Cassava	Oyster mushrooms	Green pea	Cod, codling
Fonio	Shiitake	Kiwi	Crayfish
Jerusalem artichoke		Lemon	Eel
Lupine		Lime	Gillthead bream
Maize, sweet corn		Lingonberry	Haddock
Millet		Lychee	Hake
Quinoa		Mandarin	Halibut
Rice		Mango	Herring
Sweet chestnut		Nectarine	Idescent shark
Sweet potato		Orange	Lobster
Tapioca, cassava		Papaya	Mackerel
Teff		Peach	Ocean perch

VEGETABLES	SPICES & HERBS	SEEDS & NUTS	TEA, COFFEE & WINE
Artichoke	Alfalfa	Almond	Camomile
Asparagus	Allspice	Brazil nut	Coffee
Aubergine	Aniseed	Cashew kernels	Nettle
Bamboo shoots	Basil	Cocoa bean	Peppermint
Beetroot	Bay leaf	Coconut	Rooibos tea
Broccoli	Capers	Flax, linseed	Rose hip
Broccoli sprouts	Caraway	Hazelnut	Tannin
Carrots	Cardamom	Macadamia nut	Tea, green
Cauliflower	Chervil		Tea, black
Celeriac, knob celery	Chive		
Chard, beet greens	Cinnamon		
Chili Cayenne ¹	Clove		
Chili Habanero ¹	Coriander		
Chili Jalapeno ²	Cumin		
Chinese cabbage	Curcumin (E100)		

SWEETENERS	SALADS	EGG	MILK PRODUCTS
Agave nectar	Butterhead lettuce	Chicken egg	Camel's milk
Cane sugar	Chicory	Chicken egg-white	Goat milk and cheese
Honey (mixture)	Dandelion	Chicken yolk	Halloumi
Maple syrup	Apricot	Goose egg	Kefir
	Avocado	Quail eggs	Mare's milk
	Banana		Milk cooked
	Blackberry		Milk (cow)
	Blueberry		Ricotta
	Cherry		Rennet cheese (cow)
	Cranberry		Sheep milk and cheese
	Currant		Sour-milk products (cow)
	Date		
	Fig		
	Gooseberry		
	Grape		
	Grapefruit		
	Guava		
	Honeydew melon		
	Kiwi		
	Lemon		
	Lime		
	Lingonberry		
	Lychee		
	Mandarin		
	Mango		
	Nectarine		
	Orange		
	Papaya		
	Peach		
	Pear		
	Plum		
	Pineapple		
	Pomegranate		
	Prickly pear		
	Quince		
	Raspberry		
	Rhubarb		
	Sea buckthorn		
	Strawberry		
	Yellow plum		
	Watermelon		

YEAST	PRESERVATIVES	THICKENING AGENTS	ALGAE
Yeast (beer, bread)	Benzoic acid (E211)	Agar-agar (E406)	Red algae (Nori)
	Sorbic acid (E200)	Carrageen (E407)	Spirulina
		Guar flour (E412)	
		Pectin (E440)	
		Tragacanth (E413)	
		Xanthan gum	

SPECIALS
Aloe vera
Aspergillus niger
Candida
Candied lemon peel
Vine leaves