



CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Your personal documents on your histamine intolerance test

Sample ID: XXXXXX

Dear,

Today, you are receiving your personal findings documents for your histamine intolerance test. They illustrate to you the path to a diet individually adjusted to the histamine intolerance.

Your findings include the laboratory results as well as explanations regarding

- Histamine and histamine intolerance
- Symptoms of a histamine intolerance
- Dietary recommendations
- Overview of histamine-relevant food items
- Additional important background information regarding the treatment of a histamine intolerance
- Information on other potential causes in case of certain complaints

IMPORTANT: If other food intolerances have been found in you, such as an instantaneous allergy, a lactose intolerance, or a fructose malabsorption, please continue to not eat these food items, even if they are not listed as histamine-relevant in these findings.

If you have any questions regarding the results of your histamine intolerance findings, please ask your therapist.

We wish you every success on the path to well-being and the restoration of your health.

With kind regards,

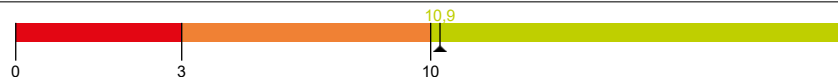
Your team at

CTL & Ortholabor GmbH

Histamine intolerance test (HIT)

13.05.2025

Test	Unit	Result
Diamine oxidase (DAO)	U/ml	10,9



Reference range: > 10

Interpretation:
Histamine intolerance is improbable.

GENERAL RECOMMENDATIONS

The negative test result does not indicate any histamine-related therapeutic approaches.

Sample Report