

NEW | IMMUNE

# Hist Reset

MULTI-FACETED SUPPORT FOR MAST CELL AND IMMUNE MEDIATOR MODULATION<sup>†</sup>

Part of the PureResponse™ Product Line

Co-Formulated by Dr. Samuel Yanuck and Dr. Nathan Morris<sup>†</sup>

**Hist Reset** is designed for individuals with a high histamine response to foods who exhibit symptoms such as general fatigue or discomfort, occasional GI upset, skin sensitivity, or flushing.<sup>†</sup>

This unique formula supports:



Nasal and Respiratory Health<sup>†</sup>



Healthy Histamine Metabolism<sup>†</sup>



Healthy Mast Cell Stabilization<sup>†</sup>



Formulated for patients who need support for **histamine tolerance** and **immune health**.<sup>‡</sup>



## What does histamine do?

Histamine is involved in localized immune responses in the gut, respiratory tract, brain and other organ systems. It is found in many foods, or released upon exposure to an immune trigger, primarily by mast cells. Histamine can enter the body through ingestion of histamine-rich foods, such as meat, spinach, avocados, nuts, tomatoes, and chocolate. This dietary histamine is metabolized by enzymes in the small intestine.<sup>1†</sup>

## Why is histamine important to moderate?

Some individuals are sensitive to histamine found in foods because of slower metabolism. This can result from genetic factors such as AOC1 polymorphisms reducing the function of diamine oxidase, or less efficient aldehyde dehydrogenase activity. Both of these enzymes are integral to intestinal histamine degradation.<sup>1†</sup>

Within the body, most histamine comes from mast cells that have been activated by an environmental or endogenous immune trigger. Maintaining healthy mast cell integrity can therefore support healthy histamine balance in the respiratory tract, brain and other tissues.<sup>2,3†</sup>

<sup>†</sup>Dr. Samuel Yanuck and Dr. Nathan Morris are retained advisors to Pure Encapsulations.



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<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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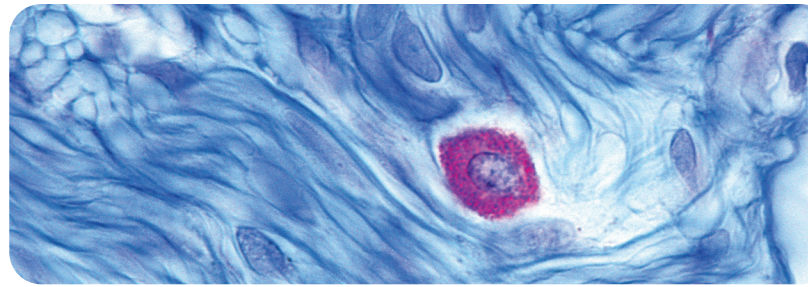
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PE-OP-HR0221NP

# Hist Reset



Mast cell with its cytoplasm filled with large granules rich in histamine.

## The Research

Quercetin, luteolin, and rutin are flavonoids known to exhibit antioxidant and immune-modulating activity. In vitro studies suggest that these compounds help to stabilize mast cells and modulate the release of immune mediators, including histamine, leukotrienes and prostaglandins.<sup>4-6</sup> Animal studies suggest that these flavonoids can moderate IgE-mediated mast cell responses.<sup>7</sup> Bromelain (from pineapple) acts as a protease, promoting healthy levels of kinins to support tissue comfort. Research suggests that bromelain also supports healthy T cell function and cytokine production. Riboflavin, niacinamide, and molybdenum are cofactors for aldehyde dehydrogenase, a key enzyme in the breakdown of histamine.<sup>†</sup>

Preliminary research suggests that supplementation with vitamin C modulates bronchial responsiveness to histamine in sensitive subjects.<sup>8</sup> Optimal vitamin C serum levels have been associated with lower blood histamine levels.<sup>9</sup> NAC promotes immune and lung defense through mucolytic and antioxidant actions, acting as a free radical scavenger by supporting glutathione production. Due to its sulfur content, NAC is able to disrupt disulfide bonds within mucus, thinning and easing the expulsion, along with the trapped particles, from the lungs.<sup>†</sup>

## Supplement Facts

2 capsules daily, between meals.

Two (size 0) capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Riboflavin	5 mg
Niacin (as niacinamide)	20 mg
Molybdenum (as molybdenum glycinate)	100 mcg
N-Acetyl-L-Cysteine	100 mg
Quercetin	300 mg
Bromelain (from pineapple stem) (2,400 GDU/gram)	200 mg
Luteolin	100 mg
Rutin	100 mg

Other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.



Hist Reset	Quantity	Order Code
	120	HRT1



Help your patients access this unique formulation for histamine tolerance<sup>†</sup>

[PureEncapsulations.com/hist-reset](https://PureEncapsulations.com/hist-reset)

## REFERENCES

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†Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020

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