

## YOUR IMUPRO OPTIONS



**ImuPro** combines a reliable laboratory test identifying increased food specific IgG antibody levels with personal guideline for dietary changes based on the result.

**ImuPro Screen** provides an individual analysis of **22 foods**. It is a simple way to find out quickly and at a reasonable price whether a food hypersensitivity might exist. It is a purely diagnostic examination and does not include any dietary recommendations.

**ImuPro Basic** tests **90 most important foods**. In addition to a comprehensive report with accurate results at a glance, you will receive personal nutritional guidelines which include individual recommendations for your ImuPro diet.

**ImuPro Complete** tests **270 individual foods and additives** (including the 90 foods in ImuPro Basic). With ImuPro Complete, you will receive a comprehensive report with accurate results at a glance and personal nutritional guidelines which lead you through your change in diet. Furthermore you receive a recipe book tailored to your personal needs.

To see which foods are tested in each ImuPro test, please visit [www.imupro.com](http://www.imupro.com).

## ACHIEVE YOUR MAXIMUM PERFORMANCE

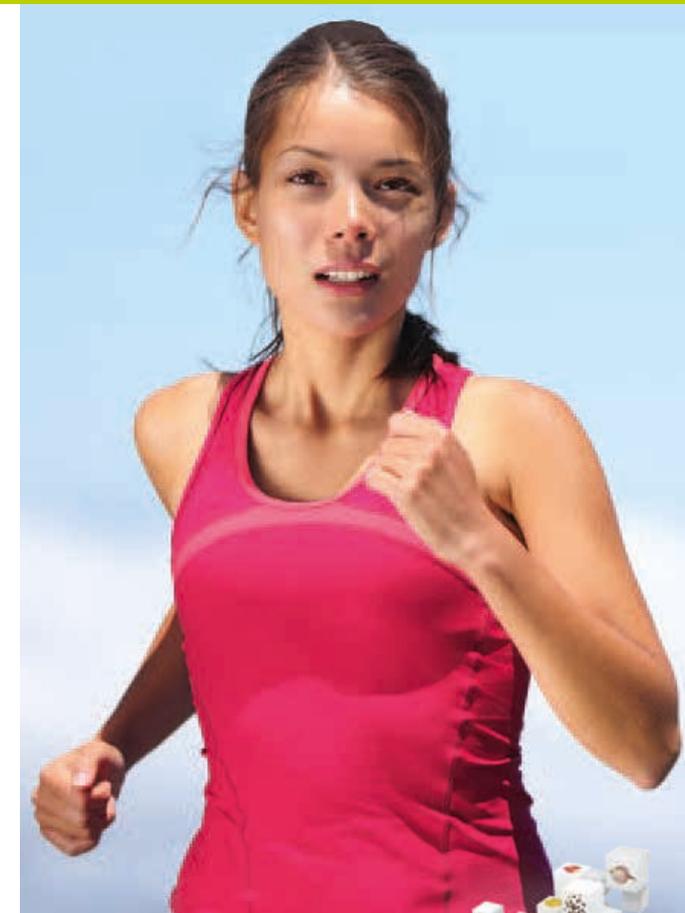


**Nutrition is an important part of health and fitness.** For your optimal diet, a lot has to be considered: the amount of proteins, carbohydrates, fats, amino acids and vitamins as well as the individual reaction of your body to the foods ingested.

Each body and each immune system reacts differently to foods. In case of type III food allergies, the immune system reacts to normally harmless foods. This can cause a low grade systemic inflammation, possibly leading to chronic complaints with an impact on your well-being.

ImuPro can help you to figure out your personal “trigger foods” and to change your diet for your **optimal performance and well-being!**

## RIGHT FOOD. BETTER PERFORMANCE.



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**ImuXPro**  
Right Food. Better Health.

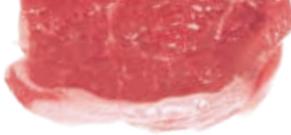
P +49 6151 8102 -417  
F +49 6151 8102 - 40

info@imupro.com  
imupro.com

R-Biopharm AG  
An der neuen Bergstraße 17  
64297 Darmstadt  
Germany

**YOUR BUILDING BLOCKS FOR BETTER PERFORMANCE**





## IGG FOOD ALLERGY

## IDENTIFY YOUR TRIGGER FOODS – IMPROVE YOUR PERFORMANCE WITH IMUPRO



IgG food allergies can trigger chronic low-grade inflammations and thereby **reduce fitness and well-being**. Problem ailments causing foods are hard to identify since the ailment are chronic and symptoms occur only hours or even days after the food consumption.

### Causes and Development

If undigested food proteins can pass into the blood stream, the immune system perceives them as foreign proteins and specific IgG antibodies form immune complexes. This causes local or systemic inflammatory reactions with negative impact on your health and performance.

### Possible causes of stagnating performance?

Under permanent high performance with maximum oxygen consumption in the muscles, the intestine can become under-supplied with oxygen. Thereby the cells of the intestinal mucosa (enterocytes) can be damaged and the intestine becomes more permeable. This process is enhanced by painkillers (1,2).

**Note:** An IgG food allergy should not be mistaken for a classical 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. ImuPro does not detect IgE food allergies.



The **continuous ingestion of trigger foods can cause a chronic inflammation** and thereby increase the level of TNF-alpha, a signalling substance of the immune system in the body. This signalling substance can block the insulin receptor and even support an insulin resistance. Hence carbohydrates cannot be fully utilized and transported to the muscles (3,4).

The formed IgG immune complexes can bind to red blood cells (erythrocytes) and make them clump. The surface and oxygen binding capacity of the erythrocytes are reduced so that the muscles cannot be fully supported with oxygen (5, thereby reducing the effective performance).

**ImuPro will help you** find the foods that are good for you and to pinpoint your individual “trigger foods”. To identify the foods that are causing problems, a laboratory analyses your serum or capillary blood sample and determines the presence of specific IgG antibodies to a broad variety of foods. By avoiding these trigger foods, inflammatory processes can be reduced or even stopped and your body can recover.

**ImuPro might be the solution** – as it may help you to increase your power, endurance and performance. There is a great deal you can do to get into better shape – just by following your ImuPro diet.

By avoiding the trigger foods for a certain time, your insulin sensitivity will increase, you will have fewer cravings and automatically reduce your calorie intake.

### ImuPro may help to:

- Increase your energy level
- Decrease your water retention
- Shorten your recovery time
- Ameliorate your body composition

Get further information on [imupro.com](http://imupro.com).



References: (1) Gisolfi, C. V.: Is the GI-system built for exercise? In: Physiology, June1, 2000: Vol. 15no. 3:114-119. | (2) Eitzschig, H. K., M. D., Ph. D.; Carmeliet, P., M. D., Ph. D.: Hypoxia and Inflammation. In: N Engl J Med 2011; February 2011: 364:656-665: DOI: 10.1056/NEJMra0910283. | (3) Hotamisligil, G. S.; Amer, P.; Caro, J. F.; Atkinson, R. L.; Spiegelman, B. M.: Increase adipose tissue expression of tumor necrosis factor-alpha in human obesity and insulin resistance. In: J Clin Invest 1995: 95: 2409-2415. | (4) Hotamisligil, G. S.; Shargill, N. S.; Spiegelman, B. M.: Adipose expression of tumor necrosis factor- $\alpha$ : direct role in obesity-linked insulin resistance. In: Science 1993: 259: 87-91. | (5) Bäuml, H.; Neu, B.; Donath, E.; Kiesewetter, H.: Basic phenomena of red blood cell rouleaux formation. | In: Biorheology 1999: Vol 36: Numbers 5-6:439-442