

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.

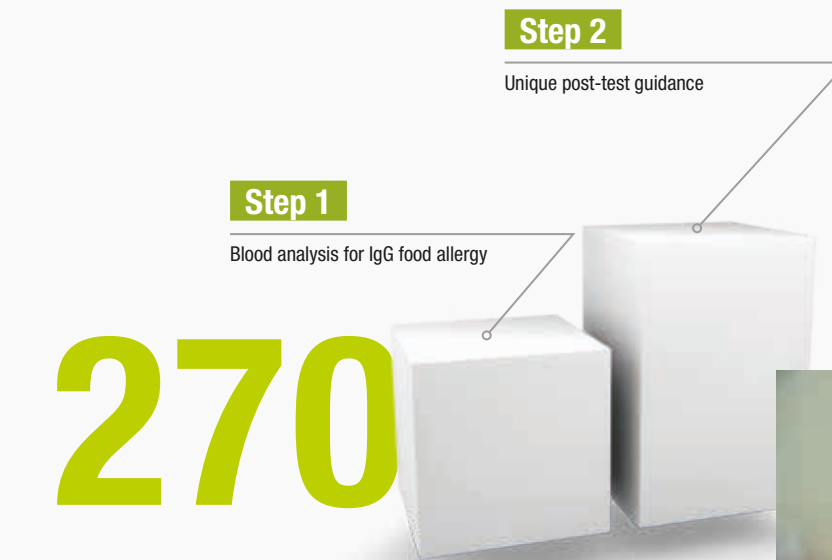
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ImuXPro
Right Food. Better Health.

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.



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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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

¹ caps. chinense

² caps. annum

³ caps. frutescens

MEAT

Beef
Chicken
Deer
Duck
Goat meat
Goose
Hare
Lamb
Ostrich meat
Pork
Quail
Rabbit
Roe deer
Turkey hen
Veal
Wild boar

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

Amaranth
Arrowroot
Buckwheat
Carob
Cassava
Fonio
Jerusalem artichoke
Lupine
Maize, sweet corn
Millet
Quinoa
Rice
Sweet chestnut
Sweet potato
Tapioca, cassava
Teff

CEREALS (WITH GLUTEN)

Barley
Gluten
Kamut
Oats
Rye
Spelt
Wheat

VEGETABLES

Artichoke
Asparagus
Aubergine
Bamboo shoots
Beetroot
Broccoli
Brussels sprouts
Carrots
Cauliflower
Celeriac, knob celery
Chard, beet greens
Chili Cayenne¹
Chili Habanero¹
Chili Jalapeno²
Chinese cabbage

Courgette
Cucumber
Fennel
Kale, curled kale
Kohlrabi (turnip cabbage)
Leek
Molokhia
Okra, lady's finger
Olive
Onion
Parsnip
Potato
Pumpkin
Radish red and white
Red cabbage
Rutabaga
Savoy cabbage
Spinach
Stalk celery
Sweet pepper
Tomato
White cabbage

Rosemary
Saffron
Sage
Savory
Thyme
Vanilla
Wild garlic

SWEETENERS

Agave nectar
Cane sugar
Honey (mixture)
Maple syrup

SALADS

Butterhead lettuce
Chicory
Dandelion
Endive
Iceberg lettuce
Lamb's lettuce
Lollo rosso
Radicchio
Rocket
Romaine / cos lettuce

LEGUMES

Broad bean
Chickpeas
Green bean
Guava
Green bean, pea
Green pea
Kiwi
Lentil
Mung bean, green gram
Soyabean

FISH & SEAFOOD

Anchovy
Angler, monkfish
Blue mussels
Carp
Cod, codling
Crayfish
Eel
Gilthead bream
Haddock
Hake
Halibut
Herring
Indescent shark
Lobster
Mackerel
Ocean perch
Octopus
Oysters
Plaice
Pollock
Red Snapper
Sardine
Salmon
Scallop
Sea bass
Shrimp, prawn
Shark

EGG

Chicken egg
Chicken egg-white
Chicken yolk
Goose egg
Quail eggs

FRUITS

Apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Cherry
Cranberry
Currant
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

Yeast (beer, bread)

TEA, COFFEE & WINE

Camomile
Coffee
Nettle
Peppermint
Rooibos tea
Rose hip
Tannin
Tea, green
Tea, black

MILK PRODUCTS

Camel's milk
Goat milk and cheese
Halloumi
Kefir
Mare's milk
Milk cooked
Milk (cow)
Ricotta
Rennet cheese (cow)
Sheep milk and cheese
Sour-milk products (cow)

PRESERVATIVES

Benzoic acid (E211)
Sorbic acid (E200)

THICKENING AGENTS

Agar-agar (E406)
Carrageen (E407)
Guar flour (E412)
Pectin (E440)
Tragacanth (E413)
Xanthan gum

ALGAE

Red algae (Nori)
Spirulina

SPECIALS

Aloe vera
Aspergillus niger
Candida
Candied lemon peel
Vine leaves

SEEDS & NUTS

Almond
Brazil nut
Cashew kernels
Candida
Coconut
Flax, linseed
Hazelnut
Macadamia nut