





## **IgGFOOD 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

#### **NERVOUS SYSTEM DISORDERS**

- Attention deficit hyperactivity disorder (ADHD)
- Autistic spectrum
- Depression

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. 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.



- ImuPro Screen-22
- ImuPro Screen<sup>+</sup>-44
- ImuPro Basic 90
- ImuPro Basic<sup>+</sup> 180
- ImuPro Complete 270
- ImuPro Vegetarian 90
- <sup>1</sup> caps, chinense
- <sup>2</sup> caps. annum
- <sup>3</sup> caps. frutescens

## THE ImuPro CONCEPT – DIAGNOSTICS AND GUIDANCE

### 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.

### 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.

#### 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 (22 trigger food items)

 Brief (Qualitative) report containing accurate results for all the tested foods at a glance

#### ImuPro Screen+ (44 trigger food items)

 Comprehensive (Quantitative) report containing accurate results for all of your tested foods at a glance

#### ImuPro Basic (90 trigger food items)

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

#### ImuPro Basic + (180 trigger food items)

- Comprehensive (Quantitative) report containing accurate results for all of your tested foods at a glance, as well as more meat, fruit, grain and legumes alternatives.
- Personalised nutritional guide
- Individual recipe book specifically tailored to your personal needs

## ImuPro Complete (270 trigger food items)

- Comprehensive (Quantitative) 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 Vegetarian Diet (90 trigger food items)

- Measure IgG antibodies to 90 vegetarian foods in blood.
- Comprehensive report containing accurate results for all tested foods at a glance.
- Personalized nutritional guidelines which include individual recommendations for 4-day rotation.
- Professional scientific and nutritional advice.

## **IMUPRO SCREEN: 22 TESTED FOODS AT A GLANCE**

**MEAT** 

Chicken

**ALTERNATIVES TO CEREALS AND** STARCHY PRODUCTS

**CEREALS** (WITH GLUTEN)

**VEGETABLES** 

Sweet pepper Tomato

**SPICES & HERBS** 

Garlic Vanilla **SWEETENERS** 

Honey (mixture)

**LEGUMES** 

Green bean, pea Soyabean

FISH & SEAFOOD

Lobster

**EGG** 

Chicken egg

**FRUITS** 

Banana Orange Pineapple

**SEEDS & NUTS** 

Almond

**MILK PRODUCTS** 

**YEAST** 

## **IMUPRO SCREEN: 44 TESTED FOODS AT A GLANCE**

**MEAT** 

Chicken Pork

**CEREALS** (WITH GLUTEN)

Barley Gluten Oats Rye Spelt Wheat

**VEGETABLES** 

Red cabbage Sweet pepper Tomato

**MUSHROOMS** 

**SPICES & HERBS** 

Garlic Horseradish Mustard seed

**SWEETENERS** 

Honey (mixture)

**LEGUMES** 

Soyabean

**FISH & SEAFOOD** 

Crayfish Cod, codling

EGG

Chicken egg

**FRUITS** 

Raspberry Cherry Pineapple Watermelon

**SEEDS & NUTS** 

Hazelnut Peanut

Pistachio Poppy seeds Sunflower seed

**TEA, COFFEE & WINE** 

Coffee

**MILK PRODUCTS** 

Milk (cow) Goat milk and cheese Rennet cheese (cow) Sheep milk and cheese Sour-milk products (cow)

**YEAST** 

Yeast (beer, bread)

## **IMUPRO BASIC: 90 TESTED FOODS AT A GLANCE**

#### **MEAT**

Beef Chicken Turkey hen

#### **ALTERNATIVES TO CEREALS AND** STARCHY PRODUCTS

Maize, sweet corn Millet Buckwheat Rice

#### **CEREALS** (WITH GLUTEN)

Gluten Oats Wheat

#### **VEGETABLES**

Celeriac, knob celery Cucumber Red cabbage Sweet pepper Tomato Aubergine Beetroot Chili Cayenne Courgette Kohlrabi (turnip cabbage)

#### **SWEETENERS**

Honey (mixture) Cane sugar

#### SALADS

**Butterhead lettuce** Lamb's lettuce

#### **LEGUMES**

Soyabean Green bean Green pea

#### **FISH & SEAFOOD**

Crayfish Tunafish Ocean perch **Pollock** Salmon

#### **EGG**

Chicken egg

#### **MILK PRODUCTS**

Milk (cow) Goat milk and cheese Rennet cheese (cow) Sheep milk and cheese Sour-milk products (cow)

#### **YEAST**

Yeast (beer, bread)

#### THICKENING AGENTS

Guar flour (E412)

#### **MUSHROOMS**

**Meadow mushrooms** 

#### **TEA, COFFEE & WINE**

**Peppermint** 

#### **SPICES & HERBS**

Garlic Mustard seed Basil Cinnamon Nutmeg Oregano Paprika, spice Pepper, black Rosemary **Thyme** 

Cherry Pineapple Watermelon . Banana Grape / Raisin Kiwi Lemon Orange

#### Seeds & Nuts

Almond

Cashew kernels

Cocoa bean Flax, linseed

Hazelnut

Peanut

Pistachio

Poppy seeds

pumkins seeds

Sesane

Sunflower seed

Walnut

**FRUITS** 

Apple Apricot Strawberry

Olive

Onion

Potato

## **ImuPro Vegetarian Diet** (90 trigger food items)

#### **CEREALS AND ALTERNATIVES TO MILK PRODUCTS STARCH** CEREALES

- Gluten
- Rye
- Oats
- Barley
- Spelt Wheat **EGG**

- Chicken egg
- Amaranth
- Buckwheat
- Millet
- Maize, sweet corn
- Quinoa
- Rice
- Sweet potet
- **YEAST** Yeast
- Milk (cow)
- Rennet cheese (cow)
  - Sour-milk products (cow) Sheep: milk and cheese Goat: milk and cheese
  - **MUSHROOMS**
  - Meadow mushrooms

#### **LEGUMES**

- Green pea
- Green bean Chickpeas
- Lentil

#### **VEGETABLES**

- Aubergine
- Cauliflower
- Broccoli
- Chili
- Fennel Cucumber
- Carrots
- Potato
- Cabbage
- Leek
- Maca
- Olive
- Sweet pepper Beetroot
- Celeriac, knob celery
- Soyabean Spinach
- Tomato
- Courgette Onion

#### **FRUITS**

- Acai
- Acerola
- Pineapple Apple
- Avocado
- Banana
- Pear Blueberry
- Cranberry
- Date
- Strawberry ■ Goji
- Pomegranate
- Raspberry
- Cherry
- Kiwi
- Melone
- Orange
- Peach Grape / Raisin

## Lemon

Butterhead lettuce

#### ALGAE

Red algae (nori)

#### **SEEDS & NUTS**

- Cashew kernels
- Chia seeds
- Peanut
- Hemp seeds Hazelnut
- Cocoa bean
- Coconut
- Pumpkin seeds
- Linseed
- Almond Sesame
- Sunflower seed Walnut

#### SPICES & HERBS

- Ginger
- Garlic
- Cumin
- Oregano Parsley
- Pepper Mustard seed
- Vanilla



■ = Superfoods

**FOOD ADDITIVES** 

**CURCUMIN (E100)** 

## IMUPRO BASIC<sup>†</sup>: 180 TESTED FOODS AT A GLANCE

#### **MEAT**

Beef
Chicken
Pork
Lamb
Turkey hen
Deer
Duck
Goat meat
Goose
Hare

Quail Rabbit wild boar Venison Veal

## ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

Maize, sweet corn Millet Buckwheat Rice Amaranth Arrowroot Carob Cassava

Jerusalem artichoke Lupine

Quinoa Sweet chestnut Sweet potato Tapioca, cassava

Teff

## CEREALS (WITH GLUTEN)

Barley Gluten Oats Rye Spelt Wheat

#### pelt Radicchio Rocket

Broccoli
Carrots
Celeriac, knob celery
Cucumber
Red cabbage
Sweet pepper
Tomato
Aubergine

**VEGETABLES** 

Chili Cayenne Courgette

Kohlrabi (turnip cabbage) Leek

Olive Onion Potato

Brussels sprouts Cauliflower Artichoke
Asparagus
Chinese cabbage
Kale, curled kale
Parsnip
Pumpkin
Radish red and white

Rutabaga Savoy cabbage Spinach White cabbage

#### **MUSHROOMS**

Meadow mushrooms

#### **SPICES & HERBS**

Garlic
Horseradish
Mustard seed
Basil
Cinnamon
Nutmeg
Oregano
Paprika, spice
Parsley
Pepper, black
Rosemary
Thyme
Vanilla

#### **SWEETENERS**

Honey (mixture) Cane sugar

#### SALADS

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

#### **LEGUMES**

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

#### **FISH & SEAFOOD**

Crayfish
Tunafish
Ocean perch
Pollock
Salmon
Cod, codling
Anchovy

#### Carp Gilthead bream

Haddock
Hake
Halibut
Herring
Mackerel
Plaice
Sardine
Shark
Sole

Squid, cuttlefish Swordfish

Trout Zander

#### **EGG**

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

## FRUITS Cherry

**Pineapple** 

Watermelon
Apple
Apricot
Banana
Grape
Kiwi
Lemon
Nectarine
Orange
Strawberry
Avocado
Date
Fig
Lychee
Mango
Papaya
Peach
Pear
Plum

Yellow plum

**Almond** 

Linseed

Hazelnut

Pistachio

Sesame

Walnut

**Brazil** nut

Pine nut

Poppy seeds

Sunflower seed Cashew kernels

Pumpkin seeds

Macadamia nut

**SEEDS & NUTS** 

#### **TEA. COFFEE & WINE**

Peppermint

#### **MILK PRODUCTS**

Milk (cow)
Goat milk and cheese
Rennet cheese (cow)
Sheep milk and cheese
Sour-milk products (cow)

Camel's milk Halloumi Kefir Mare's milk Milk cooked Ricotta

#### **YEAST**

Yeast

#### **FOOD ADDITIVES**

Guar flour (E412)

## IMUPRO COMPLETE: 270 TESTED FOODS AT A GLANCE

#### **MEAT**

Beef Chicken Turkey hen Deer Duck Goat meat Ostrich meat Quail

wild boar

Vanison

Veal

Cauliflower Artichoke **Asparagus** Kale, curled kale **Parsnip** 

Radish red and white

Savoy cabb<u>age</u> Spinach White cabbage

Bamboo shoots Chard, beet greens Chili Habanero Chili Jalapeno Fennel

Okra, lady's finger Stalk celery

#### **ALTERNATIVES TO CEREALS AND** STARCHY PRODUCTS MUSHROOMS

Maize, sweet corn Millet **Buckwheat** Arrowroot Cassava

Lupine Quinoa Sweet chestnut Sweet potato Tapioca, cassava

#### **CEREALS** (WITH GLUTEN)

Oats Rye Spelt

#### **VEGETABLES**

**Broccoli** Carrots Celeriac, knob celery Cucumber Red cabbage Sweet pepper Aubergine Beetroot Chili Cayenne Courgette

Kohlrabi (turnip cabbage)

Olive Onion

**Brussels sprouts** 

**Oyster mushrooms** Bay boletus Cep (boletus) Chanterelle Shiitake

#### **SPICES & HERBS**

Horseradish **Mustard** seed Nutmeg Oregano Paprika, spice Parsley Pepper, black Rosemary Thyme Vanilla Alfalfa Allspice Aniseed Bay leaf Caraway Cardamom Chervil Coriander Cumin

Garden cress Ginger Juniper berry Lavender Lemon balm Lovage Marjoram

Pepper, white Saffron Sage Savory

Wild garlic Curry

#### **SWEETENERS**

Honey (mixture) Cane sugar Agave nectar Maple syrup

#### **SALADS**

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

#### **LEGUMES**

Soyabean Green bean Green pea Broad bean Chickpeas Mung bean, green gram

Sole

Squid, cuttlefish

Angler, monkfish

Blue mussels

Swordfish Trout

Zander

Lobster

**Octopus** 

**Oysters** 

Sea bass

**Red Snapper** 

Shrimp, prawn

**FISH & SEAFOOD** Blueberry Cranberry Tunafish Gooseberry Ocean perch Grapefruit **Pollock** Guava Cod, codling Anchovy Lingonberry Carp Mandarin Gilthead bream Prickly pear Hake Quince Halibut Rhubarb Herring Sea buckthorn Mackerel Plaice Sardine Shark

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

#### **SEEDS & NUTS**

Almond Flax, linseed Hazelnut Peanut

Milk cooked Ricotta

**EGG** Chicken eaa

Chicken egg-white Goose egg Quail eggs

#### **FRUITS**

Raspberry Cherry Pineapple Watermelon Apple Kiwi Lemon Nectarine Strawberry Avocado Date Fig Lychee Mango Papaya Peach Pear

Yellow plum Blackberry

Honeydew melon

**Pomegranate** 

#### **MILK PRODUCTS**

**Peppermint** Coffee Camomile Nettle Rose hip Tannin Tea, green

#### Pistachio Poppy seeds Sunflower seed Cashew kernels Cocoa bean Pumpkin seeds Sesame **Brazil** nut Coconut Macadamia nut Pine nut

#### **YEAST**

Yeast (beer, bread)

#### **FOOD ADDITIVES**

Agar-agar (E406) Benzoic acid (E210) Carrageen (E407) Curcumin(E100) Guar flour (E412) Pectin (E440) Sorbic acid (E200) Tragacanth (E413) Xanthan gum

#### **ALGAE**

#### **SPECIALS**

Aspergillus niger Candida Candied lemon peel Vine leaves

#### **TEA. COFFEE & WINE**

Tea, black



IgG food allergies (type III) are causing more and more health challenges. Such IgG-mediated 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



Fortunately, areliable diagnostic test and nutritional concept can help: ImuPro With ImuPro, you will find out whether or not an IgG food allergy could be the cause of your patients chronic complaints.

## How does an IgG food allergy develop?

With type III food allergies, the immune system reacts to harmless food allergens and produces specific IgG antibodies. Due to medicines, infections, mycosis, stress and environmental poisons, the integrity of the intestinal wall can be damaged and food components can slip between the intestinal cells. In some cases this triggers an immune response and the immune system starts to produce specific IgG antibodies against them.

These antibodies and the food antigens form immune complexes which can adhere to organs and tissues. When the immune complexes are destroyed by phagocytic cells and the complement system, the surrounding tissues can be damaged. This leads to low-grade inflammatory conditions which can become chronic. The symptoms are delayed.

#### **POSSIBLE SYMPTOMS**

## **Gastrointestinal Complaints**

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

#### Chronic Pain

- Headaches
- Migraines

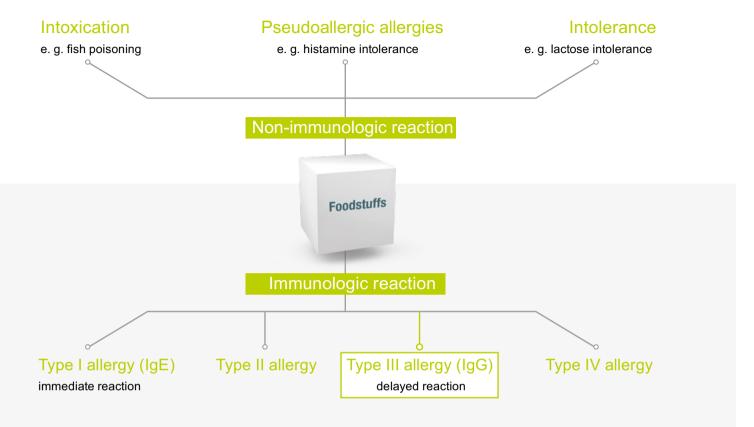
#### **Excess Weight**

- Chronic weight problems
- Obesity

#### Skin Problems

- Atopic dermatitis-like skin problems
- Eczema
- Psoriasis





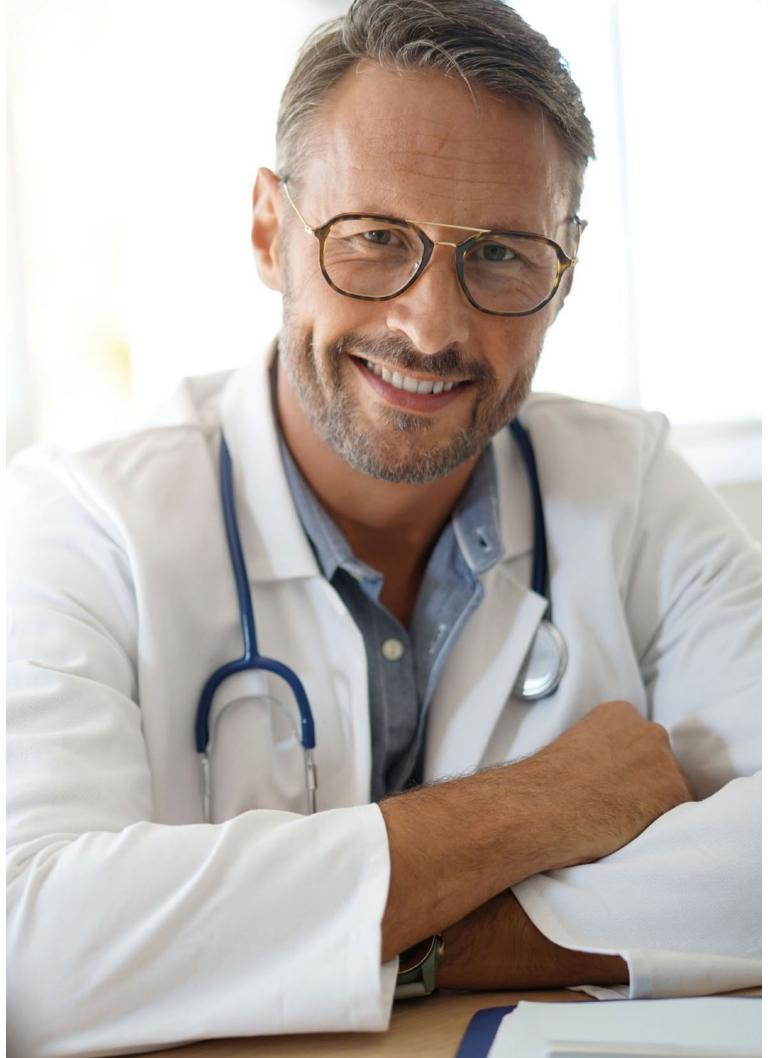
## What is the difference between a classic allergy and delayed food allergy?

What both allergies have in common is that the immune system is involved. But there are some differences in the way it reacts.

A classic type I allergy is when the immune system produces specific IgG 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 these IgG -mediated food allergies.

A type III food allergy is when the immune system produces specific IgE antibodies. These antibodies can lead to inflammatory processes. The symptoms appear up to three days after the consumption of a trigger food.

The origin of a large number of chronic complaints has not been identified yet. It is assumed that IgG food allergies (type III) play a role in some chronic complaints 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.



## THE IMUPRO CONCEPT

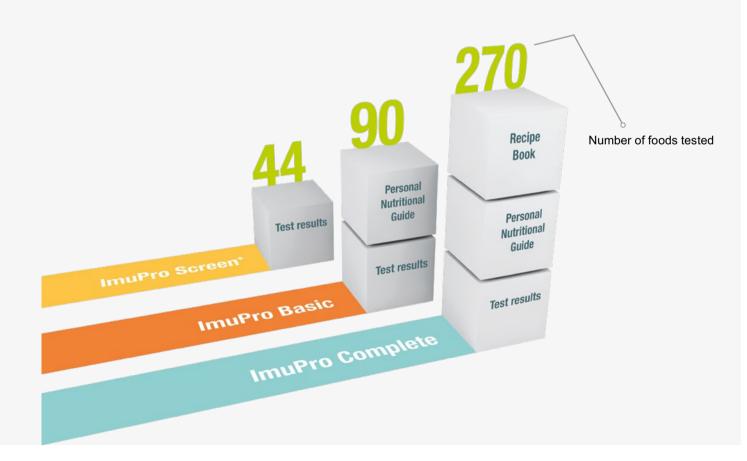
ImuPro is a concept that combines a Sophisticated and reliable blood analysis for IgG food allergies with Unique post-test guidance

In an extensive laboratory analysis, high levels of IgG antibodies specific to particular food proteins are identified. Testing foods individually allows the patients to change their diet very selective ly based on their results and limits the level of restriction required, increasing their chance of success

Along with the test results, comprehensive nutritional guidelines and professional support are provided for you and your patients.

## BUILDING BLOCKS TO A HEALTHIER LIFE:

- Elaborate and reliable IgG test
- Individual dietary recommendations
- Tasty personalised recipes
- Handy rotation and provocation plan
- Helpful wallet card with the patient's possible trigger foods
- Practical tips for everyday life
- Professional scientific and nutritional advice





The ImuPro test is performed by a highly professional and specialised in-vitro diagnostic laboratory. The lab analyses the patient's sample and determines the presence of specific IgG antibodies to a broad variety of foodstuffs in the patient's blood. The test is carried out using the Enzyme Linked Immuno Sorbent Assay (ELISA) test method, a very reliable standard procedure in laboratory analysis.



Based on the results of the antibody titre, the foodstuffs are categorised into three groups: "not elevated", "elevated" and "highly elevated". The lab provides you and your patient with test results and personal nutritional guidelines

#### Procedure



## Physician-patient consultation:

Is it likely to be an IgG food allergy?

## Blood withdrawal and shipment:

You take the patient's sample and send it to the laboratory.

## Laboratory analysis and evaluation:

The sample is analysed in the specialised lab using the ELISA technique.

## Sending of results and nutritional guidelines:

Within a short time, you receive test results and comprehensive doeu ments for the patient.

## Physician-patient consultation:

You discuss the results with your patient and advise them regarding their dietary changes.

ImuPro is a trusted German product. The diagnostics of R-Biopharm's quality management systems have been certified according to the international standard ISO 9001 and ISO 13485.

All tests are validated, CE-marked according to IVDD and used by accredited testing laboratories.

## THE NUTRITIONAL STRATEGY

ImuPro supports you and your patients with nutritional guidelines based on the individual test results. These guidelines contain three important building blocks: elimination phase, provocation phase and stabilisation phase.

The nutritional guidelines contain 3 important building blocks:

## 1 Elimination phase

During the elimination, phase the patient may consume all the foods without raised levels of IgG antibodies in a 4-day rotation cycle his 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.



## 2 Provocation phase

After the elimination phase, the patient starts a provocation diet and gradually includes the avoided foods one by one. The provocation phase helps to find the personal trigger foods.

Only one new food at a time should be reintroduced in order to find out whether it might be responsible for the patient's complaints.

## 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 the body
Can recover then the patient starts
another provocation phase. There
may be one or two foods that the
patient will have to avoid permanently







## THE IMUPRO OPTIONS



ImuPro Screen provides an individual analysis of 44 common foods such as dairy products, cereals and chicken egg. The patient will receive a comprehensive report with accurate results at a glance. Dietary recommendations are not included.

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

ImuPro Basic tests the 90 most important foo,ds 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, the patient will receive personal nutritional guidelines which include individual recommendations for the 4-day rotation.

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

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 preserva tives are examined. The diet can be changed very selectively based on the findings. This means that the patient will have a variety of alternatives for the 4-day rotation. The patients will receive a comprehensive report with accurate results at a glance and personal nutritional guidelines which lead them through their change in diet. The results pack also includes individual recommendations for their 4-day rotation and a recipe book which is specifically tailored to the patients' needs.

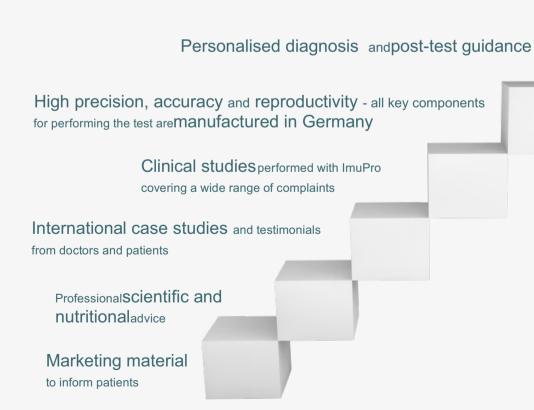
- Comprehensive report containing accurate results for all the tested foods at a glance
- Personalised nutritional guide
- Individual recipe book specifically tailored to their personal needs



# IMUPRO – FOR SATISFIED PATIENTS AND A THRIVING PRACTICE



Position yourself as an expert in the field of IgG food allergies and reap the benefits of ImuPro.







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