





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, a **reliable 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

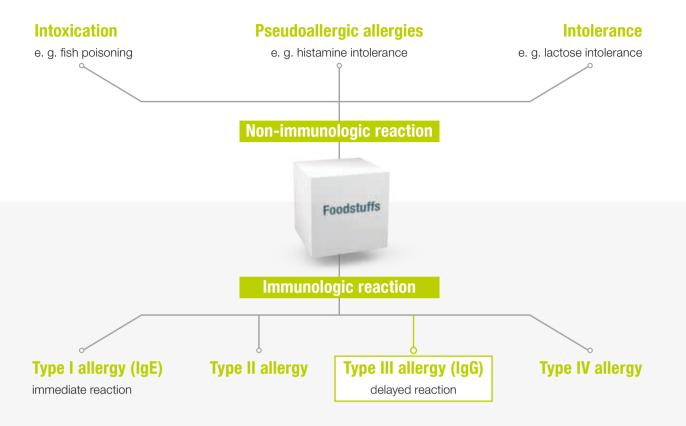
#### **Excess Weight**

- 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 **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 these IgE-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

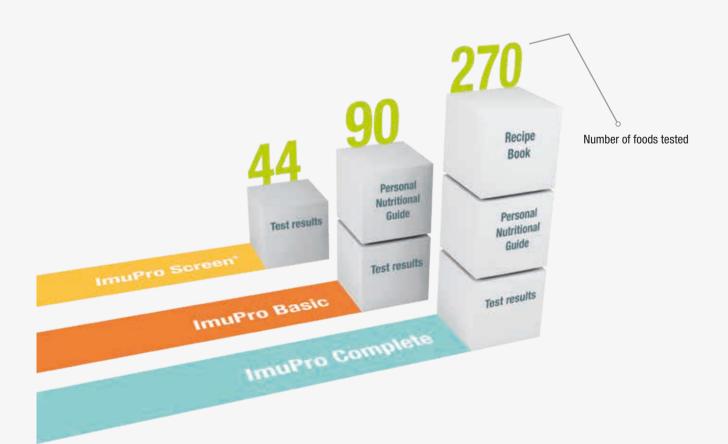
ImuPro is a concept that combines a **sophisticated and reliable blood analysis** for IgG food allergies with **unique post-test guidance**.

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 selectively 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 DIAGNOSTICS

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 **E**nzyme **L**inked **I**mmunoSorbent **A**ssay (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 documents for the patient.

#### **Physician-patient consultation:**

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

# 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**. 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, 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**<sup>+</sup> 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 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, 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 preservatives 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.

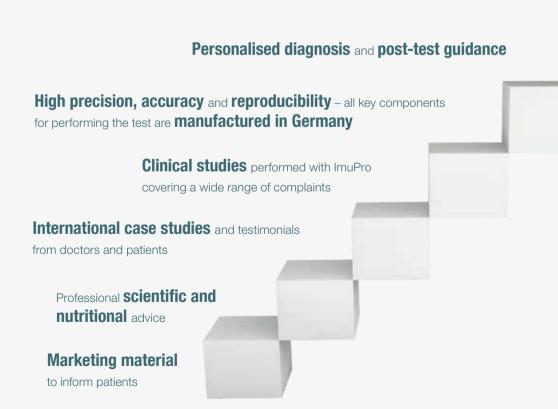
- Comprehensive report containing accurate results for all the tested foods at a glance
- Personalised nutritional guide
- Individual recipe book specifically tailored to their personal needs



# 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.



# IMUPRO: THE TESTED FOODS AT A GLANCE

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Deck				Fennel		Sage		Swordfish		Pistachio
Duck Coot meal Mode/tile Wild gards Coote Coote Orr, largy infiger Object Mode/tile Lamb Onion SWETERES Object Meal Pare Object Meal Objec				Kale, curled kale		Savory		Trout		Poppy seeds
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Turkey hen   Routabage   Sactabs   Propermit   Propermit						Maple syrup		Quail eggs		Nettle
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Spelt   Curcumin (E100)   Eel   Prickly pear   Carrageen (E407)				Coriander				Pineapple	Inici	VENING AGENTS
Speit Curcumin (E100) Wheat Curry Gilthead bream Quince Guar flour (E412) Dill Haddock Raspberry Pectin (E440)  VEGETABLES Garden cress Hake Rhubarb Tragacanth (E413)  Artichoke Ginger Herring Strawberry Asparagus Horseradish Iridescent shark Yellow plum Aubergine Juniper berry Lobster Watermelon ALGAE  Baertoot Lavender Mackerel Broccoli Lovage Octopus  Brussels sprouts Marjoram Oysters SEEDS & NUTS Carrots Mustard seed Plaice Cauliflower Nutmeg Pollock Brazil nut Celeriac, knob celery Oregano Red Snapper Chard, beet greens Parsley Salmon Coconut Chili Cayenne <sup>3</sup> Parsley Salmon Coconut Chili Habanero <sup>1</sup> Pepper, white Celeriac, knib part of the first of the fi										Agar-agar (E406)
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Figure   F						Haddock				
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Artichoke Ginger Herring Strawberry Asparagus Horseradish Lobster Yellow plum Aubergine Juniper berry Lobster Watermelon Bamboo shoots Lavender Ocean perch Beetroot Lemon balm Octopus Brussels sprouts Marjoram Oysters SEEDS & NUTS Carrots Mustard seed Plaice Cauliflower Nutmeg Pollock Brazil nut Celeriac, knob celery Oregano Red Snapper Chard, beet greens Paprika, spice Sardine Coconut Chili Cayenne <sup>3</sup> Parsley Salmon Coconut Candida Condida Chili Jalapeno <sup>2</sup> Pepper, white Scallop Flax, linseed Vine leaves	VEGE	TABLES				Halibut				
Asparagus  Aubergine  Bamboo shoots  Beetroot  Brussels sprouts  Marjoram  Carrots  Mustard seed  Cauliflower  Caluiflower  Chili Cayennes  Chili Cayennes  Chili Jalapeno2  Horseradish  Lobster  Mackerel  Docan perch  Ocean perch  Ocean perch  Ocysters  Mackerel  Ocean perch  Ocean perch  Oysters  SEEDS & NUTS  Plaice  Plaice  Plaice  Pollock  Brazil nut  Cashew kernels  Cashew kernels  Cashew kernels  Candida  Coconut  Candida  Coconut  Candida  Condida lemon peel  Vine leaves  Vine leaves		Artichaka				Herring				Adminan gum
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Beetroot Lemon balm Ocean perch Spirulina  Broccoli Lovage Octopus  Brussels sprouts Marjoram Oysters SEEDS & NUTS  Carrots Mustard seed Plaice Pollock Brazil nut  Celeriac, knob celery Oregano Red Snapper Chard, beet greens Paprika, spice Salmon Chili Cayenne <sup>3</sup> Parsley Salmon Coconut Candida Condida Chili Habanero <sup>1</sup> Pepper, black Chili Jalapeno <sup>2</sup> Pepper, white Sea bass Flax, linseed Vine leaves  Chear of the dagae (Nori) Spirulina  Red algae (Nori) Spirulina  Almond  Specials  Aloe vera  Aloe vera  Cashew kernels  Cashew kernels  Cashew kernels  Spardine  Cocona bean  Cocon								watermeion	ALGA	-
Broccoli Lovage Octopus  Brussels sprouts Marjoram Oysters SEEDS & NUTS  Carrots Mustard seed Plaice Cauliflower Nutmeg Pollock Brazil nut Celeriac, knob celery Oregano Red Snapper Chard, beet greens Paprika, spice Sardine Cocona bean Chili Cayenne <sup>3</sup> Parsley Salmon Coconut Chili Habanero <sup>1</sup> Pepper, black Sea bass Chili Jalapeno <sup>2</sup> Pepper, white Seed Plaice Almond SPECIALS  Almond SPECIALS  Cashew kernels Cashew kernels Cocoo bean Candida Coconut Candida Can										Red algae (Nori)
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Chili Cayenne <sup>3</sup> Parsley Salmon Cocod beat Candida Chili Habanero <sup>1</sup> Pepper, black Scallop Coconut Candied lemon peel Chili Jalapeno <sup>2</sup> Pepper, white Sea bass Hazelnut										
Chili Habanero¹ Pepper, black Scallop Cocont Candied lemon peel Chili Jalapeno² Pepper, white Sea bass Flax, linseed Vine leaves  Chili Jalapeno² Pepper, white Sea bass Flax linseed Vine leaves										
Chili Jalapeno <sup>2</sup> Pepper, white Sea bass Hax, Inseed Vine leaves						Scallop				Candied lemon peel
Chrima proup						Sea bass				Vine leaves
				T oppor, write		Shrimp, prawn		Hazelnut		

## ImuPro Screen+

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

#### **ImuPro Basic**

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

# ImuPro Complete

- 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







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

P +49 61 51 81 02 – 417 F +49 61 51 81 02 – 40

into@imupro.com imupro.com