



**HISTAMINE CLEARANCE INDEX**

## ***A Targeted Histamine Intolerance Test***

The Histamine Clearance Index™ is a targeted histamine intolerance test that evaluates the body's ability to break down and eliminate histamine.

This test helps practitioners assess impaired histamine clearance associated with reduced or inhibited diamine oxidase (DAO) activity, supporting clinical evaluation in patients with multisystem or allergy-like symptoms.

### **Consider the Histamine Clearance Index in Patients With:**

- Unexplained GI symptoms
- Headaches or migraines
- Hives or recurrent skin reactions
- Chronic sinus or allergy-like symptoms
- Anxiety or sleep disturbance
- Palpitations, dizziness, or lightheadedness



**Order the Histamine Clearance Index™ Today!**

*Identify reduced histamine clearance to support targeted care.*



*Learn more at [www.diagnosticsolutionslab.com](http://www.diagnosticsolutionslab.com)*

**Diagnostic Solutions**  
Laboratory

RESEARCH. TECHNOLOGY. RESULTS.

## When Histamine Symptoms Persist, Look to the Gut

Histamine intolerance is often influenced by the gastrointestinal environment. Microbial activity, impaired digestion, inflammation, and compromised barrier function can increase histamine production, reduce clearance, and contribute to total histamine burden.

### Pair the Histamine Clearance Index with GI-MAP® for a More Complete Clinical Picture



*GI-MAP provides insight into key gut factors that may contribute to histamine-driven symptoms, including:*

- Dysbiosis and opportunistic overgrowth
- Bacteria associated with histamine production
- Fungal and yeast overgrowth
- Intestinal inflammation and immune activation (calprotectin, sIgA)
- Barrier integrity and digestive function

By evaluating both histamine clearance and the underlying gut environment, practitioners can better identify root drivers and develop more targeted, personalized treatment strategies.



**Advanced testing from Diagnostic Solutions Laboratory helps uncover gut-driven contributors to histamine reactivity and supports root-cause clinical care.**

Account setup forms are available on our website, via email at [cs@diagnosticsolutionslab.com](mailto:cs@diagnosticsolutionslab.com), or by phone at 877-485-5336.

#### TEST ORDERING OPTIONS & SPECIMEN REQUIREMENTS

- HCI™ – HISTAMINE CLEARANCE INDEX™ | Whole Blood

**Complementary Tests:**

- GI-MAP® | Stool
- IgE Allergy Explorer™ | Whole Blood

#### GETTING STARTED

- Set up an account
- Order online on our website, via email, or by phone

#### LEARN MORE

