

RIGHT FOOD.
BETTER HEALTH.

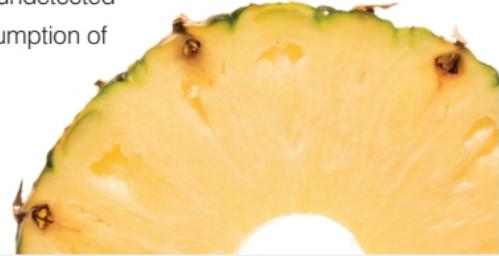


DIAGNOSIS & TREATMENT
OF IgG FOOD ALLERGIES
AS INDIVIDUAL AS YOUR PATIENTS SYMPTOMS



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⁺ -44
- ImuPro Basic - 90
- ImuPro Basic⁺ - 180
- ImuPro Complete - 270
- ImuPro Vegetarian - 90

¹ caps. chinense

² caps. annum

³ 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.





IgG FOOD ALLERGIES

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

IMUPRO SCREEN: 22 TESTED FOODS AT A GLANCE

MEAT	SWEETENERS	MILK PRODUCTS
Chicken	Honey (mixture)	Goat milk and cheese Milk (cow) Sheep milk and cheese
ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS	LEGUMES	
Rice	Green bean, pea Soyabean	
CEREALS (WITH GLUTEN)	FISH & SEAFOOD	YEAST
Gluten	Lobster	Yeast (beer, bread)
VEGETABLES	EGG	
Carrots	Chicken egg	
Sweet pepper		
Tomato		
SPICES & HERBS	FRUITS	
Garlic	Banana	
Vanilla	Orange	
	Pineapple	
	SEEDS & NUTS	
	Almond	
	Hazelnut	

COST : 10,900 - REPORT TAT : 4 WEEKS

IMUPRO SCREEN: 44 TESTED FOODS AT A GLANCE

MEAT	Mustard seed	Pistachio
Beef	Curry	Poppy seeds
Chicken		Sunflower seed
Pork		
CEREALS (WITH GLUTEN)	SWEETENERS	TEA, COFFEE & WINE
Barley	Honey (mixture)	Coffee
Gluten		
Oats		
Rye	LEGUMES	MILK PRODUCTS
Spelt	Soyabean	Milk (cow)
Wheat	FISH & SEAFOOD	Goat milk and cheese
	Crayfish	Rennet cheese (cow)
	Cod, codling	Sheep milk and cheese
		Sour-milk products (cow)
VEGETABLES	EGG	YEAST
Broccoli	Chicken egg	Yeast (beer, bread)
Carrots		
Celeriac, knob celery		
Cucumber	FRUITS	
Red cabbage	Raspberry	
Sweet pepper	Cherry	
Tomato	Pineapple	
	Watermelon	
MUSHROOMS	SEEDS & NUTS	
Oyster mushrooms	Almond	
	Flax, linseed	
SPICES & HERBS	Hazelnut	
Garlic	Peanut	
Horseradish		

COST : 17,500 - REPORT TAT : 4 WEEKS

COMPLEMENTARY COUNSELLING INCLUDED

IMUPRO BASIC: 90 TESTED FOODS AT A GLANCE

MEAT

Beef
Chicken
Pork
Lamb
Turkey hen

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

Maize, sweet corn
Millet
Buckwheat
Rice

CEREALS (WITH GLUTEN)

Barley
Gluten
Oats
Rye
Spelt
Wheat

VEGETABLES

Broccoli
Carrots
Celeriac, knob celery
Cucumber
Red cabbage
Sweet pepper
Tomato
Aubergine
Beetroot
Chili Cayenne
Courgette
Kohlrabi (turnip cabbage)
Leek
Olive
Onion
Potato

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

FRUITS

Cherry
Pineapple
Watermelon
Apple
Apricot
Banana
Grape / Raisin
Kiwi
Lemon
Nectarine
Orange
Strawberry

Seeds & Nuts

Almond
Cashew kernels
Cocoa bean
Flax, linseed
Hazelnut
Peanut
Pistachio
Poppy seeds
Pumkins seeds
Sesame
Sunflower seed
Walnut

COMPLEMENTARY COUNSELLING INCLUDED

COST : 28,000- REPORT TAT : 4 WEEKS



COMPLEMENTARY COUNSELLING INCLUDED

**COST : 28,000
REPORT TAT : 4 WEEKS**

ImuPro Vegetarian Diet (90 trigger food items)

CEREALS AND ALTERNATIVES TO MILK PRODUCTS STARCH CEREALES

Gluten
Rye
Oats
Barley
Spelt
Wheat
Amaranth
Buckwheat
Millet
Maize, sweet corn
Quinoa
Rice
Sweet potato

EGG
Chicken egg
YEAST
Yeast

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

MUSHROOMS
Butterhead lettuce
Lamb's lettuce

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

SALADS
Butterhead lettuce
Lamb's lettuce

FRUITS

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

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⁺: 180 TESTED FOODS AT A GLANCE

MEAT		TEA, COFFEE & WINE	
Beef	Artichoke	Carp	Peppermint
Chicken	Asparagus	Gilthead bream	
Pork	Chinese cabbage	Haddock	
Lamb	Kale, curled kale	Hake	
Turkey hen	Parsnip	Halibut	
Deer	Pumpkin	Herring	
Duck	Radish red and white	Mackerel	
Goat meat	Rutabaga	Plaice	
Goose	Savoy cabbage	Sardine	
Hare	Spinach	Shark	
Ostrich meat	White cabbage	Sole	
Quail		Squid, cuttlefish	
Rabbit	MUSHROOMS		
wild boar	Meadow mushrooms	Swordfish	
Venison		Trout	
Veal		Zander	
ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS		SPICES & HERBS	
Maize, sweet corn	Garlic	Chicken egg	
Millet	Horseradish	Chicken egg-white	
Buckwheat	Mustard seed	Chicken yolk	
Rice	Basil	Goose egg	
Amaranth	Cinnamon	Quail eggs	
Arrowroot	Nutmeg		
Carob	Oregano		
Cassava	Paprika, spice	FRUITS	
Fonio	Parsley	Cherry	
Jerusalem artichoke	Pepper, black	Pineapple	
Lupine	Rosemary	Watermelon	
Quinoa	Thyme	Apple	
Sweet chestnut	Vanilla	Apricot	
Sweet potato	Chive	Banana	
Tapioca, cassava		Grape	
Teff	SWEETENERS		
	Honey (mixture)	Kiwi	
	Cane sugar	Lemon	
CEREALS (WITH GLUTEN)		SALADS	
Barley	Butterhead lettuce	Cherry	
Gluten	Lamb's lettuce	Pineapple	
Oats	Chicory	Watermelon	
Rye	Endive	Apple	
Spelt	Iceberg lettuce	Apricot	
Wheat	Lollo rosso	Banana	
	Radicchio	Grape	
	Rocket	Kiwi	
	Romaine / cos lettuce	Lemon	
VEGETABLES		LEGUMES	
Broccoli	Soyabean	Almond	
Carrots	Green bean	Linseed	
Celeriac, knob celery	Green pea	Hazelnut	
Cucumber	Broad bean	Peanut	
Red cabbage	Chickpeas	Pistachio	
Sweet pepper	Lentil	Poppy seeds	
Tomato	Mung bean, green gram	Sunflower seed	
Aubergine		Cashew kernels	
Beetroot		Cocoa bean	
Chili Cayenne	FISH & SEAFOOD		
Courgette	Crayfish	Pumpkin seeds	
Kohlrabi (turnip cabbage)	Tunafish	Sesame	
Leek	Ocean perch	Walnut	
Olive	Pollock	Brazil nut	
Onion	Salmon	Coconut	
Potato	Cod, codling	Macadamia nut	
Brussels sprouts	Anchovy	Pine nut	
Cauliflower			
MILK PRODUCTS		SEEDS & NUTS	
		Almond	
		Linseed	
		Hazelnut	
		Peanut	
		Pistachio	
		Poppy seeds	
		Sunflower seed	
		Cashew kernels	
		Cocoa bean	
		Pumpkin seeds	
		Sesame	
		Walnut	
		Brazil nut	
		Coconut	
		Macadamia nut	
		Pine nut	
FOOD ADDITIVES		COST : 42,500- REPORT	
		Guar flour (E412)	
COMPLEM COUNSELL			

IMUPRO COMPLETE: 270 TESTED FOODS AT A GLANCE

MEAT

Beef
Chicken
Pork
Lamb
Turkey hen
Deer
Duck
Goat meat
Goose
Hare
Ostrich meat
Quail
Rabbit
wild boar
Vanison
Veal

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

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

CEREALS (WITH GLUTEN)

Barley
Gluten
Oats
Rye
Spelt
Wheat
Kamut

VEGETABLES

Broccoli
Carrots
Celeriac, knob celery
Cucumber
Red cabbage
Sweet pepper
Tomato
Aubergine
Beetroot
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
Bamboo shoots
Chard, beet greens
Chili Habanero
Chili Jalapeno
Fennel
Molokhia
Okra, lady's finger
Stalk celery

MUSHROOMS

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

SPICES & HERBS

Garlic
Horseradish
Mustard seed
Basil
Cinnamon
Nutmeg
Oregano
Paprika, spice
Parsley
Pepper, black
Rosemary
Thyme
Vanilla
Chive
Alfalfa
Allspice
Aniseed
Bay leaf
Capers
Caraway
Cardamom
Chervil
Clove
Coriander
Cumin
Dill
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
Chicory
Endive
Iceberg lettuce
Lollo rosso
Radicchio
Rocket
Romaine / cos lettuce
Dandelion

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
Angler, monkfish
Blue mussels
Eel
Iridescent shark
Lobster
Octopus
Oysters
Red Snapper
Scallop
Sea bass
Shrimp, prawn

EGG

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

FRUITS

Raspberry
Cherry
Pineapple
Watermelon
Apple
Apricot
Banana
Grape
Kiwi
Lemon
Nectarine
Orange
Strawberry
Avocado
Date
Fig
Lychee
Mango
Papaya
Peach
Pear
Plum
Yellow plum
Blackberry
Blueberry
Cranberry
Currant
Gooseberry
Grapefruit
Guava
Honeydew melon
Lime
Lingonberry
Mandarin
Pomegranate
Prickly pear
Quince
Rhubarb
Sea buckthorn

Pistachio

Poppy seeds
Sunflower seed
Cashew kernels
Cocoa bean
Pumpkin seeds
Sesame
Walnut
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

Red algae (Nori)
Spirulina

SPECIALS

Aloe vera
Aspergillus niger
Candida
Candied lemon peel
Vine leaves

TEA, COFFEE & WINE

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

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

SEEDS & NUTS

Almond
Flax, linseed
Hazelnut
Peanut

COST : 56,500

REPORT TAT : 4 WEEKS

**COMPLEMENTARY
COUNSELLING INCLUDED**

Imu~~x~~Pro

Right Food. Better Health.



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