



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

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.



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

¹ caps. chinense
² caps. annum
³ caps. frutescens

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

Rice

CEREALS (WITH GLUTEN)

Gluten

VEGETABLES

Carrots
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
Hazelnut

MILK PRODUCTS

Goat milk and cheese
Milk (cow)
Sheep milk and cheese

YEAST

Yeast (beer, bread)

COST: 10,500
REPORT TAT: 3 WEEKS

IMUPRO SCREEN: 44 TESTED FOODS AT A GLANCE

MEAT

Beef
Chicken
Pork

CEREALS (WITH GLUTEN)

Barley
Gluten
Oats
Rye
Spelt
Wheat

VEGETABLES

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

MUSHROOMS

Oyster mushrooms

SPICES & HERBS

Garlic
Horseradish

Mustard seed
Curry

SWEETENERS

Honey (mixture)

LEGUMES

Soyabean

FISH & SEAFOOD

Crayfish
Cod, codling

EGG

Chicken egg

FRUITS

Raspberry
Cherry
Pineapple
Watermelon

SEEDS & NUTS

Almond
Flax, linseed
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)

COST: 16,500
REPORT TAT: 3 WEEKS

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

Seeds & Nuts

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

FRUITS

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

COST: 26,500

REPORT TAT: 3 WEEKS



COST: 26,500
REPORT TAT: 3 WEEKS

ImuPro Vegetarian Diet (90 trigger food items)

CEREALS AND ALTERNATIVES TO MILK PRODUCTS

STARCH

■ Gluten
■ Rye
■ Oats
■ Barley
■ Spelt
■ Wheat

CEREALES

■ Amaranth
■ Buckwheat
■ Millet
■ Maize, sweet corn
■ Quinoa
■ Rice
■ Sweet potato

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

MUSHROOMS

■ Meadow mushrooms

EGG

■ Chicken egg

YEAST

■ Yeast

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

SALADS

■ 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⁺: 180 TESTED FOODS AT A GLANCE

MEAT

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

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

MUSHROOMS

Meadow mushrooms

SPICES & HERBS

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

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

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

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)

COST: 36,500

REPORT TAT: 3 WEEKS

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

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

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

COST: 47, 500
REPORT TAT: 3 WEEKS

Imu X Pro

Right Food. Better Health.



C 2 / 1, S.D.A. Aurobindo Marg
Next to Aurobindo Market
New Delhi - 110016
Tel.: +91 11 45004200
www.drdangslab.com



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