

Medicines which must be avoided by patients with histamine intolerance

Medicines list with diamine oxidase blockers and histamine liberators

Do not change your medicines without consulting your health professional!

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Active substance	Histamine liberators or DAO blockers	Histamine liberators	DAO blockers	Vitamin B6 antagonists	Increases allergic histamine liberation
* Contrast media *	Maintz 2007	Steneberg 2007			
Acemetacin			Steneberg 2007		
Acetylcysteine	Maintz 2007		Jarisch 2004, Steneberg 2007		
Acetylsalicylic acid	Maintz 2007	Steneberg 2007			Jarisch 2004
Acriflavine			Steneberg 2007		
Alcuronium	Maintz 2007				
Alprenolol	Maintz 2007				
Ambroxol	Maintz 2007		Jarisch 2004, Steneberg 2007		
Amloride	Maintz 2007				
Aminophylline	Maintz 2007		Jarisch 2004		
Amitriptyline	Maintz 2007		Jarisch 2004, Steneberg 2007		
Barbiturate		Steneberg 2007			
Cefotiam	Maintz 2007				
Cefuroxime	Maintz 2007				
Chinidin			Steneberg 2007		
Chloroquin			Jarisch 2004, Steneberg 2007		
Choroquine	Maintz 2007				
Cimetidine	Maintz 2007		Steneberg 2007		
Clavulanic acid	Maintz 2007		Jarisch 2004, Steneberg 2007		
Codein		Steneberg 2007			
Cyclophosphamide	Maintz 2007				
D-Cycloserin			Steneberg 2007	Steneberg 2007	
D-Tubocurarin	Maintz 2007	Steneberg 2007			
Diazepam			Steneberg 2007		
Diclofenac		Steneberg 2007			Jarisch 2004
Dihydralazine	Maintz 2007		Steneberg 2007		
Dobutamine	Maintz 2007				
Flurbiprofen					Jarisch 2004
Framycetin			Steneberg 2007		
Furocemid			Steneberg 2007		
Haloperidol			Steneberg 2007		
Hydrazilin				Steneberg 2007	
Indometacin		Steneberg 2007			Jarisch 2004
Isoniazid	Maintz 2007		Jarisch 2004, Steneberg 2007	Steneberg 2007	
Ketoprofen		Steneberg 2007			Jarisch 2004
Meclofenamin acid					Jarisch 2004
Mefenamin acid		Steneberg 2007			Jarisch 2004
Metamizole	Maintz 2007		Jarisch 2004, Steneberg 2007		
Metoclopramide	Maintz 2007		Jarisch 2004, Steneberg 2007		
Morphine	Maintz 2007	Steneberg 2007			
Naproxen					Jarisch 2004
Pancuronium	Maintz 2007		Steneberg 2007		
Pentamidin	Maintz 2007				
Pethidine	Maintz 2007				
Prilocaine	Maintz 2007				
Propafenone	Maintz 2007		Jarisch 2004		
Theophyllin			Steneberg 2007		
Thiopental	Maintz 2007				
Verapamil	Maintz 2007		Jarisch 2004, Steneberg 2007		

References

R. Jarisch (2004) Histamin-Intoleranz. Histamin und Seekrankheit. Thieme, ISBN 3-13-105382-8

L. Maintz, N. Novak (2007) Histamine and histamine intolerance, Am. J. Clin. Nutr. 85: 1185-1196

A. Steneberg (2007) Biogene Amine - Ernährung bei Histamin-Intoleranz, Umwelt & Gesundheit 2: 47-55

Notes

DAO Diamine oxidase (enzyme which breaks down histamine)

NSAID Nonsteroidal anti-inflammatory drugs