

Histamine Whole Blood

	Blood/Serum	Result	Reference value
Histamine	Whole blood	50	28 - 51 µg/l

Explanation

Histamine is a tissue hormone and has vasoactive properties. Among other things, it regulates the permeability of the vascular walls of blood vessels. If the histamine level is too low, the structure of the vascular walls of the blood vessels is too dense, which makes gas- and liquid exchange and the transport of building blocks such as amino acids, fatty acids and vitamins to the tissues more difficult. Conversely, the removal of waste materials is also made more difficult. This is also the cause of frequently occurring skin complaints. Sensitivity to histamine can lead to extreme allergic symptoms or hypersensitivity reactions to products that can release histamine or are rich in histamine. This phenomenon is called hyperreactivity. Similar to other hormones, a prolonged concentration of histamine reduces the number of histamine receptors.

With hyperreactivity, smaller amounts of histamine can still be tolerated. Histamine is found in many foods (histamine-rich foods) or can be released by eating certain foods (histamine releasers) in the body. Complaints only occur when the threshold value of histamine is exceeded. This limit is very variable. It not only differs between individuals, but can also vary from day to day within a person. Factors such as stress, smoking, alcohol and physical exertion can lower this limit, making it easier for complaints to arise.

In this case normal values have been found for histamine.