

Low Histamine Diet Challenge



Histamine Producing Gut Bacteria

Probiotics

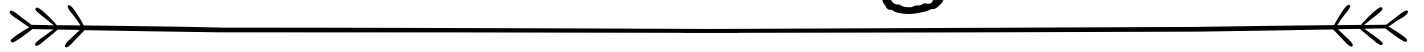
- Lactobacillus brevis
- Lactobacillus casei
- Lactobacillus fermentum
- Lactobacillus helveticus
- Lactobacillus lactis
- Lactobacillus reuteri
- Enterococcus faecium
- Streptococcus thermophilus

Pathogens

- Morganella morganii*
- Klebsiella pneumoniae
- Klebsiella oxytoca
- Hafnia Alvei

*Produces high levels of histamine

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Citation

Deepika Priyadarshani, W. Mesthri, & Rakshit, S. K. (2011). Screening selected strains of probiotic lactic acid bacteria for their ability to produce biogenic amines (histamine and tyramine). *International journal of food science & technology*, 46, 2062-2069.

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