

EFFECT OF A HISTAMINE RICH MEAL VERSUS A LOW HISTAMINE MEAL ON URINARY HISTAMINE AND N-METHYLHISTAMINE EXCRETION

Linde Van Aelst

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A pilot crossover study in 10 healthy volunteers found that ingestion of a histamine-rich meal compared to a low-histamine meal did not increase urinary n-methylhistamine excretion and caused only a transient increase in postprandial fullness at 15 minutes.

KEY POINTS

- In 10 healthy volunteers (70% female, mean age 23.8 years), urinary n-methylhistamine excretion did not differ between histamine-rich and low-histamine meals (34.5 ± 8.8 vs 36.3 ± 10.3 $\mu\text{g/g}$ creatinine, $p=0.779$).
- Urinary histamine levels were below the detection limit in the majority of samples, precluding statistical analysis of this marker.
- Overall gastrointestinal symptom scores did not differ significantly between the two meal types over the 4-hour observation period.
- At 15 minutes postprandially, the histamine-rich meal was associated with higher postprandial fullness scores (mean difference 0.4, 95% CI 0.01–0.79, $p=0.038$), but this effect was transient.
- The study explored urinary histamine measurement as a potential non-invasive tool to detect food reactions in functional dyspepsia and irritable bowel syndrome, conditions affecting approximately 20% of the population.

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