



## VEGETARIAN FOODS TESTED



### CEREALS AND STARCH

- Gluten
- Rye
- Oats
- Barley
- Spelt
- Wheat

### ALTERNATIVES TO CEREALS

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

### EGG

- Chicken egg

### MILK PRODUCTS

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

### YEAST

- Yeast

### MUSHROOMS

- Meadow mushrooms

### 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
- Curcuma
- Oregano
- Parsley
- Pepper
- Mustard seed
- Vanilla

■ = Superfoods

To find out which foods are tested in the other ImuPro testing options, please see [www.imupro.com](http://www.imupro.com)

## IMPROVE YOUR WELL-BEING



**Nutrition** is an important part of your health. It has a **great influence** on our **mood, energy and well-being**. Not every food makes you feel well. Sometimes you feel tired and unmotivated after eating.

This can have various reasons; one of these may be a delayed food allergy. The ImuPro concept can help you find out your personal trigger foods and in combination with the personalized nutritional guidelines, your well-being may increase.

With this knowledge you can improve your well-being. With ImuPro you feel more comfortable and fitter.

So, get rid of your IgG food allergies now with ImuPro and **improve your well-being.**



Vegetarian

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## YOUR BUILDING BLOCKS FOR BETTER WELL-BEING

*Fits Perfectly to a Vegetarian Lifestyle*

## BOOST YOUR WELL-BEING



### ImuPro might be the next step

As a **vegetarian** you already care for your body, environment and nutrition as these factors very important in your life.

As you probably know, **food has a great influence on our mood, energy and well-being**. But not every food is equally good for us - surely you know this. Sometimes, after eating, you feel lethargic and groggy. One reason for this may be an IgG food allergy.

### What is an IgG Food allergy?

If you have an IgG food allergy, your immune system produces food specific IgG antibodies. These antibodies can lead to inflammatory processes within your body and causes inflammatory reactions with negative impact on your health and well-being.

Unfortunately, symptoms do not appear immediately, but only hours or even up to three days after the consumption of a trigger food. The late appearance of symptoms is the reason why it is difficult to pinpoint your trigger foods.

### Symptoms that may occur:

**Irritable Bowel Syndrome**

**Headache**

**Nausea**

**Lethargy**

**Obesity**

**Fatigue**

**Migraine**

**Stomachache**

### Start with ImuPro now your way to better well-being, to stay fit, vital and healthy!

ImuPro supports you with an individual vegetarian concept, to find your inner balance. For advancing on your way to health and well-being through your nutrition, a personalized diet based on your individual lab results for potential IgG food allergy trigger foods might be the next step to improve your well-being. Besides common foods also superfoods can enrich your vegetarian lifestyle. Therefore we included a selection of superfoods in the ImuPro vegetarian panel.



### Superfoods



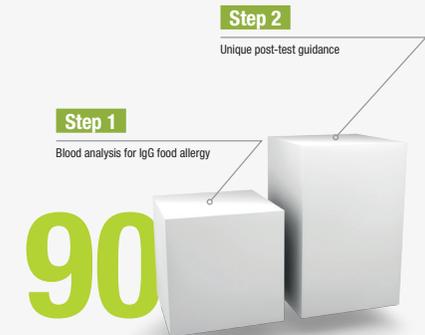
Superfoods are foods with high levels of valuable nutrients such as vitamins, omega-3-fatty acids, antioxidants and minerals. Superfoods range from foods recently introduced to Western nutrition such as Goji berries, Acai, Acerola and Chia-seeds to traditional foods such as spinach and carrots as well as many berries, nuts and seeds.

## NUTRITIONAL ANALYSIS AND PERSONALISED GUIDANCE



### Why could ImuPro be the next step for you?

ImuPro is a blood test which detects the levels of food specific IgG antibodies (step 1). In combination with the nutritional concept based on your individual test results (step 2), ImuPro may help you change your diet and improve your well-being. By eliminating foods which cause you problems, your body can recover and your symptoms disappear.



90 foods are tested within the vegetarian panel. Together with your test results, you will receive your individual nutritional concept – **Your building blocks for more well-being**

**Note:** An IgG food allergy should not to be mistaken for a classical 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. ImuPro does not detect IgE food allergies.