

Nutra-Hist

Dietary Supplement | 4 fl oz. (120 mL)

- Immune Response
- Histamine Support
- Inflammatory Response Support
- Seasonal and Environmental Support

Systemic Support for Mast Cell & Histamine Balance

Histamine activity plays a role in multiple systems throughout the body. When histamine activity is heightened, many may notice occasional congestion, skin reactivity, digestive discomfort, brain fog, sleep challenges, or increased sensitivity to certain foods or environmental factors.

Nutra-Hist is a professional-grade liquid blend designed to support balanced histamine activity throughout the body – not just in the respiratory tract.* It combines seven clinically studied botanicals – Perilla Seed, Stinging Nettle Leaf, Baikal Skullcap, Lemon Balm, Black Cumin Seed, Turmeric Root, and Noni Fruit – selected to support mast cell stability for normal histamine release and promote healthy histamine receptor activity.*

Unlike many formulas that focus primarily on H1 receptors, Nutra-Hist provides support across H1, H2, and the uniquely targeted H4 pathway to help maintain respiratory, digestive, skin, and immune comfort.*

Produced using NutraMedix's hydro-ethanol extraction process, Nutra-Hist preserves each plant's full spectrum of beneficial flavonoids – including quercetin, luteolin, rutin, apigenin, and fisetin – delivering broader bioactive support than formulas made with isolated compounds.* Crafted using NutraMedix's hydro-ethanol extraction process, Nutra-Hist preserves each plant's complete profile of flavonoids, including quercetin, luteolin, rutin, apigenin, and fisetin.



This “whole-herb” extraction offers a broader range of bioactive compounds compared to formulas that rely on isolated compounds such as quercetin.*

Who's It For?

- People with ongoing health concerns and mast cell related sensitivities
- Individuals with heightened histamine responses
- Those experiencing periodic respiratory discomfort due to seasonal or environmental factors
- Individuals sensitive to pollen, mold, dust, perfumes, or chemicals
- Individuals experiencing digestive or cognitive challenges linked to histamine sensitivity

Benefits

- Promotes mast cell stability and balanced histamine release*
- Encourages healthy inflammatory and immune responses, including Th1/Th2 balance*
- Supports respiratory comfort and healthy nasal, sinus, and mucosal function*
- Supports healthy responses to common environmental and seasonal triggers*
- Provides antioxidant support for cellular and mucosal health*

Features

- Multi-botanical formula delivers complete mast cell and histamine support*
- “Whole-herb” extraction preserves each plant’s full profile of bioactive flavonoids (including quercetin, luteolin, rutin, apigenin, and fisetin)
- Liquid format for enhanced absorption and easy titration
- Manufactured in-house under strict cGMP standards

Supplement Facts

Ingredients

Proprietary Blend (2 mL): Stinging nettle leaf extract, Lemon balm leaf extract, Perilla seed extract, Black cumin seed extract, Baikal skullcap root extract, Turmeric root extract, Noni fruit extract

Other Ingredients: Mineral water, ethanol (20-24%)

Suggested Use

40 drops (2 mL) in 4 oz of water; wait one minute before drinking. Use twice daily or as directed by a physician. For children under 2, use under the guidance of a healthcare practitioner. See product label for full directions.

Ingredient Highlights



Stinging Nettle Leaf: Traditional botanical that supports healthy histamine balance and mast cell function to promote respiratory and immune comfort.*



Lemon Balm Leaf: Calming Mediterranean mint that helps maintain normal mast cell activity and supports balanced histamine levels for normal digestive function.*



Perilla Seed: Herb with naturally occurring omega-3s, traditionally used to support healthy immune signaling and mast cell balance for respiratory wellness.*



Black Cumin Seed: Ancient spice that supports normal mast cell activity and helps maintain healthy histamine balance throughout the digestive system.*



Baikal Skullcap Root: Traditional Chinese herb containing flavonoids that support mast cell balance and healthy histamine activity for immune and respiratory wellness.*



Turmeric Root: Golden-hued Ayurvedic root containing antioxidants that support healthy inflammatory and histamine pathways for overall immune balance.*



Noni Fruit: Tropical Polynesian fruit that supports mast cell balance and promotes healthy immune and histamine responses for skin and digestive wellness.*