



Optimize your health with

# FOOD

*Intolerance Test*

---

A unique platform for identification  
of food-IgG

# What is Food Intolerance?

Food intolerance occurs when a person has difficulty digesting a particular food, and as a result, has an adverse physiological response to that particular food.

Gastrointestinal discomfort arises due to IgG antibodies which are sensitised by specific food proteins.

## Symptoms that can call for Food Intolerance Test



### GASTROINTESTINAL

Abdominal Bloating, Cramping, Constipation, Diarrhoea, Vomiting



### CENTRAL NERVOUS SYSTEM

Migraine, Headache, Fatigue, Dizziness



### DERMATOLOGICAL

Atopic Dermatitis, Eczema, Acne, Itchy Skin, Rashes



### MUSCULOSKELETAL

Joint Pain, Aching Muscles, Weakness







### RESPIRATORY

Asthma, Rhinitis, Sinusitis, Wheezing

## Food Intolerance or Allergy ?

It is difficult to determine whether the patient has a food intolerance or an allergy because the signs and symptoms often overlap. Often thought to be variations of the same thing, food allergies and intolerances are in fact very different.

FOOD INTOLERANCE	v/s	FOOD ALLERGY
Where individual components of food cannot be properly processed by the digestive system.	<b>What is it?</b>	A hypersensitivity to certain foods that triggers an immune system response where antibodies are produced to "kill off" the food.
<b>Usually less serious but more common</b>	<b>Severity</b>	<b>Can be severe or life-threatening</b>
<b>90%</b>	<b>Affected percentage of population</b>	<b>04%</b>
Can develop at any age	<b>Affected age group</b>	Develops from infancy
 Delayed response up to <b>24 hours</b>	<b>Response Time</b>	 Immediately to a couple hours
 Can usually eat quite a bit before symptoms arise	<b>How much food</b>	 Takes a very small amount to cause reaction

### MOST COMMON FOOD INTOLERANCES:



Wheat/Gluten



Dairy



Fruit/Veg



Meats

### MOST COMMON FOOD ALLERGIES:



Cow's Milk



Fish/Shellfish



Tree Nuts



Peanuts

# FoodPrint : MicroArray food-IgG Test

## Test to Trace Food Sensitivities

**Microarray food-IgG test** is rapid colorimetric microarray-based ELISAs for the measurement of IgG antibodies to a variety of foods in human serum.

### REVEALS

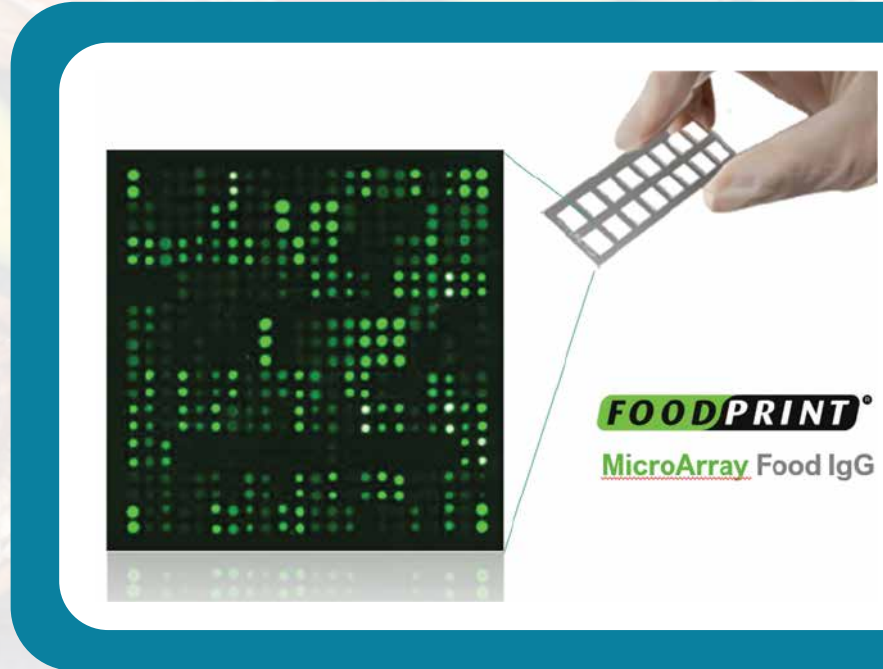
Finds out the presence & extent of food-IgG Ab

### INDICATES

Higher extent of food-IgG antibodies may indicate immune compromised status

### PREVENTS

Elimination diet not only heals the leaky gut (gut inflammation) but may also help strengthen gut immunity



## Clinical Highlights:

- Comprehensive and highly sensitive platform for identification of food-IgG against 215 foods.
- The most effective and accurate way to determine and remove/ reduce reactive foods from patient's diet.
- Helps avoid nutrient deficiencies when eliminating reactive foods, substitute with similar alternatives and improve overall patient's health.
- Offers significant benefits over a traditional ELISA based approach.
- Rapid turn around time.

“An elimination diet based on food-specific IgG testing is an effective, reliable & valid aid in the management of chronic illness.”

**76%**

saw significant symptom improvement

**68%**

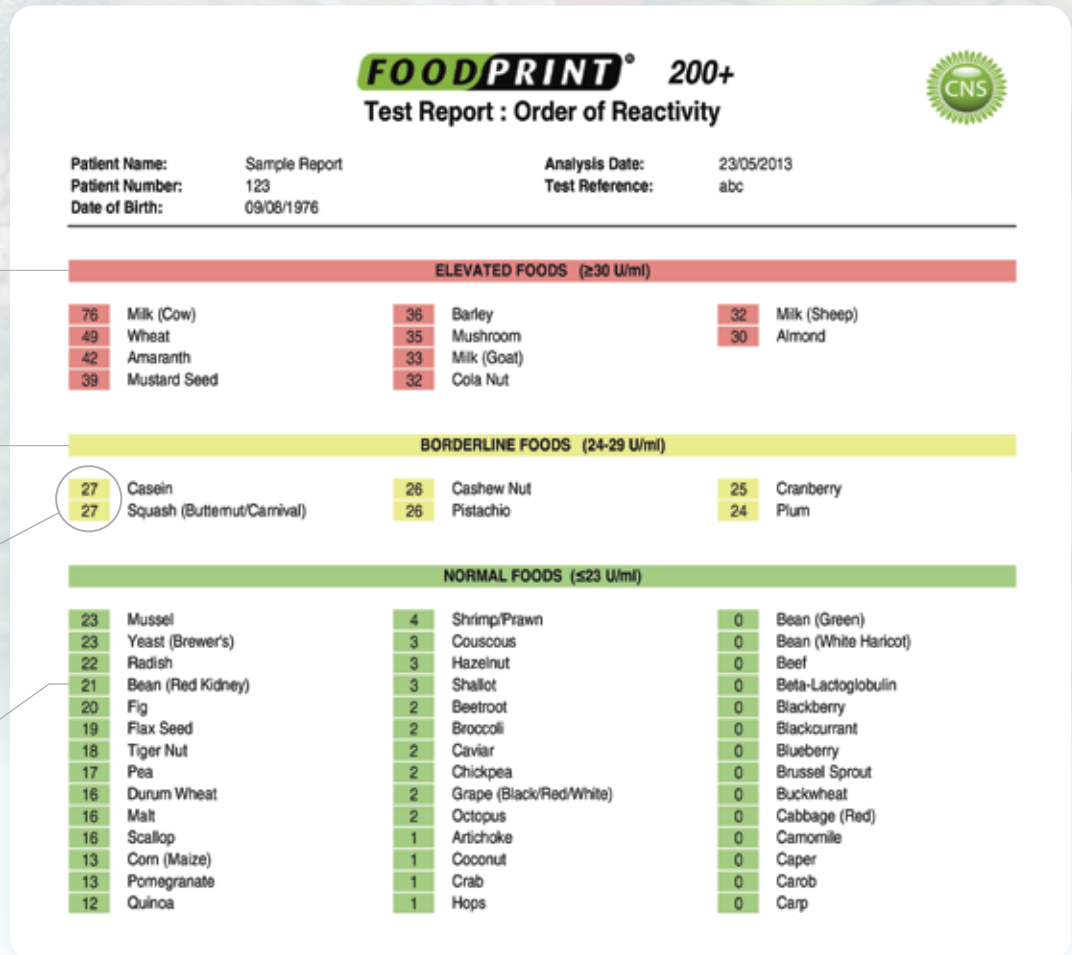
saw benefit within three weeks

**92%**

had symptoms return when reactive food added back to diet

## Report Illustration:

The report neatly categorizes the food items into red (to avoid), yellow (to eat in moderation) and green (to eat liberally) helping to optimise the eating plan and eliminate the foods that causes adverse effects in the patient's body.



**Elevated IgG levels**  
(strong reaction)

**Borderline IgG levels**  
(Moderate reaction)

**Concentration of IgGs U/ml**

**Normal IgG levels**  
(no/low reaction)

## Test Ordering Information

Test Code	Test Name	Sample	Method	TAT
F0103	Food intolerance Test	2ml serum in SST/Red Top (No Additive) tube	Protein Microarray Technology	3 Days



support@mfine.co



www.mfine.co

