

## Patient Information

### Food Intolerance Test

A food intolerance test may be used to help identify trigger foods that can contribute to symptoms of fatigue, digestive issues, skin problems, inflammation, autoimmune conditions, sinusitis, chronic respiratory conditions, reflux, migraines and many others.

A food intolerance is not an allergy and you may only need to exclude foods for a certain period. It may be most important to heal the digestive tract to get to the root cause of the issue. A damaged or sensitive digestive tract allows particles of foods into the blood stream where our immune system is then activated, resulting in inflammation that can manifest as symptoms anywhere in the body. The results of a food intolerance test therefore are most helpful in knowing which foods to exclude first, or which may be better used in rotation in order to allow the digestive tract to heal. You may need to use certain foods and supplements to aid this recovery which is best carried out under the supervision of your nutritionist.

#### Who should take this test?

Your nutritionist will discuss the applicability of this test with you. Some of the following symptoms may indicate the usefulness of this test for you, but not in all cases:

- Digestive symptoms
- Fatigue, chronic fatigue
- Inflammation, autoimmune conditions or other inflammatory conditions
- Chronic respiratory conditions, recurrent sinusitis, congestion
- Skin rashes, psoriasis
- Migraines, depression

#### Test Procedure

- This test is a simple pin-prick test which can be easily carried out at home. All instructions are included in the kit including the return envelope – please follow the instructions carefully. Ensure hands are very warm before beginning. Once you have pricked the skin, allow blood drop to form and then gently touch off it with the collection tube to allow it to rise up the tube, do not jab at finger.
- Please eat a wide range of foods before carrying out this test. Any food that has been excluded for 4-6 weeks may not react in this test. To indicate a reaction to a food, it should be included for 6 weeks before carrying out this test.
- Important note: do not eat any foods that you have had a severe reaction to in the past. Consult with your GP if in doubt as to the suitability of this test.
- The minimum age for carrying out this test is 16 years. The test is suitable from age 2 but must be accompanied by GP referral with the actual blood draw carried out under the supervision of the GP.
- Results will be returned to your nutritional therapist in approximately 2 weeks.

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### The preliminary Food Indicator Test      €15

This measures your total IgG response as a preliminary test. If your response is over a certain threshold, it will indicate to you whether there are IgG responses to food and whether it is worth taking one of the food intolerance panels. You will not need to give another sample to carry out the food intolerance test.

### Food Intolerance Panels

#### A. 60 samples      €165

**Dairy & Eggs:** Egg White, Egg Yolk, Milk (Cow's), Milk (Goat's)

**Grains:** Barley, Corn (Maize), Durum Wheat, Gluten, Oat, Rice, Rye, Wheat

**Meats:** Beef, Chicken, Lamb, Pork, Turkey, Venison

**Fish & Seafood:** Cod, Crab, Haddock, Lobster, Oyster, Plaice, Salmon, Shrimp/Prawn, Trout, Tuna

**Vegetables:** Bean (Red Kidney), Bean (White Haricot), Broccoli, Brussel Sprout, Cabbage (Savoy/White), Carrot, Cauliflower, Pea, Potato, Soya Bean

**Fruit:** Apple, Avocado, Blackberry, Cherry, Grape, Grapefruit, Lemon, Lime, Orange, Pear, Pineapple, Raspberry, Strawberry

**Nuts & Seeds:** Almond, Brazil Nut, Cashew Nut, Hazelnut, Peanut, Pistachio

**Herbs/Spices:** Chilli (Red), Garlic, Ginger, Mustard Seed, Peppercorn

**Miscellaneous:** Mushroom, Yeast (Baker's), Yeast (Brewer's)

#### B. 93 samples      €255

**Dairy and Eggs:** Cow's Milk, Egg White, Egg Yolk, Goat Milk, Sheep's Milk

**Grains:** Barley, Buckwheat, Corn, Durum Wheat, Gliadin, Millet, Oat, Rice, Rye, Spelt, Wheat

**Meats:** Beef, Chicken, Lamb, Pork, Turkey, Venison

**Fish:** Lobster, Cod, Crab, Herring, Mackerel, Mussel, Plaice, Prawn, Salmon, Sole, Haddock, Tuna

**Vegetables:** Aubergine, Avocado, Beetroot, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Haricot Bean, Leek, Lentil, Lettuce, Onion, Pea, Peppers, Potato, Soya Bean, String Bean, Sunflower Seeds, Tomato, Chilli Pepper

**Fruit:** Apple, Raspberry, Banana, Blackcurrant, Grape, Grapefruit, Kiwi Fruit, Lemon, Melon, Olive, Orange, Peach, Pear, Pineapple, Blackberry, Strawberry

**Nuts:** Almond, Brazil Nut, Cashew Nut, Coconut, Hazelnut, Peanut, Walnut

**Herbs/Spices:** Garlic, Ginger, Nutmeg, Pepper, Sesame Seeds

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**Miscellaneous:** Vanilla, Carob, Cocoa Bean, Coffee, Mushroom, Rapeseed, Tea, Yeast (Bakers/Brewers)

### C. 200 samples €340

**Dairy & Eggs:** Alpha-Lactalbumin, Beta-Lactoglobulin, Casein, Egg White, Egg Yolk, Milk (Buffalo), Milk (Cow's), Milk (Goat's), Milk (Sheep's)

**Grains:** Amaranth, Barley, Buckwheat, Corn (Maize), Couscous, Durum Wheat, Gliadin, Malt, Millet, Oat, Rice, Rye, Spelt, Tapioca, Wheat, Wheat Bran(Maize)

**Fish & Seafood:** Anchovy, Bass, Carp, Caviar, Clam, Cockle, Cod, Crab, Cuttlefish, Eel, Haddock, Hake, Herring, Lobster, Mackerel, Monkfish, Mussel, Octopus, Oyster, Perch, Pike, Plaice, Salmon, Sardine, Scallop, Sea Bream, Shrimp/Prawn, Sole, Squid, Swordfish, Trout, Tuna, Turbot

**Meats:** Beef, Chicken, Duck, Horse, Lamb, Ostrich, Ox, Partridge, Pork, Quail, Rabbit, Turkey, Veal, Venison, Wild Boar

**Vegetables:** Artichoke, Asparagus, Aubergine, Bean (Broad), Bean (Green), Bean (Red Kidney), Bean (Haricot), Beetroot, Broccoli, Brussel Sprout, Cabbage , Red), Cabbage (Savoy/White), Caper, Carrot, Cauliflower, Celery, Chard, Chickpea, Chicory, Cucumber, Fennel, Leek, Lentil, Lettuce, Marrow, Onion, Pea, Peppers, Potato, Quinoa, Radish, Rocket, Shallot, Soya Bean, Spinach, Squash, Sweet Potato, Tomato, Turnip, Watercress, Yuca

**Fruit:** Apple, Apricot, Avocado, Banana, Blackberry, Blackcurrant, Blueberry, Cherry, , Cranberry, Date, Fig, Grape, Grapefruit, Guava, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Olive, Orange, Papaya, Peach, Pear, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Redcurrant, Rhubarb, Strawberry, Tangerine, Watermelon

**Nuts & Seeds:** Almond, Brazil Nut, Cashew Nut, Coconut, Flax Seed, Hazelnut, Macadamia Nut, Peanut, Pine Nut, Pistachio, Rapeseed, Sesame Seed, Sunflower Seed, Walnut

**Herbs & Spices:** Aniseed, Basil, Bayleaf, Camomile, Cayenne, Chilli (Red), Cinnamon, Clove, Coriander, Cumin, Curry (Mixed Spices), Dill, Garlic, Ginger, Ginkgo, Ginseng, Hops, Liquorice, Marjoram, Mint, Mustard Seed, Nettle, Nutmeg, Parsley, Peppercorn, Peppermint, Rosemary, Saffron, Sage, Tarragon, Thyme, Vanilla

**Miscellaneous:** Cane Sugar, Carob, Chestnut, Cocoa Bean, Coffee, Honey, Mushroom, Tea (Black), Tea (Green), Transglutaminase, Yeast (Baker's), Yeast (Brewer's)