

What is the difference between Food Intolerances and Food Allergies?

Food allergies and food intolerances are two different conditions with different causes and symptoms.

An allergy is an over-reaction of the immune system, your body's natural defence system. True allergy occurs when your body responds as though it's under attack, releasing Type I IgE antibodies to 'fight off' the allergen by mistake, even though the allergen is normally harmless. These are the antibodies that are measured in an IgE allergy test.

Allergic reactions are often triggered by food like peanuts, shellfish and milk, and inhaled allergens such as dust, pollen and pet dander. Allergy symptoms typically appear within **minutes to two hours** after you have been exposed to the allergen.

Food intolerances are characterised by slow-onset symptoms and the presence of Type III IgG antibodies in the blood. The reactions to an intolerance can occur from between **8 to 72 hours** after consumption of the offending food or additive, so are more difficult to pinpoint than food allergies.

Many people are oblivious to food intolerances until they take a comprehensive food intolerance test. The FoodPrint test tells you which test tells you which foods to exclude from your diet and which foods you should eat in moderation in order to reduce or eliminate symptoms.



Innovative Diagnostics is a medically managed service practice led by a group of doctors and supported by a dedicated team of senior and experienced industry professionals. We achieved the industry gold standard CAP Accreditation in 2013 and are forging a new path. We aspire to set industry benchmarks in doctor and patient experiences.

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Food Intolerance Test

Discover the link between what you are eating and why you feel unwell



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What is Food Intolerance?

Food intolerance can result from your body reacting adversely to certain foods. Although not life-threatening, food intolerance is associated with a range of unpleasant, often unexplained symptoms which can make daily life miserable for sufferers. Symptoms can last for several days or even weeks and are often intermittent, making it difficult to identify which foods are causing the problems.

Research has shown that food intolerance is linked to antibodies produced by your immune system when you eat certain foods. Using a small blood sample, food intolerance FoodPrint tests can identify IgG antibodies raised to over 200 foods.

The good news is that simply identifying these "problem" foods and eliminating them from your diet can result in a great improvement in symptoms.

Common Symptoms

If you are affected by one or more of the following, you may be suffering from food intolerance:

- . bloating
- . fatigue
- . headaches or migraine
- . constipation
- . skin problems
- . weight issues
- . anxiety



Why choose the FoodPrint® Food Intolerance Test?

FoodPrint is a laboratory test available at Innovative Diagnostics, which utilizes an innovative, microarray-based ELISA technology to measure food-specific IgG antibodies in whole blood. The flexibility of the system permits a wide range of food panels to be measured.

Innovative offers the FoodPrint 120+ tests and 200+ tests which test for 120 most common foods and 200 different key foods respectively.










By knowing which foods create chronic reactions to your body, you can manage your diet and avoid these reactions all together giving you the freedom to enjoy your life.

What are the advantages of The FoodPrint® ?

- Identification of causes instead of treating symptoms.
- Fast turnaround time of approximately 3 to 7 days.
- Analysis using the high quality microarray technology.
- Able to engage wide range of food panels.
- Individual personalized report with patient guidebook to help manage diet and balance nutrition.



FOODPRINT® Food Panels*

	FoodPrint® 40		FoodPrint® 60	FoodPrint® 120		FoodPrint® 200+		
Dairy/Egg 	Egg White Egg Yolk	Cow's Milk	Goat's Milk	Sheep's Milk		Alpha-Lactalbumin Beta-Lactoglobulin	Buffalo Milk	Casein
Fish & Seafood 	Cod Crab Haddock	Lobster Plaice Shrimp/Prawn	Oyster Salmon Trout Tuna	Herring Mackerel Mussel Scallop	Sole Swordfish Turbot	Anchovy Bass Carp Caviar Clam Cockle	Cuttlefish Eel Hake Monkfish Octopus Perch	Pike Sardine Sea Bream Squid
Fruit 	Apple Blackberry Grapefruit Lemon	Orange Pear Raspberry Strawberry	Avocado Cherry Grape Lime Pineapple	Apricot Banana Blackcurrant Cranberry Kiwi	Melon (Honeydew) Nectarine Olive Peach Plum	Blueberry Date Fig Guava Lychee	Mango Mulberry Papaya Pomegranate Raisin	Redcurrant Rhubarb Tangerine Watermelon
Cereals 	Barley Corn (Maize) Durum Wheat Gliadin	Oat Rice Rye Wheat		Buckwheat Millet	Wheat Bran	Amaranth Couscous	Malt Spelt	Tapioca
Herbs & Spices 			Garlic Ginger Mustard Seed Peppercorns (B/W) Red Chilli	Basil Cinnamon Clove Coriander Cumin Dill Hops	Mint Nutmeg Parsley Sage Thyme Vanilla	Aniseed Bayleaf Camomile Cayenne	Curry Spices Ginkgo Ginseng Licorice Marjoram Nettle	Peppermint Rosemary Saffron Tarragon
Meat 	Beef Chicken Lamb	Pork Turkey		Duck Veal	Venison	Horse Ostrich Ox	Partridge Quail	Rabbit Wild Boar
Nuts/Seeds 	Almond Cashew Nut	Hazelnut Peanut	Brazil Nut Pistachio	Coconut Sunflower Seed Walnut	Rapeseed Sesame Seed	Flax Seed Macadamia Nut	Pine Nut	Tiger Nut
Vegetables 	Bean (Red Kidney) Bean (White Haricot) Broccoli Cabbage	Cauliflower Pea Potato Soya Bean	Brussel Sprout Carrot	Asparagus Aubergine Bean (Green) Beetroot Celery Chicory Cucumber	Leek Lentil Lettuce Onion Peppers (Mixed) Spinach Tomato	Artichoke Bean (Broad) Cabbage (Red) Caper Chard Chickpea	Fennel Marrow Quinoa Radish	Rocket Shallot Squash Sweet Potato Turnip Watercress Yuca
Miscellaneous 	Yeast (Baker's)	Yeast (Brewer's)	Mushroom	Carob Tea (Black) Coffee	Cocoa Bean Tea (Green)	Agar Agar Honey Transglutaminase	Aloe Vera Cane Sugar	Chestnut Cola Nut

*FoodPrint® Indicator, Vegetarian, Vegan and Herbs/Spices panels are also available. To view the full range of foods tested, please visit www.camnutri.co.uk

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The FoodPrint Personalised Food Report

Every client receives a personalised food report:

- FoodPrint Results
Precise level of IgG antibody for every food item tested
Report 1 - foods are listed alphabetically in food groups
Report 2 - foods are listed in order of reactivity
Interpretation of test results

- Food Intolerance Information
Explanation of food intolerance terminology: food allergy, food intolerance, sensitivity, hypersensitivity
- Dietary Guidelines
Advise on dietary changes
Re-introduction of foods
Avoiding dairy, eggs, wheat/gluten and yeast
Frequently asked questions

FREQUENTLY ASKED QUESTIONS

How do I get started?

First discuss your symptoms with your doctor. Your doctor will be able to answer your questions, and if required order the test for you.

How do I do this test?

This test is done with a simple blood draw. With just one simple blood test, the FoodPrint® allows you to finally enjoy maximum freedom from food intolerances!

How long does it take to get results?

It takes 3 - 7 working days to get your report. The report will be sent to your doctor who will discuss the report with you at length. discuss the report with you at length.

Are these tests suitable for children?

We recommend a lower age limit of 2 years and any dietary changes should be under the supervision of a qualified health practitioner.

Do I need to visit a nutritionist to discuss results?

In order to obtain maximum benefit, it is advisable to visit a nutritionist to discuss the results. They will provide advice on how to eliminate foods, and will suggest alternatives to ensure that you are eating a nutritionally balanced diet.

I have been avoiding dairy and gluten; can I still have a test?

The food intolerance tests are based on an immune response which is why it is important to include these foods in your diet if you wish them to be tested.

What do I do if the test shows positive to any foods?

We suggest you eliminate these foods from your diet for 3 months, replacing them with healthy alternatives. After this time you should be able to reintroduce them