



## Introduction

Food intolerance is much more common than food allergy and the two should not be confused. A food intolerance occurs when your body has trouble digesting a certain food. This is usually a slow process and can develop many hours after you have eaten the problem food. Food allergy is a rapid and potentially dangerous condition when your immune system reacts to a particular food. The effect of a food intolerance should never be underestimated as its impact on sufferers can be significant, severely impacting on their ability to live normal healthy lives. Food intolerance can be the cause of a whole series of disorders.

## Why do I need this test?

By finding out what foods you are intolerant to, you can make important decisions on your diet by removing the foods from your diet and then slowly re-introducing them to build up tolerance to those foods. This could improve your health and wellbeing.

## What symptoms are associated with food intolerances?

Many people with food intolerance experience more than one symptom. Symptoms can often be vague and the root cause of the problem (food) is not always correctly diagnosed. Sufferers often complain of seeming to be in a 'fog', feeling bloated and being tired all the time. Some people will have one symptom such as a headache whilst others will be unfortunate to experience irritable bowel syndrome, migraine and skin or respiratory conditions. Symptoms don't always develop straight after consumption and can take up to 3 days to cause symptoms making detection very difficult. Other typical symptoms include bloating, stomach cramps, diarrhoea and constipation.

## What foods does this test detect intolerance to?

- Goat's milk
- Cow's milk
- Sheep's milk
- Yeast
- Baking powder
- Wheat
- Tuna
- Lobster
- Cod
- Sole
- Potato
- Marrow
- Aubergine
- Lettuce
- Bell Pepper
- Almond
- Peanut
- Cocoa
- Beet Sugar
- Honey
- Tea
- Olive
- Rice
- Maize
- Barley
- Coffee
- Turkey
- Chicken
- Cabbage
- Spinach
- Apple
- Pear
- Plum
- Grapes
- Kiwi
- Strawberry
- Tomato
- Garlic
- Onion
- Celery
- Carrot
- Pea
- Asparagus
- Cucumber
- Rabbit
- Pork
- Beef
- Lamb
- Hen's Egg
- Salmon
- Apricot
- Peach
- Banana
- Pineapple
- Melon
- Orange
- Lemon
- Walnut
- Pepper
- Spelt
- Bean
- Cephalopod Mix (molluscs and shellfish)
- Mushroom mix
- Soya

## Pack contents

- 1 test card
- 1 antiseptic wipe
- 2 lancets
- Patient Information form
- Instructions for use
- Pre-printed return envelope

**If any of the above items are missing from the pack please contact us urgently.**

## Precautions

1. Carefully read these instructions before taking the test.
2. Keep away from children.
3. The kit shall be used by adults or under the supervision of an adult.
4. The lancet should be only used once and never used on more than one person.
5. Do not use the kit after the expiry date.
6. Store at room temperature.
7. In vitro diagnostic kit for external use.

After use, all components must be disposed of carefully.

## Test Procedure

Open the foil containing the test sample card and write your name and the date you took the sample.

Wash hands with hot water and soap and dry them well. Using gentle pressure, massage the finger from which the sample is to be taken (the middle or ring finger is the best) by gently working the thumb of your free hand up to the tip of the finger.



Carefully twist off the protective cap from the lancet and then remove.



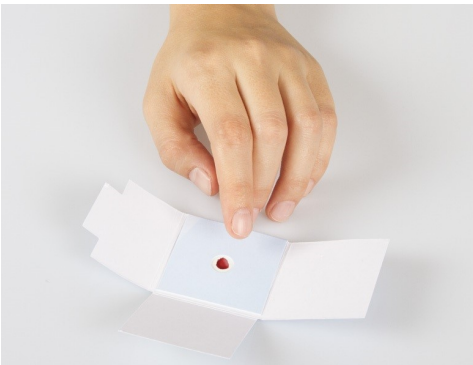
Press the lancet very firmly against the soft pad of your finger tip and press the button on the side of the lancet - this releases a very short needle, enough only to prick the skin. It is important to press the finger pricker firmly against the fingertip otherwise the skin will not be punctured.



Holding the punctured site downwards, with palm of hand facing upwards, continue to gently massage the finger until a large drop of blood appears. See picture below.



Drop the blood onto the circle on the card without actually touching the reactive area with the finger. It is important that you fill the whole of the circle. If you do not supply enough blood then the lab will be unable to obtain a result and you will need to buy a new test.



Place the card back into the foil pouch and then dispose of all the used materials.



Complete each field on the enclosed form and send it to us with the completed payment form and your sample using the provided pre-printed envelope.

## F.A.Q. - QUESTIONS AND ANSWERS

### What treatments are available for food intolerances?

In both adults and children the best treatment for food allergy or intolerance is completely avoiding the food causing you the allergy or intolerance. As children get older many of their intolerances disappear, but until you are sure of this, avoidance is the only truly successful treatment.

### Is it possible that food intolerances can cause a wide range of disorders?

Yes, food intolerances cause a state of inflammation that can spread to reach many organs. In addition, all inflammatory conditions may worsen due to ongoing Intolerance.

### I have heard about food allergy and food intolerance what's the difference

It is quite difficult to differentiate between a true food allergy and food intolerance. Food intolerances like food allergies, are adverse reactions to foods. However, food intolerances do not involve your immune system. The actual number of those suffering from allergic reactions to foods is relatively small. The symptoms they experience are usually food intolerances.

### If I am intolerant to a food should I eliminate it from my diet forever?

No, intolerance to a food can be of three different levels: First (or Mild) Second (or Moderate) and Third (or Severe). The test result may be specific to what degree is your intolerance for certain food. Together with the outcome of the test will be given specific guidance for its gradual re-introduction.

### Storage

This test should be stored at room temperature. Do not expose to direct sunlight.

**Your foil pouch will have a number on the outside. This is your unique reference number which should also appear on your customer information form. All numbers should be exactly the same as the one below:**

**This is your unique number for your samples If the numbers are different then please contact us. You should keep these instructions with your number on after you have posted your sample.**

**If you have any further questions, you can contact our customer service team using the contact details below. Please make sure you have your reference number (given above) to hand if you do contact us. Without this we will be unable to give you any information about your test.**

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