



FOODPRINT[®]

Food Intolerance Testing Service



Could your client be suffering from

Food Intolerance ?

Find out, order a test today!

Food Intolerance

Increasing Importance of Food Intolerance

Adverse reactions to foods are causing increasingly more health problems. Approximately, 5% of the population is affected by a food allergy, which produces an immediate onset of the symptoms often associated with an 'allergic response'. However, it is estimated that more than 40% of the population have a delayed type of reaction, which occurs several hours or days after a food is consumed. The delay in the appearance of symptoms makes it difficult to determine which foods could be considered as the trigger of the health problem.

Link to Chronic Complaints

If the small intestine becomes damaged (e.g. by stress, infections and medicines), partially digested foods can reach the blood stream. Certain areas of these foods are recognised as 'antigens' by the immune system and special IgG antibodies are formed against them. These IgG antibodies bind to the specific food proteins to form immune complexes, which can accumulate in joints, organs and the vascular system. Immune complexes are disseminated by an inflammatory reaction. If this recurs frequently, it can lead to a chronic process and subsequent health conditions.

Common symptoms include:

- Chronic gastro-intestinal problems: Irritable bowel syndrome, diarrhoea, bloating
- Skin problems: itching, neurodermatitis and psoriasis
- Depression and anxiety
- Hypertension
- Headaches and migraines
- Weight control
- Chronic Fatigue, Fibromyalgia
- Attention Deficit and/or Hyperactivity Disorder
- Arthritis



IgG Antibody Detection

Whilst simple elimination diets can be used to identify problem foods, this 'trial and error' approach is often imprecise and time consuming. It can take a long time before an individual, even with help from a health professional, identifies the offending foods and achieves long-term health improvements.

Detection of food-specific IgG antibodies is recognised as a reliable method to identify foods that may be causing symptoms and to guide the design of elimination diets based on the IgG antibody results. CNS has pioneered the application of enzyme-linked immunosorbent assay (ELISA) based technology for food-specific IgG antibody testing and, using this scientifically proven technique, has developed the FoodPrint® assay.

FoodPrint® Food Intolerance Test

FoodPrint® is a laboratory test available from CNS, which utilises 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:



FoodPrint® Indicator
Determine whether
food intolerances
are present



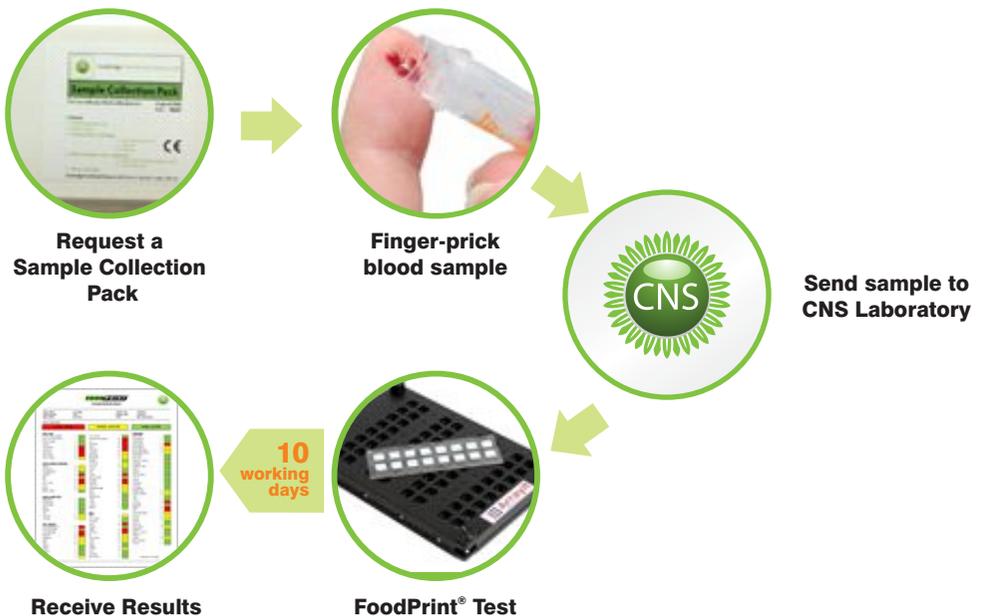
FoodPrint® 120, 200+
Test for responses
to different panels
of foods

Upgrading from one test panel to another, for example from FoodPrint® Indicator to FoodPrint® 120, is straightforward, cost-effective and can be performed using the same blood sample.

Advantages of FoodPrint® Test

- **Finger-prick blood sample** ▶ Less invasive than venous blood sampling
- **Quantitative IgG level** ▶ Food reactivity can be compared for optimal dietary planning
- **'Traffic Light' results** ▶ Easy to identify the 'problem' foods to avoid
- **Microarray technology** ▶ Added confidence in results
- **Wide range of food panels** ▶ Select the most appropriate panel depending on diet and budget
- **Free nutritional support** ▶ Guidance with dietary changes

Taking The Test



Personalised Food Report



Every client receives a personalised food report:

FoodPrint® Results

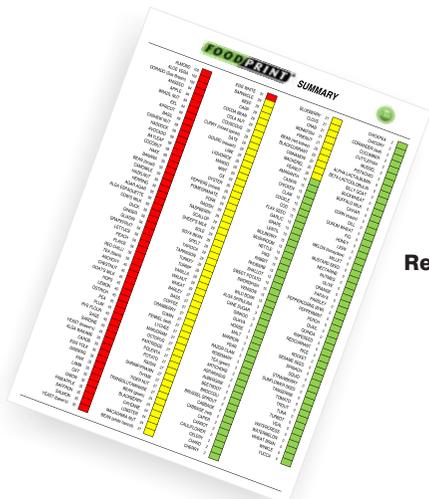
Precise level of IgG antibody for every food item tested
Report 1 – foods are listed alphabetically in food groups
Report 2 – foods are listed in order of reactivity
 Interpretation of test results

Food Intolerance Information

Explanation of food intolerance terminology:
 food allergy, food intolerance, fensitivity, hypersensitivity

Dietary Guidelines

Advise on dietary changes
 Re-introduction of foods
 Avoiding dairy, eggs, wheat/gluten and yeast
 Frequently asked questions



		FoodPrint [®] 40		FoodPrint [®] 60
Dairy/Egg		Egg White Egg Yolk	Cow's Milk	Goat's Milk
Fish & Seafood		Cod Crab Haddock	Lobster Plaice Shrimp/Prawn	Oyster Salmon Trout Tuna
Fruit		Apple Blackberry Grapefruit Lemon	Orange Pear Raspberry Strawberry	Avocado Cherry Grape Lime Pineapple
Cereals		Barley Corn (Maize) Durum Wheat Gliadin	Oat Rice Rye Flour Wheat	
Herbs & Spices				Garlic Ginger Mustard Seed Peppercorns (B/W) Red Chilli
Meat		Beef Chicken Lamb	Pork Turkey	
Nuts/Seeds		Almond Cashew Nut	Hazelnut Peanut	Brazil Nut Pistachio
Vegetables		Bean (Red Kidney) Bean (White Haricot) Broccoli Cabbage	Cauliflower Pea Potato Soya Bean	Brussel Sprout Carrot
Miscellaneous		Yeast (Baker's)	Yeast (Brewer's)	Mushroom

*FoodPrint[®] Indicator, Vegetarian, Vegan and Herbs/Spices panels are also available

FoodPrint® 120		FoodPrint® 200+		
Sheep's Milk		Alpha-Lactalbumin Beta-Lactoglobulin	Buffalo Milk	Casein
Herring Mackerel Mussel Scallop	Sole Swordfish Turbot	Anchovy Bass Carp Caviar Clam Cockle	Cuttlefish Eel Hake Monkfish Octopus Perch	Pike Sardine Sea Bream Squid
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
Buckwheat Millet	Wheat Bran	Amaranth Couscous	Malt Spelt	Tapioca
Basil Cinnamon Clove Coriander Cumin Dill Hops	Mint Nutmeg Parsley Sage Thyme Vanilla	Aniseed Bayleaf Camomile Cayenne	Curry Liquorice Marjoram Nettle	Peppermint Rosemary Saffron Tarragon
Duck Veal	Venison	Horse Ostrich Ox	Partridge Quail	Rabbit Wild Boar
Coconut Sunflower Seed Walnut	Rapeseed Sesame Seed	Flax Seed Macadamia Nut	Pine Nut	Tiger Nut
Asparagus Aubergine Bean (Green) Beetroot Celery Chicory Cucumber	Leek Lentil Lettuce Onion Peppers (Mixed) Spinach Tomato	Artichoke Bean (Broad) Cabbage (Red) Caper Chard Chickpea Gourd	Fennel Ginko Ginseng Marrow Quinoa Radish	Rocket Shallot Sweet Potato Turnip Watercress Yuca
Carob Tea (Black) Coffee	Cocoa Bean Tea (Green)	Agar Agar Honey Transglutaminase	Aloe Vera Cane Sugar	Chestnut Cola Nut

For further information contact

FOREVERSLIM

Tel: 04 418733

