

# Premium Food Intolerance Test

## Why is it important to take the test?

A food intolerance is often caused by a difficulty digesting certain foods with symptoms emerging hours or days later. Depending on the type of food intolerance, the immune system can sometimes identify food protein particles as 'foreign' when they enter the blood stream and produce IgG antibodies to 'attack' the food in question.

We test for reactions to over 200 food and drink reactions, including cow's milk, wheat, gluten, eggs and several wine types, such as Merlot and Shiraz.

## What we offer...

- Employees' can discuss their results in detail and find out the best way to eliminate their problem foods with a 30 minute nutritional therapist consultation included.
- Receive expert, accurate analysis from our fully-accredited laboratory technicians
- Results listed in easy-to-read traffic light values: high, borderline, and normal reactivity
- Track their progress with a food and drinks diary



Tests for reactions to over 200 ingredients

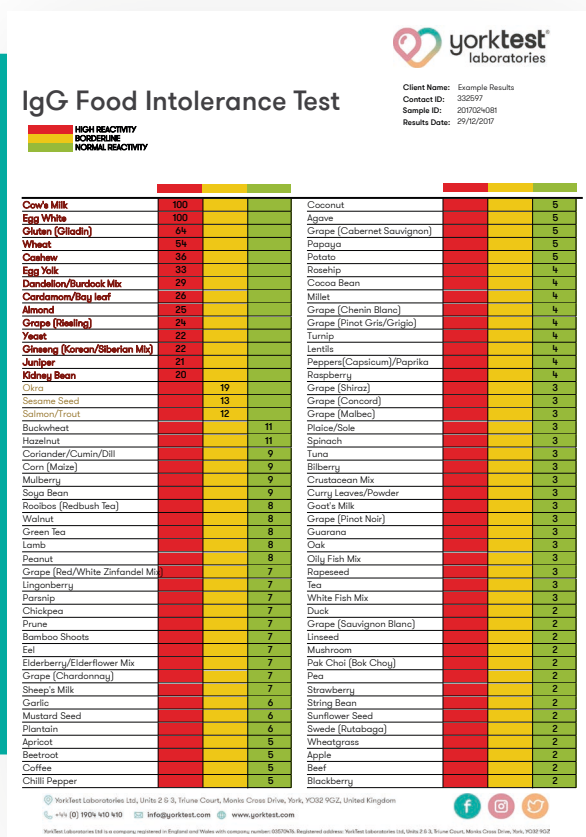
Assisting with your employees' health has never been easier!

If your employees are suffering from these types of symptoms, then the **Premium Food Intolerance test** could be the perfect test for them:

- Headaches
- Migraines
- Bloating
- Wind
- Abdominal pain
- Lethargy
- Tiredness
- Anxiety
- Depression
- Weight gain
- Diarrhea
- Skin problems, like eczema, psoriasis, rashes, itchy skin & hives

# What do the results show?

Clear and easy to understand results with an accompanying guidebook and elimination diet diary



## Green

These ingredients can in general be eaten without restriction, unless you already know that they cause a reaction and you have been avoiding them, in which case you should continue to do so.

## Amber

Indicates a borderline reaction to these food and drink ingredient(s) and you may benefit by limiting their consumption.

## Red

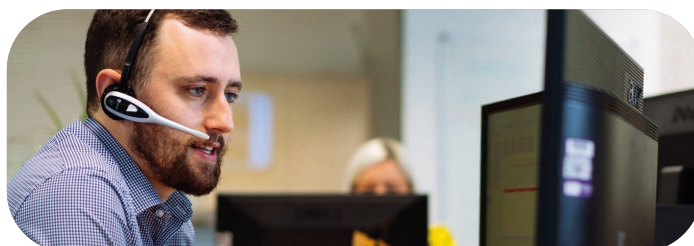
Indicates raised IgG antibody levels to these food or drink ingredient(s) and you should try to eliminate them completely from your diet.

## How to take the test?

The **Premium food intolerance test** is a simple finger prick blood test. Just one finger-prick blood sample is required with blood collection kits and instructions for use issued from YorkTest with the kit box. Once the blood sample is taken send it back to our laboratory and your employee will receive their results directly.

## Ongoing support YorkTest provided to your employees

- A 30-minute telephone consultation with a qualified nutritional therapist
- Nutritional support guide book
- 12-week diet diary and food elimination programme
- Specialist advice from our Scientific Director for complex cases



\*yorktest food intolerance test results are provided for informational purposes only and are not a substitute for professional medical advice. The results cannot be used to diagnose, treat or cure medical or health conditions. If you are concerned about your symptoms then please contact your GP. Information is for educational purposes only and you must never disregard professional medical advice or delay in seeking it based on the information provided. yorktest define Food Intolerance as a food-specific IgG reaction. If you haven't eaten a particular food at all for more than 6 weeks it may not be picked up by our test.



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