

Ask your health care professional NOW

There's a growing body of evidence supporting the use of IgG testing in identifying food sensitivity. References, general information and FAQs can be found on [www.cnslab.co.uk](http://www.cnslab.co.uk).

For further information, contact your health care professional.

LOCAL PARTNER DETAILS

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Omega Diagnostics defines food sensitivity as an IgG antibody reaction to food. Food IgG antibody testing is not intended to diagnose or treat any medical conditions. The Food Detective test does not identify IgE-mediated food allergies or provide information about coeliac disease, enzyme deficiencies such as lactose, histamine, tyramine or alcohol intolerance or other chemical sensitivities such as reactions to certain food additives.

The assistance of a professional health care provider is advised and any medical concerns should be referred to a medical doctor. Specifications, terms and pricing are subject to change at any time. Not all products are available in all countries. Food Detective and FoodPrint are registered trademarks of Omega Diagnostics Ltd in the UK and other countries.

References to published literature available on request | Image credit: Shutterstock

Food Detective has been developed and is manufactured by Cambridge Nutritional Sciences, Eden Research Park, Henry Crabb Road, Littleport, Cambridgeshire, CB6 1SE, United Kingdom

## Enjoy life without symptoms of food sensitivity

Ask your health care professional about Food Detective today.



Informing decisions  
Improving health

# What is food sensitivity?

Food sensitivity can result from your body reacting badly to certain foods. Often the foods we include regularly in our diet or the foods we crave may be the ones causing us a problem.

Research has shown that food sensitivity can be linked to IgG antibodies produced when these 'problem' foods are eaten. Normally these antibodies do not have any ill-effects, but if the immune or digestive system are not working optimally, their presence may provoke a wide range of symptoms.

Food Detective®  
produces  
results in just  
40 minutes

## How do I know if I have a food sensitivity?

Ask yourself if you have any of the following **chronic unpleasant symptoms:**

- ✓ Bloating
- ✓ Constipation
- ✓ Diarrhoea
- ✓ Flatulence
- ✓ Headaches
- ✓ Irritable bowel syndrome
- ✓ Lethargy
- ✓ Migraine
- ✓ Nausea
- ✓ Stomach cramps / abdominal pain

## What can I do about it?

Talk to your health care professional about doing a Food Detective® test.

Many people experience an improvement in symptoms and health after changing their diet based on their Food Detective results. Like any diagnostic test, Food Detective will only produce meaningful results if you are experiencing symptoms. Some symptoms of food sensitivity could be due to other health issues and it is important to see your doctor to rule these out.

Enjoy life without symptoms of food sensitivity

[www.food-detective.com](http://www.food-detective.com)

## Why should I do a test?

### Help reduce symptoms quickly.

Symptoms can persist for several days or longer, making it difficult to identify which foods your body is struggling to deal with.

The Food Detective test helps to identify these 'problem' foods by detecting food-specific IgG antibodies in your blood. Using these results as a guide, you and your health care professional can then adjust and plan your new diet.










## What is Food Detective?

Food Detective is a point-of-care test for IgG antibodies which can be associated with food sensitivity. It gives quick results empowering you to take control of your health.

Tests for food  
specific IgG  
reactions to 59  
common foods

## Foods tested

Food Detective tests for reactions to the following foods:

	Milk (Cow), Whole Egg
	Freshwater Fish Mix (salmon, trout), Shellfish Mix (shrimp, prawn, crab, lobster, mussel), Tuna, White Fish Mix (haddock, cod, plaice)
	Apple, Blackcurrant, Citrus Mix (orange, lemon), Grapefruit, Melon Mix (cantaloupe, watermelon), Olive, Strawberry
	Corn (Maize), Durum Wheat, Gluten, Oat, Rice, Rye, Wheat
	Garlic, Ginger
	Beef, Chicken, Lamb, Pork
	Cocoa Bean, Mushroom, Tea, Yeast
	Almond, Brazil Nut, Cashew Nut, Peanut, Walnut
	Broccoli, Cabbage, Carrot, Celery, Cucumber, Leek, Legume Mix (pea, lentil, haricot), Peppers (red, green, yellow), Potato, Soya Bean, Tomato

## What should I do after the test?

Your health care professional will work with you to create a diet which eliminates your problems foods, offer healthy alternatives, and guidance on how to re-introduce foods.

Typically, a customised diet will be followed for around 3 months to allow the symptoms to subside and give the body time to recover.

For more information, visit [www.food-detective.com](http://www.food-detective.com)

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