



Ask your health care professional NOW

There's a growing body of evidence supporting the use of IgG testing in identifying food sensitivities. 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 FoodPrint 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

FoodPrint has been developed and is manufactured by Omega Diagnostics Ltd, 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 FoodPrint, a laboratory test designed to identify IgG-mediated food sensitivities



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 sensitivities 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.



The largest  
range of food  
specific IgG  
antibody testing  
panels

## 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 FoodPrint® laboratory test.

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

## Why should I do a test?

### Help reduce symptoms quickly.

The efficacy of a diet based upon the measurement of IgG antibodies specific for food components has been demonstrated in a number of conditions, both in independent studies and clinical practice. Excellent results have been obtained particularly in patients with migraine, IBS and obesity.

FoodPrint helps to identify potential "problem" foods by detecting food-specific IgG antibodies in your blood. Using these results as a guide, you and your health care professional can adjust and plan appropriate dietary and lifestyle interventions.

## What is FoodPrint?

FoodPrint is a comprehensive and highly sensitive laboratory test for food-specific IgG antibodies, which can be associated with food sensitivity. A finger prick sample is all that is required to be sent to the lab, with results returned quickly, empowering you to take control of your health.

## Foods panels

There are a number of different FoodPrint panels available, thus enabling individuals to choose one that contains the foods most commonly consumed within their diet.

40+
120+
200+
Vegetarian 160+
Vegan 150+

## What should I do after the test?

As part of the FoodPrint service, complementary nutritional support, based upon your results, is provided to guide you with making appropriate dietary adjustments.

If you are currently consulting with a health care professional such as a registered nutritionist, they will work with you to create a diet which eliminates your "problem" foods, offers healthy alternatives and guides you on how to successfully re-introduce foods after an elimination period.

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.cnslab.co.uk](http://www.cnslab.co.uk)

**Ask your health care professional about FoodPrint today.**

200+ foods  
tested in  
duplicate from  
5µL sample