



IgG Food Intolerance test The most sensitive allergy food testing available

FOODPRINT [®] 200+		
Test Report : Order of Reactivity		
Patient Name:	Sample Report	Analysis Date: 30/04/2013
Patient Number:	123	Test Reference: abc
Date of Birth:	08/08/1976	
ELEVATED FOODS (≥30 U/ml)		
74 Wheat	30 Matt	32 Casein
71 Milk (Cow)	37 Yeast (Brewer's)	31 Gladiol
68 Egg White	36 Cashew Nut	21 Grapfruit
66 Corn (Maize)	36 Mustard Seed	30 Almond
42 Lime	36 Peanut	39 Durum Wheat
41 Cola Nut	35 Pea	
BORDERLINE FOODS (24-29 U/ml)		
29 Salmon	26 Cinnamon	24 Barley
28 Egg Yolk	26 Sunflower Seed	24 Quinoa
28 Fig	26 Yeast (Baker's)	
28 Oil	25 Milk (Swiss)	
NORMAL FOODS (≤23 U/ml)		
23 Buckwheat	14 Cauliflower	7 Pineapple
23 Hazelnut	14 Caviar	7 Rabbit
22 Bean (Red Kidney)	13 Broccoli	7 Rice
22 Cust	12 Ananath	7 Rosemary
22 Plum	12 Carrot	7 Scallop
21 Bean (Green)	12 Chili (Red)	7 Trout
21 Corn-Sugar	12 Oil	7 Basil
21 Coffee	12 Shrimp/Prawn	6 Bass
21 Mint	10 Thyme	6 Cucumber
21 Pomegranate	9 Brussel Sprout	6 Green (Black/Red/White)
21 Radish	9 Choury	6 Horse
20 Pistachio	9 Flax Seed	6 Orange
20 Tiger Nut	9 Potato	6 Sole
19 Brazil Nut	8 Artichoke	6 Soy Bean
19 Celery	8 Cam	6 Transglutaminase
18 Nectarine	7 Apple	6 Tuna
18 Shallot	7 Bean (Broad)	6 Turnip
17 Cabbage (Bacon/White)	7 Bean (White Haricot)	5 Beefsteak
17 Lentil	7 Chard	5 Fennel (Leaf)
17 Walnut	7 Cherry	5 Mushroom
16 Onion	7 Chickpea	5 Wheat Bran
16 Couscous	7 Cumin	4 Bayleaf
15 Ginger	7 Curry (Mixed Spices)	4 Mackerel
15 Lulster	7 Ginkgo	4 Papayemist
15 Rye	7 Lamb	4 Tarragon
14 Caper	7 Mussel	4 Tea (Black)

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Sample Report- Food Print 200+ Food Sensitivity Test

Increasing Importance of Food Sensitivity

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 a '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 / or medicines), partially digested foods can reach the blood stream. Certain areas of these foods are recognized 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, diarrhea, bloating
- Skin problems: itching 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 to identify the offending foods and achieve long-term health improvements, even with help from a health professional.

Detection of food-specific IgG antibodies is recognized 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.

The Health Food Sensitivity Test

The Health Food Sensitivity Test is performed using state-of-the-art technology. Originally invented for studying DNA and gene expression, this microarray technology has now been extended to Food Sensitivity testing. The Health Food Sensitivity test is a sensitive and accurate technique that can better detect the presence of IgG food-specific antibodies to over 200 commonly eaten foods. As part of a quality program, samples are analyzed in duplicates. Results are also semi quantitative, allowing a measure of specific food sensitivities. The flexibility of the testing system permits a number of different panels to be offered.

Advantages of the Health Food Sensitivity Test

Finger- Prick blood sample

- Less invasive than venous blood sample

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

Choice of food panels

- Select the most appropriate depending on diet and budget.



Personalized Food Report

Results

- Precise level of IgG antibody for every food item
- Report 1- foods are listed alphabetically in food groups
- Report 2- foods are listed in order of reactivity

Information

- Explanation of food sensitivity terminology



Dietary Guidelines

- Advice on dietary changes
- How to re-introduce foods
- Avoiding dairy, eggs, wheat/gluten, yeast
- Frequently asked questions

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