

# FOOD ADDITIVES

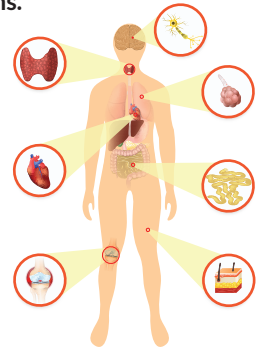


## Which Patients Need the Vibrant Food Additives Test?

Sensitivities to food additives may mimic or have significant overlap with symptoms of food sensitivities, and, in fact, be difficult to differentiate without laboratory testing to confirm the true trigger of the sensitivity symptoms.

Symptoms associated with **Food Additive** sensitivities include:

- ❑ Diarrhea or constipation
- ❑ Nausea
- ❑ Headaches
- ❑ Joint pain
- ❑ Abdominal pain or cramping
- ❑ Neurological symptoms such as tingling or numbness
- ❑ Brain fog
- ❑ Fatigue
- ❑ Skin rashes and/or acne
- ❑ Bloating



## Facts About Food Additives

- ✓ The **Vibrant Food Additives** test includes **57** of the most common food additives used in food farming, manufacturing, and processing  
  
Food additives can be added to a food at any point in the process of growth to consumption, and many are considered generally recognized as safe (**GRAS**) **by the FDA**
- ✓ Symptoms that appear when consuming a food with multiple ingredients can be due to a sensitivity to the food, or to the ingredients or additives in the food
- ✓ Food Additive testing can be very useful to help determine the true cause of the sensitivity and prioritize an elimination or rotation diet to reduce symptoms related to food additive sensitivities
- ✓ The ideal time course for elimination is not established. Consider magnitude of **antibody response**, **½ life of antibodies**, **patient's current dietary intake**, **level of motivation**, **status of mucosal integrity**, and **remission and/or progression of symptoms**
- ✓ Testing for food additive sensitivities can provide the most complete picture of total problematic foods and ingredients when run alongside a **Vibrant 96, 84, or 180 Food Sensitivity panel**





# What Does the Vibrant Food Additives Test Include?

<b>Elements</b>	<b>Gums and Thickening Agents</b>
Fluoride	Gum Arabic
Nickel Sulfate	Guar Gum
Titanium dioxide	Gum Tragacanth
<b>Emulsifiers and Surfactants</b>	Locust Bean Gum
Lecithin (Soy)	Mastic Gum
Lecithin (Egg yolk)	Xanthan Gum
Polysorbate 80	Beta-Glucan
<b>Flavor Enhancers</b>	Carrageenan
Monosodium Glutamate (MSG)	Cottonseed
Ammonium Chloride	<b>Pesticides</b>
Sodium Citrate	Deltamethrin
<b>Fibrous Additives</b>	Glyphosate
Ispaghula or Psyllium Husk	<b>Preservatives and Antioxidants</b>
<b>Food Dyes and Pigments</b>	Benzoic Acid
Acid Blue #3 (Patent Blue V)	Butylated Hydroxyanisole (BHA)
Acid Red #14 (Carmoisine)	Butylated Hydroxytoluene (BHT)
Annatto	Citric Acid
Beta-Carotene	Sodium Sulfite
Blue #1 (Brilliant Blue)	Sorbic Acid
Blue #2 (Indigo Carmine)	Formaldehyde
Brilliant Black	Sodium Benzoate
Cochineal Extract	Sodium Nitrate
Green #3 (Fast Green)	<b>Sweeteners</b>
Red #2 (Amaranth Red)	Acesulfame K
Red #3 (Erythrosine)	Aspartame
Red #4 (Carmine)	Erythritol
Red #40 (Allura Red)	Mannitol
Yellow #5 (Tartrazine)	Monk fruit
Yellow #6 (Sunset Yellow)	Saccharin
<b>Other</b>	Sorbitol
Latex	Stevia
Bisphenol A (BPA)	Sucralose (Splenda)
	Xylitol

## Regulatory Statement

The general wellness test intended uses relate to sustaining or offering general improvement to functions associated with a general state of health while making reference to diseases or conditions. This test has been laboratory developed and its performance characteristics determined by Vibrant Genomics LLC, a CLIA-certified laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.