

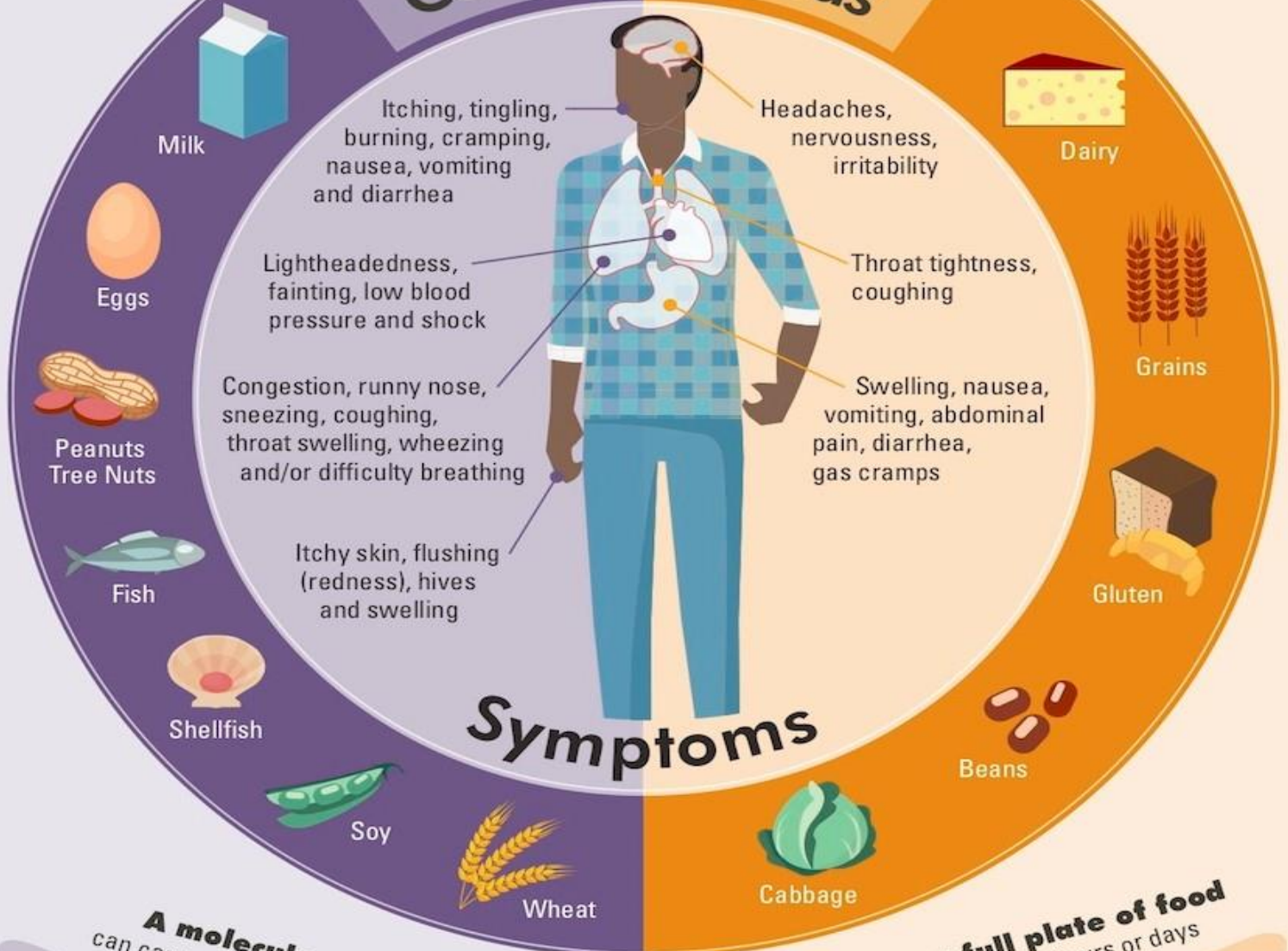
Food Allergy or Intolerance

Almost **85%** of adults believe they have a food allergy – half of them are wrong.

Food Allergies can be life-threatening.

Food Intolerance is not life-threatening.

Most Common Foods



A molecule of food can cause a reaction within minutes

One bite to a full plate of food can cause a reaction in hours or days

REACTION

Food allergy reactions occur 100% of the time and within minutes of eating.

Food intolerance or sensitivity is noticed hours after eating.

CAUSES

The body's reaction to food proteins
IgE- Immune mediated reaction

Lack of digestive enzymes
Foods that irritate the digestive system
IgG- Immune mediated reaction

DIAGNOSIS

Blood test
Skin prick test
Food diary
Elimination diet
Food challenge

FIT- Blood Test
Elimination diet
Food challenge

TREATMENT

Avoid all traces of food allergen
Antihistamine and injectable epinephrine for accidental exposure

Eat only as much of the offending food that you can tolerate.

Sample required – 2 ml of venous blood
Reporting time- 4 working days
Total number of food items tested- 46
Test method- ELISA

Home collection available
Reports send to patient mail id
Most common Indian foods

The test analyses your IgG antibody reactions to different food items. The results of this test will highlight individual food triggers and help formulate an IgG-guided elimination diet.

Food intolerance can occur when the body has difficulty in digesting certain foods. Food intolerance can cause a wide range of disruptive symptoms such as digestive problems, eczema, migraines and headaches, fatigue, depression and low mood, joint pains, sinusitis and many others. On average people who suffer from food intolerances usually have around 4 or 5 trigger foods with the most common foods being wheat, dairy and nuts. Many people suffer for years, having formed a coping mechanism to deal with the symptoms but are unable to enjoy a normal work and home life. For many, the health of their skin is affected in some ways.

We offer different levels of testing that can provide a starting point from an elimination diet to help you optimize your health and well being.

To know more about Food Intolerance Test (FIT)

Please visit our web site: www.nutrigene.in

Chat with our experts on what's app no: 91-0000-9026

