



## IgG Food Sensitivity Test The most sensitive allergy food testing available

FOODPRINT <sup>®</sup> 200+ Test Report : Order of Reactivity		
<b>Patient Name:</b> <b>Patient Number:</b> <b>Date of Birth:</b>	<b>Sample Report:</b> 723 03061276	<b>Analysis Date:</b> 23/05/2013 <b>Test Reference:</b> 406
<b>ELEVATED FOODS (43-50 U/ml)</b>		
31 Milk (Cow) 44 Wheat 467 Amaranth 381 Mustard Seed	306 Barley 305 Mushroom 302 Milk (Goat) 304 Coda Nut	311 Milk (Sheep) 310 Almond
<b>BORDERLINE FOODS (34-39 U/ml)</b>		
27 Cassia 27 Squash (Butternut/Cannoa)	35 Cashew Nut 36 Pistachio	33 Cranberry 34 Plum
<b>NORMAL FOODS (0-33 U/ml)</b>		
23 Millet 23 Yeast (Brewer's) 22 Rabbit 21 Bean (No Kidney) 20 Pig 18 Flax Seed 18 Tiger Nut 17 Pink 16 Durum Wheat 16 Milk 16 Blacklip 15 Cinn (Mulle) 14 Pomegranate 14 Quinoa 11 Egg Yolk 10 Egg White 10 Ok 10 Cinnamon 10 Brazil Nut 10 Onf 10 Carob (Bany/White) 10 Coary 10 Peanut 10 Ginger 10 Lentil 10 Sunflower Seed 10 Cane Sugar 10 Cham 10 Lychee 10 Pappaire	1 Shrimp/Prawn 3 Cloudberry 3 Hazelnut 3 Walnut 2 Beetroot 2 Flax Seed 2 Broccoli 2 Celer 2 Chickpea 2 Grape (Black/Red/White) 2 Okra 2 Artichoke 2 Cassava 2 Caul 2 Hops 2 Horse 2 Aloe Vera 2 Apple Lemnaburn 2 Anthony 2 Aniseed 2 Apple 2 Agrost 2 Asparagus 2 Aubergine 2 Avocado 2 Banana 2 Beet 2 Beans 2 Bayleaf 2 Bean (Broad)	0 Bean (Green) 0 Bean (White Haricot) 0 Beef 0 Beef-Lactoglobulin 0 Blackberry 0 Blackcurrant 0 Blueberry 0 Brulee (Goat) 0 Buckwheat 0 Cabbage (Red) 0 Carcinoma 0 Cassia 0 Cask 0 Carp 0 Carrot 0 Cauliflower 0 Cayenne 0 Chest 0 Cherry 0 Chestnut 0 Chicken 0 Chives 0 Chili (Red) 0 Clove 0 Cocoa 0 Cocoa Bean 0 Coffee 0 Concomber (Leaf) 0 Cucumber 0 Cumin

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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