# Food Hypersensitivity Test (Commonly known as Food Intolerance Test)^

General:

The need for individual diagnostic methods in dietetic medicine and the idea that suitable nutrition is as individual as a fingerprint and may not be standardized led to the development of the Food Hypersensitivity Test (commonly known as "Food Intolerance Test (FIT)"). Each person has his or her own nutritional profile, resulting from individual sensitivities. In many cases, food hypersensitivities lead to chronic dis-eases which are typically resistant to conventional therapies. This test was developed to detect these hypersensitivities and to determine the nutritional profile of each individual.

The test offers valuable information, necessary to determine an individual diet list as a therapeutic measure. Hypersensitivities towards food are not allergies but IgG reactions and significant if they exceed 70%. Therefore this test is not designed to detect allergies of the anaphylactic type (Type I, Coombs/Gell), during which the IgE induces the release of different mediators (e.g. histamine or serotonin) and leads to a direct allergic reaction of the body which may have dramatic consequences, even anaphylactic shock. Immunoenzymatic detection, conducted in hypersensitivity test, focuses on specific IgG titers as a reaction to food antigens by means of a modified ELISA (Enzyme Linked Immuno Sorption Assay) procedure.

IgG-induced immunological responses to antigens and their deactivation are characterized by delayed reactions (hours to days). Therefore the symptoms which occur – in contrast to allergies – can hardly be assigned to the consumed food which caused them. NAT tests up to 181 different nutrients by detection of elevated IgG titers in the blood serum.

Thus, we are talking about food hypersensitivities, not about food allergies. This difference is important both for diagnostics and therapy. In contrast to food allergies, a direct correlation between specific pathologic symptoms and specific food hypersensitivity cannot be proven. The body’s symptomatic reaction to a hypersensitivity, e.g. to hazelnuts, is unpredictable. This fact increases the importance of the hypersensitivity test which provides information on possible causes for increased stress to the immune system. The results enable the therapist to determine a specific dietetic therapy which reinforces the immune system.

Indication: Food Hypersensitivity (do not confuse with food allergy!)

- **90 Food Antigens (ImuPro 100 or ImuPro Basic)**

  Material: 2 ml serum

  Stability: 14 days at 2 to 8°C

  TAT: 3 days, FML

  Method: ELISA

  Note: When doing the Imupro test, please make sure that the patient is free from common infections (e.g colds,cough,fever,etc.) not pregnant and did not receive any vaccination within the last 3-6 months.

- **270 Food Antigens (ImuPro 300 or ImuPro Complete)**

  Material: 2 ml serum

  Stability: 14 days at 2 to 8°C

  TAT: 3 days, FML

  Method: ELISA

  Note When doing the Imupro test, please make sure that the patient is free from common infections (e.g colds,cough,fever,etc.) not pregnant and did not receive any vaccination within the last 3-6 months.

For complete list of laboratory test offered at Freiburg Medical Laboratory, please visit http://www.fml-dubai.com/parameter-listings/