

# NAT nutrition IgG antibody test

---

## General:

The need for individual diagnostic methods in dietetic medicine and the idea that suitable nutrition is as individual as a finger print and may not be standardized, led to the development of the Food Intolerance Test (FIT). Each person has his or her own nutritional profile, resulting from individual tolerances and intolerances. In many cases food intolerances lead to chronic diseases which are typically resistant to conventional therapies. The FIT Test was developed to detect these intolerances and to determine the individual nutritional profile of each patient.

The test offers valuable information, necessary to determine an individual diet list as a therapeutic measure. Intolerances 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, as conducted with the FIT method, 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 intolerances, 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 intolerances cannot be proven. The body's symptomatic reaction to an intolerance, e.g. to hazelnuts, is unpredictable. This fact increases the importance of the FIT Test which provides information on food intolerances and thus on possible causes for an increased stress to the immune system. The results enable the therapist to determine a specific dietetic therapy which reinforces the immune system.

Indication: Food intolerance (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/>