

Foodprint[®]

Food Intolerance Test

FOODPRINT[®]



What is Food Intolerance?

Some food intolerances are caused by an enzyme deficiency or chemical sensitivity, while others are associated with an immune response related to food specific antibodies called IgG antibodies. These IgG antibodies recognise and bind to specific food proteins to form immune complexes in the body, which can accumulate in joints and other organs where they cause inflammation and many of the symptoms associated with food intolerance.



Symptoms

Often patients report multiple symptoms such as gut pain with headaches and skin rash. Common symptoms include:

- Anxiety (acute or chronic)
- Fibromyalgia
- Attention Deficit Disorder
- Constipation
- Diarrhoea
- Headaches
- Insomnia
- Migraine
- Water retention
- Arthritis
- Asthma
- Bloating
- Chronic Fatigue Syndrome
- Depression
- Gastritis
- Inflammatory Bowel Disease
- Itchy skin
- Weight control problems
- Hyperactivity Disorder
- Irritable Bowel Syndrome

Symptoms of this type of food intolerance are often delayed for many hours or even days and for this reason it is often hard to identify the problem foods. The detection of food-specific IgG antibodies through the use of Genarray[®] Microarray ELISA technology can be helpful in the management of these patients through the design of elimination diets based on food IgG antibody results.

How does the test work?

The CNS Foodprint® service utilises innovative, state-of-the-art Genarray® Microarray* technology to detect food-specific IgG antibodies.

Over 200+ food extracts are 'printed' onto nitrocellulose 'pads' on a glass microscope slide, together with calibration standards and controls. A blood sample provided by the patient is diluted and dispensed onto each printed microarray. Food IgG antibodies if present bind to the food extracts. The bound food IgG antibodies are subsequently detected through the use of other immunoassay reagents which generate a blue colour in the presence of the food IgG antibodies. The density of this blue colour is measured using a high resolution scanner. The results generated by the scanner are then calibrated against the standards using the CNS Foodprint® reporting software to give quantitative results. This software then produces a tailor-made printout of the final food IgG antibody result for each food on the requested food panel.

As developers of the first IgG food intolerance test in the UK, CNS is the acknowledged expert in all aspects of food IgG detection.

Benefits

The CNS Foodprint® test is carried out on a blood sample collected from a finger-prick into the CNS heparinised blood collection tube. This is centrifuged and a precisely measured volume of sample is used in the test to provide for greater reliability and reproducibility of results. The results are given in U/ml. The antibody reactivity associated with each food can be compared to allow the practitioner to devise an optimal dietary regime based on food antibody level.

The flexibility of the new CNS Foodprint® test permits a wide range of food panels to be offered, including 40, 60, 120 and 200+ foods, together with vegan, vegetarian and herbs and spices options.

Upgrade from one test panel to another, for example from CNS Foodprint® 40 to 120, is straightforward and cost-effective.

Sample requirements and test turnaround.

A simple pin-prick blood sample is all that's required. Results are available within 10 working days of sample receipt.

Foodprint® Indicator test

- Gives a positive or negative result
- Includes a combination of dairy, meat & fish, fruit, vegetables, cereals and nuts
- If the result is positive, an upgrade to a larger test for the difference in price is available

Choose from a range of possible Foodprint® tests.

The flexibility of CNS Foodprint® technology enables us to offer a wide range of possible food panels. These include. The flexibility of the new CNS Foodprint® test permits a wide range of food panels to be offered, including 40, 60, 120 and 200+ foods, together with vegan, vegetarian and herbs and spices only options.

Selecting the appropriate CNS Foodprint® panel means that our laboratory reports only on the foods you are interested in. So, for example, no meats or fish are included in the CNS Foodprint® Vegetarian panel. For details of which foods are included in each panel, please see the Foodprint® lists Information Sheet.

Other specialist panels will be added in future, according to demand. Please visit our website www.camnutri.com for up to date details.



**Genarray® Microarray technology has been designed, developed, and is manufactured by Genesis Diagnostics Ltd in accordance with ISO9001:2000 and ISO13485:2003. It is CE Marked in accordance with the In Vitro Diagnostic Devices Directive 98*

Foodprint® Food Lists

Food	40+	60+	120+	200+	Vegetarian	Vegan	Herbs&Spices	Food	40+	60+	120+	200+	Vegetarian	Vegan	Herbs&Spices	Food	40+	60+	120+	200+	Vegetarian	Vegan	Herbs&Spices
AGAR AGAR								CURRY								PEAR							
ALMOND	●	●	●	●	●	●	●	CUTTLEFISH								PEPPERMINT	●	●	●	●	●	●	●
ALOE VERA								DATE								PEPPERS (Mixed)					●	●	●
ALPHA-LACTALBUMIN								DILL				●	●	●	●	PERCH							
AMARANTH								DORADO								PIKE							
ANCHOVY								DUCK				●	●	●	●	PINE NUT							
ANISEED								DURUM WHEAT	●	●	●	●	●	●	●	PINEAPPLE	●	●	●	●	●	●	●
APPLE	●	●	●	●	●	●	●	EEL								PISTACHIO	●	●	●	●	●	●	●
APRICOT								EGG WHITE	●	●	●	●	●	●	●	PLAICE	●	●	●	●	●	●	●
ARTICHOKE								EGG YOLK	●	●	●	●	●	●	●	PLUM							
ASPARAGUS								FENNEL								POMEGRANATE							
AUBERGINE								FIG								PORK	●	●	●	●	●	●	●
AVOCADO								FLAX SEED								POTATO	●	●	●	●	●	●	●
BANANA								GARLIC				●	●	●	●	QUAIL							
BARLEY	●	●	●	●	●	●	●	GINGER				●	●	●	●	QUINOA							
BASIL								GINGKO								RABBIT							
BASS								GINSENG								RADISH							
BAYLEAF								GLIADIN	●	●	●	●	●	●	●	RAISIN							
BEAN (broad)								GOAT MILK				●	●	●	●	RAPESEED							
BEAN (green/string)								GOURD								RASPBERRY	●	●	●	●	●	●	●
BEAN (red kidney)	●	●	●	●	●	●	●	GRAPE				●	●	●	●	RED CHILLI							
BEAN (white haricot)	●	●	●	●	●	●	●	GRAPEFRUIT	●	●	●	●	●	●	●	REDCURRANT							
BEEF	●	●	●	●	●	●	●	GUAVA								RHUBARB							
BETROOT								HADDOCK	●	●	●	●	●	●	●	RICE	●	●	●	●	●	●	●
BETA-								HAKE								ROCKET							
PEPPERCORNS (B/W)	●	●	●	●	●	●	●	HAZLENUT	●	●	●	●	●	●	●	ROSEMARY							
BLACKBERRY	●	●	●	●	●	●	●	HERRING								RYE FLOUR	●	●	●	●	●	●	●
BLACKCURRANT								HONEY								SAFFRON							
BLUEBERRY								HOPS				●	●	●	●	SAGE							
BRAZIL NUT								HORSE								SALMON	●	●	●	●	●	●	●
BROCCOLI	●	●	●	●	●	●	●	KIWI				●	●	●	●	SARDINE							
BRUSSEL SPROUT								LAMB	●	●	●	●	●	●	●	SCALLOP							
BUCKWHEAT								LEEK								SESAME SEED							
BUFFALO MILK								LEMON	●	●	●	●	●	●	●	SHALLOT							
CABBAGE	●	●	●	●	●	●	●	LENTIL				●	●	●	●	SHEEP MILK							
CABBAGE (red)								LETTUCE								SHRIMP/PRAWN	●	●	●	●	●	●	●
CAMOMILE								LIME				●	●	●	●	SOLE							
CANE SUGAR								LIQUORICE								SOYA BEAN	●	●	●	●	●	●	●
CAPER								LOBSTER	●	●	●	●	●	●	●	SPELT							
CAROB								LYCHEE								SPINACH							
CARP								MACADAMIA NUT								SQUID							
CARROT								MACKEREL				●	●	●	●	STRAWBERRY	●	●	●	●	●	●	●
CASEIN								MALT								SUNFLOWER SEED							
CASHEW NUT	●	●	●	●	●	●	●	MANGO								SWEET POTATO							
CAULIFLOWER	●	●	●	●	●	●	●	MARJORAM								SWORDFISH							
CAVIAR								MARROW								TANGERINE							
CAYENNE								MELON (Honeydew)				●	●	●	●	TAPIOCA							
CELERY								MILLET								TARRAGON							
CHARD								MINT				●	●	●	●	TEA (black)							
CHERRY	●	●	●	●	●	●	●	MONKFISH								TEA (green)							
CHESTNUT								MULBERRY								THYME							
CHICKEN	●	●	●	●	●	●	●	MUSHROOM	●	●	●	●	●	●	●	TIGER NUT							
CHICKPEA								MUSSEL				●	●	●	●	TOMATO							
CHICORY								MUSTARD SEED	●	●	●	●	●	●	●	TRANSGLUTAMINASE							
CINNAMON								NECTARINE								TROUT							
CLAM								NETTLE								TUNA	●	●	●	●	●	●	●
CLOVE								NUTMEG								TURBOT							
COCKLE								OAT	●	●	●	●	●	●	●	TURKEY	●	●	●	●	●	●	●
COCOA BEAN								OCTOPUS								TURNIP							
COCONUT								OLIVE				●	●	●	●	VANILLA							
COD	●	●	●	●	●	●	●	ONION				●	●	●	●	VEAL							
COFFEE								ORANGE	●	●	●	●	●	●	●	VENISON							
COLA NUT								OSTRICH								WALNUT							
CORIANDER								OX								WATERCRESS							
CORN (MAIZE)	●	●	●	●	●	●	●	OYSTER	●	●	●	●	●	●	●	WATERMELON							
COUSCOUS								PAPAYA								WHEAT	●	●	●	●	●	●	●
COW'S MILK	●	●	●	●	●	●	●	PARSLEY				●	●	●	●	WHEAT BRAN							
CRAB	●	●	●	●	●	●	●	PARTRIDGE								WILD BOAR							
CRANBERRY								PEA	●	●	●	●	●	●	●	YEAST (baker's)	●	●	●	●	●	●	●
CUCUMBER								PEACH				●	●	●	●	YEAST (brewer's)	●	●	●	●	●	●	●
CUMIN								PEANUT	●	●	●	●	●	●	●	YUCCA							

Sample Report



Cambridge Nutritional Sciences Ltd

Providing the very best in personal health laboratory testing

FOODPRINT® 40+

Compiled report for : Sample Report
 Patient Number: 1234
 Test Date: 01-Sep-09

Type	Elevated (>30)	Borderline (24-30)	No reaction
dairy			COW'S MILK
dairy			EGG WHITE
dairy		EGG YOLK	
fish/seafood			COD
fish/seafood		CRAB	
fish/seafood			HADDOCK
fish/seafood	LOBSTER (39)		PLAICE
fish/seafood	SHRIMP/PRAWN (79)		
fruit			APPLE
fruit	BLACKBERRY (101)		
fruit	GRAPEFRUIT (68)		LEMON
fruit			ORANGE
fruit		RASPBERRY	PEAR
fruit			STRAWBERRY
grain	BARLEY (59)		
grain	CORN (maize) (40)		DURUM WHEAT
grain			
grain	GLIADIN (75)		
grain	OAT (111)		
grain	RICE (246)		
grain	RYE FLOUR (36)		
grain	WHEAT (36)		
meat	BEEF (34)		
meat			CHICKEN
meat			LAMB
meat			PORK
meat			TURKEY
nut			ALMOND
nut			CASHEW NUT
nut			HAZELNUT
nut			PEANUT
vegetable	BEAN (red kidney) (136)		
vegetable	BEAN (white haricot) (62)		BROCCOLI
vegetable			CABBAGE
vegetable			CAULIFLOWER
vegetable		PEA	
vegetable			POTATO
vegetable	SOYA BEAN (34)		
others			YEAST (baker's)
others			YEAST (brewer's)

Laboratory Reference: 2009/08/24 16:47:51 1111 B9 12345

