



Intolerance & Allergy

In Vitro Blood Tests for detection of Intolerance & Allergy

Intolerance vs Allergy

Allergy: A true food or inhalation allergy causes an immune system reaction that affects numerous organs in the body. It can cause a range of symptoms. In some cases, an allergic food reaction can be severe or life-threatening.

Intolerance: In contrast, food intolerance symptoms are generally less serious and often limited to digestive problems.

Test for Food Intolerance:

A blood test that can detect Food Specific IgG antibodies against many food items may lead to various conditions such as digestive problems, irritable bowel syndrome, eczema and arthritis.








Symptoms of Food Intolerance

Symptoms of Food Intolerance include digestive issues such as bloating of the abdomen after eating certain types of foods, tiredness or headache for no apparent reason.

Bloating of Abdomen | Flatulence | Stomach Cramps & Pain | Constipation | Headache | Lethargy | Diarrhoea | Eczema | Arthritis | Back Pain



List of Food Items tested for Intolerance

Cereals	Nuts & Beans	Vegetables	Fruits	Fish & Meat
				
Corn Wheat Gluten Oats Rice Rye Semolina Barley	Almond Cashew Cocoa-Powder Peanut Soya-Bean Walnut Flaxseed	Broccoli Cabbage Carrot Cucumber Potato Tomato Onion Brinjal Garlic Ginger	Apple Black Raisin Olive Strawberry Banana Black Currant	Chicken Lamb Pork Fish-Surmai Mackerel Prawn Crab Shrimp
Milk & Poultry	Pulses	Interpretation and Suggestions:		
		Result	Suggestion	
Egg Milk Tea	Moong Dal Tur Dal Chana Dal Lentil	Strong Positive	Do not take that food item for 3 months.	
		Moderate Positive	Reduce these foods to once every 4 days.	
		Weak Positive	Observe the effect of eating these foods.	
		Negative	Acceptable	