

## **FOOD SENSITIVITY AND INTOLERANCE TEST (50 FOOD PANEL)**

### **DESCRIPTION**

Intolerances differ significantly from allergies. Unlike allergies, intolerances may vary from situation to situation, while an allergy always produces the same reaction. Intolerances are caused by the body's inability to process specific substances and may cause bloating, digestive problems, fatigue, to headaches.

Symptoms may be difficult to link to specific foods, environmental substances or food additives because they may not occur until hours or days later. To complicate the situation, each individual has a different tolerance for specific foods, so even if a person has an intolerance, it may be mild so that a small amount of the food doesn't cause a reaction until enough of the food is eaten or is consumed consistently over time.

This test measures the body's cellular reactivity to:

Apple	Cantaloupe	Egg Yolk	Oat (Gluten Free)	Strawberry
Baker's Yeast	Carrot	Garlic	Onion	String Bean
Banana	Casein	Gliadin	Orange	Sweet Potato
Barley	Cauliflower	Gluten	Peanut	Tomato
Beef	Chicken	Grape	Pear	Tuna
Black Pepper	Cinnamon	Green Pea	Pollock	Turkey
Broccoli	Cocoa	Iceberg Lettuce	Pork	Vanilla
Butternut Squash	Corn	Lamb	Rice (Brown/White)	Wheat
Cabbage	Cow's Milk	Lemon	Shrimp	White Potato
Cane Sugar	Egg White	Mustard Seed	Soybean	Yellow Squash

### **WHY DO I NEED THIS TEST?**

Trying to identify the cause of chronic discomfort can be complicated when it doesn't seem linked to a specific food, but the intolerance and sensitivity test can help. Pinpointing specific foods and food additives that should be avoided can produce dramatic relief of uncomfortable symptoms. Because food intolerances develop later in life due to compromised digestive

functions brought on by stress, alcohol intake and the use of NSAIDs, adults may find that they have developed intolerances to foods they have been eating their whole lives. In addition, digestive functions become more sluggish as we age so it is common for lactose intolerances, for example, to develop after 40.

## **HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?**

It takes about 5 business days for your store to receive the printable color results from the lab to provide to you; and in 10 business days ALCAT will mail the store a folder that includes your test results plus more information about the company, and the science behind the test, which you can pick up from your ANY LAB TEST NOW location at your convenience.

## **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No. You are not required to fast for this test.

## **OTHER RELEVANT LAB TESTS**

People who purchased the Food Sensitivity and Intolerance – 50 Food Panel also considered one of the other Sensitivity and Intolerance tests to Molds, Environmental Chemicals or an expanded Food Panel.

*Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.*