Premium Food Intolerance Test

Take control of your health with yorktest

Why is it important to take the test?

When food particles enter the bloodstream, your immune system can sometimes identify these food proteins as 'foreign' and produces IgG antibodies to 'attack' the particular food in question.

This response is your immune system's natural defence mechanism to ward off harmful invaders in the body which can create inflammation. This inflammation can then trigger troublesome symptoms, which may persist if they are neglected.

With support, people suffering from these types of symptoms have been helped by the Premium Food Intolerance test:

- Headaches
- Migraines
- Bloating
- Wind
- Abdominal pain
- Lethargy
- Tiredness
- Anxiety
- Depression
- Weight gain
- Diarrhoea
- Skin problems, like eczema, psoriasis, rashes, itchy skin & hives

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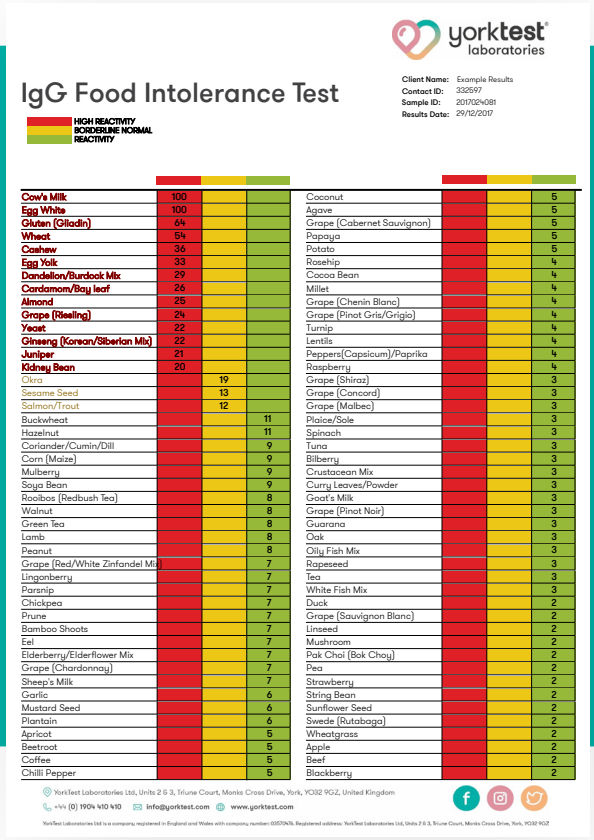
How does it work and what are the benefits?

- Find out whether you have a sensitivity to over 200 food & drink ingredients
- It's as simple as taking a finger-prick blood test and returning in our freepost envelope
- Optimise your diet & lifestyle knowing which foods you are reacting to
- Our test measures all four subtypes of food-specific IgG

What do the results show?

You'll receive clear and easy to understand results which with an accompanying guidebook and elimination diet diary.

NEW: All our tests now include Reactivity Values, 'scoring' your sensitivity to each of the food & drink ingredients tested, between 0 and 100 for each item.



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IgG Food Intolerance Test

HIGH REACTIVITY
BORDERLINE REACTIVITY
NORMAL REACTIVITY

Client Name: Example Results
Contact ID: 332597
Sample ID: 201702v081
Results Date: 29/12/2017

Cow's Milk	100			Coconut			5
Egg White	100			Agave			5
Gluten (Gliadin)	64			Grape (Cabernet Sauvignon)			5
Wheat	54			Papaya			5
Cashew	36			Potato			5
Egg Yolk	33			Rosehip			4
Dandelion/Burdock Mix	29			Cocoa Bean			4
Cardamom/Bay leaf	26			Millet			4
Almond	25			Grape (Chenin Blanc)			4
Grape (Riesling)	24			Grape (Pinot Gris/Grigio)			4
Yeast	22			Turnip			4
Ginseng (Korean/Siberian Mix)	22			Lentils			4
Juniper	21			Peppers(Capsicum)/Paprika			4
Kidney Bean	20			Raspberry			4
Okra		19		Grape (Shiraz)			3
Sesame Seed		13		Grape (Concord)			3
Salmon/Trout		12		Grape (Malbec)			3
Buckwheat			11	Plaice/Sole			3
Hazelnut			11	Spinach			3
Coriander/Cumin/Dill			9	Tuna			3
Corn (Maize)			9	Bilberry			3
Mulberry			9	Crustacean Mix			3
Soya Bean			9	Curry Leaves/Powder			3
Rooibos (Redbush Tea)			8	Goat's Milk			3
Walnut			8	Grape (Pinot Noir)			3
Green Tea			8	Guarana			3
Lamb			8	Oak			3
Peanut			8	Oily Fish Mix			3
Grape (Red/White Zinfandel Mix)			7	Rapeseed			3
Lingonberry			7	Tea			3
Parsnip			7	White Fish Mix			3
Chickpea			7	Duck			2
Prune			7	Grape (Sauvignon Blanc)			2
Bamboo Shoots			7	Linseed			2
Eel			7	Mushroom			2
Elderberry/Elderflower Mix			7	Pak Choi (Bok Choy)			2
Grape (Chardonnay)			7	Pea			2
Sheep's Milk			7	Strawberry			2
Garlic			6	String Bean			2
Mustard Seed			6	Sunflower Seed			2
Plantain			6	Swede (Rutabaga)			2
Apricot			5	Wheatgrass			2
Beetroot			5	Apple			2
Coffee			5	Beef			2
Chilli Pepper			5	Blackberry			2

YorkTest Laboratories Ltd, Units 2 & 3, Triune Court, Monks Cross Drive, York, YO32 9GZ, United Kingdom
+44 (0) 1904 410 410 info@yorktest.com www.yorktest.com

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Green — These ingredients can in general be eaten without restriction, unless you already know that they cause a reaction and you have been avoiding them, in which case you should continue to do so.

Amber — Indicates a borderline reaction to these food and drink ingredient(s) and you may benefit by limiting their consumption.

Red — Indicates raised IgG antibody levels to these food or drink ingredient(s) and you should try to eliminate them completely from your diet.

For more information on this test, enquire with your Practitioner today!

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*YorkTest food intolerance, allergy and other test results are provided for informational purposes only and are not a substitute for professional medical advice. The results cannot be used to diagnose, treat or cure medical or health conditions. If you are concerned about your symptoms then please contact your GP. Information on this website is for educational purposes only and you must never disregard professional medical advice or delay in seeking it based on the information provided. YorkTest define Food Intolerance as a food-specific IgG reaction