

The **Fitzwilliam FOODTEST** is a blood test which measures IgG antibody levels associated with specific foods. There is a significant evidence indicating an association between elevated levels of these antibodies and the following:

Digestive Issues (gastro-intestinal)
Migraine/Headache
Infertility

Irritable Bowel Syndrome
Rheumatoid Arthritis
Respiratory Symptoms

Skin Disorders
Obesity
Inflammation

Unlike IgE allergies, symptoms of a Food Intolerance rarely occur immediately after the food is eaten. The reaction can be delayed for hours and even days! This makes the detection of culprit foods a very difficult task without the help of expert laboratory testing.

LABORATORY FEES

IgG Food Intolerance Test (93 Foods)	€255
IgG Food Intolerance Test (200 Foods)	€340
IgG Food Intolerance Test (Vegetarian 64 foods)	€180

Spring 2022 Bonus: Personalized Nutrition Plan for Recovery with Custom Recipe Book included in price of tests. (this service is usually an add-on price to all tests, worth €60)

What Foods are Tested?

93 Food Test — Cost: €255

Dairy/Eggs: Egg White, Egg Yolk, Milk (Cow's), Milk (Goat's), Milk (Sheep's)

Grains: Barley, Buckwheat, Corn (Maize), Durum Wheat, Gluten, Millet, Oat, Rice, Rye, Spelt, Wheat **Fish &**

Seafood: Cod, Crab, Herring, Haddock, Lobster, Mackerel, Mussel, Plaice, Salmon, Shrimp/Prawn, Sole, Tuna

Meat: Beef, Chicken, Lamb, Pork, Turkey, Venison

Fruit: Apple, Avocado, Banana, Blackberry, Blackcurrant, Grape, Grapefruit, Kiwi, Lemon, Melon, Olive, Orange, Peach, Pear, Pineapple, Raspberry, Strawberry
Vegetables: Aubergine, Bean (Green), Bean (White Haricot), Beetroot, Broccoli, Cabbage (Savoy/White), Carrot, Cauliflower, Celery, Cucumber, Leek, Lentil, Lettuce, Onion, Pea, Peppers, Potato, Soya Bean, Tomato

Nuts & Seeds: Almond, Brazil Nut, Cashew Nut, Coconut, Hazelnut, Peanut, Rapeseed, Sesame Seed, Sunflower Seed, Walnut

Herbs & Spices: Chilli (Red), Garlic, Ginger, Nutmeg, Peppercorn, Vanilla
Other: Carob, Cocoa Bean, Coffee, Mushroom, Tea (Black), Yeast (Baker's), Yeast (Brewer's)

200 Food Test – Cost €340

Dairy & Eggs: Alpha-Lactalbumin, Beta-Lactoglobulin, Casein, Egg White, Egg Yolk, Milk (Cow's), Milk (Goat's), Milk (Sheep's), Milk (Buffalo)

Grains: Amaranth, Barley, Buckwheat, Corn (Maize), Couscous, Durum Wheat, Gluten, Malt, Millet, Oat, Rice, Rye, Spelt, Tapioca, Wheat, Wheat Bran

Fish & Seafood: Anchovy, Bass, Carp, Caviar, Clam, Cockle, Cod, Crab, Cuttlefish, Eel, Haddock, Hake, Herring, Lobster, Mackerel, Monkfish, Mussel, Octopus, Oyster, Perch, Pike, Plaice, Salmon, Sardine, Scallop, Sea Bream, Shrimp/Prawn, Sole, Squid, Swordfish, Trout, Tuna, Turbot

Meat: Beef, Chicken, Duck, Horse, Lamb, Ostrich, Ox, Partridge, Pork, Quail, Rabbit, Turkey, Veal, Venison, Wild Boar

Fruit: Apple, Apricot, Avocado, Banana, Blackberry, Blackcurrant, Blueberry, Cherry, Cranberry, Date, Fig, Grape, Grapefruit, Guava, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Olive, Orange, Papaya, Peach, Pear, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Redcurrant, Rhubarb, Strawberry, Tangerine, Watermelon

Vegetables: Artichoke, Asparagus, Aubergine, Bean (Broad), Bean (Green), Bean (Red Kidney), Bean (Haricot), Beetroot, Broccoli, Brussel Sprout, Cabbage (Red), Cabbage (Savoy/White), Caper, Carrot, Cauliflower, Celery, Chard, Chickpea, Chicory, Cucumber, Fennel, Leek, Lentil, Lettuce, Marrow, Onion, Pea, Peppers, Potato, Quinoa, Radish, Rocket, Shallot, Soya Bean, Spinach, Squash, Sweet Potato, Tomato, Turnip, Watercress, Yuca

Nuts & Seeds: Almond, Brazil Nut, Cashew Nut, Coconut, Flax Seed, Hazelnut, Macadamia Nut, Peanut, Pine Nut, Pistachio, Rapeseed, Sesame Seed, Sunflower Seed, Walnut

Herbs & Spices: Aniseed, Basil, Bayleaf, Camomile, Cayenne, Chilli (Red), Cinnamon, Clove, Coriander, Cumin, Curry (Mixed Spices), Dill, Garlic, Ginger, Ginkgo, Ginseng, Hops, Liquorice, Marjoram, Mint, Mustard Seed, Nettle, Nutmeg, Parsley, Peppercorn, Peppermint, Rosemary, Saffron, Sage, Tarragon, Thyme, Vanilla

Other: Cane Sugar, Carob, Chestnut, Cocoa Bean, Coffee, Honey, Mushroom, Tea (Black), Tea (Green) Transglutaminase, Yeast (Baker's), Yeast (Brewer's)

Vegetarian Food Test (64 Foods) - Cost €180

Dairy/Eggs: Egg white, Egg yolk, Milk (cow) and Milk (goat)

Grains: Barley, Gluten, Rye, Corn (maize), Oat, Wheat, Durum Wheat and Rice

Fruit: Apple, Apricot, Banana, Blackberry, Blackcurrant, Blueberry, Cherry, Cranberry, Grape, Grapefruit, Lemon, Lime, Olive, Orange, Pear, Pineapple, Raspberry and Strawberry

Vegetables: Asparagus, Bean (white haricot), Bean (red kidney), Broccoli, Brussels Sprouts, Carrot, Cauliflower, Chickpea, Lentil, Onion, Pea, Potato, Soya Bean and Tomato

Nuts/Seeds: Almond, Brazil nut, Cashew, Coconut, Hazelnut, Peanut, Pistachio and Walnut

Herbs/Spices: Chilli, Garlic, Ginger, Mustard Seed and Peppercorn (black & white)

Miscellaneous: Cocoa Bean, Coffee, Mushroom, Tea (green), Tea (black), Yeast (Baker's) and Yeast (Brewer's)

Personalized Nutrition Plan for Recovery – Cost: Test Fee plus €60

You are not alone to figure out what to do after you receive Food Intolerance Test results! Your personalized Nutrition Plan for Recovery makes sense of food choices and offers plenty of options and tips for maintaining your diet balanced and nutritious. Nutritional Therapy is applied to encourage your body to heal and recover using food ingredients, supplements (where necessary) and lifestyle changes to bring health, balance and vitality on to your plate. Each plan is unique and personalized to suit your needs and considers your individual food intolerances. It includes meal planning, shopping guide and recipes to help you implement dietary changes. This is the perfect partner to your Food Intolerance Test Results!

Spring 2022 Bonus: *Personalized Nutrition Plan for Recovery with Custom Recipe Book* included in price of all Food Intolerance tests. (this service is usually an add-on price to all tests, worth €60)