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**FOOD INTOLERANCE TESTING**

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) Irritable Bowel Syndrome Skin Disorders**

**Migraine/Headache Rheumatoid Arthritis Obesity**

**Infertility Respiratory Symptoms 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

**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!