



Food Panel



The Diagnos-Techs Food Panel tests for immune response via antibodies to four of the most common allergens—gluten, milk, egg, and soy. Using only a saliva sample, the Food Panel offers a convenient, non-invasive, and economical way to screen for food allergies and sensitivities. Identifying the specific foods that your immune system reacts to can help your doctor recommend a treatment plan that is best for you.

Avoiding a more serious condition

A food reaction is an abnormal response in the GI system that can occur for a variety of reasons. In some cases, like lactose intolerance, there may be too little of a particular enzyme to digest a food correctly. In other cases, the immune system creates antibodies to proteins in foods. When a food reaction involves the immune system in this way, it is called a food allergy or food sensitivity.

When the immune system reacts to a food, it can lead to inflammation and irritation in the intestine each time the particular food is consumed. Food allergies and sensitivities can range in severity from immediate, sometimes life-threatening reactions (anaphylaxis), to milder symptoms such as gas and bloating.

Many food allergies produce minimal symptoms, yet if left untreated, the long-term consequences can be serious and may involve the development of conditions in many different organ systems.

Gastrointestinal Symptoms of Food Allergies

- Diarrhea or soft stools
- Constipation
- Gas
- Bloating
- Abdominal pain
- Gastroesophageal reflux or GERD
- Mouth ulcers

Non-Gastrointestinal Symptoms of Food Allergies

- **Skin:** Hives, dermatitis, eczema, edema (swelling)
- **Joints:** pain and inflammation
- **Respiratory:** Runny nose, asthma, nasal congestion,
- **Brain:** Headache, migraine, sleeplessness, irritability
- **Immune:** Decreased immune function, frequent or chronic infections
- **Fatigue:** Decreased energy due to anemia or poor absorption of nutrients



*Talk to your doctor about your symptoms and ask if the **FP** may help you better understand your food allergies and create a targeted treatment plan.*

Common misconceptions

Food allergies are conditions of childhood - In truth, food allergies and sensitivities may occur at any age, and in some instances may be lifelong.

Food allergies are only present in symptomatic patients - In truth, food allergies and sensitivities can be silent in many individuals. The absence of symptoms, however, does not mean that inflammation and damage are not occurring.

Food allergies are simply intestinal irritations - In truth, food allergies and sensitivities cause immune reactions and may contribute to a wide range of symptoms that do not involve the intestines. It is even possible for some patients to only experience symptoms outside of the GI system.

Conditions associated with untreated food allergies

- **Autoimmune disease**
Liver and bile duct disorders, type I diabetes, systemic lupus erythematosus (SLE), celiac disease
- **Cancer**
Lymphoma, gastrointestinal cancer
- **Thyroid conditions**
Hypothyroidism, hyperthyroidism
- **Decreased bone mineral density**
Osteopenia, osteoporosis
- **Reproductive system dysfunction**
Impotence, infertility (males and females), menstrual irregularities
- **Neurological and psychiatric disorders**
Postural imbalance, nerve tingling, numbness, depression, anxiety

What to expect

Your healthcare provider will give you a test kit containing the supplies you need to collect your test sample. Complete instructions regarding sample collection are included with your kit. You will need to refrigerate or freeze your sample until you are ready to ship it. Next, you will package the sample in the box provided, affix the pre-paid mailing label included with your kit (domestic only), and ship the completed kit from your nearest UPS location.

Your healthcare provider will receive your results in approximately 1-2 weeks. The results can then be used to create a customized treatment plan and to determine the next steps in working toward your health goals.



Ask your physician about additional test panels available from DiagnosTechs:

- ASI** Adrenal Stress Index Panel
- BHP** Bone Health Panel
- CAL** Calprotectin
- FHP** Cycling Female Hormone Panels
- FP** Food Panel
- GI** Gastrointestinal Health Panels
- MHP** Male Hormone Panels
- PHP** Peri- & Postmenopause Panels

For additional patient information, please visit our website at diagnostechs.com