

# Food Intolerance Rapid Test

**1** drop of blood  
**30** minutes  
**57** foods



**DST**

**NUTRISMART®**

## Food intolerance

There is a growing trend of people showing adverse reactions to different foods within their diet – generally termed as food intolerance.

Symptoms could be bloating, headache, fatigue, diarrhea, irritable bowel and other gastroenterology and dermatology related conditions. It is estimated that in developed countries every second person is suffering from a symptom related to food intolerance. Further, food intolerance symptoms are slowly turning into a serious lifestyle disease that is generally overlooked due to difficulties in diagnosis. Increase in awareness in the

general population regarding health and nutrition has led to increased interest in understanding food intolerances.




Symptoms of food intolerance could be multifaceted and could appear within a few hours or even days after the consumption of the food. This makes it difficult for the healthcare practitioner and the patient to identify the food or foods responsible for the symptoms. Hence, there is a need for a quick diagnostic tool that can identify foods causing the adverse reaction and aid the healthcare practitioner to consider therapeutic options (e.g. a 1- or 2-month elimination diet) to alleviate the patient’s symptoms.

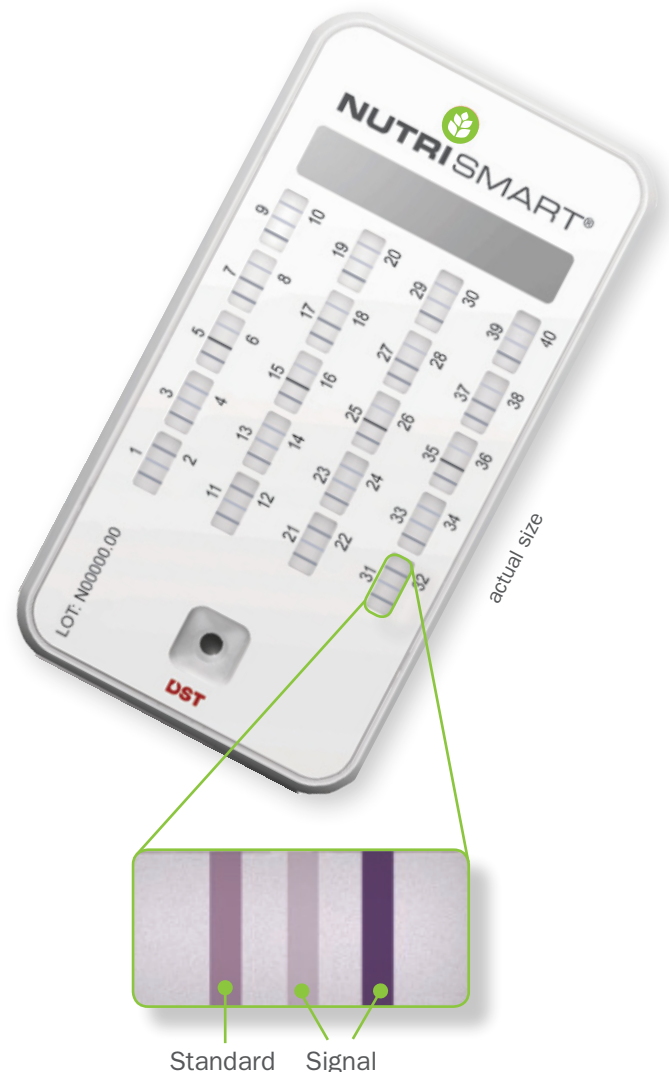
## Correlation between NutriSMART® levels and food specific IgG<sub>4</sub> concentrations

NUTRISMART® Level	sIgG <sub>4</sub> Concentration
1	low
2*	moderate
3*	high

\*corresponds to a moderate or high sIgG<sub>4</sub> level. These results are regarded a clinically relevant if they are in correlation with the medical history and symptoms

## Reading the results

Level 1	Signal intensity less than the standard	
Level 2	Signal intensity approximately the same as the standard	
Level 3	Signal intensity greater than the standard	



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#### Important notes

- Food intolerance test results should always be interpreted by a trained healthcare practitioner along with patient’s medical history.
- Foods should not be completely and permanently eliminated from diet based on the results. A temporary elimination diet for 1 to 2 months (as prescribed by a trained healthcare practitioner) followed by slow “reintroduction” of food into the diet and re-testing with NutriSMART® is recommended.
- Testing for sIgG<sub>4</sub> may not necessarily reflect a reaction to the food itself, but may be an indirect indicator of intestinal permeability (i.e. leaky gut). Exclusion diet based on sIgG<sub>4</sub> antibody testing has been shown to improve symptoms in patients suffering from Irritable Bowel Syndrome.
- At times, there is also an overlap of food allergy with food intolerance. However it has to be noted that food intolerance is usually due to our body’s inability to process the food and its compounds whereas food allergy is the IgE mediated immune system reaction to allergens/proteins within food.



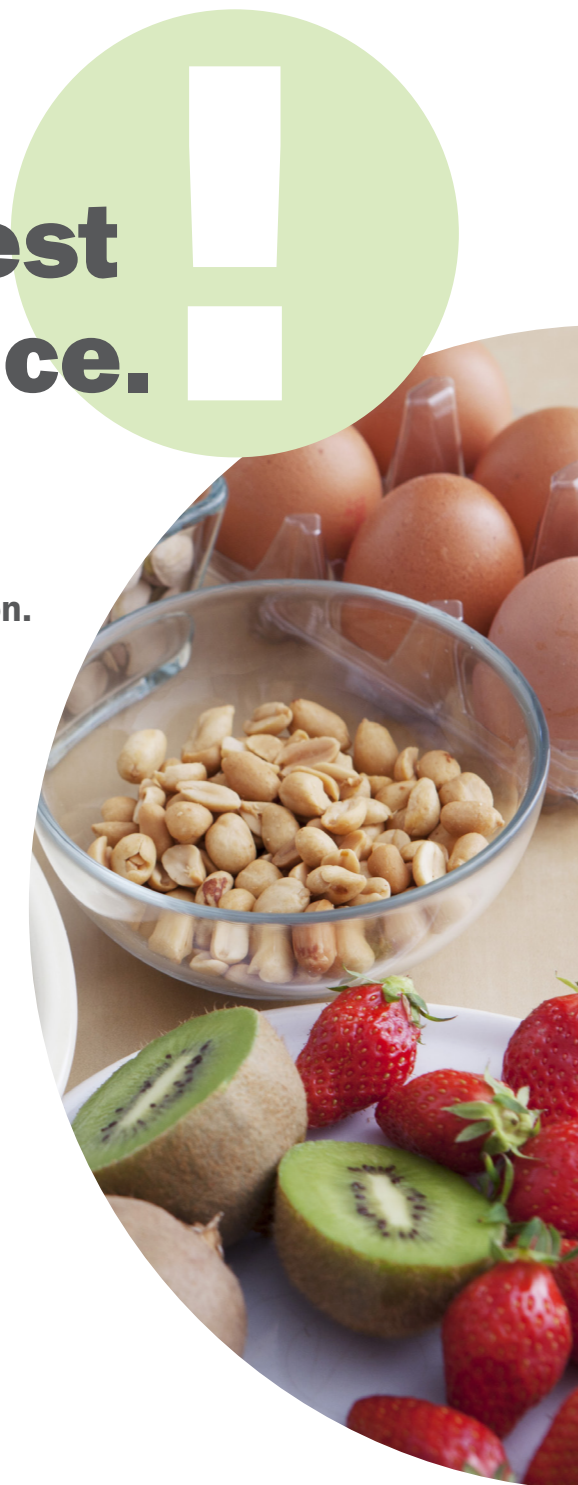
# The world's first 30-minute rapid test for Food Intolerance.

Tests for **57** of the most common foods.  
Delivers results at an unparalleled speed and precision.

## NutriSMART® features and benefits

- **30-minute** rapid food intolerance test
- **57 foods** tested with just **one drop** of finger prick blood
- **Simple and fast** test procedure
- **Covers 90% of the common foods** consumed all around the world
- Results read **with the naked eye**
- Test kit includes **all necessary equipment** (test device, blood sampling kit, test reagents, etc.)
- **Hygienic** – blood sample and reagents are retained within the device
- Suitable for both **adults and children** (over the age of 5)
- Aimed at enabling diagnostics and **saving time** for health practitioners, diagnostic laboratories, nutritionists, dieticians and patients
- Healthcare Practitioners and Nutritionists can **test their patients during consultation**, no waiting for laboratory test results
- **18 months** shelf life

**BLOATING**  
**IRRITABLE BOWEL FATIGUE**  
**HEADACHES SLEEP DISTURBANCES**





# NUTRISMART®

## Test Panel

<b>Grains</b>	Wheat Rye Barley Oat Grain mix A Grain mix B Gluten	Buckwheat, Amaranth, Goosefoot Corn, Rice
<b>Nuts</b>	Peanut Hazelnut Almond	
<b>Fruits</b>	Banana Fruit mix A Fruit mix B Apple Pineapple Kiwi fruit	Lemon, Orange Strawberry, Grape, Peach
<b>Egg</b>	Egg white Egg yolk	
<b>Milk</b>	Casein Cow's milk Goat's milk Sheep's milk	
<b>Seafood</b>	Cod Fish mix Tuna Seafood mix	Salmon, Trout Shrimp, Squid, Octopus
<b>Vegetables</b>	Tomato Legume mix Vegetable mix A Vegetable mix B Leek/Onion mix	Pea, Green bean Carrot, Celery Cabbage, Broccoli Garlic, Onion, Leek
<b>Meat</b>	Lamb/Mutton Meat mix A Meat mix B	Pork, Beef Chicken, Turkey
<b>Others</b>	Potato Soy Yeast Mix Cacao Coffee Mustard	Baker's yeast, Brewer's yeast

DST specialises in diagnostic solutions for allergies, food intolerances and professional diet optimisation. Our allergen extract production has one of the largest offers in the market: 600 allergens with valid results – both respiratory and food allergens. DST is certified by the TÜV Rheinland according to EN ISO 13485.

