

### Which myfoodprofile tests are available?

Choose the **myfoodprofile** test that best suits you and your eating habits. Your IgG antibody response to more than 200 different foods from the following categories can be tested:

- > Gluten-containing cereals
- > Gluten-free cereals & alternative foods
- > Legumes
- > Nuts & seeds
- > Fruits
- > Vegetables
- > Milk products & egg
- > Meat
- > Fish & seafood
- > Herbs & spices
- > Various

Learn more about the **myfoodprofile** products:



[www.myfoodprofile.com](http://www.myfoodprofile.com)

### Your steps to a healthier life

Previous treatment methods have not been able to do anything about your complaints and you suspect that they are connected to your diet? Then **myfoodprofile** is your chance!

#### Procedure:

- > A blood sample will be taken by your doctor, dietitian or practitioner (or directly by the laboratory, depending on the country).
- > Your sample is analysed for IgG antibodies in the laboratory using a **myfoodprofile** test.
- > You will receive your result report and a personal guidebook.
- > You plan your targeted dietary change together with your doctor, dietitian or practitioner.

#### Provided by:

Stamp:



#### Please note:

The **myfoodprofile** products do not give any indication of ...

- > existing type I food allergies, as these are mediated by IgE antibodies,
- > existing food intolerances (e.g. lactose or fructose intolerance), because these do not involve the immune system,
- > an existing coeliac disease, as this is an autoimmune disease triggered by gluten intolerance.



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my food. my health.  
Detecting food sensitivities



## What is food sensitivity?

» **What is food to one, is to others bitter poison.** «

Lucretius (Roman philosopher)

Suffering from food sensitivity means that the immune system reacts more strongly to foods that are actually harmless and, as a result, chronic inflammation can occur. Although this is not life-threatening, the quality of life of those affected may be significantly reduced.

### Possible complaints in food sensitivity\*



Gastrointestinal complaints



Fatigue



Weight problems



Skin problems



Headaches/migraines



Joint problems

### How does food sensitivity develop?

The excessive reaction of the immune system is characterised by an increased production of IgG antibodies, which normally protect the body against invading foreign substances. If the intestinal barrier of an affected person is damaged, more food components enter the blood so that an above-average amount of IgG antibodies is produced against them. Over time, this can promote chronic inflammatory processes, which may cause a wide range of complaints. Unlike a classic allergy, these usually occur with a time delay (by up to 72 hours), which is why the actual trigger of a food sensitivity often remains undetected.



## How can myfoodprofile help you?

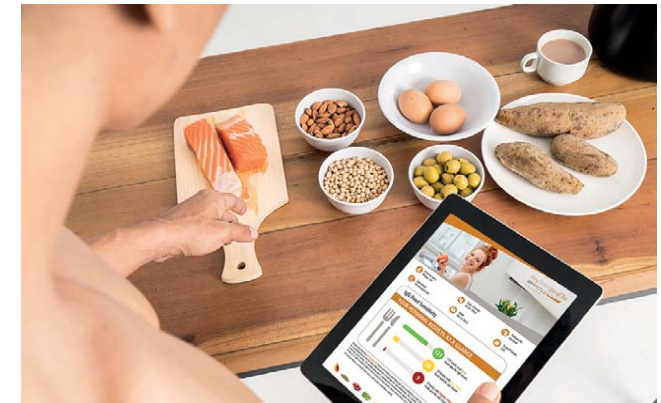
**myfoodprofile** combines a reliable test procedure with the possibility of a personalised dietary change. It supports you in identifying the potential triggers of your complaints and adjusting your diet on this basis – an important step on the way to a better quality of life!

### How does myfoodprofile work?

With a **myfoodprofile** test, the intensity of your IgG antibody reaction can be determined for more than 200 foods. The results form the foundation for your personal nutrition concept. For this, you will be provided with a personal **myfoodprofile** guide to help you with the following:

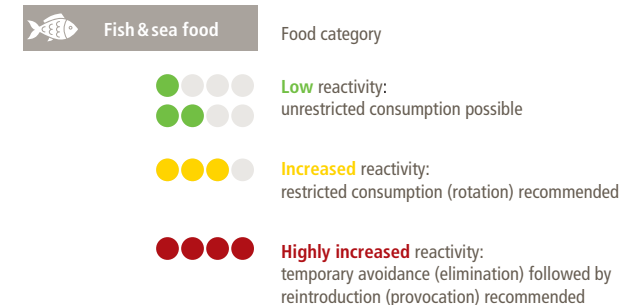
- > **Changing your diet:** You will receive directly applicable assistance – individually tailored to your test results.
- > **Establishing a balanced nutrition that meets your nutritional requirements:** You will receive alternative suggestions for foods that you should avoid as part of your nutritional concept.
- > **Useful tips:** You will be informed about products that contain foods that are problematic for you and may contribute to your complaints.

In addition, you will receive further helpful information and templates, for instance, for a nutrition protocol with symptom diary, which will make the first steps towards a change in diet easier for you.



### How is the myfoodprofile result report structured?

The result report clearly and comprehensibly shows you how strong your IgG antibody reactions to the tested foods were, sorted by category. Here is an example:



Take your health into your own hands and change your diet – with your **myfoodprofile** result report as a guide!



\* This list is not exhaustive and the complaints mentioned are not necessarily associated with increased food-specific IgG reactivity.