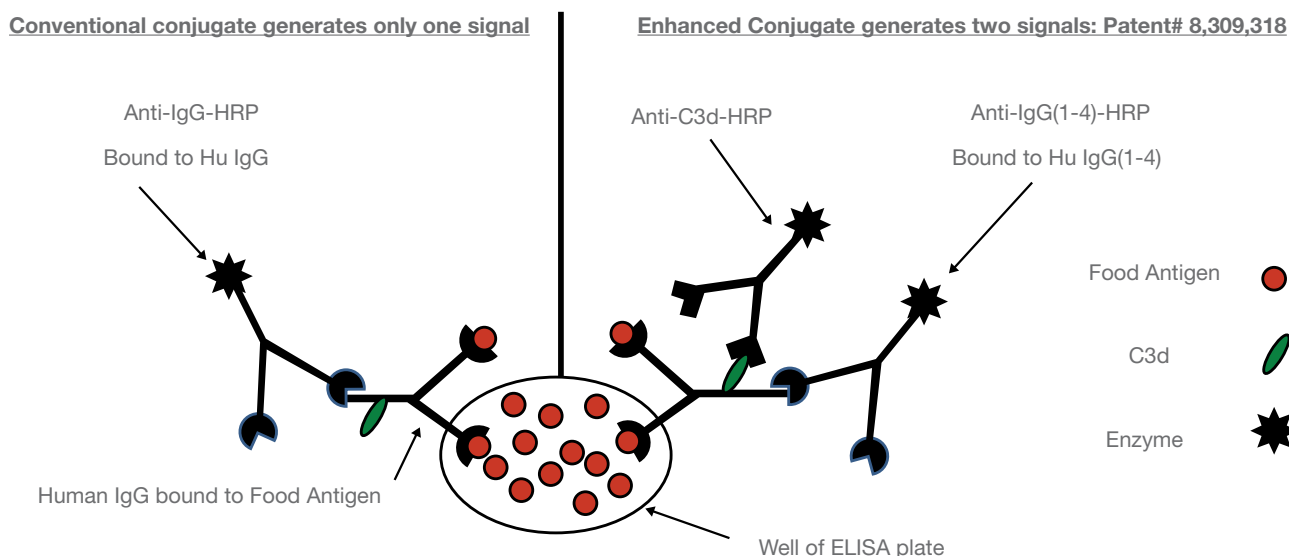


## Understanding Food Sensitivities

Food Sensitivities and related diseases affect at least 100 million people worldwide and cause a wide variety of illnesses ranging from skin rashes and headaches to chronic intestinal diseases. Any food antigen entering the bloodstream can produce symptoms associated with food sensitivities. Most food antigens enter the bloodstream through the intestinal epithelium and stimulate the production of IgG antibodies. IgG antibodies bind to food antigens that are free in the blood or that have deposited in tissues and form immune complexes (IC). The IC activate complement C3 which becomes covalently linked to the IgG forming IC-C3b. Ultimately, the C3b on the IC is cleaved forming IC-C3d. During this process, C3a (anaphylatoxin) is released which causes smooth muscle contraction and has a potent vascular effect. Under normal circumstances, circulating IC-C3b bind to the CR1 receptors on red blood cells and are cleared from the circulation in the liver and spleen. Continued production of antibody and formation of IC may result in deposition of IC in tissues which results in activation of the terminal complement pathway C5-9 on the surface of the tissue causing cell lysis and increased inflammation.

## The Food Inflammation Test (FIT Test) Improves Sensitivity by Generating Two Signals

The measurement of both IgG and Immune Complex containing C3d (IC-C3d) simultaneously is the key to assessing food sensitivities. Measuring both IgG and IC-C3d simultaneously generates twice the signal which improves the sensitivity over other tests which employ a conventional conjugate that measures only IgG. All other food sensitivity tests measure only IgG and ignore IC-C3d measurement and its effect on food sensitivity. The patented Food Inflammation Test (FIT Test) is the only test that simultaneously measures both IgG and Complement C3d.



# The Food Inflammation Test (FIT Test) Improves the Clinical Performance

Patients who reported a variety of symptoms (Table 1.) were screened using the FIT test to determine which foods caused sensitivities (Table 2. And Graph 1.). The foods which tested positive were removed from the diet and the patients were re-tested (Graph 2.) and the original symptoms were reviewed to determine if the patient felt better. A significant reduction in food sensitivities was observed and in many cases the symptoms were also reduced (Graph 2.). This study demonstrates that food elimination based on the FIT Test reduces symptoms and is an effective tool in patient care.

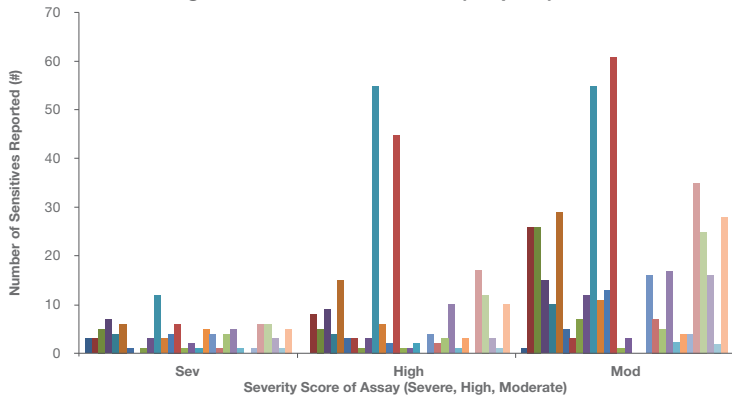
**Table 1. Patient Symptoms**

- Acne
- Arthritis
- Asthma
- Constipation
- Dermatitis
- Diarrhea
- Eczema
- Fatigue
- GERD
- Hives
- IBS
- Migranes
- Nausea
- Sinusitis
- Stuffy Nose

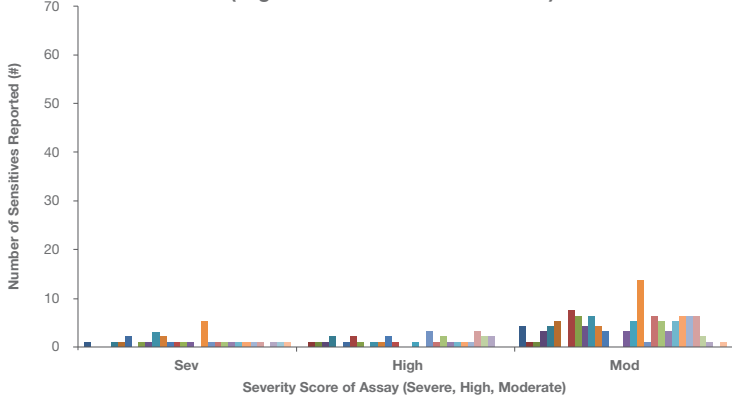
**Table 2. Food Groups Tested**

- Additives
- Beans
- Dairy
- Extracts
- Fish
- Fowl
- Fruits
- Grains
- Meats
- Microbial
- Nuts
- Seeds
- Shellfish
- Spices
- Vegetables

**IgG / C3d Test Initial Results (Graph 1.)**



**IgG / C3d Retesting (Graph 2.)  
(avg time between = 10.7 months)**



## Important Benefits of the FIT Test

- The FIT Tests employ a unique method that detects both IgG antibody and Immune Complexes simultaneously.
- Measuring IgG and Immune Complexes together increases the sensitivity over other tests which measure IgG alone.
- The FIT Test measures the sensitivity to 132 foods, colorings and additives spanning all major food groups.
- Food elimination based on the FIT Test reduces symptoms and is an effective tool in patient care.

## Testimonials from Patients and Physicians

- *"I believe this test should be part of all general health screens like a thyroid panel or cholesterol screening."*
- *"I have suffered with IBS for years and after I eliminated the foods identified by the test the symptoms disappeared."*
- *"I have lost 25 pounds and feel like I have energy to do whatever I want to do."*
- *"I used this test with a large number of my clients and they are having remarkable results including greater energy and fewer digestive problems."*
- *"This is an amazing test. I will continue to use it to help my clients to heal subtle or profound health issues in their bodies."*



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