

LIST OF THE AVAILABLE FOOD ANTIGENS

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|--|---------------------------------|--------------------------------|
| 1. Almond | 63. Date | 125. Peas |
| 2. Amaranth | 64. Dill pickle | 126. Pepper |
| 3. Anchovy | 65. Duck | 127. Pine nuts |
| 4. Anglerfish | 66. Durum wheat, Kamut | 128. Pineapple |
| 5. Anise | 67. Edible mushrooms | 129. Pistachio |
| 6. Apple | 68. Egg White | 130. Plaice, Sole |
| 7. Apricot | 69. Egg yolk | 131. Plum |
| 8. Artichoke | 70. Eggplant | 132. Potato |
| 9. Asparagus | 71. Emmenthal cheese | 133. Pumpkin |
| 10. Aspergillus niger | 72. Endive | 134. Quinoa |
| 11. Avocado | 73. Escarole | 135. Rabbit |
| 12. Banana | 74. Fennel | 136. Radicchio |
| 13. Barley | 75. Fig | 137. Radish |
| 14. Barley malt | 76. Garlic | 138. Raspberry |
| 15. Basil | 77. Ginger | 139. Red turnip |
| 16. Bay leaves | 78. Goat milk | 140. Rice |
| 17. Beef | 79. Gorgonzola/Roquefort Cheese | 141. Rocket |
| 18. Black, green tea | 80. Grapefruit | 142. Roe deer |
| 19. Blackberry | 81. Green cabbage | 143. Rosemary |
| 20. Blueberry | 82. Green string beans | 144. Rye |
| 21. Bouillon cube (Glutamate) | 83. Halibut | 145. Saffron |
| 22. Brazil nut | 84. Hazelnuts | 146. Sage |
| 23. Brewer's yeast | 85. Herring | 147. Salmon |
| 24. Broad beans | 86. Honey | 148. Sardine |
| 25. Broccoli | 87. Hops | 149. Sheep Cheese |
| 26. Brussels sprouts | 88. Horse | 150. Sea bass, Sea bream |
| 27. Buckwheat | 89. Kefir (Fermented milk) | 151. Sesame |
| 28. Buffalo-milk Mozzarella Cheese | 90. Kiwi | 152. Shrimp |
| 29. Cabbage | 91. Lamb | 153. Slice of processed cheese |
| 30. Camembert cheese | 92. Leek | 154. Soft wheat |
| 31. Caper | 93. Lemon | 155. Soy |
| 32. Carob | 94. Lentils | 156. Spell |
| 33. Carrot | 95. Lettuce | 157. Spinach |
| 34. Cashew nuts | 96. Licorice | 158. Strawberry |
| 35. Cauliflower | 97. Lima beans | 159. Sugar cane |
| 36. Celery | 98. Linden | 160. Sunflower seeds |
| 37. Cenosa, Crescenza, Stracchino cheese | 99. Linseed | 161. Sweet pepper |
| 38. Chamomile | 100. Lobster, Crab | 162. Swine |
| 39. Cherry | 101. Mackerel | 163. Swiss chard |
| 40. Chestnut | 102. Mallow | 164. Swordfish |
| 41. Chicken | 103. Mango | 165. Tangerine |
| 42. Chickpeas | 104. Marjoram | 166. Thyme |
| 43. Chicory | 105. Millet | 167. Tomato |
| 44. Chili pepper | 106. Mint | 168. Trout |
| 45. Chive | 107. Mozzarella cheese | 169. Tuna |
| 46. Cinnamon | 108. Mustard | 170. Turbot |
| 47. Clams, Mussels, Oysters | 109. Nectarine | 171. Turkey |
| 48. Clove | 110. Nettie | 172. Turnip cabbage |
| 49. Cocoa | 111. Nutmeg | 173. Valerian |
| 50. Coconut | 112. Oat | 174. Vanilla |
| 51. Cod, Hake | 113. Olive | 175. Veal |
| 52. Coffee | 114. Onion, Scallion | 176. Walnut |
| 53. Cola seeds | 115. Orange | 177. Watermelon |
| 54. Coriander | 116. Oregano | 178. White horseradish |
| 55. Corn | 117. Ostrich | 179. White melon |
| 56. Cow milk | 118. Papaya | 180. White, red, black grape |
| 57. Cucumber | 119. Paprika | 181. Yeast base |
| 58. Cumin | 120. Parmesan cheese | 182. Yellow melon |
| 59. Currant | 121. Parsley | 183. Yoghurt |
| 60. Curry | 122. Peach | 184. Zucchini |
| 61. Cuttle fish, Octopus, Calamari | 123. Peanuts | |
| 62. Dandelion seeds | 124. Pear | |

F.I.T. 184

F.I.T. 92

F.I.T. 46

In your city, you can contact:

OTHER DIAGNOSTIC TESTS CARRIED OUT BY NATRIXLAB:

- **GLUTEN SENSITIVITY TEST:** non-celiac gluten sensitivity evaluation.
- **CELIAC TEST:** Immunological evaluation of the possible positivity to celiac disease.
- **HORMONAL PROFILES:** Weight Loss, Stress, Sport, Goodnight, Woman (Fertility\Menopause), Man.
- **CELLULAR AGING FACTORS:** global assessment of cellular aging by analyzing the 4 main processes implied (oxidation, inflammation, methylation, and glycation).
- **LIPIDOMIC PROFILE:** Evaluation of plasmatic or membrane fatty acids profile.
- **IN FLORA SCAN:** the most in-depth assessment panel for intestinal health.
- **MINERAL EVO:** nutritional minerals and heavy metals assessment.

Tele
nutrizione



**YOUR NUTRITIONIST
ALWAYS BESIDE YOU**

After the analysis, you can request on-line a specific nutrition program through the telemedicine service called "Telenutrizione". A team of doctors and nutrition specialists can assist patients during their nutrition program. For further information, visit the website.

www.telenutrizione.com

For more information you can contact us from Monday to Friday from 09:00 a.m. to 1:00 p.m. and 2:00 p.m. to 6:00 p.m. (+39 0522 232606).



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FOOD INTOLERANCE TEST (F.I.T.)

Immunoenzymatic measurement of food antigens



"Food Intolerance Test"

is an IgG blood test to detect adverse reaction against specific foods. It is useful to know what foods you are reactive to. After avoiding those foods for a certain period and by gradually introducing them back you will notice a rapid improvement in your symptoms.

It is recommended you consult a nutritionist who can help you with your new diet.

"Let food be your medicine"
Hippocrates

A correct and long-term diet can help you to recover from your symptoms and to maintain your good health. The only way to tell if a food is compatible with your body is by smell, taste and absence of side-effects. Nevertheless, medical science has found out that even “innocuous foods” you like and eat everyday can be dangerous.

F.I.T. can tell you if your intuitions are right.

This innovative and highly accurate test is able to determine adverse reactions to some kind of food IgG induced proteins. Today this is normally known as food intolerance though only metabolism is involved and not the immune system (e.g. lactose intolerance).

In allergic reactions IgE antibodies are involved. A food allergy is characterised by an immediate reaction when exposed to the offending food while IgG induced food intolerance reactions are very different. The incidence of food allergy is quite low (1-2% of the adult population), while a higher percentage of the population suffers from food intolerance.

The symptoms of food intolerance depend on the amount of offending foods ingested. They are delayed and can occur days after eating the food concerned.

An individual hypersensitivity due to a constitutional predisposition or a large consume of certain foods can cause IgG induced symptoms.

It is very useful to know foods which are not tolerated by a patient in order to plan a personalized and varied diet to avoid symptoms and the outcome of new intolerance.

A great health improvement can be determined by removing the food tested positive for intolerance.

You can improve or prevent your symptoms by carrying out dietary changes.

IgG-mediated adverse reactions towards food proteins can cause many disorders. The most common symptoms are listed below:

GENERAL SYMPTOMS

Chronic fatigue - somnolence - hydric retention - excessive sweating - tonsillar lymphadenopathy - obesity.

GASTRO-ENTERIC SYSTEM

Digestive problems - abdominal swelling - nausea - abdominal pain and cramps - gastric hyperacidity - gastritis - gastroduodenal ulcers - colitis - diarrhoea - constipation - flatulence - burping - aerophagia - haemorrhoids.

SKIN SYSTEM

Urticaria - acne - eczema - dermatitis - psoriasis - cellulites.

NERVOUS SYSTEM

Headache - migraine - loss of balance - anxiety - depression - irritability - mental confusion - weak memory - concentration problems.

RESPIRATORY SYSTEM

Respiratory problems - asthma - cough - hoarseness - excess mucus - rhinopharyngitis - sinusitis - recurrent bronchitis.

CARDIOCIRCULATORY SYSTEM

Arterial blood pressure alteration - palpitations - extrasystole.

URO-GENITAL SYSTEM

Libido disturbs - urogenital inflammations.

MUSCLE-JOINTS SYSTEM

Cramps - spasms - muscular tremors - muscular weakness - muscular-articular pains - muscle-tendon inflammations.

Food Intolerance Test (F.I.T.) is an ELISA standardized test (Enzymatic linked Immuno Sorbent Assay method). This method assures high repeatability (> 90%), and provides percentage results, i.e. the reaction towards up to 184 foods is calculated on a percentage basis.

A great number of people develop, during their life, hypersensitivity toward foods' proteins. Therefore, F.I.T. is recommended for diagnostic and therapeutic supporting.

F.I.T. only requires a blood sample.

Natrix Lab will analyze the immune reaction toward protein extracts of 46, 92 or 184 foods.

Up-to-date statistics show that one person out of ten suffers from food allergy, and one out of two suffers from food intolerance, even without knowing it.

Recognizing food intolerance is one of our physician's tasks. This is possible through Natrix Lab Food Intolerance Test technology. Patients are eventually taught how to have a correct and healthy diet, being aware that food is their “main medicine”.