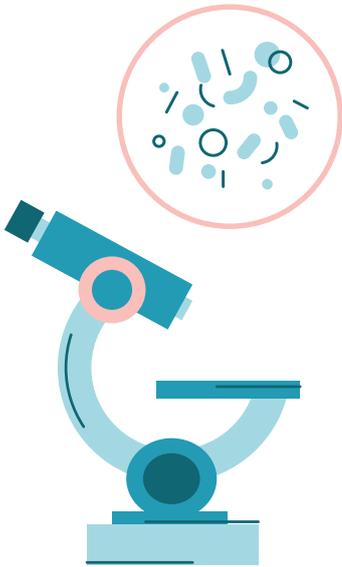


FOOD SENSITIVITY TEST

INSTRUCTIONS

Thank you for purchasing this test. We're delighted to join you on your health journey.



The science behind the test

During healthy digestion, foods are broken down into the smallest possible unit e.g. protein is broken down into amino acids. These pass seamlessly through the gut wall into the bloodstream.

However, occasionally small fragments of partially digested or undigested foods are able to pass through the gut wall. Your vigilant immune system recognises these as 'foreign', and responds by making IgG antibodies to them.

By testing the specific IgG antibodies in the blood, we're able to work out which foods may be contributing to your symptoms. It also gives us clues about your gut integrity, and how well your digestion is working.

Based on this insight, we can make targeted recommendations to support your gut health and enhance your wellbeing.

IMPORTANT Before you take the test

To make your test results as accurate as possible, it's important you follow these guidelines.



Do NOT perform the test if:

- you're pregnant
- you're taking immunosuppressant drugs

Do NOT discontinue any medications in order to take the test. You can take a test 4–6 weeks after giving birth.



Follow your **normal diet** before you take the test.



If there's a food that you've avoided for more than 3 months but which you would like tested (e.g. cow's milk), **reintroduce that food**. Eat one portion of the food daily for a week before taking the test. Do NOT eat anything to which you have a known allergy.



Make sure you're **well hydrated** before you take your blood sample.

TEST KIT CONTENTS

We've partnered with a functional testing lab called Cambridge Nutritional Sciences to provide this test. Your test kit contains the following:

- 1 x test instructions sheet (this sheet)
- 1 x sample transport tube
- 1 x sterile swab
- 2 x sticking plasters
- 1 x blood collection tube
- 2 x safety lancets
- 1 x disposal bag
- 1 x clam-pack
- 1 x request form
- 1 x prepaid return envelope

TAKING THE TEST

-  1. Read the 'IMPORTANT: Before you take the test' box on the first page.
-  2. Check you have all the kit contents using the list above, and fill in the request form.
-  3. Wash your hands in warm water, as this helps to soften the skin and encourage blood flow. You can also clench and unclench your hands several times.
-  4. Remove the blood collection tube from the sample transport tube. Remove the cap from the blood collection tube.
-  5. Choose the finger or thumb to be pricked, clean with the sterile swab provided and allow to air dry. The finger should be totally dry before the next step.
-  6. Remove the protective cap from the safety lancet. Place the raised platform end of the safety lancet onto the finger. Firmly push the safety lancet to activate the lancet mechanism. A slight prick may be felt as the skin is punctured. The side of finger near the nail sometime bleeds more easily and is less sensitive than the pad of finger.
-  7. Gently massage the finger in the direction of the puncture site to obtain a drop of blood.
-  8. Draw your finger over the edge of the blood collection tube and allow the blood to be scraped off into the tube. Each time you collect blood, tap the base of the tube on a surface so the blood collects at the bottom.
-  9. Squeeze your finger until another large blood droplet forms. Scrape the blood droplet as before and tap the tube again. Repeat until the blood reaches the white line on the tube.



10. When the blood has been collected, replace the cap. Use a plaster to cover the puncture area if needed.



11. Write your name on the label of the sample transport tube, pop the blood collection tube inside and replace the cap.



12. Put the used lancet(s) into the disposal bag, and place in the plastic clam-pack with the sample transport tube and the filled-in request form.



13. Place the clam-pack into the prepaid return envelope and post to Cambridge Nutritional Sciences as soon as possible.

- The larger sample transport tube containing the absorbent cotton pad should NOT be used for blood collection.
- If the blood flow stops before the blood collection tube is full, you may need to use the second safety lancet to make another puncture on a different finger.

Return samples to **Cambridge Nutritional Sciences**,
Eden Research Park, Henry Crabb Road, Littleport, Cambridgeshire, CB6 1SE, UK.



WHAT HAPPENS NEXT?

As soon as your results are ready, you'll receive an email notification from Healthpath. You can then log onto your Healthpath account to view your results and see personalised recommendations.