



FoodPrint®



A point-of-care IgG food sensitivity test  
200+ foods analysed

**Together... we get results**





# DELIVERING PERSONALISED NUTRITION FOR BETTER HEALTH

Why test for IgG  
food antibodies  
and food  
sensitivities?



Adverse reactions to foods may contribute towards chronic health conditions and may cause potentially distressing symptoms. There are a variety of ways in which the body can react to foods and the production, by the immune system, of IgG antibodies to food proteins is just one of these. This type of reaction is known as a food sensitivity.



As it can take up to 72 hours to notice symptoms triggered by food sensitivities, culprit foods can be hard to detect. A food sensitivity test is therefore a helpful tool to remove the guesswork.

Testing IgG responses to specific foods may help to identify problematic foods, which can then be removed or rotated in the diet for a prescribed period resulting in a reduction of symptoms.

The test works by measuring blood levels of IgG antibodies. IgG antibody formation is triggered in response to contact with specific food proteins (antigens) to which they bind and together form an immune complex. These complexes may be deposited in tissues and when formed in excess and faster than the immune system's ability to remove them efficiently, inflammation and the development of associated symptoms may be triggered. The symptoms will depend on where in the body the complexes are deposited.

From the results of a food sensitivity test an IgG dietary elimination programme can be designed. Removing problematic foods allows for the breakdown and elimination of existing complexes and limits the formation of new complexes to a manageable level of tolerance.



Support to gut wall integrity may further improve tolerance as testing positive to a high number of foods could indicate increased intestinal permeability or “leaky gut”. The gut provides an internal barrier to the external environment and is highly selective of nutrients and pathogens absorbed into the body. If compromised, resulting permeability allows food molecules to cross into the bloodstream before they are adequately digested, potentially provoking an IgG immune mediated response.

Factors contributing to a leaky gut include poor dietary choices, excessive exercise, medications and stress, all of which can result in imbalance and dysbiosis. To help gain the most from a food sensitivity test, particularly with a high number of elevated foods, it is important to focus on supporting the digestive system whilst following an elimination diet. Once symptoms have subsided, continued support to gut integrity may help to improve tolerance to these foods. Problematic foods may then be reintroduced as part of a healthy, balanced diet and tolerated at a reduced intake.

It is important to recognise that not all food-related symptoms are caused by an IgG response. Other things to consider, which are not food related, include inadequate digestion, dysbiosis, candidiasis, parasites, intestinal infections, a poorly balanced diet, excess exercise, alcohol consumption, or the effects of drugs and medications may all contribute to symptoms as well.

## Food sensitivities and allergies

**IgG food sensitivity reactions are known as Type III allergic reactions, not to be confused with type I IgE allergic reactions.**

In type I allergic reactions, IgE antibody production is stimulated by the detection of potentially harmful proteins or antigens by our innate immune system. Response is of immediate onset and may be accompanied by potentially life-threatening symptoms.

A type I allergic reaction will not show up in a food sensitivity test and an individual should therefore continue to avoid any food to which they have known allergies, regardless of their IgG food sensitivity test results.

In contrast, IgG antibody reactions form part of our acquired immune response which is slower forming with delayed onset of symptoms by up to 72 hours.



### How does the test work

FoodPrint® is a quantitative laboratory test that detects the presence of IgG food-specific antibodies to over 200 foods from a single finger prick blood sample. FoodPrint® is a diagnostic aid to the treatment of immune response related food sensitivities. It is a unique product, based on microarray technology, offering significant benefits over traditional plate-based ELISA tests.

Food extracts are ‘printed’ onto nitrocellulose pads on a glass microscope slide, together with calibration standards and controls. A blood sample provided by the patient is diluted and dispensed onto each printed microarray.

Food IgG antibodies, if present, bind to the food extracts and the results are measured by a high-resolution scanner, before being calibrated against the standards using the FoodPrint® reporting software to give quantitative results.

This software then produces a tailor-made report of the final food IgG antibody result for each food on the requested food panel.

## Test results

An IgG antibody response to each food is represented as a numerical value measuring the concentration of IgG antibodies detected in U/mL for each food. Colour coding highlights elevated, borderline or normal responses. The FoodPrint® test allows healthcare practitioners to create personalised dietary plans based on food sensitivities.

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
<b>DAIRY / EGG</b>					
59	Alpha-Lactalbumin	109	Egg White	107	Milk (Cow)
105	Beta-Lactoglobulin	<15	Egg Yolk	68	Milk (Goat)
103	Casein	<15	Milk (Buffalo)	81	Milk (Sheep)
<b>GRAINS (Gluten-Containing)*</b>					
86	Barley	22	Malt	41	Wheat
<15	Couscous	<15	Oat	29	Wheat Bran
26	Durum Wheat	20	Rye		
55	Gladin*	38	Spelt		

## Recommendations for addressing food responses

ELEVATED	BORDERLINE	NORMAL
Indicates that a high antibody reaction was detected	Indicates that a moderate antibody reaction was detected	Indicates that no significant reaction was detected
These are the primary foods, which should be eliminated from your diet for at least 3 months.	These foods should be reduced and rotated, limiting to twice per week, for at least 3 months.	These foods can be eaten without restriction, unless they have previously caused an adverse reaction.
Substitute with NORMAL (green) foods from the same food group. Please refer to 'Test Report: Food Groups'.	Substitute with NORMAL (green) foods from the same food group. Please refer to 'Test Report: Food Groups'.	Avoid foods even if showing in green section if you have a known IgE Type 1 allergy.
With a high number of elevated foods, remove the top 5 foods and rotate remaining foods as borderline.	Consider drawing up a rotation diet. Seeking professional help will make this easier.	If after following your diet for 3 months you still have symptoms, consider other possible causes by seeking professional help.

## Sample requirement and test turnaround

- > Single finger prick blood sample
- > Results within a few days
- > Return the sample within 24 hours of collection. Store in fridge until posted.

## Conditions associated with raised food IgG food antibodies

Studies have found that chronic symptoms and conditions can be associated with food sensitivities including IBS and migraine, which are associated with the following symptoms:

- > Bloating
- > Constipation
- > Diarrhoea
- > Flatulence
- > Headaches
- > Irritable bowel syndrome
- > Lethargy
- > Nausea
- > Stomach cramps / abdominal pain

- > Laboratory based system using validated microarray technology – trusted by over 160 labs worldwide
- > Full spectrum IgG analysis (IgG 1-4)
- > Analyses food specific IgG antibodies from human serum or plasma
- > Quick turnaround time for reporting
- > Tests for 200+ food antigens
- > Validated for capillary (finger prick) and intravenous blood draw
- > Easy to use CE marked blood sample collection pack available for home or in-clinic sampling
- > Tested in duplicate for greater accuracy and with internal controls
- > Easy interpretation of results, using traffic light system, and quantitative results for precise patient dietary management
- > Provides detailed guidance to IgG food elimination diet
- > Allows for personalised and actionable results for practitioners to use with patients
- > FoodPrint® Assure (EQAS) programme





## ABOUT US

- > CNSLab is a service provided by Omega Diagnostics, an international diagnostics testing business that is passionate about improving lives around the world by accurately informing health decisions.
- > Collaborating with laboratories and partner organisations, we provide world-leading food sensitivity tests in over 60 countries.
- > We passionately believe in promoting a more personalised approach to health.
- > Using pioneering diagnostic technologies, we enable healthcare professionals and their patients to accurately identify lifestyle and dietary changes that can significantly improve health and wellbeing.

## Important information for patients

The test does not provide information about IgE-mediated allergies, coeliac disease, enzyme deficiencies such as lactose, histamine, tyramine, alcohol intolerance or other chemical sensitivities such as reactions to certain food additives.

Do not use this test if pregnant or breastfeeding, taking blood thinning agents, or there are any other conditions or symptoms which are of concern.

Do not use this test if taking immunosuppressants (e.g., steroids, methotrexate), cancer therapies, antibody therapies, or suffer from a blood clotting disease.

Only suitable for patients aged 2 years old and above.

We recommend that you follow your normal diet, so that the test will reflect what you usually eat. However, if you have specifically avoided a food for more than three months, e.g., cow's milk, and you would like it tested, unless you have symptoms when you reintroduce, we would recommend you reintroduce one normal portion daily for five days prior to testing.

**NB | If you have a diagnosed food allergy or coeliac disease do not reintroduce these foods.**



FIND OUT MORE



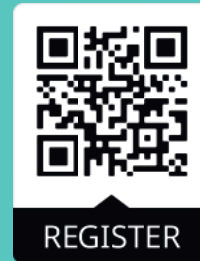
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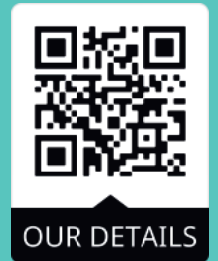
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