



## FOOD EXPLORER

### **Evaluate Over 250 Food Sensitivities With a Simple At-Home Collection!**

The **IgG Food Explorer™** by Diagnostic Solutions Laboratory is an Elisa-based multiplex food sensitivity test measuring total IgG antibodies to a plethora of foods.

Using the simple at-home blood collection kit, the **IgG Food Explorer** evaluates over 250 food antigens making it the most extensive and affordable food sensitivity test available.

Food sensitivities are common and on the rise. The range of symptoms related to food sensitivities is vast and varies for each patient.

**IgG Food Explorer** offers tremendous insight into food sensitivities by also evaluating molecular antigens for wheat gliadin and cow's milk. Results help practitioners personalize diet and lifestyle protocols for their patients to reduce and eliminate symptoms related to adverse food reactions.



### **Symptoms May Be Gut-Related Symptoms or Extraintestinal, and Commonly Include:**

- Irritable Bowel Syndrome (IBS)
- Reflux
- Skin disorders:
  - » Hives, atopic dermatitis rashes, and under-eye bags
- Headaches and migraines
- Musculoskeletal/joint pain
- Bloating, diarrhea, nausea
- Behavioral symptoms:
  - » Anxiety, ADHD, mood swings
- Autoimmune disease

Learn more at [www.diagnosticsolutionslab.com](http://www.diagnosticsolutionslab.com)

Account setup forms are available on our website, via email at [cs@diagnosticsolutionslab.com](mailto:cs@diagnosticsolutionslab.com), or by phone at 877-485-5336.



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# What Food Sensitivities Does the IgG Food Explorer™ Test For?



\* Exact number of food extracts may differ from those shown in the illustration. IgG Food Explorer does not test for dietary intolerances (such as lactose intolerance) and does not test for celiac disease-specific antibodies.

## Antibody Response to Over 250\* Food Extracts

IgG Food Explorer™ tests immunoglobulin (IgG) antibodies to a variety of common foods.

This extensive food sensitivity test can help practitioners pinpoint which foods may be behind symptoms.

Molecular antigens for wheat gliadin and cow's milk are also included for enhanced insight into the sensitivity of those two potentially immunogenic foods.

Results help practitioners personalize diet and lifestyle guidance for their patients to reduce and eliminate symptoms related to adverse food reactions.

## Understanding Food Allergies vs. Food Sensitivities

**There are important differences between food sensitivities and food allergies.** Different arms of the immune system facilitate both conditions. Food allergies are immediate, potentially life-threatening, mast-cell mediated, and often involve IgE antibodies, whereas food sensitivities are delayed reactions and elicit IgG antibodies.

It is best practice to measure IgE *and* IgG antibodies together as they independently create inflammation and play a role in symptoms driven by food. A food can elicit an IgE sensitivity response, an IgG antibody response, or both.†

## Companion IgE Testing is Also Available from Diagnostic Solutions Laboratory



**IgE Allergy Explorer™** is a comprehensive blood test measuring IgE antibodies to a plethora of foods and environmental allergens.

This IgE profile tests over 150 allergens at the extract and component level. *Visit our website to learn more about these immune response profiles from Diagnostic Solutions Laboratory.*



IgE Allergy Explorer and IgG Food Explorer are available to order separately or together in one convenient collection kit.

† Immune response profiles from Diagnostic Solutions Laboratory are not intended for disease diagnosis. Information provided by Diagnostic Solutions Laboratory does not constitute medical advice; but is for educational purposes only. Services provided are for laboratory testing only. No charge is incurred for ordering collection kits.

### TEST ORDERING OPTIONS & SPECIMEN REQUIREMENTS

- **IgG Food Explorer™** | Blood (250+ foods)

Also available:

- **IgE Allergy Explorer™** | Blood (150+ extract and component allergens)
- **IgG/IgE Combined Explorer** | Blood (Both profiles together)

### GETTING STARTED

- Set up an account
  - » Setup forms are available on our website
- Order online on our website, via email, or by phone

### LEARN MORE



Visit the IgG Food Explorer web page to download this document.

