

Dr. Panchal Lab & Diagnostics Centre



Dairy



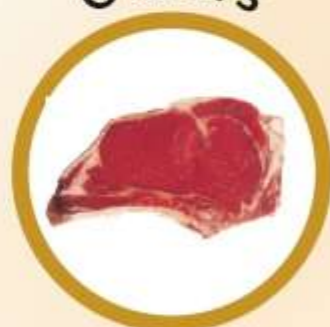
Vegetables & Fruits



Cereals & Nuts



Others



46 FOODS



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*are food sensitivities
MAKING IT WORST??*

What is Food Intolerance?

Food intolerance can result when the body reacts badly to certain foods. Often the foods included regularly in diet or the foods craved may be the ones causing a problem. Research has shown that food intolerances can be linked to IgG antibodies produced when these 'problem' foods are eaten. Normally these antibodies do not have any ill-effects, but if the immune or digestive system are not working optimally, their presence may cause a wide range of symptoms.

How do I know if one has a food intolerance?

check for presence of any of the following **chronic unpleasant symptoms**:

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

What can the healthcare professional do about it?

Advise your patient to be tested with a **Food Detective® Test**. Many people experience an improvement in symptoms and health after changing their diet based on their Food Detective results. Like any diagnostic test, Food Detective will only produce meaningful results if you are experiencing symptoms. Some symptoms of food intolerance could be due to other health issues and it is important to rule these out.

Why test?

Reduce symptoms quickly.

Symptoms can persist for several days or longer, making it difficult to identify which foods the body is struggling to deal with.

The Food Detective test helps to identify these 'problem' foods by detecting IgG antibodies in the blood. Using these results as a guide, the health care professional can then adjust and plan a new diet.

What is Food Detective® ?

Food Detective is a point-of-care test for IgG antibodies which can be associated with food intolerance. It gives quick results empowering the health care professional to advise the patient.

What should I do after the test?

The health care professional can create a diet which eliminates the problem foods, offer healthy alternatives, and guidance on how to re-introduce foods.

Typically, a customised diet will be followed for around 3 months to allow the symptoms to subside and give the body time to recover.



Foods tested

Food Detective IS tests for reactions to the following foods

	Oat, Wheat, Rice, Corn, Semolina (Rawa), Barley, Rye, Gluten, Tur Dal, Chana Dal, Moong Dal, Lentil,
	King Fish (Surmai), Mackerel (Bangda), Prawn (Jhinga, Chingri), Crab, Shrimp
	Banana, Apple, Black Raisin, Olive, Blackcurrant, Strawberry
	Chicken, Lamb, Pork
	Cow's Milk, Egg (Whole)
	Almond, Cashew, Walnut, Peanut, Soya Bean
	Broccoli, Carrot, Potato, Tomato, Onion, Brinjal, Cabbage, Cucumber,
	Tea, Cocoa Powder, Ginger, Garlic, Flax Seed,

Food Detective® IS tests for food specific IgG reactions to 46 common foods

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Test price: ₹ 7000/-

Introductory offer: **₹ 5600/-**

Offer valid till 28th February 2021.