

Test kit: Food intolerance

ORY ANALYSIS – BLOOD SAMPLE



On the trail of a modern phenomenon

Although there are many different opinions on healthy eating, I think most people would agree that there are a few basics that are indisputable. Vegetables and fruits should certainly be on our menu significantly more than pizza and meat. And yet, even the "healthiest" foods can be a burden, especially for you, if there is a hidden intolerance to them.

In our practice experience of over 15 years, we see food defense reactions as an increasing, potential health issue. This can apply even to people who eat only one or two meals a day and believe they eat a healthy, balanced diet. Food intolerances are a common and underestimated problem. There are a variety of diseases that can be associated with such intolerances.

Did you know that your immune system can build up intolerances to foods in a masked way? In our experience, the symptoms caused by food intolerances do not appear until 4 to 72 hours after food ingestion and are therefore often not associated with the symptoms. The causes therefore seem to be masked.

The food intolerance test was developed to detect food intolerances individually and to optimize your diet accordingly step by step - with the goal of a stable health improvement.

TEST INSTRUCTIONS:



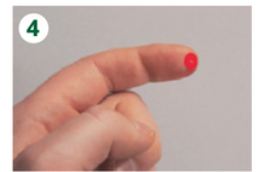
CHECK

- Requirement sheet + instructions for execution
- 1 x disinfection wipe 1 x plaster
- 2 x lancets (1x reserve) + 1 x pipette
- 1 x desiccant + 1 x protective cover
- 1 x sample carrier + mailing box



TEST INSTRUCTION

- Take the disinfectant wipe and disinfect the tip of the finger with it.
- Hold the lancet as shown in the picture. Turn the blue protective cover once around its own axis and pull it off.
- Place your hand on a firm surface. Hold the lancet between your index and middle finger and place it vertically on the tip of your finger. Now press firmly on the white button with your thumb. Please discard the first drop, as this contains a particularly large amount of tissue fluid.
- Hold your hand horizontally at waist level and massage your finger from the bottom to the puncture site until a large hanging drop of blood forms.
- Move the pipette to the side of the drop of blood and wait until the blood has completely drawn up to the white band.
- Now place the contents of the filled pipette by pressing the white plunger completely in the center of one of the pre-punched fields (depending on the requirement for serotonin, fatty acids or, for all other tests, on a free field) and allow the filter to dry for at least 45 min.



PACKING AND SHIPPING

Afterwards, please put the Bloodspot into the foil packaging and send it together with the completely filled out request form in the shipping envelope to the laboratory. The shipping envelope does not need to be stamped.



Done! You will receive an e-mail when your results are available.