



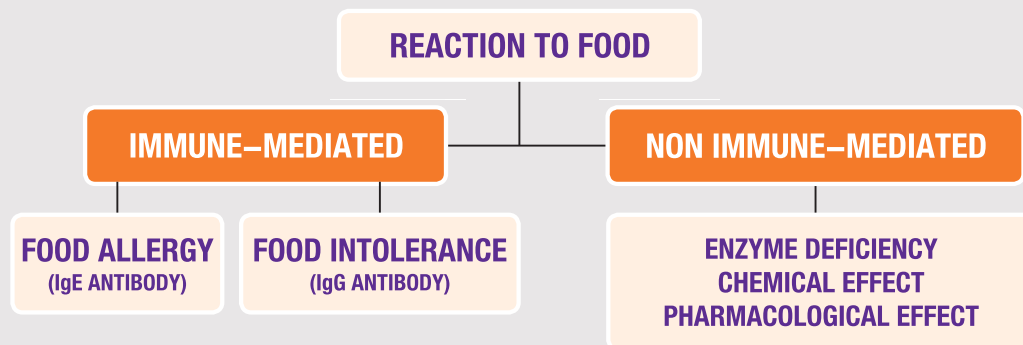
FOOD

Friend OR Foe??

The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison. Often the food included in diet or the foods we crave may be the ones causing a problem. What happens when we eat Food that our body 'Doesn't Agree With'..?

It's time to trap hidden Food Intolerance!

The terms 'food allergy', 'food intolerance' and 'food sensitivity / hypersensitivity' are often used interchangeably and are confusing, but essentially they all mean an abnormal reaction to certain foods which can manifest themselves in a number of different ways.



Carrying forward
Dr. Ajit Golwilkar's
legacy
of over
**Four
Decades**

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Food Intolerance and Common Symptoms

Respiratory Symptoms

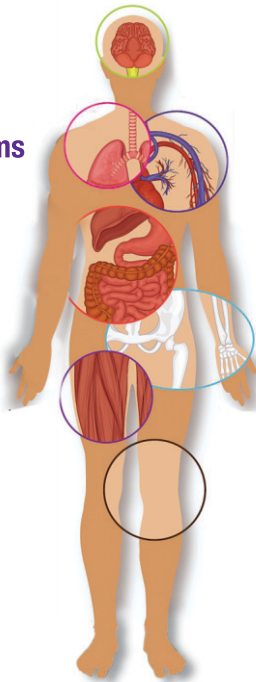
- Coughing
- Runny Nose

Skin Symptoms

- Urticaria / Eczema
- Itching

Other Symptoms

- Fatigue
- Weight Problems



Neurological Symptoms

- Headache
- Irritability

Gastrointestinal Symptoms

- Abdominal pain
- Constipation
- Excessive gas
- Stomach cramps
- Bloating
- Diarrhea
- Heartburn
- Vomiting

Joint & Musculoskeletal Symptoms

- Arthralgia (joint pain)
- Muscle pain

TEST

Analyse the history.
Get the test done for foods
that do not suit you.

DIET

Follow elimination diet.
Use diet guide /
patient report guide.

FOLLOW

Improvement in health.

Order a test today to manage Your Food Sensitivities !

Advantages of TEST

Microarray technology	State of the Art Technology & Follow-up
Quantitative IgG level	Food reactivity can be compared for optimal dietary planning
Wide range of foods	Covering both common & uncommon foods
'Traffic Light' Results	Easy to identify the 'problem' foods to avoid
Free nutritional support	Guidance with dietary changes



* one time complimentary diet counselling through expert dietitian.

FOODPRINT® 200+

Test Report : Order of Reactivity

Patient Name:

Analysis Date:

Patient Number:

Test Reference:

Date of Birth:

ELEVATED FOODS (≥30 U/ml)

76 Milk (Cow)	36 Barley	32 Milk (Sheep)
49 Wheat	35 Mushroom	30 Almond
42 Amaranth	33 Milk (Goat)	
39 Mustard Seed	32 Cola Nut	

BORDERLINE FOODS (24-29 U/ml)

27 Casein	26 Cashew Nut	25 Cranberry
27 Squash (Butternut/Carnival)	25 Pistachio	24 Plum

NORMAL FOODS (≤23 U/ml)

23 Mussel	4 Shrimp/Prawn	0 Bean (Green)
23 Yeast (Brewer's)	3 Couscous	0 Bean (White Haricot)
22 Radish	3 Hazelnut	0 Beef
21 Bean (Red Kidney)	3 Shallot	0 Beta-Lactoglobulin
20 Fig	2 Beetroot	0 Blackberry
19 Flax Seed	2 Broccoli	0 Blackcurrant
18 Tiger Nut	2 Caviar	0 Blueberry
17 Pea	2 Chickpea	0 Brussel Sprout
16 Durum Wheat	2 Grape (Black/Red/White)	0 Buckwheat
16 Malt	2 Octopus	0 Cabbage (Red)
16 Scallop	1 Artichoke	0 Camomile
13 Corn (Maize)	1 Coconut	0 Caper
13 Pomegranate	1 Crab	0 Carob
12 Quinoa	1 Hops	0 Carp
11 Egg Yolk	1 Horse	0 Carrot
10 Egg White	0 Agar Agar	0 Cauliflower
10 On	0 Aloe Vera	0 Cayenne
		0 Chard