



**Eat smarter.
Live well.**

**Get tested for
food sensitivities.**

The foods you eat may be impacting your health in more ways than you know.

In fact, many non-seemingly related conditions—from IBS and digestive problems to migraines and mood disorders to acne and eczema—may actually be correlated to adverse food reactions.

When we consider adverse food reactions, we typically think of hives, swelling, or even anaphylactic shock—the immediate responses associated with allergies to common offenders like peanuts or shellfish. Known as Immunoglobulin E (IgE) – mediated reactions, these food allergies are easy to identify because of their immediate onset.





But what about the less obvious symptoms caused by the foods we eat?

Unlike food allergies, reactions from food sensitivities may occur hours or even days after eating the offending food. Delayed food sensitivities, known as IgG-mediated reactions, are sometimes blamed on aging or other environmental factors. Most sufferers are unaware that their symptoms are related to the foods they are eating.





Thankfully, your healthcare provider can help you to recognize the symptoms of a food sensitivity and offer testing options to identify trigger foods. Food sensitivity testing reduces the time and hassle of an elimination diet, and most tests can be performed using a blood draw or dried blood spot collected by a simple finger stick. Once you've identified the source of your symptoms, you can take action and start to feel better.

Symptoms of food sensitivities:

- Bloating
- Foggy thinking
- Abdominal pain
- Diarrhea or constipation
- Headaches
- Fatigue
- Dry skin
- Joint pain
- Depression or anxiety
- Weight gain
- Skin rash /eczema
- Anemia
- Abdominal pain
- Bloating
- Diarrhea
- Gas
- Nausea
- ADD/ADHD
- Stress

US BioTek is a world leader in food sensitivity testing. We employ the most advanced automation technology and laboratory science – and, all our tests are run twice, so you never have to second guess the results. A blood sample is collected and sent to our laboratory for analysis and easy to interpret results are sent back to your healthcare provider with a personalized plan for your specific food sensitivities.

FOODS TESTED:

Dairy

- Blue Cheese
- Casein
- Cheddar Cheese
- Cottage Cheese
- Cow's Milk
- Goat 's Milk
- Mozzarella Cheese
- Sheep's Milk
- Swiss Cheese
- Whey
- Yogurt

Egg

- Chicken Egg White
- Chicken Egg Yolk
- Duck Egg Whole

Fish/Shellfish

- Anchovy
- Bass
- Carp
- Catfish
- Clam
- Cod
- Crab
- Eel
- Flounder
- Halibut
- Herring
- Lobster
- Mackerel
- Mussel
- Octopus
- Oyster
- Perch
- Pike
- Red Snapper
- Salmon
- Sardine
- Scallop
- Sea Urchin
- Shrimp
- Sole
- Squid
- Swordfish
- Tilapia
- Trout
- Tuna

Meat/Poultry

- Beef
- Buffalo
- Chicken
- Duck
- Goose

- Lamb
- Pork
- Rabbit
- Turkey
- Venison

Vegetables

- Artichoke
- Asparagus
- Avocado
- Bamboo Shoot
- Beet
- Broccoli / Brussel Sprouts
- Burdock Root
- Cabbage
- Carrot
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Green Bell Pepper
- Horseradish
- Kale
- Kelp
- Leek
- Lettuce
- Lotus Root
- Okra
- Onion
- Pumpkin
- Radish / Daikon
- Rhubarb
- Spinach
- Squash
- Sweet Potato
- Tomato
- Turnip
- Wasabi
- White Potato
- Zucchini Squash

Fruits

- Apple
- Apricot
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Cherry
- Cranberry
- Date
- Fig
- Gogiberry
- Grapefruit
- Grape
- Guava

- Honeydew
- Jackfruit
- Kiwi
- Lemon
- Lime
- Mango
- Olive
- Orange
- Papaya
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Raspberry
- Strawberry
- Tangerine
- Watermelon

Misc/Herbs/Spices

- Baker's / Brewer's Yeast
- Basil
- Bay Leaf
- Black Pepper
- Black Tea
- Button Mushroom
- Cane Sugar
- Chili Pepper
- Cinnamon
- Clove
- Cocoa Bean (Chocolate)
- Coffee
- Coriander
- Curry Powder
- Dill
- Fennel Seed
- Flaxseed
- Ginger
- Ginseng
- Green Tea
- Hemp
- Honey
- Hops
- Licorice
- Mustard
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Sesame Seed
- Shiitake Mushroom
- Stevia
- Sunflower Seed

- Tarragon
- Thyme
- Turmeric
- Vanilla

Grains/ Legumes/Nuts

- Adzuki Bean / Red Bean
- Almond
- Amaranth
- Barley
- Black-Eyed Pea
- Bran
- Brazil Nut
- Brown Rice
- Buckwheat
- Canola Seed
- Cashew Nut
- Chestnut
- Chia Seed
- Chickpea
- Coconut
- Cola Nut / Kola Nut
- Corn
- Ginkgo Nut
- Gliadin
- Gluten
- Green Bean
- Green Pea
- Hazelnut
- Kidney Bean
- Lentil
- Lima Bean
- Macadamia Nut
- Malt
- Millet
- Mung Bean
- Navy Bean / White Bean
- Oat
- Peanut
- Pecan
- Pine Nut
- Pinto Bean
- Pistachio Nut
- Poppy Seed
- Quinoa
- Rye
- Safflower Seed
- Sorghum
- Soybean
- Spelt
- Teff
- Walnut
- White Rice
- Whole Wheat

We offer a variety of panels for every budget. Consult with your medical provider today.

USBioTek.com



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