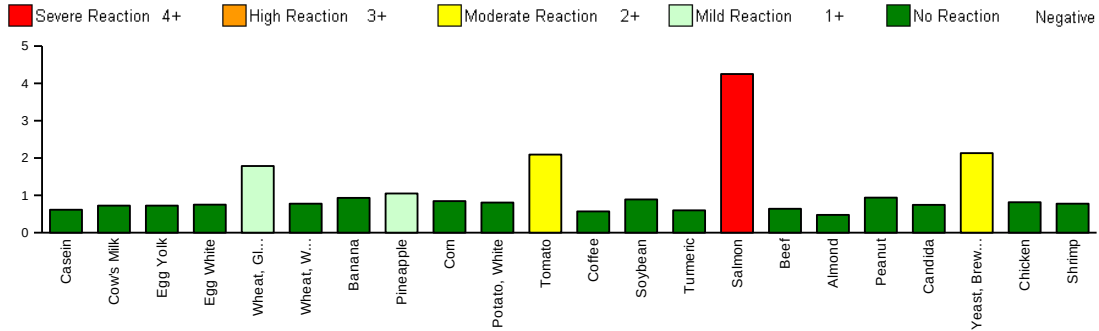




Patient Information:		Sample Type: Bloodspot	
Name:	Sample Report	Date Drawn:	04/21/2022
Date of Birth:	1/01/1991	Date Completed:	05/04/2022
Accession Number:	000000	Doctor:	Jane Doe



Overview of the Food Inflammation Test

The Food Inflammation Test (FIT Test) measures IgG and Complement reactions to 22 foods and additives which cause delayed food sensitivity. Food sensitivities begin when food antigens cross the gut epithelium and evoke an immune response leading to the production of IgG antibody and the formation of immune complexes which activate complement. In most cases immune complexes are cleared from the circulation and do not cause any symptoms. However in some people, the immune complexes may lead to various symptoms that can affect almost any tissue or organ. Adverse symptoms include: irritable bowel syndrome, joint pain, chronic headaches, migraines, fatigue, eczema and psoriasis to name a few. These symptoms generally occur days after the food is ingested which makes the offending food hard to identify without proper testing.

Many similar or even unrelated foods may share similar antigens (proteins) which results in cross-reactivity between foods. For example, sensitivity to white potato may result in sensitivity to red potato because these two foods are very similar. By contrast, two unrelated foods such as gluten from wheat and coffee may cross react because there are gluten-like antigens in coffee. This results from antibodies that are produced against antigens from one food which cross react with other foods containing similar antigens. The net result is that cross reactivity of food antigens may cause a person to test positive for a food that they have never consumed.

4+ Reactions:	Salmon
3+ Reactions:	
2+ Reactions	Tomato Yeast, Brewer's

Laboratory Information:	
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This test was developed and its performance characteristics were determined by KBMO Diagnostics, LLC. It has not been cleared by the U.S. Food & Drug Administration (FDA).