



Fitzwilliam FoodTEST

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Exclusive Provider of
Cambridge Nutritional Sciences
Services in Ireland

Pre-Test Instructions

Please note that this test works by measuring how you respond to foods that you have eaten. Therefore, it is important to follow your normal diet before taking the test so that the test results will reflect what you usually eat. **Do not** eat any food which has already caused a severe reaction without first getting a medical opinion.

Reintroducing a food for the purpose of doing this test:

The ideal is eating your normal diet leading up to the test. Get your doctor's advice on any food you've excluded but want to re-introduce for the purpose of doing this test. If approved by your doctor, include one portion per day for 5-7 days before collecting the blood sample.

- (1) Cow's milk (dairy products) is a common problem food and **goat's products** (cheese, yoghurt) is for many people an ideal alternative. **Soya products** and especially organic soya is another good alternative.
- (2) Potato intolerance is also very common and **sweet potato** is a good alternative for some people. Wheat intolerance is very common and **spelt bread** makes for a good alternative for some people.

To confirm if these are good alternatives for you, it is important that you include them into your diet for five to seven days before collecting the blood sample.

The IgG antibodies remain in your bloodstream for approximately two to three months after ingesting the problematic food so your test will be assessing your reaction to foods you have eaten over the past two to three months.

Please refer to the website for a list of foods checked on your chosen test.

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Note: Keep blood sample in fridge overnight (do not freeze) if not posting on the day of collection.