

A set of non-specific symptoms can be a sign that your body is reacting negatively to food. Often, we don't know exactly which foods might be causing these reactions, so doing a food intolerance test to detect the presence of IgG antibodies for certain foods and food additives can help pinpoint the most troublesome ones. Armed with this knowledge, you can eliminate these foods from your diet or temporarily avoid them in order to improve your quality of life and well-being.

### Are food intolerance tests available at Aqualab Group laboratories?

Yes. Food intolerance tests are available at Aqualab Group laboratories. This blood test measures IgG antibodies for a vast array of foods and food additives.



### Don't hesitate to reach out!

You can contact us by e-mail at [info@aqualab.pt](mailto:info@aqualab.pt), through the chat feature on our [website](https://www.aqualab.pt) or on [Facebook](https://www.facebook.com/aqualab_grupo).

Aqualab Group laboratories has agreements with the main health insurers, health subsystems and other organisations that you can check at [www.aqualab.pt](https://www.aqualab.pt).

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## Food Intolerances

Food intolerance tests



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## What is food intolerance?

Food intolerance is a reaction to certain foods or food additives/toxins that cause an unpleasant physical reaction. Most commonly, this would be a feeling of bloating and belly ache and would generally occur some time after eating the food in question.

Food intolerance is not the same as an allergy to certain foods, since it is not an immediate reaction of the immune system caused by IgE antibodies (type 1 allergy) but, rather, a reaction caused by enzyme deficits (e.g. lactose) or an IgG antibody-mediated response (immune complex) with symptoms that are usually more generalised and chronic.

The number of people who believe they have food intolerance or who have reported symptoms compatible with this problem has risen dramatically in recent years but it is difficult to be sure just how many people are actually affected. This is because many people assume they have food intolerance without first excluding other possible causes of their symptoms.

## Food intolerance is not the same as food allergy.

A food allergy is a reaction of the immune system. It triggers immediate symptoms which may be light to moderate, such as rashes, itching, wheezing, swollen lips, face, tongue and throat, or more severe, such as anaphylactic reactions that can even be fatal. Very slight traces of the food in question are all it takes to trigger a reaction. Conversely, in the case of food intolerance, the symptoms are not caused by an allergic reaction and are never fatal.

The symptoms will appear gradually several hours or even days after eating the problem food. The symptoms depend on the amount of the food eaten as well as other aggravating factors such as stress, infections, medications, alcohol, nicotine and others.

### Food intolerance symptoms

- Belly ache
- A feeling of bloating/nausea
- Diarrhoea
- Constipation
- Rashes and itching
- Headaches
- Fatigue
- Joint pain

## Who are these tests for?

Food intolerance tests are useful for anyone who suspects that a food or food additive is causing their symptoms but is unable to identify the culprit, particularly in cases where there are non-specific gastro-intestinal symptoms that cannot be attributed to any other cause.

However, these same symptoms may be caused by other pathologies which is why you are advised to see your doctor so that they can review your medical history and conduct a physical exam in order to investigate the most likely causes and, if necessary, prescribe further diagnostic exams.

## Recommendations for carrying out the test

No special preparation is required and you do not have to fast before your sample is taken. To do the test, you just need to have a sample of your blood taken.

## Why is it important to do these tests?

Various studies have shown that many people have obtained relief from their symptoms after adjusting their diet in line with the findings of their food intolerance tests.

As well as adapting your diet to eliminate the “guilty” foods, as per the findings of your food intolerance tests, you may also benefit from therapeutic measures to improve your gut flora in order to reduce gut permeability.

## Interpreting your test results

Your test results will be detailed in an individual report according to how the various foods are classified. The intensity of your immune reaction to all the foods tested is broken down into the following classes:

- Permitted foods
- Foods best avoided
- Foods to be eliminated

The components for which a high concentration of IgG antibodies is detected are the ones to which you are more likely to develop food intolerance symptoms.

Based on this information, your doctor can determine if any therapeutic measures are needed and whether or not you should adjust your diet.

