

# Food Sensitivity Complete Panel

## Discover Which Foods Are Silently Impacting Your Health

Dealing with bloating, brain fog, fatigue, skin issues, or having unknown food sensitivities? The Food Sensitivity Complete Panel provides insights into 209 foods, identifying which may be causing potential triggers for inflammation and digestive distress.

Unlike food allergies, food sensitivities can take hours or days to manifest, making them difficult to pinpoint. By uncovering specific immune responses to food antigens, individuals can make informed dietary adjustments to improve gut health, reduce chronic inflammation, and support overall wellness.

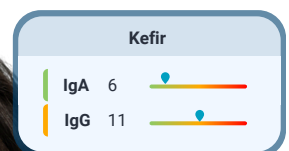
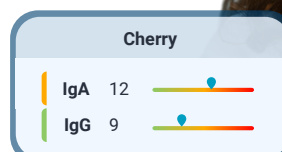
With science-backed insights and targeted recommendations, your healthcare provider can create a personalized plan to help identify your food sensitivities and determine which foods may be benefiting or negatively affecting your health.

## How It Works

The Food Sensitivity Complete Panel is a simple at-home blood and DBS test that provides a comprehensive view of your IgG, IgA, and complement immune responses to a broad range of foods, helping identify inflammatory triggers that contribute to digestive, skin, and neurological symptoms. This test supports long-term dietary optimization and help your provider gather the information needed to help you through your food journey .

## Why Choose the Food Sensitivity Complete Panel?

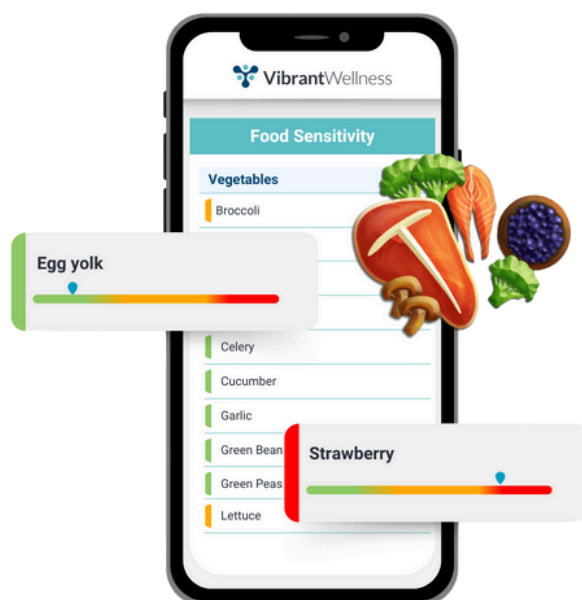
- **Understand Your Food Sensitivities:** If digestive discomfort, fatigue, or inflammation are affecting your life, food sensitivities could be the cause. The Food Sensitivity Complete Panel identifies IgG- and IgA-mediated immune responses to a broad range of foods, helping you uncover hidden triggers.
- **Take Control of Your Health:** Food sensitivities can affect your overall well-being, but knowing your triggers gives you the power to make informed changes. This test provides clear insights into food-related immune responses, empowering you to optimize your health.
- **Tailored Health & Wellness Plans:** One-size-fits-all solutions don't work for food sensitivities. With insights from the Food Sensitivity Complete Panel, your healthcare provider can develop a personalized plan that reduces symptoms and improves your digestive health.



## Key Markers Include:

- **Beta-Casein:** A primary dairy protein associated with immune reactivity and digestive discomfort.
- **Wheat Gliadin:** A gluten protein that may contribute to gut inflammation and immune system activation.
- **Almond Protein:** A commonly reactive nut protein associated with IgG and IgA immune responses.
- **Soy Protein:** A legume protein that may trigger digestive and inflammatory immune responses.
- **Artificial Sweeteners:** Common food additives that may contribute to immune responses and digestive issues.
- **Shrimp Tropomyosin:** A shellfish allergen linked to immune reactivity and inflammatory symptoms.

The Food Sensitivity Complete Panel identifies immune responses to over 100 different foods, helping individuals pinpoint food triggers that may contribute to chronic symptoms like digestive issues, fatigue, and skin rashes. It helps identify specific sensitivities to common allergens, such as gluten, eggs, and dairy to help give insight into potential dietary changes.



## Who Should Take This Test?

- **Could Your Symptoms Be Caused by a Food Allergy?** If you're experiencing allergy-like symptoms or have a known allergy, your sensitivity to certain foods may be heightened. The Food Sensitivity Complete Panel can help identify specific foods or additives that could be impacting your health.
- **Are You Nauseous After Eating?** Feeling nauseous after eating certain foods could be a sign of a food sensitivity. This test helps identify which foods may be disturbing your gut health, offering clarity for better dietary choices.
- **Having Difficulty Swallowing or Breathing After Eating?** A specific food you're consuming may be the culprit behind your symptoms. This test can help pinpoint which foods are triggering your ability to breathe.
- **Any Family With Food Sensitivity History?** If your family has a history of food sensitivities and you're experiencing symptoms after eating certain foods, you may have sensitivities to the same or related items.

## Take the First Step Towards Better Health

If you're experiencing bloating, brain fog, fatigue, skin flare-ups, or allergy-like symptoms, identifying your food sensitivities could be the key to relief. The Food Sensitivity Complete Panel offers personalized insights to help you understand which foods may be triggering, so you can create a plan tailored to your needs. Talk to your healthcare provider today and take the first step toward a healthier approach to eating.

### Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The New York State Department of Health has not evaluated any test claims nor reviewed the accuracy of this test.

### Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.