



### Allergy vs. intolerance

A classic food allergy of the immediate type is based on an immune reaction caused by antibodies of class IgE against components of the food. The allergic reaction may be life-threatening and occurs mainly immediately after the ingestion. In the case of a food intolerance, however, the reaction takes place with a time delay. The mainly unspecific symptoms manifest only hours to days after ingestion of the damaging food component. There is no danger to life.

	Synonym*	Associated antibody class	Appearance of symptoms
<b>Food allergy</b>	Allergy of the immediate type / type I	IgE	immediately (e.g. skin reddening / swelling)
<b>Food intolerance</b>	Type III allergy	IgG	delayed (unspecific)

**NOTE:** If there is an allergy of the immediate type against specific foods (formation of IgE antibodies), these foods must be permanently avoided, or only consumed carefully and after consultation with a physician. This is also the case if there has not been any reaction (formation of IgG antibodies) to these foods in food intolerance testing.



**NOTE:** The results obtained with the EUROLINE FOOD test do not represent a diagnosis and should not be used exclusively to implement a diet change. The mere presence of IgG antibodies does not equal the detection of a disease, but must be considered in conjunction with the symptoms.

Moreover, a change in the diet must always be carefully planned in order to ensure essential nutrients are ingested in sufficient quantities. Therefore, we recommend you to visit a trained nutritionist.

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### Product information

## Diagnosis of Food intolerances

The first step towards more quality of life for patients



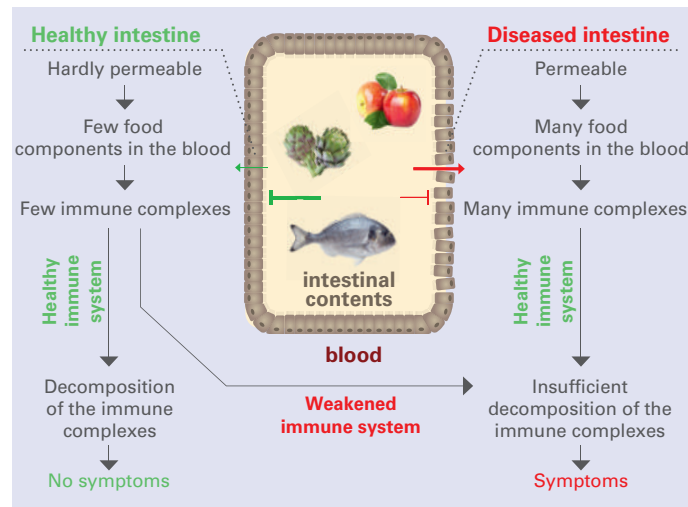
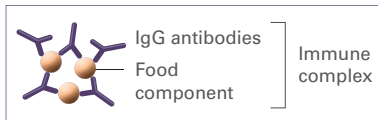
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## What causes food intolerance?

The causes are a (chronically) diseased intestine whose epithelium (intestinal wall) has an increased permeability for components of digested food compared with healthy intestinal epithelium (leaky-gut syndrome) or a weakened immune system. The immune system reacts to these foreign substances with the formation of specific antibodies of class IgG. It is assumed that the resulting immune complexes of IgG and bound food components may aggravate already existing disease symptoms (see complaints), if they occur in large quantities.

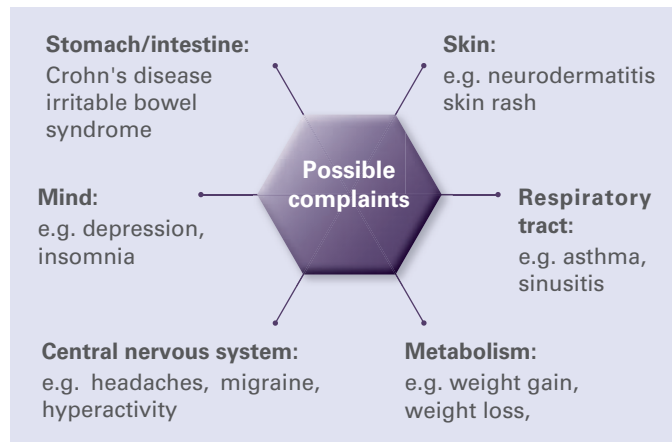


### Factors which influence the permeability of the intestinal epithelium

- Antibiotics
- Medication
- Parasites, bacteria, viruses
- Malnutrition
- Alcohol
- Stress

## Areas of application of the EUROLINE FOOD tests

EUROLINE FOOD is a test system for the semiquantitative detection of antibodies of class IgG against up to 216 food components and additives.



The clinical relevance of the antibodies in food intolerances has not yet been completely scientifically clarified. The test provides a possibility of further investigating their significance in this respect.

The determination of the antibody status by means of the EUROLINE FOOD may represent a supplementary measure in patients suffering from diet-related complaints which could not be clarified and treated by conventional methods.

The test results provide information on increased concentrations of IgG antibodies against individual food components which, together with the corresponding symptoms, may represent a starting point for a change in diet. This should only be realised after consultation with a trained nutritionist or physician.

## Interpretation of the EUROLINE FOOD test results

The test results are compiled in an individual result report. Here, the strength of the immune reaction to all tested foods is divided into 5 classes. Based on this information, an individual dietary adaptation can be implemented after consultation with a specialist. This is usually based on the elimination of critical foods and a subsequent rotation diet.

In suspected cases of intolerance, foods of reaction classes 3 and 4 should be eliminated from the diet for 3 months. After this period, these foods can be consumed individually, for one day. After the consumption, a 3-day abstinence (observation phase) would follow to recognise a possible link between the food and the symptoms.

With immune responses of class 2, a food intolerance is only rarely assumed, and classes 0 and 1 shows the physiological normal reaction of the immune system to food components.

**Example**

	Week 1-12			Week 13							Week 14			
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Mi	Thu			

■ elimination ■ consumption (rotation)

For easy orientation, all tested foods with the respective test results are sorted in 2 categories, that is: according to the food category and the strength of the immune reaction.

## 1 Food category

Vegetables	Meat
Gluten-containing grains	Fruits
Nuts & Seeds	Mushrooms
Salads	Legumes
Herbs & Spices	Gluten-free grains & Alternative foods
Dairy products & Eggs	
Miscellaneous	Fish & Seafood

## 2 Strength of the immune reaction

This is indicated in 5 classes:

Class 0: no reaction
Class 1: weak reaction
Class 2: moderate reaction
Class 3: strong reaction
Class 4: very strong reaction