

Foods included in the Genarray[®] 200+ food IgG kit



AGAR AGAR	CHICKEN	LIME	RAZOR CLAM
ALGA ESPAGUETTE	CHICKPEA	LIQUORICE	RED CHILLI
ALGA SPIRULINA	CHICORY	LOBSTER	REDCURRANT
ALGA WAKAME	CINNAMON	LYCHEE	RHUBARB
ALMOND	CLAM	MACADAMIA NUT	RICE
ALOE VERA	CLOVE	MACKEREL	ROCKET
ALPHA-LACTALBUMIN	COCKLE	MALT	ROSEMARY
AMARANTH	COCOA BEAN	MANGO	RYE FLOUR
ANCHOVY	COCONUT	MARJORAM	SAFFRON
ANISEED	COD	MARROW	SAGE
APPLE	COFFEE	MELON (honeydew)	SALMON
APRICOT	COLA NUT	MILLET	SARDINE
ARTICHOKE	CORIANDER	MINT	SCALLOP
ASPARAGUS	CORN	MIXED PEPPERS	SESAME SEED
AUBERGINE	COUSCOUS	MONKFISH	SHALLOT
AVOCADO	COW'S MILK	MULBERRY	SHEEP MILK
BANANA	CRAB	MUSHROOM	SHRIMP/PRAWN
BARLEY	CRANBERRY	MUSSEL	SOLE
BARNACLE	CUCUMBER	MUSTARD SEED	SOYA BEAN
BASIL	CUMIIN	NECTARINE	SPELT
BASS	CURRY	NETTLE	SPINACH
BAYLEAF	CUTTLEFISH	NUTMEG	SQUID
BEAN (broad)	DATE	OAT	STRAWBERRY
BEAN (green)	DILL	OCTOPUS	SUNFLOWER SEED
BEAN (red kidney)	DORADO	OLIVE	SWEET POTATO
BEAN (white haricot)	DUCK	ONION	SWORDFISH
BEEF	DURUM WHEAT	ORANGE	TANGERINE
BEETROOT	EEL	OSTRICH	TAPIOCA
BETA-LACTOGLOBULIN	EGG WHITE	OX	TARRAGON
BILLY GOAT	EGG YOLK	OYSTER	TEA (black)
BLACK/WHITE PEPPER	FENNEL	PAPAYA	TEA (green)
BLACKBERRY	FIG	PARSLEY	THYME
BLACKCURRANT	FLAX SEED	PARTRIDGE	TIGER NUT
BLUEBERRY	GARLIC	PEA	TOMATO
BRAZIL NUT	GINGER	PEACH	TRANSGLUTAMINASE
BROCCOLI	GINKO	PEANUT	TROUT
BRUSSEL SPROUT	GINSENG	PEAR	TUNA
BUCKWHEAT	GLIADIN	PEPPERMINT	TURBOT
BUFFALO MILK	GOAT MILK	PERCH	TURKEY
CABBAGE	GOURD	PIKE	TURNIP
CABBAGE (red)	GRAPE	PINE NUT	VANILLA
CAMOMILE	GRAPEFRUIT	PINEAPPLE	VEAL
CANE SUGAR	GUAVA	PISTACHIO	VENISON
CAPER	HADDOCK	PLAICE	WALNUT
CAROB	HAKE	PLUM	WATERCRESS
CARP	HAZELNUT	POLENTA	WATERMELON
CARROT	HERRING	POMEGRANATE	WHEAT
CASEIN	HONEY	PORK	WHEAT BRAN
CASHEW NUT	HOPS	POTATO	WILD BOAR
CAULIFLOWER	HORSE	QUAIL	WINKLE
CAVIAR	KIWI	QUINOA	YEAST (baker's)
CAYENNE	LAMB	RABBIT	YEAST (brewer's)
CELERY	LEEK	RADISH	YUCCA
CHARD	LEMON	RAISIN	
CHERRY	LENTIL	RAPESEED	
CHESTNUT	LETTUCE	RASPBERRY	

Selection May Vary



The Clontarf Clinic -
Allergy Centre & Laboratory

For further information and sample collection, please contact:

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Genarray[®] Microarray

The new gold standard
in food IgG testing



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Bloated after eating certain foods?

Tired at certain times of the day? Suffer headaches for no apparent reason? These are all symptoms of food intolerance.



Could you be suffering from food intolerance? Find out, test yourself today!

Explanation of the IgG food intolerance test

Many people exhibit chronic food sensitivity. Unlike the immediate effects of IgE-mediated allergy, IgG-mediated food sensitivity reactions may take several days to appear; symptoms include general lethargy, weight gain, dermatitis, arthritis and tiredness. Controlled removal of the suspect foods from the patient's diet will, in many cases, rapidly improve the patient's condition. Irritable bowel syndrome (IBS) may also be linked to food sensitivity.



Are you reacting to the foods you eat?

Food intolerance is not usually life-threatening but can make the sufferer feel extremely unwell. The symptoms of the food intolerance can be delayed for many hours even days and this reason it is often difficult to identify the problem foods.

What are the symptoms

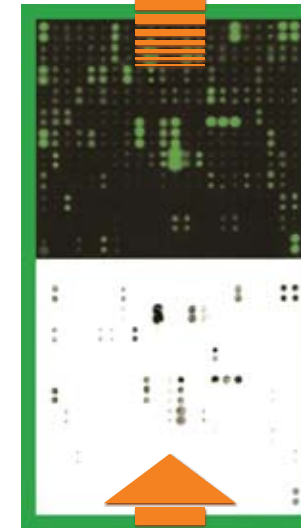
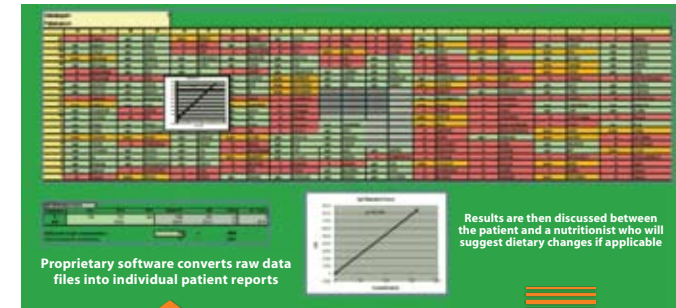
Food intolerance may produce a variety of symptoms or aggravate symptoms including:

- Anxiety (acute or chronic)
- Arthritis
- Asthma
- Attention Deficit Disorder
- Bed wetting
- Bloating
- Bronchitis
- Coeliac Disease
- Chronic Fatigue Syndrome
- Constipation
- Cystic fibrosis
- Depression
- Diarrhoea
- Fibromyalgia
- Gastritis,
- Headaches
- Hyperactivity Disorder
- Inflammatory Bowel Disease
- Insomnia
- Irritable Bowel Syndrome
- Itchy skin problems
- Malabsorption
- Migraine
- Sleep disturbances
- Water retention
- Weight control problems

Sufferers of food intolerance frequently complain of lethargy or 'fogginess' and a general feeling of unwellness.

These symptoms often persist for many years. Sufferers regularly report that visits to their doctor have not resolved their problems and in many cases their symptoms are dismissed as 'all in the mind'.

Results



Correlation between Genarrayt and ELISA determination of Gliadin IgG

