



**Eat Better.
Live Better.
Feel Better.**

The Dynacare Food Intolerance test can help you make the right food choices - helping you live and feel better.

Find out more inside.

What is the Dynacare food intolerance test?

The Dynacare Food Intolerance Test measures your level of sensitivity to more than **200 specific foods**. We use the latest testing technology that delivers more accuracy than other tests.

The food extracts we use in this test are prepared mostly from organic foods, and are washed thoroughly to remove any pesticides, microorganisms or other contaminants that could affect the test results. Once the test is completed, you receive a customized, easy to read and easy to understand report that contains useful information and tools on how you can manage your food intolerances.



**INCLUDES
PERSONALIZED
REPORT**

What foods are tested?

Below is a chart that lists all the food sensitivities that are screened in the Dynacare Food Intolerance Test. You can choose to be screened for 200+ foods or 120+ foods.



200+ FOODS						
CATEGORY	120+ FOODS TEST			200+ FOODS TEST		
DAIRY/EGGS	COW'S MILK EGG WHITE	EGG YOLK GOAT'S MILK	SHEEP'S MILK	ALPHA-LACTALBUMIN BETA-LACTOGLOBULIN	BUFFALO MILK	CASEIN
FISH and SEAFOOD	COD CRAB HADDOCK HERRING LOBSTER MACKEREL	MUSSEL OYSTER PLAICE SALMON SCALLOP SHRIMP/PRAWN	SOLE SWORDFISH TROUT TUNA TURBOT	ANCHOVY BARNACLE EEL HAKE MONKFISH OCTOPUS PERCH PIKE	CUTTLEFISH EEL HAKE MONKFISH OCTOPUS PERCH PIKE	RAZOR CLAM SARDINE SEA BREAM (gilthead, red) SQUID WINKLE
FRUIT	APPLE APRICOT BANANA BLACKBERRY BLACK CURRANT CHERRY COCONUT CRANBERRY	GRAPE (black, red, white) GRAPEFRUIT KIWI LEMON LIME MELON (galia, honeydew) NECTARINE OLIVE	ORANGE PEACH PEAR PINEAPPLE PLUM RASPBERRY STRAWBERRY	BLUEBERRY DATE FIG GUAVA LYCHEE	MANGO MULBERRY PAPAYA POMEGRANATE RAISIN	RED CURRANT RHUBARB TANGERINE WATERMELON
GRAINS	BARLEY DURUM WHEAT GLIADIN	OAT RYE	WHEAT WHEAT BRAN	COUSCOUS	FLAX SEED	SPELT
GRAINS (gluten-free)	BUCKWHEAT	MILLET	RICE	AMARANTH POLENTA	QUINOA	TAPIOCA
LEGUMES	BEAN (red kidney) BEAN (white haricot)	BEAN (green) LENTIL	PEA SOYA BEAN	BEAN (broad)	CHICKPEA	
MEAT	BEEF CHICKEN DUCK	LAMB PORK TURKEY	VEAL VENISON	GOAT HORSE OSTRICH	OX PARTRIDGE QUAIL	RABBIT WILD BOAR
NUTS/SEEDS	ALMOND BRAZIL NUT CASHEW NUT HAZELNUT	PEANUT PISTACHIO RAPESEED SESAME SEED	SUNFLOWER SEED WALNUT	CHESTNUT MACADAMIA NUT	PINE NUT	TIGER NUT
SEASONINGS	BASIL CAROB CHICORY CHILLI (Red) CINNAMON CLOVE	CORIANDER (leaf) CUMIN DILL GINGER MINT MUSTARD SEED	NUTMEG PEPPERCORNS (b/w) SAGE THYME VANILLA	ANISEED BAY LEAF CANE SUGAR CAYENNE CURRY (mixed spices) GINKGO	HONEY LIQUORICE MARJORAM NETTLE PEPPERMINT	ROSEMARY SAFFRON TARRAGON
VEGETABLES	ASPARAGUS AUBERGINE/EGGPLANT AVOCADO BEETROOT BROCCOLI BRUSSEL SPROUT CABBAGE (savoy/white) CARROT	CAULIFLOWER CELERY CORN (maize) CUCUMBER GARLIC LEEK LETTUCE MUSHROOM	ONION PARSLEY PEPPERS (green, red, yellow) POTATO SPINACH TOMATO	ALGA ESPAGUETTE ALGA WAKAME ARTICHOKE CABBAGE (red) CAPER CHARD FENNEL (leaf)	MARROW RADISH ROCKET/ARUGULA SHALLOT SQUASH (butternut/ carnival)	SWEET POTATO TURNIP WATERCRESS YUCCA
OTHER	COCOA BEAN COFFEE HOPS	TEA (black) TEA (green)	YEAST (baker's) YEAST (brewer's)	AGAR-AGAR ALGA SPIRULINA ALOE VERA	CAMOMILE COLA NUT GINSENG	MALT TRANSLUTAMINASE



What is a food intolerance?

If you have a food intolerance it means your body has an abnormal reaction to certain foods or food types that makes them hard for you to digest. There are a number of reasons why this might happen but the most common is lacking the correct enzymes for proper digestion.

It's estimated that about **45%** of the population may be affected by some kind of food intolerance. While not life threatening, food intolerances can be uncomfortable and, if left untreated, could lead to chronic medical conditions.



Your report will also contain easy to follow information on how you can manage your specific food intolerances. For example, it will give you advice on:

CHANGING WHAT YOU EAT

Information on how to rotate and eliminate certain foods from your current diet.

NUTRIENTS CONTAINED IN THESE FOODS

Lists the nutrients you will be missing when you eliminate certain foods from your diet and recommends alternative sources of these nutrients in foods you can tolerate.

FOODS THAT MAY CAUSE PROBLEMS

Outlines other foods that may contain ingredients to which you are intolerant.

The report also contains unique tools that make it simpler and easier for you to manage your food intolerances. For example, it gives you:

YOUR PERSONALIZED GROCERY LIST

Based on your results, this tool creates a Do-Not-Buy list of your problem foods to help you plan your grocery shopping.

YOUR ACTION PLAN

Makes it easy for you to replace your problem foods with other food sources so that you won't be missing any nutrients that you need to stay healthy.

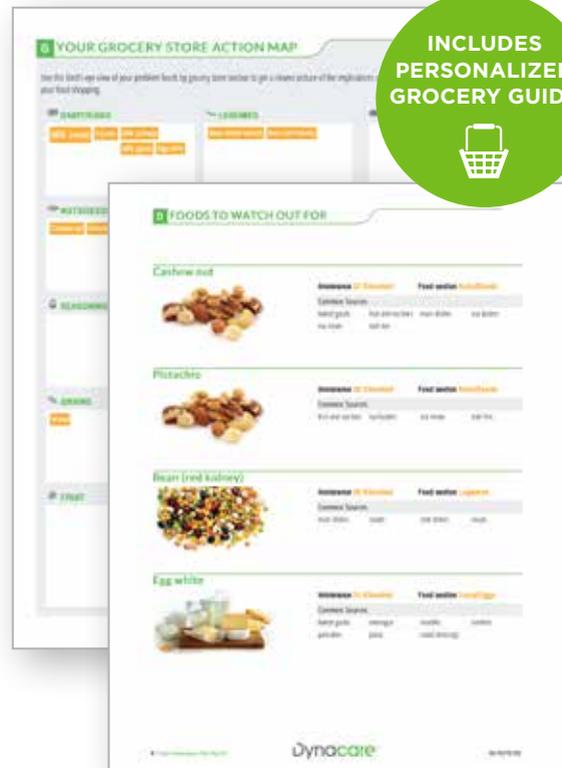
YOUR FOOD TRACKER

A food and symptom diary to help you monitor your progress as you make changes to your diet.

The Dynacare Food Intolerance Test is a web-based personalized report. A copy of this report will be sent to your healthcare provider who can give you more advice on how to manage your food intolerance issues.

What's in the report?

Your Dynacare Food Intolerance Report is a personalized record that visually represents your **sensitivity level** to more than 200 different foods indicating everything from mild to elevated intolerance. Each report is customized to each individual based on the results of their tests and presents these results using colour-coded charts and graphs that are easy to understand.



What are the symptoms of food intolerance?

If you or someone you love suffers from any of these symptoms regularly, it could be a food intolerance:

- GAS
- BLOATING
- CONSTIPATION AND DIARRHEA
- ITCHY SKIN
- CHRONIC PAIN OR HEADACHE
- CHRONIC FATIGUE
- DISTURBED SLEEP
- WATER RETENTION

What's the difference between a food allergy and a food intolerance?

On the surface a food allergy and a food intolerance look and feel very similar but the causes and effects of each are very different.

The symptoms of a food allergy occur quickly (usually within an hour) after eating and can be quite severe. These may include swelling of the lips and throat, breathing difficulties, skin rashes, severe pain, vomiting or diarrhea.

Unlike food allergies, the symptoms of food intolerance may be delayed for hours, days or even months after eating the problem food. That's what makes it so difficult to diagnose. But the Dynacare Food Intolerance Test can help.

How do I get tested?

First speak with your healthcare provider. Then come to any of our more than **200** Dynacare Laboratory and Health Services Centres across Canada and specify which test you want. You don't need an appointment and you don't need to do any special preparation beforehand.

Food Intolerance Test (200+ food panel)

Food Intolerance Test (120+ food panel)

Food Intolerance Test (vegetarian)

This test may be covered by some private insurance health plans. All information current as of December, 2015.

45%

It's estimated that **45%** of people may be affected by a food intolerance.

