



Food IgG Test For Personal Use

Please read instructions carefully before use
Keep out of reach of children
Do not use after expiry date on box
Use test and lancet only once
Do not use a damaged lancet
For external use only
In vitro diagnostic test for self-testing

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UK and International Patents Pending & Registered Design

about this test

Intended use

This test identifies foods causing IgG antibody production which may be involved in various conditions such as food intolerance, irritable bowel syndrome, eczema and arthritis. Once identified, the trigger foods may be eliminated from your diet. This test does not identify classical IgE mediated food allergies. If in doubt, consult your doctor.

Principles of the test

The reaction tray is spotted with food protein extracts. A small blood sample is taken from a finger-prick and is then diluted and added to the tray. Any food antibodies present in the blood bind to the foods on the tray. In subsequent steps the use of Detector and Developer solutions identifies the presence of food antibodies through the appearance of one or more blue spots on the tray. Reference to the food layout plan allows the foods causing antibody production to be identified.

Precautions

- Do not use this test if you suffer from a blood clotting disease
- If blood comes into contact with any surfaces, wipe them with disinfectant
- Keep all materials in a cool dry place and out of the reach of children
- Do not touch the inside surface of the reaction tray and do not expose the reaction tray to moisture or dust
- None of the solutions included in this test are toxic according to European Directives. However, handle all components with care. Avoid ingestion, inhalation and contact with skin and eyes. In the event of skin contact, wash the skin area with plenty of soap and warm water. If swallowed, seek immediate medical advice

- Dispose of test solutions into a sink. Ensure that the cold water is running to flush away and dilute the chemicals
- At the end of the test, flush the sink with household disinfectant
- **After use place the reaction tray, lancets, and sample bottle containing the glass tube in the plastic bag provided and dispose of in household waste**

in this pack....

Materials provided

Blood Collection Materials

2 lancets for pricking a finger, sterile, for single use only (colour may vary).
Manufactured by MT Promedt Consulting GmbH, D-66386 St Ingbert [CE 0197]
1 glass tube (marked with band)
Manufactured by Vitrex Medical A/S, Vasekaer 6-8, 2730 Herlev, Denmark [CE marked]
1 sticking plaster
1 medical wipe

Reaction tray - enclosed in a foil pouch with drying agent

Solution A - Red cap; Sample Diluent; 5ml; ready to use (a buffered salt solution with stabiliser; 0.09% sodium azide as preservative; red dye)

Solution B - Blue cap; Antibody Detector Solution; 5ml; ready to use (Horseradish peroxidase conjugated anti-human IgG; 0.05% Proclin 300 as a preservative; blue dye)

Solution C - Black Cap; Developer (Chromogen) Solution; 5ml; ready to use (A solution of tetramethyl-benzidine with a mild oxidising agent)

Solution D - White Cap; Wash Solution; 100ml x 2; ready to use (A buffered salt solution containing 0.01% detergent)

TEST REPORT

Name: _____ Date: _____

Circle the foods that have produced a blue dot:

1. Oat	2. Wheat	3. Rice	4. Corn	5. Rye	6. Durum wheat
7. Gluten	8. Almond	9. Brazil	10. Cashew	11. Tea	12. Walnut
13. Cow's milk	14. Whole egg	15. Chicken	16. Lamb	17. Beef	18. Pork
19. White fish mix ¹	20. Freshwater fish mix ²	21. Tuna	22. Shellfish Mix ³	23. Broccoli	24. Cabbage
25. Carrot	26. Leek	27. Potato	28. Celery	29. Cucumber	30. Peppers ⁴
31. Legume Mix ⁵	32. Grapefruit	33. Melon Mix ⁶	34. Peanut	35. Soya bean	36. Cocoa bean
37. Apple	38. Black-currant	39. Olive	40. Orange & lemon	41. Strawberry	42. Tomato
43. Ginger	44. Garlic	45. Mushroom	46. Yeast	47. Negative Control	48. Positive Control

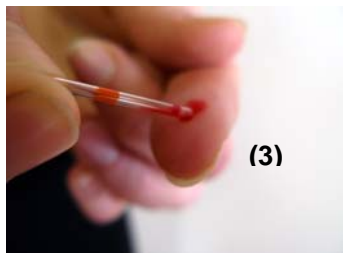
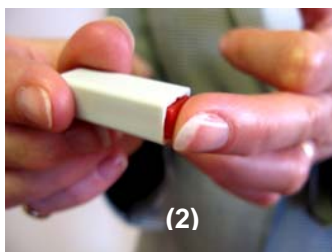
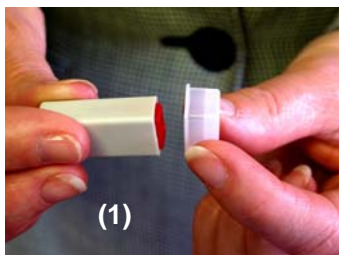
¹White fish mix: haddock, cod & plaice; ²Fresh water fish: salmon & trout; ³Shell fish mix: shrimp, prawn, crab, lobster, & mussel; ⁴Peppers: red, green and yellow; ⁵Legume mix: pea, lentil & haricot bean; ⁶Melon mix: cantaloupe & water melon



Procedure - Read sections 1 and 2 before starting

Section 1: Collect blood sample

1. **Do not open the foil pouch containing the reaction tray until the blood sample has been successfully collected.**
2. Wash your hands in warm water as this helps to soften the skin and encourage blood flow.
3. Select the finger or thumb to be pricked, clean with the Sterets wipe and allow to dry.
4. Remove the protective cap from the Surgilance safety lancet (1).
5. Place red raised platform end of safety lancet on the test site.
6. Gently push Surgilance safety lancet against test site to activate the lancet mechanism (2). A slight prick may be felt as the skin is punctured.
7. Gently massage the finger in the direction of the puncture site to obtain a droplet of blood.
8. Touch one end of the glass tube against the drop of blood so that the blood is drawn into it (3). Take care that the other end of the tube is not covered. It may help to position the tube over the edge of a work surface, holding carefully in place. Continue filling until the tube is completely full.
9. It may be necessary to use the second lancet to make another puncture on a different finger if the blood flow stops before the glass tube is full.
10. When the blood has been collected, remove the cap from the bottle containing Solution A and place the glass tube into the liquid. Replace the cap securely and shake gently to disperse the blood fully.



Section 2: How to carry out the test

Use an area with a sink and running water. Tick the boxes in the margin when each step has been completed.

1. Remove the reaction tray from the foil pouch. Pour the diluted blood sample into the tray (4). Gently rock the tray to ensure that all the circles on the surface of the tray are covered with sample. If air bubbles are present in any of the circles, tap the tray until they dislodge.
2. Leave the tray for 20 minutes at room temperature away from direct sunlight.
3. After 20 minutes, empty the tray and flush the sink with running water. Pour some of Solution D into the tray so that the entire surface is flooded. Agitate vigorously for a few seconds to wash, then discard the liquid into the sink. Repeat this washing step three more times. Drain the tray thoroughly before proceeding to the next step.
4. Add Solution B (Antibody Detector Solution, blue liquid) to the tray and gently rock it as described in step 1. Leave for 10 minutes at room temperature.
5. After 10 minutes, drain the tray and wash it four times with Solution D as described in step 3. Drain the washed tray well.
6. Add Solution C (Developer Solution) to the reaction tray. Ensure that all rings of the tray are covered as in step 1 and leave it to stand for 2 minutes. Blue dots will appear where reactive foods are present. After 2 minutes, empty the solution into the sink and wash with Solution D.
7. Identify the reactive foods immediately after the test is completed.



Section 3: Reading the Results

Deep blue spots indicate strong positive reactions and paler spots indicate mild reactions. If there is no colour then this indicates a negative result. If only a ring of colour is seen, this should be disregarded.

Foods are located in positions 1-46 on the reaction tray. Identify which positions have produced a blue spot and refer to the Test Report on the next page to identify the food responsible.

Positions 47 and 48 contain negative and positive quality controls for the assay. For the results to be valid, position 47 must be white and position 48 must be blue at the end of the test.

Limitations of the procedure:

Accurate results depend on the procedure being carried out according to these instructions.

The Food Detective results do not indicate any specific medical condition.

Important notes on test results:

If you are worried about a particular food or suffer from a classical IgE mediated food allergy e.g. peanut, but it has not given a positive result in this test, we advise you to continue to avoid such foods.

Cambridge Nutritional Sciences Ltd strongly advises that significant changes to the diet should only be made after consultation with a qualified nutritionist.

Product Code : CNSFDGP

CE 0088 ⚠️ ⓧ

Lancet: CE 0197 STERILE ⚠️ ⓧ

Glass tube: CE IVD ⓧ