

# Food Sensitivity Profile 1



## Who Will Benefit from Food Sensitivity Profile 1 Testing?

The Food Sensitivity Profile 1 panel assesses sensitivity to 96 common foods in the Western diet. Sensitivity to certain foods can develop from a variety of health conditions and result in a vicious cycle of inflammation and food triggers.

If you are diagnosed with or suspect intestinal permeability, autoimmune disorders, or chronic inflammation you may benefit from this panel.

## Recognizing Symptoms of Food Sensitivity

### Symptoms may include:

- Gas
- Bloating
- Fever
- Fatigue
- Abdominal pain
- Diarrhea
- Constipation
- Headaches
- Brain fog
- Rashes, such as eczema
- Nausea and vomiting
- Skin itchiness and redness
- Bronchitis and asthma-like symptoms
- Musculoskeletal joint pain
- Muscle stiffness and swelling



## Why is This Test Important?

- Food intolerance affects 15-20% of the population.<sup>1</sup>
- Symptoms of food sensitivity are generic and mimic other conditions, making diagnosis difficult and increasing unnecessary suffering.
- Trigger foods and food sensitivities contribute to leaky gut and harm the intestinal lining, causing inflammation.
- Chronic inflammation is associated with serious diseases, including heart disease, diabetes, cancer, arthritis, autoimmune disease (ex: Crohn's, ulcerative colitis or celiac).
- With patients eating an average of three to six meals a day, removing food triggers is the quickest way to reduce systemic inflammation and immune system burden.
- The Vibrant Wellness Food Sensitivity Profile 1 panel will allow you to get to the root of symptoms and build a personalized nutrition plan with your provider to eliminate inflammatory dietary triggers, balance your gut, and improve your lifestyle.

## The Vibrant Wellness Advantage

**Simple testing with robust results.** Perform the Food Sensitivity Profile 1 panel in the comfort of your home.

**Unparalleled specificity and sensitivity.** Our proprietary technology detects:

- Food sensitivity with 95%-100% accuracy
- IgA, IgG, IgG4 and C3d antibodies
- Sensitivity to 96 different foods
- Whole, water-soluble proteins

**Validated and accredited.** Science-backed testing and analysis based on rigorous, ongoing research by clinical experts.

## What to Expect from the Test

1. Follow our simple instructions to perform this test either at home or at a blood draw center.
2. Before testing:
  - You do not need to fast before your Food Sensitivity Profile 1 test.
  - There are no diet or dietary supplement restrictions required before testing. We recommend consuming your “normal” diet before testing – meaning we don’t recommend excluding specific foods from your diet before testing, as this could affect results.
  - Your provider may ask you to discontinue medications or dietary supplements. Speak with your provider to learn more.
3. Send the test to our lab for analysis and work with your care provider to understand the results.

## About Vibrant Wellness

**Vibrant Wellness** is a leading CLIA-certified and CAP-accredited biotech company based in San Carlos, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root of patient health issues.

We're at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve better health and vibrant longevity through individualized solutions based on testing—not guessing.

### References:

1. <https://pubmed.ncbi.nlm.nih.gov/25471897/>

### Regulatory Statement

The general wellness test intended uses relate to sustaining or offering general improvement to functions associated with a general state of health while making reference to diseases or conditions. This test has been laboratory developed and its performance characteristics determined by Vibrant America LLC and Vibrant Wellness, CLIA-certified and CAP-accredited laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.