

The food intolerance test results enable use of appropriate diet by elimination of foods having provoked a certain grade of intolerance on testing (elimination diet).

This diet is individualized, depending on the particular patient health status and grade of particular food intolerance (for how long should a particular food be avoided and what food of equal value can be used as a substitute).



Good patient health is a priority to our professional team, therefore you can visit us with confidence to undergo a reliable, precise (minimum 96%) and quality food intolerance testing (for 22, 90, 180 and 270 foods) at Unit for Preventive Medicine, Dr Andrija Štampar Teaching Institute of Public Health, Mirogojska cesta 16, HR-10000 Zagreb, Croatia.

Any additional information available at:

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**IDENTIFY
THE FOODS
THAT ARE
HARMFUL
TO YOU**



Food intolerance (type III hypersensitivity) manifests as an undesired reaction of the body to the intake of a particular food or food ingredient.

Food intolerance is neither food poisoning nor food allergy. In food allergy, the reaction occurs quickly, immediately upon particular food intake, with overt clinical manifestation. In food intolerance, however, there is no such reaction, and symptoms may occur hours or days after intake of a particular food or food ingredient.

The most common symptoms of food intolerance are as follows:

- gastrointestinal (abdominal cramps, flatulence, nausea, gas, diarrhea, constipation, irritable bowel syndrome)
- dermatologic (skin rash, dry skin, itching, urticaria, angioedema, dermatitis, eczema, acne, psoriasis)
- obesity
- respiratory (nasal mucosa edema, rhinitis, sinusitis, pharyngeal irritation, asthma, dry cough)
- neurologic (headache, migraine, vertigo, dizziness)
- psychological (loss of motivation, anxiety, lethargy, depression, fatigue, hyperactivity)

References:

1. Allegritti N et al. *Imunologija*, 4th edn. Zagreb: Školska knjiga, 1991. (in Croatian)
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3. Mitchell N, Hewitt CE, Jayakody S, Islam M, Adamson J, Watt I, Torgerson DJ. Randomised controlled trial of food elimination diet based on IgG antibodies for prevention of migraine-like headaches. *Nut J* 2011 Aug 11;10:85. doi: 10.1186/1475-2891-10-85
4. Mitre S, Maniu CM, Maillard MH, Spertini F, Ribí C. Food allergy or food intolerance. *Rev Med Suisse* 2014 Apr 16;10(426):846-50, 852-3.
5. Kleine-Tebbe J, Fuchs, T Lep U, Niggemann B, Saloga J, Vieluf I, Vieths S, Werfel T, Zuberbier T, Jäger L. In vitro Diagnostik von Nahrungsmittel-Allergien. Positionspapier der Deutsche Gesellschaft für Allergologen und klinische Immunologie (DGAI) und des Arztesverbandes Deutscher Allergologen (ADA). *Allerg J* 2001;6:333-9.
6. David TJ. Adverse reaction and food intolerance to foods. *Br Med Bull* 2000;56(1):34-50.

Food intolerance testing covers foods from all food groups, i.e. gluten-containing cereals, gluten-free cereals, vegetables, fruits, milk and dairy products, legumes, nuts and whole grains, fish, shellfish, all kinds of meat and meat products, spices, eggs, sweeteners, additives, and preservatives.

Testing for food intolerance is recommended for all persons older than 5 years that suffer from the above listed symptoms.

Without food intolerance testing, it is difficult to identify accurately and precisely the culprit food that causes the symptoms.



At Unit for Preventive Medicine, the price of intolerance testing for 90 foods (allergens) is 1375.00 HRK; for 180 foods (allergens) 2530.00 HRK; and for 270 foods (allergens) 3520.00 HRK.

A 10% discount is granted for group testing (five or more persons).

