

## IgG FOOD ALLERGIES

When you are suffering from a chronic complaint that just will not go away, the cause may be a delayed IgG food allergy (type III). IgG food allergies often remain undetected because the symptoms only occur a few hours or even days after the consumption of a trigger food, making them **extremely difficult to identify.**

### POSSIBLE SYMPTOMS

#### Gastrointestinal ailments

- Bloating
- Constipation
- Crohn's disease
- Diarrhoea
- Irritable Bowel Syndrome (IBS)
- Nausea

#### Chronic Pain

- Headaches
- Migraines

#### Excess Weight

- Chronic weight problems
- Obesity

#### Skin Problems

- Atopic dermatitis-like skin problems
- Eczema
- Psoriasis

Fortunately, a **reliable diagnostic test and nutritional concept can help: ImuPro.** With ImuPro, you will find out whether or not a delayed food allergy could be the cause of your chronic complaints.

**What is an IgG food allergy?** With type III food allergies, the immune system reacts to usually harmless food allergens and produces specific antibodies, called IgG antibodies. These antibodies can then cause inflammatory reactions which can lead to **various chronic complaints.** The symptoms are delayed.

**Note:** An IgG food allergy **should not be mistaken for a classic food allergy** (type I). If you have a type I allergy, your immune system produces IgE antibodies. These antibodies lead to an immediate allergic reaction. The symptoms appear within seconds or minutes: severe swelling, breathing difficulty, rash, itching skin or even anaphylactic shock. ImuPro does not detect IgE food allergies.

The origin of a large number of chronic complaints has not been identified yet. It is assumed that IgG-mediated food allergies (type III) play a role in some chronic ailments and thus might offer an interesting and promising therapeutic approach. However, these interactions are not scientifically proven yet and are still being discussed among scientists. On the other hand, a growing number of publications and a large amount of anecdotal evidence support the idea that elimination diets based on foodstuff specific IgG antibody measurements result in improved symptoms in patients.

2021-06 IP Patient Brochure

# RIGHT FOOD. BETTER HEALTH.

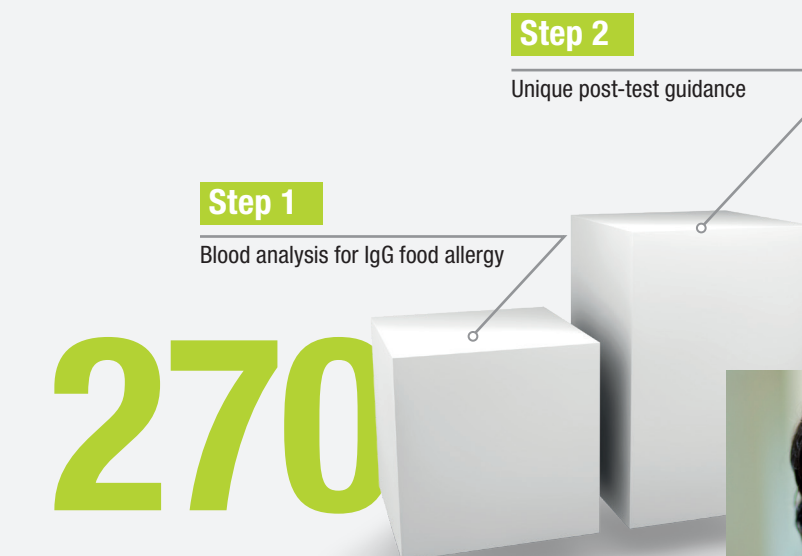


## ImuPro

## IMUPRO

### Individual nutritional analysis and personalized guidance.

ImuPro is a concept that combines a sophisticated and reliable blood analysis for IgG food allergies with our unique post-test guidance.



Up to 270 foods are tested. Together with your test results, you will receive your individual nutritional concept – **your building blocks to a healthier life.**



### ImuPro is your trusted companion on your path to better health.

Your test results and your personal nutritional guidelines will help you to find the foods that are good for you and to pinpoint your individual "trigger foods". By avoiding the foods that cause you problems, inflammatory processes can be reduced or even stopped and your body can recover.

**Get ImuPro now – Get your building blocks to a healthier life.**

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## YOUR BUILDING BLOCKS FOR BETTER HEALTH

IgG Food Allergy: Diagnostics and Guidance



## THE IMUPRO CONCEPT – DIAGNOSTICS AND GUIDANCE

In an **extensive laboratory analysis** high levels of IgG antibodies specific to particular food proteins are identified **precisely** and **reliably**. Together with your test results, you will receive comprehensive nutritional guidelines explaining how to understand and proceed from your results.

### The nutritional guidelines contain 3 important building blocks:

#### 2 Provocation phase

After the elimination phase, you start a **provocation diet** and gradually include the avoided foods one by one. The provocation phase helps to find your personal **trigger foods**. Only one new food at a time should be reintroduced in order to find out whether it might be responsible for your complaints.

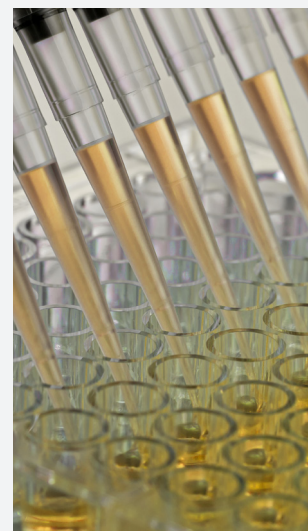


#### 1 Elimination phase

During the elimination phase, you may consume all the foods without raised levels of IgG antibodies in a **4-day rotation** cycle. This helps to prevent the development of new delayed food allergies and malnutrition. All foods with high levels of IgG-antibodies are avoided during this phase. By avoiding them, inflammatory processes can be reduced or even stopped.

#### 3 Stabilisation phase

During the stabilization phase, the trigger foods identified in the provocation phase are avoided for at least one year so that the IgG antibodies can degrade and **your body can recover**. Then you may start another provocation phase. You may find that there are one or two foods that you will have to avoid permanently.



**ImuPro Screen** provides an **individual analysis of 22 foods**. It is a simple way to find out quickly and at a reasonable price whether an IgG food allergy might exist. It is a purely diagnostic examination and does not include any dietary recommendations.

**ImuPro Screen+** provides an individual analysis of **44 common foods**, such as dairy products, cereals and chicken egg. You will receive a comprehensive report with accurate results at a glance. Dietary recommendations are not included.

**ImuPro Basic** tests the **90 most important foods**, such as typical kinds of meat, vegetables, fruits, cereals, dairy products and chicken egg. As well as a comprehensive report with accurate results at a glance, you will receive your personal nutritional guidelines which include individual recommendations for your 4-day rotation.

**ImuPro Complete** tests **270 foods and additives** (incl. the 90 foods in ImuPro Basic). In addition to the typical kinds of meat, vegetables, fruits, cereals, milk and egg, their alternatives and region-specific foods are also tested. Furthermore, a huge number of spices, tea, coffee, wine and also thickening agents and preservatives are examined.

Your diet can be changed very selectively based on the findings. This means that there will be a variety of alternatives for your 4-day rotation. You will receive a comprehensive report with accurate results at a glance and personal nutritional guidelines which lead you through your change in diet. Your results pack also includes individual recommendations for your 4-day rotation and a recipe book which is specifically tailored to your personal needs.

#### ImuPro Screen

■ Brief report containing accurate results for all the tested foods at a glance

#### ImuPro Screen+

■ Comprehensive report containing accurate results for all of your tested foods at a glance

#### ImuPro Basic

■ Comprehensive report containing accurate results for all of your tested foods at a glance  
■ Personalized nutritional guide

#### ImuPro Complete

■ Comprehensive report containing accurate results for all of your tested foods at a glance  
■ Personalized nutritional guide  
■ Individual recipe book specifically tailored to your personal needs



#### ImuPro Screen

#### ImuPro Screen+

#### ImuPro Basic

#### ImuPro Complete

<sup>1</sup> caps. chinense  
<sup>2</sup> caps. annum  
<sup>3</sup> caps. frutescens

## IMUPRO: THE TESTED FOODS AT A GLANCE

### MEAT

- Beef
- Chicken
- Deer
- Duck
- Goat meat
- Goose
- Hare
- Lamb
- Ostrich meat
- Pork
- Quail
- Rabbit
- Roe deer
- Turkey hen
- Veal
- Wild boar

- Courgette
- Cucumber
- Fennel
- Kale, curled kale
- Kohlrabi (turnip cabbage)
- Leek
- Moluchia
- Okra, lady's finger
- Olive
- Onion
- Parsnip
- Potato
- Pumpkin
- Radish red and white
- Red cabbage
- Rutabaga
- Savoy cabbage
- Spinach
- Stalk celery
- Sweet pepper
- Tomato
- White cabbage

- Rosemary
- Sage
- Savory
- Thyme
- Vanilla
- Wild garlic

- Sole
- Squid, cuttlefish
- Swordfish
- Trout
- Tunafish
- Zander

- Pine nut
- Peanut
- Pistachio
- Poppy seeds
- Pumpkin seeds
- Sesame
- Sunflower seed
- Walnut

### SWEETENERS

- Agave nectar
- Cane sugar
- Honey (mixture)
- Maple syrup

### EGG

- Chicken egg
- Chicken egg-white
- Chicken yolk
- Goose egg
- Quail eggs

### TEA, COFFEE & WINE

- Camomile
- Coffee
- Nettle
- Peppermint
- Rooibos tea
- Rose hip
- Tannin
- Tea, green
- Tea, black

### ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

- Amaranth
- Arrowroot
- Buckwheat
- Carob
- Cassava
- Fonio
- Jerusalem artichoke
- Lupine
- Maize, sweet corn
- Millet
- Quinoa
- Rice
- Sweet chestnut
- Sweet potato
- Tapioca, cassava
- Tef

### MUSHROOMS

- Bay boletus
- Cep (boletus)
- Chanterelle
- Meadow mushrooms
- Oyster mushrooms
- Shiitake

### ADS

- Butterhead lettuce
- Chicory
- Dandelion
- Endive
- Iceberg lettuce
- Lamb's lettuce
- Lollo rosso
- Radicchio
- Rocket
- Romaine / cos lettuce

### FRUITS

- Apple
- Apricot
- Avocado
- Banana
- Blackberry
- Blueberry
- Cherry
- Cranberry
- Currant
- Date
- Fig
- Gooseberry
- Grape
- Grapefruit
- Guava
- Honeydew melon
- Kiwi
- Kiwi
- Lemon
- Lime
- Lingonberry
- Lychee
- Mandarin
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Plum
- Pineapple
- Pomegranate
- Prickly pear
- Quince
- Raspberry
- Rhubarb
- Sea buckthorn
- Strawberry
- Yellow plum
- Watermelon

### MILK PRODUCTS

- Camel's milk
- Goat milk and cheese
- Halloumi
- Kefir
- Mare's milk
- Milk cooked
- Milk (cow)
- Ricotta
- Rennet cheese (cow)
- Sheep milk and cheese
- Sour-milk products (cow)

### LEGUMES

- Broad bean
- Chickpeas
- Green bean
- Green bean, pea
- Green pea
- Lentil
- Mung bean, green gram
- Soyabean

### SPICES & HERBS

- Alfalfa
- Allspice
- Aniseed
- Basil
- Bay leaf
- Capers
- Caraway
- Cardamom
- Chervil
- Chive
- Cinnamon
- Clove
- Coriander
- Cumin
- Curcumin (E100)
- Curry
- Dill
- Garden cress
- Garlic
- Ginger
- Horseradish
- Juniper berry
- Lavender
- Lemon balm
- Lovage
- Marjoram
- Mustard seed
- Nutmeg
- Oregano
- Paprika, spice
- Parsley
- Pepper, black
- Pepper, white

### FISH & SEAFOOD

- Anchovy
- Angler, monkfish
- Blue mussels
- Carp
- Cod, codling
- Crayfish
- Eel
- Gilthead bream
- Haddock
- Hake
- Halibut
- Herring
- Iridescent shark
- Lobster
- Mackerel
- Ocean perch
- Octopus
- Oysters
- Plaice
- Pollock
- Red Snapper
- Sardine
- Salmon
- Scallop
- Sea bass
- Shrimp, prawn
- Shark

### CEREALS (WITH GLUTEN)

- Barley
- Gluten
- Kamut
- Oats
- Rye
- Spelt
- Wheat

### VEGETABLES

- Artichoke
- Asparagus
- Aubergine
- Bamboo shoots
- Beetroot
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Celeriac, knob celery
- Chard, beet greens
- Chili Cayenne<sup>3</sup>
- Chili Habanero<sup>1</sup>
- Chili Jalapeno<sup>2</sup>
- Chinese cabbage

### YEAST

- Yeast (beer, bread)

### PRESERVATIVES

- Benzoic acid (E211)
- Sorbic acid (E200)

### THICKENING AGENTS

- Agar-agar (E406)
- Carrageen (E407)
- Guar flour (E412)
- Pectin (E440)
- Tragacanth (E413)
- Xanthan gum

### ALGAE

- Red algae (Nori)
- Spirulina

### SPECIALS

- Aloe vera
- Aspergillus niger
- Candida
- Candied lemon peel
- Vine leaves