

Food Sensitivity Complete



Who Will Benefit from Food Sensitivity Complete Testing?

The Food Sensitivity Complete panel assesses sensitivity to 209 common foods in the Western diet and food additives such as preservatives, artificial sweeteners, emulsifiers, food dyes, and pesticides, which can cause chronic inflammation and increased intestinal permeability (leaky gut).

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

Recognizing Symptoms of Food Sensitivities

Symptoms include:

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



Why is This Test Important?

- Food intolerance affects 15-20% of the population.¹
- Symptoms of food sensitivity are generic and mimic other conditions, making diagnosis difficult and increasing unnecessary suffering.
- Food and food additive 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, and autoimmune disease.
- With patients eating an average of three to six meals a day, removing food and food additive triggers is the quickest way to reduce systemic inflammation and immune system burden.
- The Vibrant Wellness Food Sensitivity Complete 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 Complete test in the comfort of your home.

Unparalleled specificity and sensitivity. Our proprietary technology detects:

- Food Sensitivity with 95%-100% accuracy
- IgA and IgG antibodies
- Sensitivity to 209 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 Complete 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.