



FoodDetective™

Easy to use food intolerance self test with immediate results

Food Detective 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.

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.

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.

1. Collect a blood sample

DO NOT open the foil pouch containing the reaction tray until the blood sample has been successfully collected.



Food Detective is a single-use self test, intended for use by adults only; use test and lancet only once. Please read instructions carefully before use.

1. Wash your hands in warm water as this helps to soften the skin and encourage blood flow.
2. Select the finger or thumb to be pricked, clean with the wipe provided and allow to dry.
3. Remove the protective cap from the safety lancet (colour of the lancet may vary).



4. Place the red raised platform end of the safety lancet against the finger or thumb from which you will draw blood.

5. Gently push the lancet against the finger or thumb. A slight prick may be felt as the skin is punctured.
6. Gently massage the finger in the direction of the puncture to obtain a droplet of blood.



7. Touch one end of the glass tube against the drop of blood so that the blood is drawn into it.

Take care that the other end of the tube is not covered.

Completely fill the tube.

If sufficient blood cannot be obtained then use the spare lancet provided and repeat from Step 1 with a different finger.



8. 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.

5-10 MINUTES

2. Conduct the test



Please use an area with a sink and running water.

9. REMOVE THE REACTION TRAY FROM FOIL POUCH AND POUR THE DILUTED BLOOD SAMPLE INTO THE TRAY.

Gently rock the tray to ensure that all the circles on the tray are covered with sample. If air bubbles are present in any of the circles, tap the tray until they dislodge.

10. LEAVE FOR 20 MINUTES at room temperature away from direct sunlight.

20 MINUTES



11. AFTER 20 MINUTES

Empty the tray into the sink.

12. POUR SOME OF SOLUTION D INTO THE TRAY so that the entire surface is flooded. Agitate vigorously for a few seconds to wash, then empty the tray into the sink.

Repeat this washing step three more times. Drain the tray thoroughly before proceeding to the next step.

1-2 MINUTES



13. ADD SOLUTION B

(Antibody Detector Solution, blue liquid) to the tray and gently rock to ensure that all the circles of the tray are covered. If air bubbles are present in any of the circles, tap the tray until they dislodge.

14. LEAVE FOR 10 MINUTES

at room temperature away from direct sunlight.

15. AFTER 10 MINUTES

Empty the tray into the sink and then wash tray with SOLUTION D (see 12).

10 MINUTES



16. ADD SOLUTION C

(Developer Solution) to the reaction tray. Ensure that all the circles of the tray are covered. If air bubbles are present in any of the circles, tap the tray until they dislodge.

17. LEAVE FOR 2 MINUTES EXACTLY

Blue dots will appear where reactive foods are present.

18. AFTER 2 MINUTES

Empty the tray into the sink and then gently wash the tray once with Solution D. Empty the tray into the sink for the final time to complete the test.

2-3 MINUTES

2-5 MINUTES

FINISH



20. USING THE DIAGRAM ON THE NEXT PAGE, CIRCLE THE FOODS THAT HAVE PRODUCED A BLUE DOT.

Please note positions 47 and 48 contain negative and positive quality controls to indicate that the test has been conducted correctly.

For the results to be valid, position 47 must be white and position 48 must be blue at the end of the test.

19. IDENTIFY THE REACTIVE FOODS IMMEDIATELY AFTER THE TEST IS COMPLETED.

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 **Section 4 Test Report** on the next page to identify the foods responsible.

Fill in your name and today's date as your reference for the Food Detective test you have just conducted.

Name _____

Date _____

4. Test Report

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	20 Freshwater Fish Mix ¹	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 and Lemon	41 Strawberry	42 Tomato
43 Ginger	44 Garlic	45 Mushroom	46 Yeast	47 Negative Control	48 Positive Control

Limitations of procedure

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

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.

Significant changes in diet should only be made after consultation with a qualified nutritionist.

¹ WHITE FISH MIX:

Haddock, Cod & Plaice

² FRESHWATER FISH MIX:

Salmon & Trout

³ SHELLFISH MIX: Shrimp, Prawn, Crab, Lobster & Mussel

⁴ PEPPERS:

Red, Green and Yellow

⁵ LEGUME MIX: Pea, Lentil & Haricot;

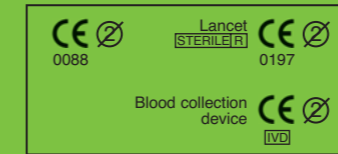
⁶ MELON MIX: Cantaloupe & Water Melon.

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 test solutions 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 with plenty of soap and warm water. If swallowed, seek immediate medical advice.
- Dispose of test solutions into the 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 it in household waste.

Box Contents

- 2 sterile safety lancets for pricking a finger, for single use only (colour may vary)
Manufactured by MediPurpose Pte Ltd, 896 Dunearn Road, Sime Darby Centre, Singapore 589472 [CE 0197]
- Blood collection device (marked with band)
Manufactured by Vitrex Medical A/S, Vasekaer 6-8, 2730 Herlev, Denmark [CE marked]
- Food reaction tray (foil wrapped)
- 1 cleansing wipe
- 1 sticking plaster



This test is not intended to replace medical advice; it does not diagnose allergies; it is a qualitative test and the results are a guide to diet only. If you have a medical condition, are pregnant or taking medications it is advisable to discuss any proposed changes to your diet with your GP or other health professional.

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www.food-detective.com

- Solution A – Sample diluent 5ml (a buffered salt solution with stabiliser; 0.09% sodium azide as preservative; red dye)
- Solution B – Detector solution 5ml (Horseradish peroxidase conjugated anti-human IgG; 0.05% Proclin 300 as a preservative; blue dye)
- Solution C – Developer solution 5ml (A solution of tetramethyl-benzidine with a mild oxidising agent)
- Solution D – Wash solution 100ml x 2 (A buffered salt solution containing 0.01% detergent)

Please note

- For in vitro diagnostic use only
- For external use only
- Do not use a damaged lancet
- Use by expiry date on box

Food Detective™ has been developed and manufactured by Cambridge Nutritional Sciences Ltd, Eden Research Park, Henry Crabb Road, Littleport, Cambridgeshire CB6 1SE, UK.
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Part of Omega Diagnostics Group PLC

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Could you be suffering from food intolerance? Find out, test yourself today!

Step-by-step instructions