



DISCOVER YOUR EXTRA MILE

**IgE and IgG₄ Testing
for Health & Performance**



Hello, we are Lifelab Testing™

Lifelab Testing™ are part of a global health and wellbeing brand. We offer a simple, but very effective, suite of unique tests, measuring IgE and IgG₄ via blood testing across the globe.

From our laboratory based in Castle Donington, Derbyshire, we work with a worldwide network of practitioners, nutritional therapists, scientists, and doctors.

As a forward-thinking business, we are always looking to innovate, evolve and grow. Our specialist team are constantly looking for products that will help our customers to improve their health and performance.

The Technology

In our UK Lifelab laboratory, our analysts quantitatively determine specific IgE and IgG antibodies from a selection of relevant allergens for the serological diagnosis of type 1 allergies and food intolerances.

The test used is called an enzyme immunoassay for in-vitro allergy diagnostics in-line strip format.

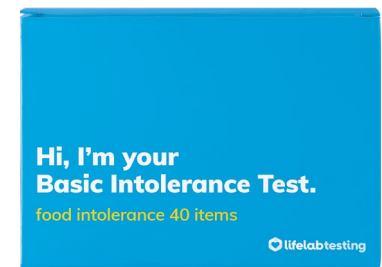


OUR PRODUCT RANGE

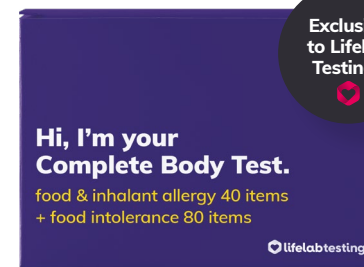
Currently our range of tests includes:



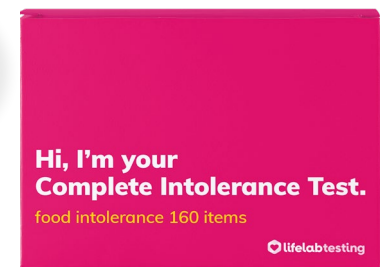
Basic Allergy – IgE
25 food and drinks tested



Basic Intolerance – IgG₄
40 food and drinks tested



Complete Body – IgE & IgG₄
40 food, drinks and inhalants and 80 food and drinks



Complete Intolerance – IgG₄
160 food and drinks tested



Total Intolerance – IgG₄
240 food and drinks tested



DNA Testing

Our portfolio of tests is set to grow, so watch this space...

HOW DOES IT WORK?



1. Order test kit(s) online.



2. Receive test kit(s) in the post.



3. Complete test, activate kit online and Freepost back to the lab.



4. Check the status of your test kit online.



5. View results online and/or download PDF of results.



6. Contact us should you need further assistance.

What does the results report tell you?

The results report will list each food/drink/inhalant item tested. Against each item, you will see the score and lab test reaction level (no reaction, low, medium, high).



lifelab
testing

Thank you
Complete

Food & Drink

...an allergy or intolerance. A higher number indicates a more severe reaction. For example: 0 = excellent, 99 = critical.

Allergy - 40 items
The body's immune system responding to what would normally be considered a harmless substance. The body perceives this substance to be a 'threat' and produces an inappropriate response. To test for food and inhalant allergies we look at IgE antibody levels in blood.

Item name	Score	Reaction
Seafood		
Crab	100.00	High
Cod	0.35	No Reaction
Salmon	55	Medium
Shrimp	0.35	No Reaction
Meats		
Meat	0.35	No Reaction
Grains & Starch		
Wheat	0.69	Low
Rice	0.35	No Reaction

For help visit www.lifelabtesting.com

For help visit www.lifelabtesting.com/help or LiveChat. You can also email info@lifelabtesting.com



SUPPORT AND ADVICE

Lifelab Dashboard

This is where you or your client can see the status of your test kit, view results and download a pdf of the results report. It is highly intuitive, easy to navigate and allows you to access to your results whenever you need.

Support 24/5

At Lifelab we offer advice and support 24 hours a day, 5 days a week. This is via our online chat, email or telephone. We have the expertise to assist you with the interpretation of the results and how to utilise this information to implement dietary changes for yourself or with your clients.

Advice

It may be that you are highly experienced in understanding, interpreting and utilising blood test results, that's fantastic. Should you need us for anything further please get in touch.



WORKING WITH US

Why Become a Lifelab Partner?

Revenue

Through our partner tier programme you can earn extra revenue.

Support

You will benefit from access to our registered nutritional therapists and account managers for any advice you may need on implementing our tests within your business.

Knowledge

We can provide you with the knowledge of how to replace the relevant foods to enable optimum client health and performance without causing further deficiencies.

Visibility

You can check the progress of your clients' tests via the Lifelab dashboard so you know which stage the sample is at. Test results are available online within 7 days.

Accuracy

Lifelab have a 99.8% accuracy when retesting samples in our lab, so you can rest assured that you are getting the best information. Evidence available on request.

Innovation

We are always looking at evolving and finding new tests to add to our portfolio to help you better support your clients.

Contact our team at

✉ social@lifelabtesting.com

☎ 01332 32 18 92

WHAT DO OUR CUSTOMERS SAY?



JAZZ
FRANKS

I've had **eczema** since I was a baby yet I've never found out the cause of it. I've used every moisturiser there is and I have repeat prescriptions for body washes and creams but I'm not going to lie I don't hold back on what I eat, I just know I flare up after I've drank alcohol or I'm stressed but I've constantly had small patches of eczema for the past few years. I'm quite good at covering it up and I use steroid cream before events so it's very rarely on show. **#eczema #intolerancetesting #allergies**



EMMA
O'NEILL

For a long time I've suffered with **digestion problems and constantly being bloated**. The results I got from Lifelab Testing™ were just what I needed to identify which food items were causing me issues. The nutritionist at Lifelab also gave me some great advice on the approach to eliminating items out of my diet.

I've been suffering with **bloating** for the past 2.5 years and didn't know what was triggering it. I've been able to pin point a couple of foods to avoid now due to the Lifelab Testing™ Intolerance test flagging these up as critical which has been a massive help for me. They also very kindly put me in touch with a nutritionist who has been able to suggest things to add into my everyday diet and also change things around! All in all I'm super happy with the service from Lifelab Testing™.



LISA
LANCEFORD

As a WBFF pro it's essential I look after my body but I found that I was **lacking energy** and would **frequently be tired**. The results I received from LifeLab Testing™ allowed me to manage my diet and I felt a huge improvement, not only in my **energy levels** but also in my **performance** when training.



HAYLEY
CLOUGH

What's your story?



WHY TEST?

The Science

Blood analysis is a revealing tool for observing and monitoring the health of the human body through capillary blood. The allergy and intolerance testing we carry out in the Lifelab laboratory is specifically for immune-mediated reactions. There are two distinct areas of testing; IgE, for allergies and IgG₄, for intolerances.

Allergies and intolerances are relatively common in the modern age, with approximately 2.5% of the worldwide population having a food allergy (World Allergy Organization, 2017), however, the true definition of what they are and the difference between them can often be confused or misunderstood.

What is a Food Allergy?

"An allergy is the body's immune system responding to what would normally be considered a harmless substance such as pollen, food, mould, pets' hair, insects, medicines or house dust mites" (Allergy UK, 2017). Essentially this means that the body is reacting to something, which it comes into contact with via breathing, ingesting or touching. The body perceives this substance to be a 'threat' and produces an inappropriate response.

An IgE-mediated allergy, also known as type I allergy or true allergy, is characterised by the type of physiological response to the threatening substance. The immune system produces IgE antibodies; a type of white blood cell called a B cell produces these. When B cells become activated, they develop into plasma cells. Plasma cells create antibodies that are specific to an antigen. On first contact, it can take up to two weeks for enough antibodies to be produced to respond adequately to a 'threat' or antigen. The IgE antibodies produced are found mostly in saliva and mucus and release histamine upon contact with an antigen.

Typical type 1 allergy symptoms are sneezing, coughing, runny nose, itchy mouth/lips, swelling of the lips/face, rashes, difficulty breathing, vomiting, worsening of asthmatic symptoms and anaphylactic shock. These symptoms are rapid-onset so would happen within minutes and up to 2 hours of exposure to the antigen.

What is Food Intolerance?

According to the NHS, food intolerance is a difficulty digesting certain foods and experiencing physical symptoms as a result of eating them (2016).

There are different types of intolerances, at Lifelab we test for IgG-mediated intolerances. In response to a food intolerance, the immune system produces IgG antibodies. The symptoms, which arise as a result of this type of reaction are delayed-onset, so could occur up to 72 hours after eating a food. The type of symptoms experienced are bloating, flatulence, diarrhoea, headaches, fatigue.

What Are the Other Types of Food Intolerances?

Other food intolerances are non immune-mediated reactions, which means the body does not produce antibodies in response, rather these are characterised by enzyme deficiencies or sensitivities to certain chemicals found in foods.

Lactose and histamine intolerances are enzyme-mediated. Sensitivities can be experienced with pharmacologically active components such as caffeine, theobromine in chocolate, tyramine in fermented cheeses or toxic reactions.



TESTING FOR HEALTH & WELLBEING



Food allergies and intolerances can cause a wide variety of symptoms, which can vary in their severity from mild discomfort to life threatening. They can be debilitating for individuals, lead to daily discomfort or irritation, prove hard to identify and can contribute towards inflammation and suboptimal digestion and absorption of nutrients.

Allergic symptoms are generally rapid in their onset and can include sneezing, coughing, runny nose, itchy mouth/lips, swelling of the lips/face, rashes, difficulty breathing, worsening of asthmatic symptoms and anaphylactic shock. Whilst food intolerance symptoms have a delayed onset and tend to be more digestive system orientated causing complaints such as bloating, flatulence, diarrhoea but can also cause headaches and fatigue.

Identification of trigger foods through IgE and/or IgG testing can enable an individual to make changes to their daily diet with confidence and reduce any linked symptoms that they may have been experiencing. Eliminating foods or food groups can be undertaken with advice from the Lifelab nutrition team or through guidance from a Nutritional Therapist.



What Does The Research Say?

IgE – Allergy Testing

The production of IgE antibodies is an inflammatory response and may therefore contribute towards chronic inflammation. Studies have looked at the relationship between allergies and a variety of inflammatory and health conditions^{1,2,3}.

Food allergy and conditions such as asthma¹ and eczema commonly co-exist in the same individual. Having a combination of asthma and food allergy places an individual at greater risk of a serious reaction from allergen exposure, making identification of food allergy a vital aspect of managing this condition¹.

Studies into the links between allergies and inflammatory bowel disease (IBD) show that food allergies can contribute towards the exacerbating of symptoms³.

IgG – Intolerance Testing

Food elimination diets based upon IgG antibody levels have shown significant efficacy in reducing irritable bowel syndrome (IBS) symptoms in patients⁴. Likewise nutrition interventions, based upon IgG test results, in patients with IBD have shown significant results in reducing pain and improving a general feeling of wellbeing⁵.

A Journey To Improved Wellbeing...

Testing is vital a tool, which an individual or a practitioner can use, to rule something out or count something in. Identifying the presence of allergies and/or intolerances can provide valuable information and allow the implementation of effective dietary changes, reducing symptoms and starting the journey towards feeling a greater sense of wellbeing.



TESTING FOR PERFORMANCE

An athlete, recreational or elite, is looking for the very best in performance from their body. Any factor that affects their ability to concentrate, sustain training, recover effectively or reduces peak physical fitness may have a significant impact on performance

Allergies and intolerances can lead to symptoms such as bloating, nausea, inflammation, cramping and diarrhoea, which can have an impact on the digestion and absorption of nutrients. Less than optimum absorption of key nutrients can result in reduced recovery, energy production, and performance.

The first step in the management of allergies or intolerances is identifying trigger foods, drinks or inhalants through accurate testing.

Exercise-induced (EI) hypersensitivity disorders are significant problems for both recreational and competitive athletes and can impair performance⁶. These include EI-asthma, EI-bronchoconstriction, EI-rhinitis, EI-anaphylaxis, and EI-urticarial and are frequently associated with IgE-mediated allergies⁶. Additionally, IgG4-mediated food intolerances can place unnecessary load on the immune system⁷.

Understanding the presence of allergies and/or intolerances in athletes through accurate testing allows the athlete or coach to implement effective strategies and prevent any negative effects on performance.

A recent longitudinal study⁸ on a group of male and female professional athletes examined the influence of food intolerance on sports performance and health. The athletes implemented a 3-month elimination diet based on their blood test results. Significant improvements were seen in health, body composition, and HR recovery.

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