

## Symptoms of Food Intolerance

The symptoms of Food Intolerance appear delayed after several hours or even days of consuming the “suspicious” food, thus making it difficult to relate them to the cause. TrophoScan® test will help you to identify the responsible foods and to design the appropriate diet plan. The patients suffering from Food Intolerance present various symptoms:

**Gastrointestinal tract:** Vomiting, constipation, diarrhea, bloating, esophagitis, functional dyspepsia, celiac disease, gluten sensitivity (seronegative celiac disease), irritable bowel syndrome (spastic colitis, IBS), inflammatory bowel disease (ulcerative colitis and Crohn’s disease, IBD), leaking gut syndrome

**Musculoskeletal system:** Muscle stiffness, weakness, arthralgias, rheumatoid arthritis, Sjogren’s syndrome

**Respiratory system:** Bronchitis, asthma, rhinitis, sinusitis, adenoid hypertrophy

**Nervous system:** Headaches, migraines, inability to concentrate, memory disorders, attention deficit hyperactivity disorder (ADHD), depression and mood disorders, stress, multiple sclerosis, neuromyelitis optica

**Skin:** Itching, redness, urticaria, atopic dermatitis, eczema, dermatitis herpetiformis

**Systemic manifestations:** Obesity and difficulty in body weight control, water retention, fatigue, fever, sweating, fatty liver, atherosclerosis

Choose the appropriate TrophoScan® according to your personal dietary preferences:

**TrophoScan® 40+** 45 foods

**TrophoScan® 100 (Μεσογειακό)** 93 τρόφιμα

**TrophoScan® 200** 185 foods and 5 chemical additives

**TrophoScan® 300** 278 foods and 12 chemical additives

**TrophoScan® 400** 369 foods and 21 chemical additives

**TrophoScan® Spices** 45 herbs and spices

**TrophoScan® Vegetarian** 93 foods

**TrophoScan® Kids** 45 foods

**TrophoScan® Asian** 93 foods

**TrophoScan® Additives** 45 chemical food additives

The most effective and reliable test for  
Food Intolerance diagnosis

Diagnostiki Athinon is a laboratory  
certified with ISO 9001:2015



**DIAGNOSTIKI ATHINON**

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FOOD INTOLERANCE TEST

For the first time with food,  
we consume in Greece

Innovation  
TrophoScan®



At athenslab.gr you can see in detail the foods tested with TrophoScan®

TrophoScan® is the **most reliable laboratory** test for Food Intolerance. TrophoScan® uses the specialized ELISA method that measures the presence of **specific IgG antibodies** in the blood, for more than 400 different foods and chemical food additives.

## Πώς γίνεται

Το TrophoScan® πραγματοποιείται με τη λήψη λίγων σταγόνων αίματος και μπορεί να γίνει:

- > Με αιμοληψία στη Διαγνωστική Αθηνών
- > Απευθυνόμενοι στους συνεργάτες μας σε όλη την Ελλάδα
- > Στο σπίτι με λήψη αίματος από το δάκτυλο. Η αποστολή - επιστροφή του κιτ συλλογής γίνεται με courier.

## Innovations and Benefits

TrophoScan® is entirely designed and created in Greece. Food antigens used for the test, have come from products that may find and consume in the **Greek market**, an innovation that helps to clarify most cases of Food Intolerance.

Foods that are commonly cooked (e.g., meat, poultry, fish), have undergone **a laboratory preparation equivalent to cooking** so that they show the actual structure of the food we consume. This innovation helps us to find the **real cases** of Food Intolerance.

Antibody testing with TrophoScan® is **quantitative** and the results are given in detail and in a totally **understandable way**, allowing you to start immediately the proper diet plan.

Each one of the food and chemical additive is **tested separately** and not along with other similar foods (as in older technology systems that measure cytotoxicity) which in fact they test groups of foods without distinguishing them.

Intensive **quality controls** are performed at all stages of preparation and implementation of the TrophoScan® test to ensure the full accuracy of the results.

TrophoScan® is the **only Food Intolerance test worldwide that** offered so many options and food combinations, making it even easier to choose the most suitable combination for you.

The **speed** and **reliability** of the results and at the same time the very **affordable** price make TrophoScan the **best choice** in Food Intolerance testing.

## Mechanisms of Food Intolerance

Food Intolerance occurs when the immune system recognizes the foods we consume as "invaders" and triggers the production of antibodies against these foods. There are two main mechanisms by which the action of antibodies leads to disease:

**Inflammatory Mechanisms:** The antibody-antigen complexes can be deposited in various tissues and begin the **inflammation process** and tissue damage leading to conditions such as obesity, fatty liver disease, and atherosclerosis.

**Autoimmune Mechanisms:** Food antigens can resemble tissue elements, so the resulting antibodies "attack" against tissues - **cross-reactions** - and they may evolve into **autoimmunities**, such as rheumatoid arthritis, systemic lupus erythematosus, and multiple sclerosis.

**Celiac disease** is the most characteristic and best-studied food intolerance condition. Remember that **in place of gluten any other food can be found**.

It is estimated that 45% of the adult population suffers from a manifestation of Food Intolerance with women being affected at a higher rate than men.

Choose your own TrophoScan® test  
now and help yourself to feel better!

## Feel better in 3 simple steps

- 1 Test food intolerance with TrophoScan®
- 2 Design a diet plan
- 3 Implement the dietary changes

