

YOUR IMUPRO OPTIONS



ImuPro combines a reliable laboratory test identifying increased food specific IgG antibody levels with personal guideline for dietary changes based on the result.

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 Basic tests **90 most important foods**. In addition to a comprehensive report with accurate results at a glance, you will receive personal nutritional guidelines which include individual recommendations for your ImuPro diet.

ImuPro Complete tests **270 individual foods and additives** (including the 90 foods in ImuPro Basic). With ImuPro Complete, you will receive a comprehensive report with accurate results at a glance and personal nutritional guidelines which lead you through your change in diet. Furthermore you receive a recipe book tailored to your personal needs.

To see which foods are tested in each ImuPro test, please visit www.imupro.com.

SYMPTOMS OF IgG FOOD ALLERGY



GASTRO-INTESTINAL

- Constipation / diarrhoea
- Crohn's Disease
- Irritable Bowel Syndrome (IBS)
- Nausea

CHRONIC PAIN

- Headache
- Migraine
- Fibromyalgia

EXCESS WEIGHT

- Chronic weight problems
- Obesity

SKIN PROBLEMS

- Atopic dermatitis-like skin problems
- Eczema
- Psoriasis

RIGHT FOOD.
BETTER HEALTH.



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Right Food. Better Health.

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**YOUR BUILDING BLOCKS
FOR BETTER HEALTH**



DELAYED FOOD ALLERGY AND IMUPRO



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

What is an IgG food allergy?

With an IgG food allergy (also called type III food allergy), the immune system reacts to usually harmless food allergens and produces specific antibodies, called IgG antibodies. These antibodies can then cause inflammatory reactions which may lead to various chronic complaints; the symptoms are delayed. ImuPro tests are designed to detect the levels of IgG antibodies. With the test results, you can find out whether or not a delayed food allergy could be the cause of your chronic complaints. Even if you are eating “healthy” foods, type III food allergies can trigger low-grade inflammation which underlies many health problems such as:

- Migraine
- Irritable Bowel Syndrome (IBS)
- Crohn's Disease
- Excess weight
- Skin problems

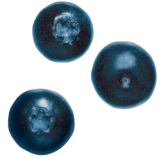
THE IMUPRO CONCEPT – DIAGNOSTICS AND GUIDANCE



With ImuPro, you can find out whether or not **elevated levels of IgG antibodies** against specific foods might lead you to the cause of certain symptoms.

Together with your test results, you will receive nutritional guidelines explaining your results and telling you how to incorporate them into your lifestyle.

Note: An IgG food allergy **should not to be mistaken for a classical 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. ImuPro does not detect IgE food allergies.



The nutritional guidelines contain three important building blocks:

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. During this phase, all foods with high levels of IgG-antibodies have to be avoided. This way, inflammatory processes can be reduced or even stopped.

2. Provocation phase

After the elimination phase, you start a **provocation diet** by gradually including the avoided foods one by one. The provocation phase helps you 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.

3. Stabilisation phase

During the stabilisation phase, the trigger foods which have been identified in the provocation phase must be avoided for at least one year. Thus 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.

