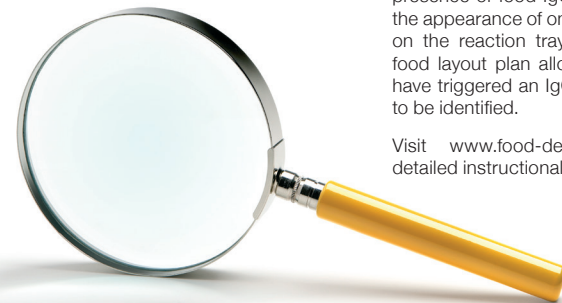


Food Detective™ identifies food-specific IgG antibodies that are produced in response to problem foods. These antibodies are thought to be involved in various conditions such as bloating, diarrhoea, Irritable Bowel Syndrome, headaches/migraines, eczema and arthritis.

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 reaction tray.

In subsequent steps, the use of Detector and Developer solutions identify the presence of food IgG antibodies through the appearance of one or more blue spots on the reaction tray. Reference to the food layout plan allows the foods which have triggered an IgG antibody response to be identified.

Visit www.food-detective.com for a detailed instructional video.

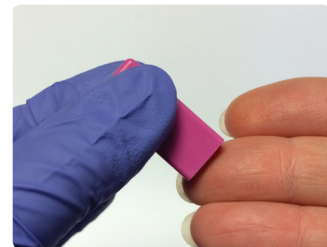
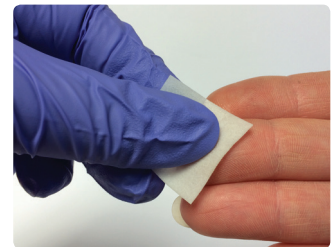


FoodDetective™ PROFESSIONAL

Easy to use food intolerance test with immediate results

1. Collect a blood sample

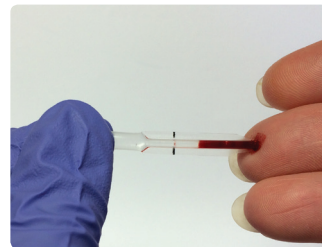
Food Detective™ Professional is intended for use by adults only. Use the test and lancet only once. Please read the instructions carefully before use.



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

- HANDS SHOULD BE WASHED** in warm water as this helps to soften the skin and encourage blood flow.
- SELECT A FINGER OR THUMB** to be pricked, clean with the wipe provided and allow to air-dry.
- REMOVE THE PROTECTIVE CAP** from the safety lancet (colour of the lancet may vary).
- PLACE THE RAISED END OF THE SAFETY LANCET** against the finger or thumb from which you will draw blood.
- FIRMLY PUSH THE LANCET** against the finger or thumb. A slight prick may be felt as the skin is punctured.
- GENTLY MASSAGE THE FINGER** in the direction of the puncture to obtain a drop of blood.

5-10 MINUTES



7. TOUCH THE TIP OF THE MICROPIPETTE TO THE DROP OF BLOOD, keeping it HORIZONTAL throughout the procedure.

Take care not to cover the small ventilation hole with your fingers.

Capillary action will automatically draw the blood to the BLACK LINE and fill the micropipette with the required volume. Do not squeeze the bulb of the micropipette.

If sufficient sample cannot be obtained from one drop of blood, continue to collect blood until the black line has been reached.



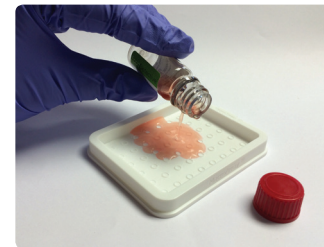
8. REMOVE THE RED CAP FROM THE BOTTLE CONTAINING SOLUTION A (SAMPLE DILUENT).

Immediately squeeze the bulb of the micropipette to dispense the blood into the solution (a darker solution colour may be observed upon addition of the blood sample).

Replace the cap securely and mix gently to disperse the blood fully.

2. Conduct the test

20 MINUTES



Please use an area with a sink and running water.

9. REMOVE THE REACTION TRAY FROM THE FOIL POUCH. Pour the diluted blood sample into the reaction tray and gently rock to ensure that all the circles are completely covered. If air bubbles are present in any of the circles, tap the reaction tray until they dislodge.

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

1-2 MINUTES



11. EMPTY THE REACTION TRAY INTO THE SINK.

12. POUR SOME OF SOLUTION D (Wash Solution) into the reaction tray so that the entire surface is flooded. Agitate vigorously for a few seconds to wash and then empty the contents into the sink.

Repeat this washing step **THREE** more times.

Drain the reaction tray thoroughly before proceeding to the next step.

10 MINUTES

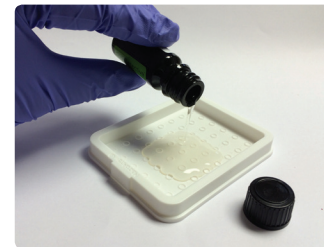


13. ADD SOLUTION B (Detector Solution) to the reaction tray and gently rock to ensure that all the circles are completely covered. If air bubbles are present in any of the circles, tap the reaction tray until they dislodge.

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

15. EMPTY THE REACTION TRAY INTO THE SINK and then wash with Solution D (Wash Solution) - refer to Step 12.

2-3 MINUTES



16. ADD SOLUTION C (DEVELOPER SOLUTION) to the reaction tray. Ensure that all the circles are completely covered. If air bubbles are present in any of the circles, tap the reaction tray until they dislodge.

17. LEAVE FOR 2 MINUTES. Blue dots will appear where reactive foods are present.

18. EMPTY THE REACTION TRAY INTO THE SINK and gently wash **ONCE** with Solution D. Empty the contents into the sink and drain thoroughly.

The test is now complete.

3. Read the results

2-5 MINUTES

FINISH



19. READ THE RESULTS IMMEDIATELY AFTER THE TEST IS COMPLETE.

Foods are located in positions 1-46 on the reaction tray. Refer to the diagram in **Section 4: Test Report** to identify the individual foods.

Positions 47 and 48 contain negative and positive Quality Controls to indicate that the test has been conducted correctly.

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

20. USE THE DIAGRAM OPPOSITE TO CIRCLE THE FOODS THAT HAVE PRODUCED A BLUE DOT.

Dark blue spots indicate that a strong positive reaction has occurred and paler spots indicate a milder reaction.

If there is no colour present, this indicates a negative result.

If only a ring of colour is observed, the result is invalid and should be disregarded.

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 ¹	20 Freshwater Fish Mix ²	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 Blackcurrant	39 Olive	40 Orange and Lemon	41 Strawberry	42 Tomato
43 Ginger	44 Garlic	45 Mushroom	46 Yeast	47 Negative Control	48 Positive Control

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, Yellow

⁵ LEGUME MIX: Pea, Lentil, Haricot

⁶ MELON MIX: Cantaloupe, Water Melon

Limitations of procedure

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

Food Detective™ Professional results do not indicate any specific medical condition.

Important notes on test results

If a particular food is of concern, or a classical IgE-mediated food allergy e.g. peanut allergy is suspected, but it has not produced a positive result in this test, we advise that this food continue to be avoided.

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

Precautions

- Do not use this test if there is a suspected 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 or expose the reaction tray to moisture, dust or sunlight.
- 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 contact with skin, wash with plenty of soap and warm water. If swallowed, seek immediate medical advice, providing this leaflet as reference.

- All products of human origin contained in this kit have been tested and found to be negative for HIV Ab and HBsAg, but may potentially be infectious.

- Dispose of test solutions into a sink. Ensure that cold water is running to flush away and dilute the chemicals. Flush the sink with household disinfectant.

- After use, place the reaction tray, lancet(s), micropipette(s) and sample diluent bottle (red cap) in the plastic bag provided and dispose of it as clinical waste.

Box Contents (CNSFD - 1 set / CNSFD5 - 5 sets)

- 2 sterile safety lancets, for single use only (colour may vary) [CE 1008]
- 2 blood collection devices
- Food reaction tray (foil wrapped)
- 1 cleansing wipe
- 2 sticking plasters
- Solution A – Sample Diluent 5ml (buffered salt solution with stabiliser; 0.09% sodium azide as preservative; red dye)
- Solution B – Antibody Detector Solution 5ml (Horseradish peroxidase conjugated anti-human IgG; 0.05% Proclin 300 as preservative; blue dye)
- Solution C – Developer Solution 5ml (solution of tetramethyl-benzidine with a mild oxidising agent)
- Solution D – Wash Solution 100ml x 2 (buffered salt solution containing 0.01% detergent)

Important

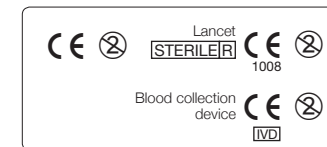
This test is not intended to replace medical advice; it does not diagnose allergies; it is a qualitative test and the results are a guide to diet only.

Product code: CNSFD / CNSFD5
PINO-FDINST-PRO / 571-1PRO-07

Please Note

- For external use only
- Do not use a damaged lancet
- Use by expiry date on box
- Store between 2 - 25°C

IVD



Food Detective™ Professional has been developed and manufactured by:

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Part of Omega Diagnostics Group PLC

www.food-detective.com

FoodDetective™ PROFESSIONAL

Easy to use food intolerance test with immediate results



For the detection of food-specific IgG antibodies to 59 common foods

Step-by-step instructions