



NUTRISMART®

NutriSMART – innovative rapid test for food intolerance



The world's first 30-minute rapid test for Food Intolerance.



Diagnostische Systeme & Technologien GmbH
Güterbahnhofstrasse 16, 19059 Schwerin, Germany

☎ +49 385 30348 102 ✉ sales@dst-diagnostic.com
☎ +49 385 30348 499 @ www.dst-diagnostic.com

USt-IdNr.: DE814562898



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“ **Let food be thy medicine and medicine be thy food** ”
Hippocrates, year 460 BC

Tiredness, migraine, joint pain, skin problems, obesity – all these are typical symptoms of food intolerance.

Get informed, test and take countermeasures now!



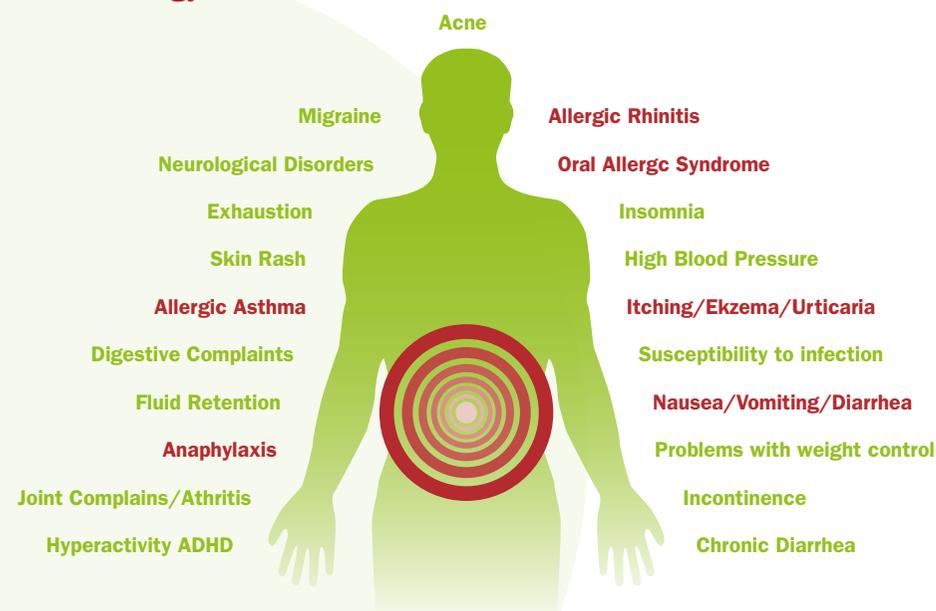
What is food intolerance?

There are many people who suffer from adverse reactions against the foods they consume. The symptoms can vary from mild discomfort to severe allergic reactions. These symptoms are known under the umbrella name “food sensitivity“. The physiological causes are different; there are non-immunological ones (for example in the case of Lactose- or Histamine-intolerance) and those, which are related to our immune system.

The latter ones include a) classical allergies that result in fast, intense but local reactions mediated by release of the body’s own histamine and b) food intolerances with a vast variety of symptoms and lag time of 4 to 72 hours after food consumption. Usually the symptoms disappear if the food that causes the problem is no longer consumed.

Skin reactions, vomiting, irritable bowel syndrome, constipation, migraines, headaches, tiredness, depression and other gastroenterological and dermatological symptoms can be the consequences of food intolerance. Nowadays, the innovative NutriSMART test makes it possible to check for food intolerances in just 30 minutes using only a couple of blood droplets from the fingertip.

Symptoms of Food Intolerance Symptoms of Allergy



What is NutriSMART?

NutriSMART is a non-invasive rapid test that quickly provides information about which food can be related to the symptoms where food intolerance is suspected. In contrast to other laboratory tests, which deliver results in 1-2 weeks, NutriSMART gives the results in 30 minutes making it the first 30-minute food intolerance rapid test in the world.

What are the advantages of NutriSMART?

- It helps you to start enjoying food again; the test builds a basis for individually tailored food consumption recommendations that can drastically reduce or eliminate adverse effects caused by food intolerance
- It covers the majority of commonly consumed foods
- It checks the immunological reaction to a total of 57 foods
- No venous blood is needed – just a few blood droplets from the fingertip or earlobe are sufficient to perform the test
- It is a quick and, time saving test – delivering results in 30 minutes; no extra appointment with a Doctor, nutritionist or an alternative practitioner is required
- It is designed for use by professional healthcare practitioners and thus guarantees that the test is performed correctly
- Easily interpretable results: weak, medium or strong reactions to specific foods

What foods are tested with NutriSMART?

- Grains: Wheat, Rye, Barley, Oat, Grain mix A (Buckwheat, Amaranth, Goosefoot), Grain mix B (Corn, Rice), Gluten
- Nuts: Peanut, Hazelnut, Almond
- Fruits: Banana, Fruit mix A (Lemon, Orange), Fruit mix B (Strawberry, Grape, Peach), Apple, Pineapple, Kiwi fruit
- Egg: Egg white, Egg yolk, Casein
- Milk: Cow’s milk, Goat’s milk, Sheep’s milk
- Seafood: Cod, Fish mix (Salmon, Trout), Tuna, Seafood mix (Shrimp, Squid, Octopus)
- Vegetables: Tomato, Legume mix (Pea, Green bean), Vegetable mix A (Carrot, Celery), Vegetable mix B (Cabbage, Broccoli), Leek/Onion mix (Garlic, Onion, Leek)
- Meat: Lamb/Mutton, Meat mix A (Pork, Beef), Meat mix B (Chicken, Turkey)
- Others: Potato, Soy, Yeast Mix (Baker’s yeast, Brewer’s yeast), Cacao, Coffee, Mustard

Who can perform NutriSMART test?

The NutriSMART test is designed to be performed by healthcare professionals, for example general practitioners, nutritionists or alternative practitioners; the test is not intended for patient self-testing. Please contact a specialist, if you would like to use NutriSMART for a food intolerance check.

How does NutriSMART work?

When you consume food that causes adverse effects, your body considers it as an external pathogen (like, for example, bacteria) and produces IgG₄ and other antibodies to eliminate it.

NutriSMART checks whether antibodies were produced in your blood in response to a food you have consumed. This is done by measuring the amount of binding between these antibodies and food components (proteins). These antibody-protein complexes are then visualized by a biochemical reaction. As a result, color bands of different intensities appear in the test cassette windows. The more IgG₄ antibodies are captured by food proteins, the more intense is the color of the band. The color intensity is compared with that of a control band, indicating whether the body’s reaction to a particular food is weak, medium or strong. In total, 57 commonly consumed foods are checked.

NutriSMART has identified the possible problem-causing food; what’s next?

The test results must be discussed with an appropriate healthcare professional and where applicable, an individualized food consumption plan should be created. Depending on the symptoms and the reaction intensity to a certain food, it should be restricted to consumption once every few days, weeks, months or completely removed from the diet.

By following this regime, the symptoms should become less severe since the immune system is no longer repeatedly encountering the trigger food. The majority of foods can be re-introduced without problems after such a break.