



YOUR BUILDING BLOCKS FOR BETTER HEALTH



IgG FOOD ALLERGY

When you are suffering from a chronic complaint that just will not go away, the cause may be a delayed IgG food allergy (type III). IgG food allergies often remain undetected because the symptoms only occur a few hours or even days after the consumption of a trigger food, making them **extremely difficult to identify**.



Possible symptoms

GASTROINTESTINAL AILMENTS

- Bloating
- Constipation
- Crohn's Disease
- Diarrhoea
- Irritable Bowel Syndrome (IBS)
- Nausea

CHRONIC PAIN

- Headache
- Migraine

EXCESS WEIGHT

- Chronic weight problems
- Obesity

SKIN PROBLEMS

- Atopic dermatitis-like skin problems
- Eczema
- Psoriasis

NERVOUS SYSTEM DISORDERS

- Attention deficit hyperactivity disorder (ADHD)
- Autistic spectrum
- Depression

Fortunately, a **reliable diagnostic test and nutritional concept can help: ImuPro**. With ImuPro, you will find out whether or not a delayed food allergy could be the cause of your chronic complaints.

What is an IgG food allergy? With type III food allergies, the immune system reacts to usually harmless food allergens and produces specific antibodies, called IgG antibodies. These antibodies can then cause inflammatory reactions which can lead to **various chronic complaints**. The symptoms are delayed.

Note: An IgG food allergy **should not be mistaken for a classic 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. The symptoms appear within seconds or minutes: severe swelling, breathing difficulty, rash, itching skin or even anaphylactic shock. ImuPro does not detect IgE food allergies.

The origin of a large number of chronic complaints has not been identified yet. It is assumed that IgG-mediated food allergies (type III) play a role in some chronic ailments and thus might offer an interesting and promising therapeutic approach. On the other hand, a growing number of publications and a large amount of anecdotal evidence support the idea that elimination diets based on foodstuff specific IgG antibody measurements result in improved symptoms in patients.



ImuPro Screen

- Brief report containing accurate results for all the tested foods at a glance

ImuPro Screen⁺

- Comprehensive report containing accurate results for all of your tested foods at a glance

ImuPro Basic

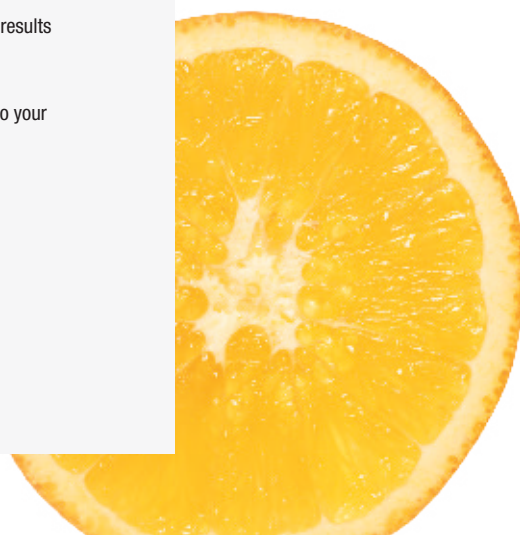
- Comprehensive report containing accurate results for all of your tested foods at a glance
- Personalised nutritional guide

ImuPro Basic⁺

- Comprehensive report containing accurate results for all of your tested foods at a glance, as well as more meat, fruit, grain and legumes alternatives.
- Personalised nutritional guide

ImuPro Complete

- Comprehensive report containing accurate results for all of your tested foods at a glance
- Personalised nutritional guide
- Individual recipe book specifically tailored to your personal needs



- ImuPro Screen
- ImuPro Screen⁺
- ImuPro Basic
- ImuPro Basic⁺
- ImuPro Complete

¹ caps. chinense
² caps. annum
³ caps. frutescens

IMUPRO SCREEN: THE TESTED FOODS AT A GLANCE

MEAT

Chicken

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

Rice

CEREALS (WITH GLUTEN)

Gluten

VEGETABLES

Carrots
Sweet pepper
Tomato

SPICES & HERBS

Garlic
Vanilla

SWEETENERS

Honey (mixture)

LEGUMES

Green bean, pea
Soyabean

FISH & SEAFOOD

Lobster

EGG

Chicken egg

FRUITS

Banana
Orange
Pineapple

SEEDS & NUTS

Almond
Hazelnut

MILK PRODUCTS

Goat milk and cheese
Milk (cow)
Sheep milk and cheese

YEAST

Yeast (beer, bread)

ImuPro Screen

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IMUPRO SCREEN+: THE TESTED FOODS AT A GLANCE

MEAT

Beef
Chicken
Pork

CEREALS (WITH GLUTEN)

Barley
Gluten
Oats
Rye
Spelt
Wheat

VEGETABLES

Broccoli
Carrots
Celeriac, knob celery
Cucumber
Red cabbage
Sweet pepper
Tomato

MUSHROOMS

Oyster mushrooms

SPICES & HERBS

Garlic
Horseradish

Mustard seed
Curry

SWEETENERS

Honey (mixture)

LEGUMES

Soyabean

FISH & SEAFOOD

Crayfish
Cod, codling

EGG

Chicken egg

FRUITS

Raspberry
Cherry
Pineapple
Watermelon

SEEDS & NUTS

Almond
Flax, linseed
Hazelnut
Peanut

Pistachio
Poppy seeds
Sunflower seed

TEA, COFFEE & WINE

Coffee

MILK PRODUCTS

Milk (cow)
Goat milk and cheese
Rennet cheese (cow)
Sheep milk and cheese
Sour-milk products (cow)

YEAST

Yeast (beer, bread)

ImuPro Screen+

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IMUPRO BASIC: THE TESTED FOODS AT A GLANCE

MEAT

Beef
Chicken
Pork
Lamb
Turkey hen

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

Maize, sweet corn
Millet
Buckwheat
Rice

CEREALS (WITH GLUTEN)

Barley
Gluten
Oats
Rye
Spelt
Wheat

VEGETABLES

Broccoli
Carrots
Celeriac, knob celery
Cucumber
Red cabbage
Sweet pepper
Tomato
Aubergine
Beetroot
Chili Cayenne
Courgette
Kohlrabi (turnip cabbage)
Leek
Olive
Onion
Potato

MUSHROOMS

Meadow mushrooms

TEA, COFFEE & WINE

Peppermint

SPICES & HERBS

Garlic
Horseradish
Mustard seed
Basil
Cinnamon
Nutmeg
Oregano
Paprika, spice
Parsley
Pepper, black
Rosemary
Thyme
Vanilla

SWEETENERS

Honey (mixture)
Cane sugar

SALADS

Butterhead lettuce
Lamb's lettuce

LEGUMES

Soyabean
Green bean
Green pea

FISH & SEAFOOD

Crayfish
Tunafish
Ocean perch
Pollock
Salmon

EGG

Chicken egg

MILK PRODUCTS

Milk (cow)
Goat milk and cheese
Rennet cheese (cow)
Sheep milk and cheese
Sour-milk products (cow)

YEAST

Yeast (beer, bread)

FRUITS

Cherry
Pineapple
Watermelon
Apple
Apricot
Banana
Grape
Kiwi
Lemon
Nectarine
Orange
Strawberry

THICKENING AGENTS

Guar flour (E412)

ImuPro Basic

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IMUPRO BASIC+: THE TESTED FOODS AT A GLANCE

MEAT

Beef
Chicken
Pork
Lamb
Turkey hen
Deer
Duck
Goat meat
Goose
Hare
Ostrich meat
Quail
Rabbit
wild boar
Roe deer
Veal

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

Maize, sweet corn
Millet
Buckwheat
Rice
Amaranth
Arrowroot
Carob
Cassava
Fonio
Jerusalem artichoke
Lupine
Quinoa
Sweet chestnut
Sweet potato
Tapioca, cassava
Teff

CEREALS (WITH GLUTEN)

Barley
Gluten
Oats
Rye
Spelt
Wheat

VEGETABLES

Broccoli
Carrots
Celeriac, knob celery
Cucumber
Red cabbage
Sweet pepper
Tomato
Aubergine
Beetroot
Chili Cayenne³
Courgette
Kohlrabi (turnip cabbage)
Leek
Olive
Onion
Potato
Brussels sprouts
Cauliflower

Artichoke
Asparagus
Chinese cabbage
Kale, curled kale
Parsnip
Pumpkin
Radish red and white
Rutabaga
Savoy cabbage
Spinach
White cabbage

MUSHROOMS

Meadow mushrooms

SPICES & HERBS

Garlic
Horseradish
Mustard seed
Basil
Cinnamon
Nutmeg
Oregano
Paprika, spice
Parsley
Pepper, black
Rosemary
Thyme
Vanilla
Chive

SWEETENERS

Honey (mixture)
Cane sugar

SALADS

Butterhead lettuce
Lamb's lettuce
Chicory
Endive
Iceberg lettuce
Lollo rosso
Radicchio
Rocket
Romaine / cos lettuce

LEGUMES

Soyabean
Green bean
Green pea
Broad bean
Chickpeas
Lentil
Mung bean, green gram

FISH & SEAFOOD

Crayfish
Tunafish
Ocean perch
Pollock
Salmon
Cod, codling
Anchovy

Carp
Gilthead bream
Haddock
Hake
Halibut
Herring
Mackerel
Plaice
Sardine
Shark
Sole
Squid, cuttlefish
Swordfish
Trout
Zander

EGG

Chicken egg
Chicken egg-white
Chicken yolk
Goose egg
Quail eggs

FRUITS

Raspberry
Cherry
Pineapple
Watermelon
Apple
Apricot
Banana
Grape
Kiwi
Lemon
Nectarine
Orange
Strawberry
Avocado
Date
Fig
Lychee
Mango
Papaya
Peach
Pear
Plum
Yellow plum

SEEDS & NUTS

Almond
Flax, linseed
Hazelnut
Peanut
Pistachio
Poppy seeds
Sunflower seed
Cashew kernels
Cocoa bean
Pumpkin seeds
Sesame
Walnut
Brazil nut
Coconut
Macadamia nut
Pine nut

TEA, COFFEE & WINE

Peppermint

MILK PRODUCTS

Milk (cow)
Goat milk and cheese
Rennet cheese (cow)
Sheep milk and cheese
Sour-milk products (cow)
Camel's milk
Halloumi
Kefir
Mare's milk
Milk cooked
Ricotta

YEAST

Yeast (beer, bread)

THICKENING AGENTS

Guar flour (E412)

ImuPro Basic+

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IMUPRO COMPETE: THE TESTED FOODS AT A GLANCE

MEAT

Beef
Chicken
Pork
Lamb
Turkey hen
Deer
Duck
Goat meat
Goose
Hare
Ostrich meat
Quail
Rabbit
wild boar
Roe deer
Veal

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

Maize, sweet corn
Millet
Buckwheat
Rice
Amaranth
Arrowroot
Carob
Cassava
Fonio
Jerusalem artichoke
Lupine
Quinoa
Sweet chestnut
Sweet potato
Tapioca, cassava
Teff

CEREALS (WITH GLUTEN)

Barley
Gluten
Oats
Rye
Spelt
Wheat
Kamut

VEGETABLES

Broccoli
Carrots
Celeriac, knob celery
Cucumber
Red cabbage
Sweet pepper
Tomato
Aubergine
Beetroot
Chili Cayenne³
Courgette
Kohlrabi (turnip cabbage)
Leek
Olive
Onion
Potato
Brussels sprouts

Cauliflower
Artichoke
Asparagus
Chinese cabbage
Kale, curled kale
Parsnip
Pumpkin
Radish red and white
Rutabaga
Savoy cabbage
Spinach
White cabbage
Bamboo shoots
Chard, beet greens
Chili Habanero¹
Chili Jalapeno²
Fennel
Moluchia
Okra, lady's finger
Stalk celery

MUSHROOMS

Oyster mushrooms
Meadow mushrooms
Bay boletus
Cep (boletus)
Chanterelle
Shiitake

SPICES & HERBS

Garlic
Horseradish
Mustard seed
Basil
Cinnamon
Nutmeg
Oregano
Paprika, spice
Parsley
Pepper, black
Rosemary
Thyme
Vanilla
Chive
Alfalfa
Allspice
Aniseed
Bay leaf
Capers
Caraway
Cardamom
Chervil
Clove
Coriander
Cumin
Curcumin (E100)
Dill
Garden cress
Ginger
Juniper berry
Lavender
Lemon balm
Lovage
Marjoram
Pepper, white
Saffron
Sage
Savory

Wild garlic
Curry

SWEETENERS

Honey (mixture)
Cane sugar
Agave nectar
Maple syrup

SALADS

Butterhead lettuce
Lamb's lettuce
Chicory
Endive
Iceberg lettuce
Lollo rosso
Radicchio
Rocket
Romaine / cos lettuce
Dandelion

LEGUMES

Soyabean
Green bean
Green pea
Broad bean
Chickpeas
Lentil
Mung bean, green gram

FISH & SEAFOOD

Crayfish
Tunafish
Ocean perch
Pollock
Salmon
Cod, codling
Anchovy
Carp
Gilthead bream
Haddock
Hake
Halibut
Herring
Mackerel
Plaice
Sardine
Shark
Sole
Squid, cuttlefish
Swordfish
Trout
Zander
Angler, monkfish
Blue mussels
Eel
Iridescent shark
Lobster
Octopus
Oysters
Red Snapper
Scallop
Sea bass
Shrimp, prawn

EGG

Chicken egg
Chicken egg-white
Chicken yolk
Goose egg
Quail eggs

FRUITS

Raspberry
Cherry
Pineapple
Watermelon
Apple
Apricot
Banana
Grape
Kiwi
Lemon
Nectarine
Orange
Strawberry
Avocado
Date
Fig
Lychee
Mango
Papaya
Peach
Pear
Plum
Yellow plum
Blackberry
Blueberry
Cranberry
Currant
Gooseberry
Grapefruit
Guava
Honeydew melon
Lime
Lingonberry
Mandarin
Pomegranate
Prickly pear
Quince
Rhubarb
Sea buckthorn

MILK PRODUCTS

Milk (cow)
Goat milk and cheese
Rennet cheese (cow)
Sheep milk and cheese
Sour-milk products (cow)
Camel's milk
Halloumi
Kefir
Mare's milk
Milk cooked
Ricotta

SEEDS & NUTS

Almond
Flax, linseed
Hazelnut
Peanut

Pistachio
Poppy seeds
Sunflower seed
Cashew kernels
Cocoa bean
Pumpkin seeds
Sesame
Walnut
Brazil nut
Coconut
Macadamia nut
Pine nut

YEAST

Yeast (beer, bread)

PRESERVATIVES

Benzoic acid (E211)
Sorbic acid (E200)

THICKENING AGENTS

Guar flour (E412)
Agar-agar (E406)
Carrageen (E407)
Pectin (E440)
Tragacanth (E413)
Xanthan gum

ALGAE

Red algae (Nori)
Spirulina

SPECIALS

Aloe vera
Aspergillus niger
Candida
Candied lemon peel
Vine leaves

TEA, COFFEE & WINE

Peppermint
Coffee
Camomile
Nettle
Rooibos tea
Rose hip
Tannin
Tea, green
Tea, black

ImuPro Complete

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