

User-Friendly Report:

Our report is designed for ease of understanding and gives you the flexibility to choose between a simple, least restrictive food removal plan or a comprehensive, restrictive diet. Your choice will depend on your healthcare provider's recommendations and the severity of your symptoms.

Take Control of Your Health:

Understanding your body's reactions to various foods can significantly improve your quality of life. By identifying and eliminating problematic foods, you can reduce inflammation, lower the risk of chronic diseases, and improve your overall health.

Our Four Pathways:

- **IgE:** Identifies immediate allergic reactions
- **IgG4:** Plays a role in autoimmune and inflammatory diseases
- **IgG:** Detects a delayed reaction to food
- **C3d/b:** Immune response that can increase inflammation and symptoms of sensitivity

Vitae diagnostics

Scan the QR code to visit our website and learn more about EAT144

GET IN TOUCH

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Ask your healthcare provider about the EAT144 Test by Vitae Diagnostics and start your journey towards better health!

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Understanding Your Food Sensitivities and Allergies

Discover the Root of Your Symptoms with EAT144!

- 144 Antigens Tested
- Foods, Chemicals & Environmental Triggers
- Four Key Markers: IgE, IgG4, IgG, + C3B/d
- Measures multiple markers for a complete picture of your immune response

Food allergies & sensitivities may contribute to:

- Weight gain
- Headaches
- Digestive issues
- Joint pain
- Autoimmue Conditions
- ...and more

EAT144 - Get the insights you need to take control of your health!



Top 10 reasons you should get your food sensitivities + allergies tested:

1. **Identify Root Causes of Symptoms:** Many common symptoms such as gas, bloating, digestive upset, headaches, skin issues, joint pain, and overall inflammation can be caused by food sensitivities. Identifying these sensitivities can help pinpoint the root cause of these issues.
2. **Improve Digestive Health:** Unresolved food sensitivities can lead to chronic digestive problems. By identifying and eliminating foods that your body reacts to, you can significantly improve your digestive health and overall well-being.
3. **Reduce Inflammation:** Chronic inflammation is a major contributor to a wide range of health issues, including arthritis, heart disease, and autoimmune conditions. Eliminating trigger food sensitivities can help reduce inflammation in your body, lowering the risk of chronic diseases.
4. **Enhance Skin Health:** Food sensitivities can manifest as skin problems such as eczema, acne, and rashes. By identifying and avoiding trigger foods, you can improve the health and appearance of your skin.
5. **Boost Energy Levels:** Unidentified food sensitivities can lead to chronic fatigue and low energy levels. By eliminating problematic foods, you can experience increased energy and vitality.
6. **Achieve and Maintain a Healthy Weight:** Food sensitivities can contribute to weight gain and difficulty losing weight. Identifying and avoiding trigger foods can help you achieve and maintain your ideal body weight.
7. **Personalized Nutrition:** Understanding your food sensitivities allows you to tailor your diet to your specific needs. This personalized approach to nutrition can improve your overall health and well-being.
8. **Prevent Chronic Disease:** With 95% of chronic diseases being associated with inflammation, addressing inflammatory food reactions can play a crucial role in preventing these diseases and promoting long-term health.
9. **Mental Clarity and Mood Improvement:** Food sensitivities can affect brain function and mood, leading to symptoms such as brain fog, anxiety, and depression. Identifying and eliminating trigger foods can enhance mental clarity and improve mood.



10. **Empower Your Health Journey:** Knowledge is power. Understanding your body's reactions to different foods empowers you to make informed decisions about your diet and health, leading to a better quality of life.

Remember 95% of chronic diseases are associated with inflammation!

Reduce inflammation, reduce chronic disease risk and feel better!

Ask your doctor for more information!

