

Foodscan 113 Food Intolerance Test

Find out exactly which foods you are intolerant to with a FoodScan 113 food intolerance test.

Food intolerance testing is helping more and more people identify long-term food sensitivity problems and enjoy a better quality of life, helping you to pinpoint exactly what is causing your symptoms from that irritating headache to the ongoing bloating feeling after eating.

The highly comprehensive, Foodscan 113 test from YorkTest Laboratories tests for food sensitivity to 113 individual foods, from cow's milk to yeast, tea to tomatoes, wheat to walnuts, egg yolk to mustard seeds, gluten, tuna, beef, lamb and lentils. Results tell you which foods to avoid, which are borderline and which cause no reaction.

Over 75% of people who take Foodscan 113 Food Intolerance Test enjoy a noticeable improvement – the majority within three weeks of eliminating the offending foods.

Despite being so extensive, the YorkTest Foodscan 113 is a quick and easy 100% home test that delivers reliable laboratory test results within just 10 days, all from the comfort of your own home.

Why Choose the FoodScan 113 Food Intolerance Test?

- The YorkTest Foodscan 113 food intolerance test pinpoints precisely which foods you have a food sensitivity towards and should exclude from your diet to help kick start your new life.
- The Foodscan 113 Food Intolerance Test is also perfect if you simply don't have the time to collate a food diary and go through the painstaking process of elimination.
- A comprehensive food intolerance test that identifies the possible link between the food you eat and your symptoms.
- 3 out of 4 people get better after taking the FoodScan 113 food intolerance test – the majority within 3 weeks of following the recommended diet.
- If you suspect you may have food intolerance symptoms caused by any of the following, you should consider taking a YorkTest Foodscan 113 Food Intolerance Test:
 - Wheat intolerance
 - Gluten intolerance
 - Dairy intolerance
 - Yeast intolerance
 - Milk intolerance
 - Egg Intolerance
- Easy to use, finger prick blood test which can be taken in the comfort of your home
- Mail order postal service – no need to visit a specialist or laboratory
- Clinically validated food intolerance test with laboratory test results
- The only food intolerance test endorsed by Allergy UK

Remember allergies are not the same as intolerances

People with a food intolerance to certain foods can typically eat a small amount without having any problems. In contrast, people with a food allergy may well have a reaction if they come into contact with the tiniest amount of food they are allergic to.