

# Redefining the Standard in IgG Food Sensitivity Testing



## Discover the Power of Personalized Functional Medicine Testing

Imagine a testing approach designed to help you understand how your body reacts to everyday foods. With MosaicDX's IgG Food MAP, you gain a personalized look into your food sensitivities. This test not only pinpoints potential triggers but also empowers you to make informed decisions about your diet—leading to improved overall wellness and a more energetic life.

### Are you experiencing any of the following?

- GI Upset –  
Gas, Bloating, Diarrhea
- Skin Rash, Itching

### Associated conditions and diseases:

- ADHD
- Asthma
- Autism Spectrum
- Celiac, Crohn's Disease
- Depression
- Eczema
- Headaches/Migraines
- IBD/IBS
- Ulcerative Colitis
- Weight Gain, Obesity

## What is the IgG Food MAP?

The IgG Food MAP is a comprehensive food sensitivity test that checks your immune response to 190 common foods, herbs, and spices from diets around the world—including Western, Asian, and Mediterranean cuisines. It also includes evaluation for *Candida albicans*, and *Saccharomyces cerevisiae* (Yeast). Available in both serum and dried blood spot formats, the test is designed to be both convenient and reliable.

## Why Use the IgG Food MAP?

Experiencing unexplained symptoms like gas, bloating, headaches, skin rashes, or fatigue? The IgG Food MAP may offer the answers you need.

## Here's why it's insights are valuable:

**Comprehensive Coverage:** The test screens a wide variety of food groups—dairy, beans, fruits, grains, seafood, meat, nuts, vegetables, herbs, spices, and more—to identify sensitivities that may be affecting your health.

**Evidence-Based Accuracy:** Developed using data from over 79,000 samples worldwide, the test's reference ranges are robust, ensuring a high level of accuracy.

**Efficient and Eco-Friendly:** Utilizing innovative technology, the IgG Food MAP delivers faster results while reducing plastic waste—making it a smart choice for both you and the environment.



## Improving Your Wellbeing

By identifying food sensitivities, this test can help individuals customize their diet leading to improvements in overall health and wellbeing.

**Easy-to-Understand Results:** Your report indicates category of sensitivity reaction from Minimal to Very High reactivity levels, alongside visual and numeric displays, making it simple for you to understand which foods might be causing issues.



Scan QR code now  
to learn more about  
our IgG Food MAP

Experience the relief and improved health that comes from understanding and addressing the true source of your discomfort.



**Unsolved Symptoms:**  
Individuals experiencing ongoing symptoms can feel like they are an unsolvable puzzle.



**Clear Insights:**  
Learn about your unique food sensitivities, enabling you and your healthcare provider to develop a targeted elimination diet.



**Empower Your Health Journey:**  
Embrace the journey to better health with personalized insights.

## MosaicDX Makes Testing Simple and Convenient with an Easy At-Home Dried Blood Spot

Open your Sample Collection Kit and follow these 3 easy steps:



1. **Collect Your Sample:** Follow the visual step-by-step instructions located inside your test kit.
2. **Return Your Kit:** Follow the shipping instruction card and utilize the prepaid label for hassle-free return process.
3. **Log in to Portal:** To view your easy-to-understand test results [MosaicDX.com/portal/login/patient](https://MosaicDX.com/portal/login/patient)



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DIAGNOSTICS**  
Formerly Great Plains Laboratory

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Visit [MosaicDX.com](https://MosaicDX.com) to consult other resources.

Find references at [MosaicDX.com/Test/IgG-Food-Map](https://MosaicDX.com/Test/IgG-Food-Map)  
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