



# Food Sensitivities and Gut Imbalance

## Understanding Food Sensitivities and Gut Health

At MosaicDX, our testing solutions provide vital information to improve your quality of life. Our **Food Sensitivities and Gut Imbalance Panel** guides personalized diets with proven clinical impact, supporting gut health across various symptoms and conditions.

Many individuals unknowingly consume foods triggering adverse effects, with symptoms appearing hours or days later. Identifying and addressing these sensitivities is crucial, as they often contribute to chronic health issues and unexplained symptoms.

The **Food Sensitivities and Gut Imbalance Panel** combines the Organic Acids Test (OAT) with the IgG Food MAP providing comprehensive insights into your health. By identifying specific food sensitivities and understanding your metabolic profile, healthcare practitioners can tailor personalized interventions and dietary recommendations to your needs. This integrative approach offers valuable insights into gut microbial balance and addresses potential irritants that can lead to poor nutrient absorption.

**Take proactive steps towards better health by addressing sensitivities and supporting gut health for improved outcomes.**



### Food Sensitivities and Gut Imbalance

Tests for:

Internal Inflammation from Food Sensitivities  
+ Mold and Mycotoxins

### Are you experiencing any of the following?

- Anxiety
- Depression
- Chronic fatigue
- Digestive issues (GI upset, gas, bloating, diarrhea)
- Headaches/Migraines
- Nutrient deficiencies
- Skin conditions (eczema, psoriasis, acne)
- Weight gain/obesity

### Associated conditions:

- ADHD
- Asthma
- Autism Spectrum Disorders
- Autoimmune disease
- Behavioral problems
- Celiac Disease
- Chronic Fatigue Syndrome
- Crohn's Disease
- Dementia
- Diabetes or insulin resistance
- Fibromyalgia
- Irritable Bowel Syndrome (IBS)
- Metabolic disorders
- Neurological disorders (Parkinson's, Alzheimer's, seizures)
- Ulcerative colitis

## Why Is Food Sensitivity Testing Important?

Food sensitivities trigger inflammatory responses, contributing to chronic health issues and unexplained symptoms like digestive issues, fatigue and skin issues. Testing provides a straightforward and effective method to pinpoint offending foods. Identifying and addressing these sensitivities is critical for healing and relieving ongoing symptoms.

## Why Is Gut Health Important?

Food sensitivities can impact digestive health by disrupting gut microbiota balance and nutrient absorption. Assessing organic acids, byproducts of your body's natural processes, reveals insights into the impact of food sensitivities on gut health, crucial for overall well-being.



Scan QR code now to learn more about our Myco-Metabolic Panel

Trust our test to help unlock the mystery behind your symptoms, breaking the dead end of treatment.



Evaluates sensitivities to 190 foods, herbs, and spices common in Western, Asian, and Mediterranean diets.



Comprehensive view of 76 key markers tied to gut health, neurotransmitters, energy production, nutritional status, detoxification capability, and beyond.



Convenient, at-home sampling for everyone, without invasive procedures.



Utilizes cutting-edge technology to deliver highly specific and accurate test results.

MosaicDX Makes Testing Simple and Convenient with an Easy At-Home Urine Collection



### Ready to get started?

Talk to your healthcare provider today!

### Any Questions?

Visit [MosaicDX.com](https://MosaicDX.com) for more resources or call our customer service team at (800) 288-0383.



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(800) 288-0383 [customerservice@mosaicdx.com](mailto:customerservice@mosaicdx.com)  
8400 W 110th Street, Suite 500, Overland Park, KS 66210

