

Food Intolerance Testing

Discover how your body responds to the foods you eat

YOUR BLOOD TELLS A STORY

Bloating, fatigue, or just not sure?

Our IgG and IgA food panels screen your antibody responses to everyday foods - giving you a clear, structured starting point for an elimination and reintroduction plan.

i-screen is Australia's largest private health screening platform, with a network of NATA-accredited labs and collection centres nationwide. Our food intolerance range lets you choose the right panel for your diet - from a focused 96-food screen to our most comprehensive 240-food assessment - all ordered online and returned with an easy-to-read report.

5 panels

tailored to your diet

From \$399

for a 96-food screen

12-15 days

to get your results

How food intolerance testing works

A simple sample measures your IgG and IgA antibody responses across a defined panel of foods. The results map how your body responds to each food, helping you and your health professional build a personalised elimination and reintroduction plan.

Choose the option that suits you:

- IgG - the most popular marker for delayed-type food responses.
- IgA - looks at mucosal (gut-lining) antibody responses, often chosen alongside IgG.
- IgG + IgA Combination - both antibody types in one order for the fullest picture.
- IgG4 General Foods (NEW) - an IgG4 subclass option, now available across our 96, 144 and 240 food panels.

Good to know

Food intolerance testing measures IgG and IgA antibody responses. It is different from IgE allergy testing and does not diagnose a food allergy or coeliac disease. Results are best used as a guide alongside advice from a qualified health professional. If you have a known severe allergy, speak to your doctor.

Every panel also includes a *Candida Albicans* screen. Prices shown are per test in AUD and include lab fees. Results are typically ready in 12-15 days.

General Western Foods

96 Foods

Our most popular food panel - everyday Western staples across dairy, proteins, grains, fruits and vegetables.

TEST OPTION	PRICE
IgG96 POPULAR <i>Delayed-response antibodies - our most popular screen</i>	\$399
IgA96 <i>Mucosal (gut-lining) antibody responses</i>	\$399
IgG+IgA 96 Combination <i>Both antibody types in one test - the fullest picture</i>	\$499
IgG4 General Foods 96 Foods NEW <i>IgG4 subclass response - our newest option</i>	\$399

Results in 12-15 days.

WHAT'S TESTED

Dairy Casein, Cheddar Cheese, Cow's Milk, Goat's Milk, Whey

Fish/Shellfish Clam, Cod, Crab, Halibut, Lobster, Salmon, Scallop, Shrimp, Sole, Trout, Tuna

Grains/Legumes/Nuts Almond, Barley, Buckwheat, Chestnut, Chickpea, Coconut, Corn, Gliadin, Wheat Gluten, Wheat, Green Bean, Green Pea, Hazelnut, Kidney Bean, Lentil, Lima Bean, Oat, Peanut, Pecan, Pinto Bean, Rye, Soybean, Spelt, Walnut, Whole Wheat, White Rice

Fruits Apple, Apricot, Banana, Blueberry, Cranberry, Grapefruit, Grape, Lemon, Olive, Orange, Papaya, Peach, Pear, Pineapple, Plum, Raspberry, Strawberry

Meat/Poultry Beef, Chicken, Lamb, Pork, Turkey

Egg Chicken Egg White, Chicken Egg Yolk, Whole Egg, Duck

Misc/Herbs/Spices Baker's / Brewer's Yeast, Button Mushroom, Cane Sugar, Cocoa Bean (Chocolate), Coffee Bean, Flaxseed, Ginger, Honey, Oregano, Sesame Seed, Sunflower Seed

Vegetables Asparagus, Avocado, Beet, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Garlic, Green Bell Pepper, Lettuce, Onion, Pumpkin, Spinach, Sweet Potato, Tomato, White Potato

Candida Screen Candida Albicans

Super Food Panel

144 Foods

A broader screen covering everything in the 96-food panel plus an expanded range of fish, nuts, fruits, herbs and spices.

TEST OPTION	PRICE
IgG144 <i>Delayed-response antibodies - our most popular screen</i>	\$499
IgA144 <i>Mucosal (gut-lining) antibody responses</i>	\$499
IgG+IgA 144 Combination <i>Both antibody types in one test - the fullest picture</i>	\$699
IgG4 General Foods 144 Foods NEW <i>IgG4 subclass response - our newest option</i>	\$499

Results in 12-15 days.

WHAT'S TESTED

Dairy Casein, Cheddar Cheese, Cow's Milk, Goat's Milk, Whey

Fish/Shellfish Clam, Cod, Crab, Halibut, Lobster, Salmon, Scallop, Shrimp, Sole, Trout, Tuna, Anchovy, Catfish, Mackerel, Mussel, Octopus, Oyster, Red Snapper, Sardine, Squid, Tilapia

Grains/Legumes/Nuts Almond, Barley, Buckwheat, Chestnut, Chickpea, Coconut, Corn, Gliadin, Wheat Gluten, Wheat, Green Bean, Green Pea, Hazelnut, Kidney Bean, Lentil, Lima Bean, Oat, Peanut, Pecan, Pinto Bean, Rye, Soybean, Spelt, Walnut, Whole Wheat, White Rice, Brazil Nut, Cashew Nut, Macadamia Nut, Malt, Millet, Pine Nut, Pistachio Nut, Quinoa

Fruits Apple, Apricot, Banana, Blueberry, Cranberry, Grapefruit, Grape, Lemon, Olive, Orange, Papaya, Peach, Pear, Pineapple, Plum, Raspberry, Strawberry, Cantaloupe, Cherry, Date, Fig, Guava, Jackfruit, Kiwi, Lime, Mango, Persimmon, Watermelon

Meat/Poultry Beef, Chicken, Lamb, Pork, Turkey, Duck, Goose, Rabbit

Egg Chicken Egg White, Chicken Egg Yolk, Whole Egg, Duck

Misc/Herbs/Spices Baker's / Brewer's Yeast, Button Mushroom, Cane Sugar, Cocoa Bean (Chocolate), Coffee Bean, Flaxseed, Ginger, Honey, Oregano, Sesame Seed, Sunflower Seed, Basil, Black Pepper, Black Tea, Chili Pepper, Cinnamon, Clove, Coriander, Curry Powder, Fennel Seed, Hops, Mustard, Parsley, Peppermint, Vanilla

Vegetables Artichoke, Eggplant, Asparagus, Avocado, Beet, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Garlic, Green Bell Pepper, Lettuce, Onion, Pumpkin, Spinach, Sweet Potato, Tomato, White Potato

Candida Screen Candida Albicans

Complete Food Panel

240 Foods

Our most comprehensive screen - an extensive 240-food panel for clients who want the broadest possible coverage.

TEST OPTION	PRICE
IgG240 <i>Delayed-response antibodies - our most popular screen</i>	\$789
IgA240 <i>Mucosal (gut-lining) antibody responses</i>	\$789
IgG+IgA 240 Combination <i>Both antibody types in one test - the fullest picture</i>	\$949
IgG4 General Foods 240 Foods NEW <i>IgG4 subclass response - our newest option</i>	\$789

Results in 12-15 days. IgG+IgA 240 Combination is blood draw ONLY.

WHAT'S TESTED

Dairy beta-Lactoglobulin, Blue Cheese, Buttermilk, Casein, Cheddar Cheese, Cottage Cheese, Cow's Milk, Goat's Milk, Mozzarella Cheese, Sheep's Milk, Swiss Cheese, Whey, Yogurt

Fish/Shellfish Anchovy, Bass, Carp, Catfish, Clam, Cod, Crab, Crayfish, Eel, Flounder, Haddock, Halibut, Herring, Lobster, Mackerel, Mussel, Octopus, Oyster, Perch, Pike, Red Snapper, Salmon, Sardine, Scallop, Sea Urchin, Shrimp, Sole, Squid, Swordfish, Tilapia, Trout, Tuna

Grains/Legumes/Nuts Adzuki Bean / Red Bean, Almond, Amaranth, Barley, Black-Eyed Pea, Bran, Brazil Nut, Brown Rice, Buckwheat, Canola Seed, Cashew Nut, Chestnut, Chia Seed, Chickpea, Coconut, Cola Nut / Kola Nut, Corn, Fava Bean, Fenugreek Seed, Ginkgo Nut, Gliadin, Gluten, Green Bean, Green Pea, Hazelnut, Kidney Bean, Lentil, Lima Bean, Macadamia Nut, Malt, Millet, Mung Bean, Navy Bean / White Bean, Oat, Peanut, Pecan, Pine Nut, Pinto Bean, Pistachio Nut, Poppy Seed, Pumpkin Seed, Quinoa, Rye, Safflower Seed, Sorghum, Soybean, Spelt, Teff, Walnut, White Rice, Wheatgerm Agglutinin (lectin), Whole Wheat

Fruits Apple, Apricot, Banana, Blackberry, Black/Red Currant, Blueberry, Cantaloupe, Cherry, Cranberry, Date, Elderberry, Fig, Goji Berry, Gooseberry, Grapefruit, Grape, Guava, Honeydew, Jackfruit, Kiwi, Kumquat/Cumquat, Lemon, Lime, Lychee/Litchi, Mango, Mangosteen, Monk Fruit, Olive, Orange, Papaya, Passion Fruit, Peach, Pear, Persimmon, Pineapple, Plum, Pomegranate, Prune, Raspberry, Strawberry, Tangerine, Watermelon

Meat/Poultry Beef, Buffalo, Chicken, Duck, Goose, Lamb, Pork, Rabbit, Turkey, Venison

Egg Chicken Egg White, Chicken Egg Yolk, Duck Whole Egg

Misc/Herbs/Spices Allspice, Aloe Vera, Anise, Baker's / Brewer's Yeast, Basil, Bay Leaf, Black Pepper, Black Tea, Button Mushroom, Cane Sugar, Caraway Seed, Chili Pepper, Cinnamon, Clove, Cocoa Bean (Chocolate), Coffee, Coriander, Curry Powder, Dill, Fennel Seed, Flaxseed, Ginger, Ginseng, Green Tea, Hemp, Honey, Hops, Licorice, Mustard, Oregano, Paprika, Parsley, Peppermint, Rosemary, Sage, Sesame Seed, Shiitake Mushroom, Stevia, Sugar/Maple, Sunflower Seed, Sweet Marjoram, Tarragon, Thyme, Turmeric, Vanilla, Yerba Mate

Vegetables Arrowroot, Artichoke, Asparagus, Avocado, Bamboo Shoot, Beet, Broccoli, Brussel Sprouts, Burdock Root, Cabbage, Carrot, Cauliflower, Celery, Chard, Chives, Cucumber, Eggplant, Endive, Garlic, Green Bell Pepper, Horseradish, Kale, Kelp, Kohlrabi, Leek, Lettuce, Lotus Root, Okra, Onion, Pumpkin, Radish / Daikon, Rhubarb, Spinach, Squash, Sweet Potato, Tomato, Turnip, Wasabi, White Potato, Zucchini Squash

Candida Screen Candida Albicans

Asian Panel

96 Foods

A 96-food panel weighted toward foods common in Asian diets, with an expanded fruit and rice range.

TEST OPTION	PRICE
IgG96-Asian <i>Delayed-response antibodies - our most popular screen</i>	\$399
IgA96-Asian <i>Mucosal (gut-lining) antibody responses</i>	\$399
IgG+IgA 96 Asian Combination <i>Both antibody types in one test - the fullest picture</i>	\$499

Results in 12-15 days.

WHAT'S TESTED

Dairy Casein, Cheddar Cheese, Cow's Milk, Goat's Milk, Whey

Fruits Apple, Apricot, Banana, Blueberry, Cantaloupe, Cherry, Cranberry, Date, Grapefruit, Green Grape, Jackfruit, Kiwi, Lemon, Mango, Olive, Orange, Papaya, Peach, Pear, Persimmon, Pineapple, Plum, Raspberry, Strawberry, Watermelon

Grains/Legumes/Nuts Almond, Barley, Buckwheat, Cashew Nut, Chickpea, Coconut, Corn, Gliadin, Wheat Gluten, Wheat, Green Bean, Green Pea, Hazelnut, Kidney Bean, Lentil, Lima Bean, Millet, Oat, Peanut, Pecan, Pine Nut, Pinto Bean, Pistachio Nut, Quinoa, Rye, Soybean, Spelt, Walnut, Whole Wheat, White Rice

Egg Chicken Egg White, Whole Egg, Duck, Chicken Egg Yolk

Misc/Herbs/Spices Baker's / Brewer's Yeast, Basil, Black Pepper, Button Mushroom, Cane Sugar, Chili Pepper, Cocoa Bean (Chocolate), Coffee Bean, Curry Powder, Flaxseed, Ginger, Honey, Oregano, Sesame Seed, Sunflower Seed

Vegetables Artichoke, Asparagus, Avocado, Beet, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Green Bell Pepper, Lettuce, Onion, Pumpkin, Spinach, Sweet Potato, Tomato, White Potato

Candida Screen Candida Albicans

Vegetarian Panel

96 Foods

A 96-food panel tailored to plant-forward diets, with a wide grain, legume, nut and vegetable range.

TEST OPTION	PRICE
IgG96-Vegetarian <i>Delayed-response antibodies - our most popular screen</i>	\$399
IgA96-Vegetarian <i>Mucosal (gut-lining) antibody responses</i>	\$399
IgG+IgA 96 Vegetarian Combination <i>Both antibody types in one test - the fullest picture</i>	\$499

Results in 12-15 days.

WHAT'S TESTED

Dairy Casein, Cheddar Cheese, Cow's Milk, Goat's Milk, Whey

Fish/Shellfish Anchovy, Clam, Cod, Crab, Halibut, Lobster, Mussel, Octopus, Oyster, Red Snapper, Salmon, Sardine, Scallop, Shrimp, Sole, Squid, Tilapia, Tuna

Fruits Apple, Apricot, Banana, Cantaloupe, Cherry, Grape, Grapefruit, Guava, Jackfruit, Kiwi, Lemon, Mango, Olive, Orange, Papaya, Peach, Pear, Persimmon, Pineapple, Strawberry, Watermelon

Grains/Legumes/Nuts Almond, Barley, Buckwheat, Cashew Nut, Chestnut, Chickpea, Coconut, Corn, Gliadin, Wheat Gluten, Wheat, Green Bean, Green Pea, Kidney Bean, Lentil, Lima Bean, Millet, Oat, Peanut, Pine Nut, Pistachio Nut, Soybean, Walnut, Whole Wheat, White Rice

Meat/Poultry Beef, Chicken, Duck, Goose, Lamb, Pork

Egg Chicken Egg White, Whole Egg, Duck, Chicken Egg Yolk

Misc/Herbs/Spices Baker's / Brewer's Yeast, Basil, Black Pepper, Black Tea, Button Mushroom, Cinnamon, Chili Pepper, Cocoa Bean (Chocolate), Coffee Bean, Coriander, Curry Powder, Ginger, Honey, Mustard, Sesame Seed, Sunflower Seed, Vanilla

Vegetables Avocado, Beet, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Green Bell Pepper, Lettuce, Onion, Pumpkin, Spinach, Sweet Potato, Tomato, White Potato

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How to order

1. **Choose your panel online** - pick the panel and antibody option that suits you.
2. **Provide your sample** - visit one of our collection centres nationwide.
3. **Get your easy-to-read results** - delivered securely online, with clear, plain-language explanations.
4. **Take action** - use your results to guide an elimination and reintroduction plan, ideally with a health professional.

Ready to start?

Order your food intolerance panel online today.

i-screen.com.au

Questions? Email info@i-screen.com.au