

## Choice of Packages to Suit your Needs

- Wheat, Gluten & Grains
- Milk & Dairy
- Meat & Poultry
- Fish & Crustaceans
- Fruits
- Vegetables
- Nuts & Seeds
- Herbs & Spices
- Fats & Oils
- Alcohols
- Miscellaneous Items
- Food Additives (e numbers)
- Afro-Caribbean Foods\*
- Plants & Pollen
- Fibres
- Pets/Animals
- Perfume Fragrances
- Household Detergents
- Soap, Liquid, Shampoo etc

\* includes:  
Cassava, Plantain, Palm Oil,  
Yam, Pepper, Egusi & more...

<b>Advanced</b>	<b>Complete</b>
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
	✓
	✓
	✓
	✓
	✓
<b>230+ items</b>	<b>370+ items</b>
<b>£150.00</b>	<b>£180.00</b>



## Afro-Caribbean

# Food Intolerance test

**200+ food items tested**  
including **African foods**



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Note: This test is a complimentary screening tool and does not replace consultation or medical diagnosis. Always consult with a qualified specialist for comprehensive medical advice and treatment options.



## FINALLY - A TEST DESIGNED FOR YOU

Your diet is more than just food - it is part of your heritage, culture, and daily life. But what if the foods you love and rely on are silently affecting your health?

At The Test Clinic, we have developed the first-ever food intolerance test specifically designed with the Afro-Caribbean community in mind.

Unlike generic tests, our test includes both common western food categories and also African staples like Cassava, Gari, Plantain, Yam, and more.

Now you can take a intolerance test that truly takes into account not only common western foods, but also your own cultural favourites too.

Choose the option that fits your needs and begin your journey to better living today.

### IS FOOD INTOLERANCE AFFECTING YOUR DAILY LIFE?

Hidden intolerances (or sensitivities) to certain foods or environmental allergens can lead to various unexplained problems.

### SIGNS OF INTOLERANCE INCLUDES:

- Weight problems
- Skin Issues (eczema, hives etc)
- Tiredness, Low Energy
- Bloating, Constipation
- Headaches
- Menstrual Cycle Issues
- Fertility
- Arthritis, Joint stiffness
- Irritability, Mood Swings



### WHY OUR TEST IS UNIQUE:

Why Choose This Test?	Standard Tests	THE TEST CLINIC TEST PROUDLY - LIVE SMART
<b>Standard UK Diet Foods</b> Wheat, Gluten, Dairy, Nuts, Egg etc	✓	✓
<b>Yam, Cassava, Plantain</b> & more common African staple foods	✗	✓
<b>Suya, Egusi Soup, Banku*</b> *Ingredients Used in the above	✗	✓
<b>+20 African Staple Foods</b>	✗	✓

### EASY TO INTERPRET RESULTS:

Every item tested shows one of three responses, making it easy to understand:

● Green No signs of intolerance

● Yellow **Mild** intolerance - eat occasionally

● Red **Severe** intolerance - remove from diet

**a food intolerance is when you have difficulty digesting certain foods"**

Ref: NHS

### HOW CAN THIS TEST BENEFIT YOU?

#### Enhance Well Being

- Identify your problem foods
- Optimise energy levels
- Improve general health

#### Improve Digestive Health:

- Alleviate digestive problems
- Support a healthy gut system
- Promote optimal weight control

#### Improve Skin Health:

- Identify the foods affecting your skin
- Allow your body to detoxify

#### Improve Weight Control:

- Identify foods that are not digesting
- Increase metabolism & weight control