

# FOOD MAPPING

FOOD INTOLERANCE TESTING

## DO YOU THINK YOU SUFFER FROM A FOOD INTOLERANCE SUCH AS LACTOSE OR FRUCTOSE INTOLERANCE, OR PERHAPS SMALL INTESTINAL BACTERIAL OVERGROWTH SYNDROME (SIBOS) ?

There is a simple, accurate, pain free way to find out. It's called Hydrogen Breath testing.  
No blood tests are required.

FOODMAPPING USES THE LATEST, MOST ADVANCED ACCURATE BREATH TESTING TECHNOLOGY AVAILABLE. NO REFERRAL IS REQUIRED.

## COMMON SYMPTOMS

That Breath Testing is used to evaluate:

*Excessive abdominal rumbling*

*Bloating*

*Flatulence*

*Constipation*

*Nausea*

*Belching*

*Diarrhoea*

*Slow Digestion*

*Foul smelling stools*

*Headache*

*Abdominal pain*

*And many other complaints .....*

*Heartburn*

*Dizziness*

*Fatigue*

## COMMON CONDITIONS

That Breath Testing is used to diagnose:

- *Irritable bowel syndrome*
- *Lactose, Fructose, Sorbitol, Xylose, Glucose and Xylitol malabsorption and intolerance*
- *Intolerance particularly of fruit, apples and pears, in particular sweets, honey, milk or dairy products, onions, garlic, pastries, chocolate, Chewing gum, diabetic products*
- *Intolerance of processed food that is labelled as 'sugar-free' or has 'artificial sweeteners'*
- *SIBOS (small intestinal bacterial overgrowth syndrome)*
- *Fat and Protein malabsorption*
- *Monitoring coeliac disease*
- *Measuring gut transit time*

## COMMON TESTS AVAILABLE

That Breath Testing is used to evaluate:

- *Fructose Tolerance Test (FTT)*
- *Glucose Tolerance Test (GTT)*
- *Lactose Tolerance Test (LTT)*
- *Lactulose Breath Test (LT)*
- *Other less common tests include; Sorbitol tolerance test (STT), Fructose-sorbitol tolerance test (FSTT), Xylitol tolerance breath test (XTT), Xylose testing (XT)*

TO DO A BREATH TEST, YOU SIMPLY BREATHE INTO THE ANALYZER AND IT GIVES A RESULT IMMEDIATELY.

CALL 9770 7189 TO ARRANGE A TEST OR TO FIND OUT MORE.

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