



# 5 Reasons to recommend LifeLabs FST™ with confidence

At LifeLabs, we continuously harness our medical expertise to improve test offerings and invest in technology to transform healthcare delivery. As your trusted diagnostic partner, we are proud to offer an improved Food Sensitivity test that provides accurate, antigen-specific, and reliable results for over 200 common foods, representing a patient's typical diet to guide informed treatment plans.



## Enhanced antigen specificity

Antigen-specific reactivity thresholds were developed using Canadian patient samples to account for biochemical differences between antigens. The test includes both raw and cooked foods, representing foods as usually consumed by patients. Individualized antigen reference ranges are categorized as normal, borderline, and elevated, helping healthcare providers focus on the most impactful food interventions for patients.

Meat		Milk Products	
Type/Label	Value	Type/Label	Value
Beef	20	Chew's milk	200
Chicken	2	Formulated dairy	100
Cheese	2	Soft dairy	20
Corn	2	Nonfat cheese	20
Eggs	2	Soft cheese	20
Lamb	2	Swiss cheese	20
Salmon	2	Whole dairy	20
Shrimp	2		
Turkey	2		
Pork	2		
Substituted	2		
Vegetarian	2		
Wheat	2		
Yogurt	2		

  

Mushrooms	
Type/Label	Value
Chestnut	2
Mexican mushrooms	2
Cyber mushrooms	2
Truffle mushrooms	2

## Accurate actionable results

LifeLabs FST™ results report antigens along a visually color-coded bar scale with individual antigen ranges and order reactivity that allows easy identification of reactive antigens to develop targeted patient treatment plans. Not every food with an elevated IgG level causes symptoms but may contribute to low grade intestinal or systemic inflammation and is related to the complex relationships between immune health and nutrition.



## Reliable testing solution

LifeLabs FST™ uses a microarray enzyme immunoassay (M-EIA), crafted to quantitatively detect food-specific IgG antibodies across 211 foods and identify potential interferences in the sample, enhancing the reliability of the results. Antigens are placed on the surface of the microarray and are bound by human IgG antibodies from the sample. Larger spots on the microarray enhance and ensure more uniform analysis.



## Automated quality control

The assay technology in LifeLabs FST™ automatically verifies the quality of standards and controls, highlighting any microarray wells that do not meet specifications. This automated workflow simplifies processing, minimizes errors, reduces delays for flagged samples, and ensures consistent quality.



## Dedicated nutritional & clinical support

LifeLabs FST™ supports healthcare providers and patients with strategic nutritional guidelines based on the individual test results. These guidelines contain three important building blocks for restoring patient health: elimination phase, provocation phase and stabilization phase. For more details: [Access the guide](#). We are proud to offer a wide range of resources to assist your clinical practice, including dedicated support through free clinical consultations. Book a consult [here](#) or contact [contractservices@lifelabs.com](mailto:contractservices@lifelabs.com) for more information.