

inFoods® IBS FOOD SENSITIVITY TEST FREQUENTLY ASKED QUESTIONS

What is the inFoods® IBS food sensitivity test?

The inFoods® IBS food sensitivity test is an evidence-based, clinically validated blood test that identifies foods that may trigger irritable bowel syndrome (IBS) symptoms through a specific immune system response (the IgG antibody response). This test differentiates itself from other commercially available food sensitivity tests by focusing on specific foods that have been shown to trigger IBS symptoms, rather than just measuring a general immune response to foods.

While IgG antibody responses to food had previously been suggested as causing IBS symptoms, prior studies on IgG-based elimination diets had limitations. The inFoods® IBS food sensitivity test has been validated in a multicenter, randomized, double-blind, sham-controlled study with participants from eight academic centers across the United States. Participants with IBS were screened with a proprietary assay that tests IgG antibody levels to 18 different likely-culprit foods. The study results were published in the premier GI journal *Gastroenterology* in January 2025 ([https://www.gastrojournal.org/article/S0016-5085\(25\)00328-2/abstract](https://www.gastrojournal.org/article/S0016-5085(25)00328-2/abstract)).

What is the difference between a food sensitivity and a food allergy?

A **food allergy** involves an immune system reaction, often mediated by Immunoglobulin E (IgE), and can cause immediate and potentially life-threatening symptoms like anaphylaxis. Even trace amounts of the allergen can trigger a reaction. In contrast, a **food sensitivity or intolerance** typically involves the digestive system and is often associated with delayed symptoms such as bloating, gas, abdominal discomfort, and altered bowel habits. These reactions are usually not life-threatening and may occur when consuming larger quantities of the offending food. If you have a food intolerance, you may be able to eat small amounts of the offending food without trouble. It is recommended to work with a registered dietitian to determine your individual food intolerance threshold.

How does the inFoods® IBS food sensitivity test work?

The test typically involves a finger prick blood sample, which is then analyzed to identify the body's immune response to a panel of 18 specific foods. Elevated levels of IgG antibodies to certain foods may indicate these foods are contributing to IBS symptoms. The results can be used to guide individuals to create a targeted elimination diet to manage their IBS symptoms.

What are the 18 foods that are tested?

Cow's milk, whole egg, wheat, rye, oat, yeast, soybean, corn, cane sugar, honey, orange, lemon, grapefruit, pineapple, cabbage, walnut, black tea, and cocoa.

Do I need to have eaten the food recently to test positive?

No, you do not need to have recently eaten a specific food in order for it to test positive on the inFoods® IBS test. Here's why:

- The test measures IgG antibodies, which reflect past exposure to specific foods—not immediate consumption.
- IgG antibodies can persist in the bloodstream for weeks to months after eating a food, meaning a reaction can still show up even if you haven't eaten that food recently.
- The presence of elevated IgG doesn't necessarily confirm a harmful reaction—it indicates an immune response that may be correlated with IBS symptoms, particularly in sensitive individuals.

That said, the test is meant to guide elimination diets, and a positive result suggests a food may be contributing to symptoms—but it should always be interpreted alongside clinical history and dietitian input.

Will I need to completely avoid the foods that show up positive on the test?

The inFoods® IBS food sensitivity test identifies foods that may trigger IBS symptoms by detecting elevated Immunoglobulin G (IgG) antibody responses. Eliminating these identified foods from your diet has been associated with significant symptom improvement. Some individuals may tolerate very small amounts of certain trigger foods.

It's advisable to work with a healthcare provider or registered dietitian to determine the best approach for your specific situation. Collaborating with a registered dietitian can provide personalized guidance, meal planning, and support to help navigate dietary modifications effectively. Regular follow-up visits with a registered dietitian can assist in monitoring progress, addressing challenges, and making necessary adjustments to your diet.

How often do you recommend retesting, either with a food challenge or repeat test?

While specific guidelines for retesting with inFoods® IBS are not provided, it's generally recommended to retest when symptoms reappear. Consulting with a healthcare provider or dietitian can help determine the appropriate timing and approach for reintroducing foods or considering repeat testing based on symptom changes.

How can I receive the inFoods IBS food sensitivity test?

Any provider at Comprehensive Gastrointestinal Health can order this test for you at a discounted price of \$349 (compared to \$390 on the inFoods Food Sensitivity test website). The finger prick kit will then be mailed to your home with instructions and a prepaid envelope to send your sample in. Once your results are received, the team at CGH will contact you with the results and help you coordinate a visit with the registered dietitian to review your results and provide further guidance.

How long will it take to receive my results?

Approximately two weeks after you send your sample in you will receive communication from our office notifying you of the results and helping to coordinate a follow up visit with one of the registered dietitians. The dietitian will help to:

- Guide you on how to avoid the potential trigger foods that have been identified.
- Assess if avoiding the potential trigger foods is helpful with your symptoms.
- Assist you in achieving your protein, fiber, and calorie needs when you are restricting your diet.