

Choose your FIT Test

176

FIT 176

Tests 176 different foods and additives, including foods such as honey, vinegar, multiple grains and nuts, 50 different fruits and vegetables, stevia and coconut oil.

132

FIT 132

Tests 132 different foods and additives, including most meats, fish and seafood, tea, red wine and cocoa.

22

FIT 22

Tests 22 of the most common food sensitivities, including gluten, cow's milk and egg. Also coffee, soy bean, salmon, chicken and peanut.

GBP

Gut Barrier Panel

Assesses the integrity of the gut lining by measuring Candida, Zonulin, Occludin and Lipopolysaccharides (LPS). Comes as standard with the FIT 22, 132 and 176 tests.



KBMO

DIAGNOSTICS



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The FIT Test Food Inflammation Test

Delayed Food Sensitivity Testing from KBMO Diagnostics.

Put your trust in 30 years of food sensitivity research and patented technology.

The FIT difference:



The only patented, multi-pathway delayed food sensitivity test available



Measures IgG and Immune Complexes – the most common food related pathways, to create **the most sensitive test on the market**



Measures sensitivity to foods, colourings and additives spanning all major food groups:

Dairy
Grains
Fruits
Fowl
Microbial

Vegetables
Seeds
Beans
Nuts
Additives

Fish
Spices
Meats
Shellfish
Extracts



Includes the Gut Barrier Panel for enhanced insights into gut dysfunction and inflammation



Food Sensitivity & Gut Barrier Testing

Food sensitivities and their related symptoms and diseases affect at least 100 million people worldwide.

Your symptoms are not “just in your head.”

The KBMO FIT Test uncovers food sensitivities and gut barrier health issues that may be holding you back from optimal wellbeing, so that you can finally take control of your health with confidence.

For more information and to order your FIT Test please speak to your provider



About Food Sensitivity

Food sensitivities occur when your immune system mistakenly identifies certain foods as a threat. This causes your immune system to mount a response that triggers inflammation, leading to symptoms like:

- Bloating & stomach pain
- Inability to lose weight
- Insomnia & fatigue
- Anxiety & depression
- Constipation & diarrhoea
- Sugar cravings
- Headaches
- Joint pain
- Brain fog
- Impotence & reduced libido

Unlike allergies, food sensitivities can cause delayed symptoms that are hard to trace without testing.

What is the FIT Test?

The FIT test is a quick and easy fingerprick bloodspot test which detects the foods that your immune system is currently reacting to. It also tests the integrity of your gut barrier.

What does the FIT Test measure?

It measures your body's response to either 22, 132 or 176 foods and food additives, by measuring IgG 1-4 and C3d in your blood. These are antibodies produced in response to particular food proteins, and immune markers of inflammation.

The gut barrier section of the FIT Test also measures:

- ✓ **IgA 1-2:** Immune activation markers.
- ✓ **Candida:** A type of yeast that belongs in the gut but can be problematic if it overgrows.
- ✓ **Zonulin and Occludin:** Proteins involved in the structural soundness of your intestinal lining.
- ✓ **Lipopolysaccharides (LPS):** Bacteria-associated toxins that can damage the gut barrier, trigger inflammation and cause a wide range of symptoms.

Talk to your healthcare provider about ordering a FIT Test today.

Find out more about the FIT test:



Scan QR code

To find out more about the foods we test.

Frequently Asked Questions

Will I have to exclude the inflammatory foods forever?

No, in most cases, you should not have to exclude any foods long-term. Your practitioner will guide you on the best way to exclude and then successfully reintroduce them, so that they no longer cause an immune response.

What is the gut barrier and why is it important?

The lining of your intestines -also known as the gut barrier, acts like a protective wall, keeping undigested food, bacteria and toxins out of your bloodstream. If the gut barrier gets "leaky", it can lead to inflammation and contribute towards a wide range of symptoms.

What causes a "Leaky Gut"?

Intestinal permeability, or "Leaky Gut" happens when tiny openings form between the cells lining your intestines. This can occur for a number of reasons, including:

- Certain foods (e.g., gluten)
- Overgrowth of bacteria, viruses or yeasts
- Stress or infections
- Chronic inflammation

