

LOCATION 1



SKOPJE "TAFTALIDZE"

Blvd. „8th September“ No. 2, local. 1, 1000 Skopje
email: lab@avicenalab.com.mk

LOCATION 2



SKOPJE "AERODROM"

Blvd. „Jane Sandanski“ No. 13-1/A 1000 Skopje
email: lab2@avicenalab.com.mk

LOCATION 3



SKOPJE "KISELA VODA"

Str. „Mariovska“ No.2-A, 1000 Skopje
email: lab4@avicenalab.com.mk

LOCATION 4



TETOVO

Str. „Blagoja Toska“ No. 222, 1200 Tetovo
email: labtetovo@avicenalab.com.mk

 02 3179 001



FOOD INTOLERANCE

NEW! Food intolerance panels with the latest technology for highly sensitive detection and even more accurate results.

- ✓ No prior preparation, only one blood draw is required.
- ✓ Accurate and certified tests from a leading German manufacturer for quantitative detection of specific IgG4 antibodies.
- ✓ Possibility of determining intolerance of up to 40, 80 and 120 types of foodstuff at once.
- ✓ Complete withdrawal of symptoms and improvement of the overall health by introducing diet plan based on the results of the food intolerance test.

WHAT TO DO AFTER GETTING TEST RESULTS?

1. Elimination stage

The food for which a positive result has been obtained should be completely avoided for 2 to 6 weeks. In this way, the resulting inflammatory processes are expected to decrease or withdraw completely.

The other types of foodstuff for which no elevated levels of IgG antibodies have been detected may be consumed in a 4-day rotation cycle. (For example, if certain food is eaten one day, it should be avoided in the next 3 days). This helps prevent the manifestation of new delayed reactions.

2. Food re-introduction stage

In this stage, a provocation diet is recommended, during which the avoided foodstuff are gradually re-introduced in the menu.

Ingredients should be introduced one at a time, in order to easily identify foodstuff that might still cause issues. If a reaction occurs again, that particular food should be avoided.

3. Stabilization stage

During this stage, foods that have caused reaction during the re-introduction stage should be avoided for at least one year in order to reduce the levels of IgG antibodies and improve the overall health.

Next, patients are recommended to start the food introduction phase again. Some patients may need to avoid one or several types of food permanently.

POSSIBLE SYMPTOMS

NEUROLOGICAL SYMPTOMS

Fatigue, headache, neuralgia, irritability, insomnia, melancholy, apathy, depression, anxiety

RESPIRATORY SYMPTOMS

Shortness of breath, difficulty breathing

CIRCULATORY SYMPTOMS

Swelling, irregular pulse

GASTROINTESTINAL SYMPTOMS

Bloating and gas, abdominal pain, frequent stools, diarrhea, constipation, indigestion, reflux, nausea, vomiting

JOINT SYMPTOMS

Arthralgia (joint pain), swelling

MUSCULOSKELETAL SYMPTOMS

Pain in muscles, neck, back

SKIN SYMPTOMS

Rash, redness, eczema, cracked skin, itching

OTHER SYMPTOMS

Chronic weight issues, swelling around the eyes, ringing in ears, weakness

PANEL 1

- ▶ Salmon
- ▶ Cod
- ▶ Herring
- ▶ Shrimps
- ▶ Shells
- ▶ Pork
- ▶ Beef
- ▶ Chicken
- ▶ Wheat
- ▶ Rye
- ▶ Oats
- ▶ Corn
- ▶ Rice
- ▶ Buckwheat
- ▶ Amaranth
- ▶ Carrot
- ▶ Celery
- ▶ Cabbage
- ▶ Garlic
- ▶ Onion
- ▶ Peas
- ▶ Green beans
- ▶ Soybean
- ▶ Peanuts
- ▶ Tomato
- ▶ Cucumber
- ▶ Potato
- ▶ Mustard
- ▶ Egg white
- ▶ Egg yolk
- ▶ Milk
- ▶ Goat's milk
- ▶ Sheep's milk
- ▶ Orange
- ▶ Banana
- ▶ Apple
- ▶ Kiwi
- ▶ Hazelnut
- ▶ Nut
- ▶ Almond

PANEL 3

- ▶ Tuna
- ▶ Trout
- ▶ Atlantic cod
- ▶ Herring
- ▶ Oyster
- ▶ Shrimps
- ▶ Duck
- ▶ Chicken
- ▶ Turkey
- ▶ Rye
- ▶ Buckwheat
- ▶ Barley
- ▶ Durum wheat
- ▶ Millet
- ▶ Quinoa
- ▶ Gluten
- ▶ Tomato
- ▶ Onion
- ▶ Zucchini
- ▶ Green olive
- ▶ Lentils
- ▶ Peas
- ▶ Green beans
- ▶ Milk
- ▶ Sheep's milk
- ▶ Goat's milk
- ▶ Banana
- ▶ Kiwi
- ▶ Lemon
- ▶ Strawberry
- ▶ Pineapple
- ▶ Sunflower seeds
- ▶ Pumpkin seeds
- ▶ Mustard
- ▶ Basil
- ▶ Ginger
- ▶ Coffee
- ▶ Cocoa
- ▶ Champignons
- ▶ Rice

PANEL 5

- ▶ Pike
- ▶ Sardine
- ▶ Perch (fish)
- ▶ Halibut (fish)
- ▶ Venison
- ▶ Veal
- ▶ Anise
- ▶ Broad bean
- ▶ Spinach
- ▶ Kale
- ▶ Eggplant
- ▶ Beetroot
- ▶ Asparagus
- ▶ Red bean
- ▶ Daikon radish
- ▶ Brussels sprouts
- ▶ Papaya
- ▶ Yogurt
- ▶ Mozzarella
- ▶ Sour cream
- ▶ Cottage cheese
- ▶ Nectarine
- ▶ Red currants
- ▶ Cranberries
- ▶ Grapefruit
- ▶ Raisins
- ▶ Black currants
- ▶ Watermelon
- ▶ Pecans
- ▶ Brazil nuts
- ▶ Coconut
- ▶ Pine nuts
- ▶ Macadamia nuts
- ▶ Nutmeg
- ▶ Thyme
- ▶ Sage
- ▶ Coriander seeds
- ▶ Flax seeds
- ▶ Chestnut
- ▶ Kelp (seaweed)

