

CODE: 3218

IgG 44

THE PROCESS

- Your test kit will arrive in the mail from NutriPath
- This test requires a **blood spot sample**
- The blood spot sample must be collected on **Sunday, Monday or Tuesday**
- You will need to **return the sample to NutriPath** using the postage packaging provided
- **Notify your health coach** when you have completed the test via Slack - share a photo of the shipping label on the postage packaging, this will allow us to track the sample if required

[Download document to watch a collection video here](#)

4 weeks before the test, stop taking

- immunosuppressive drugs
- steroids, antihistamines or anti-inflammatories
- corticosteroids
- prednisone, beclomethasone, fluticasone or triamcinolone

2 weeks before the test

- continue regular dietary habits and consume a variety of foods tested



READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST

Ensure sample is collected correctly.
The lab charges a \$50 retesting fee for incorrect samples