

Food Intolerance Testing

Discover how your body responds to the foods you eat

YOUR BLOOD TELLS A STORY

Bloating, fatigue, or just not sure? Our IgG and IgA food panels screen your antibody responses to everyday foods — giving you a clear, structured starting point for an elimination and reintroduction plan.

i-screen is a UK health screening platform offering access to UKAS-accredited laboratory testing. Our food intolerance range lets you choose the right panel for your diet — from a focused 96-food screen to our most comprehensive 240-food assessment — all ordered online with test kits posted directly to your door.

5 panels tailored to your diet	From £211 for a 96-food screen	5–20 days to get your results
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How food intolerance testing works

A simple sample measures your IgG and IgA antibody responses across a defined panel of foods. The results map how your body responds to each food, helping you and your health professional build a personalised elimination and reintroduction plan.

Choose the option that suits you:

- **IgG** — the most popular marker for delayed-type food responses.
- **IgA** — looks at mucosal (gut-lining) antibody responses, often chosen alongside IgG.
- **IgG + IgA Combination** — both antibody types in one order for the fullest picture.
- **IgG4 General Foods (NEW)** — an IgG4 subclass option, now available across our 96, 144 and 240 food panels.

Good to know

Food intolerance testing measures IgG and IgA antibody responses. It is different from IgE allergy testing and does not diagnose a food allergy or coeliac disease. Results are best used as a guide alongside advice from a qualified health professional. If you have a known severe allergy, speak to your doctor.

Every panel also includes a *Candida Albicans* screen. Prices shown are per test in GBP and include lab fees. Results are typically ready in 5-20 days. * Results in 5 days for Food Intolerance Check All other panels are 17-20 business days

General Western Foods — 96 Foods

Our most popular food panel — everyday Western staples across dairy, proteins, grains, fruits and vegetables.

TEST OPTION	PRICE
IgG96 POPULAR <i>Delayed-response antibodies — our most popular screen</i>	£211

IgA96 <i>Mucosal (gut-lining) antibody responses</i>	£211
IgG5-200 Food Intolerance Check*	£254
IgG+IgA 96 Combination <i>Both antibody types in one test — the fullest picture</i>	£279
IgG4 General Foods 96 Foods NEW <i>IgG4 subclass response — our newest option</i>	£235

Results in 5-20 days.

What's tested

Dairy Casein, Cheddar Cheese, Cow's Milk, Goat's Milk, Whey

Fish/Shellfish Clam, Cod, Crab, Halibut, Lobster, Salmon, Scallop, Shrimp, Sole, Trout, Tuna

Grains/Legumes/Nuts Almond, Barley, Buckwheat, Chestnut, Chickpea, Coconut, Corn, Gliadin, Wheat Gluten, Wheat, Green Bean, Green Pea, Hazelnut, Kidney Bean, Lentil, Lima Bean, Oat, Peanut, Pecan, Pinto Bean, Rye, Soybean, Spelt, Walnut, Whole Wheat, White Rice

Fruits Apple, Apricot, Banana, Blueberry, Cranberry, Grapefruit, Grape, Lemon, Olive, Orange, Papaya, Peach, Pear, Pineapple, Plum, Raspberry, Strawberry

Meat/Poultry Beef, Chicken, Lamb, Pork, Turkey

Egg Chicken Egg White, Chicken Egg Yolk, Whole Egg, Duck

Misc/Herbs/Spices Baker's / Brewer's Yeast, Button Mushroom, Cane Sugar, Cocoa Bean (Chocolate), Coffee Bean, Flaxseed, Ginger, Honey, Oregano, Sesame Seed, Sunflower Seed

Vegetables Asparagus, Avocado, Beet, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Garlic, Green Bell Pepper, Lettuce, Onion, Pumpkin, Spinach, Sweet Potato, Tomato, White Potato

Candida Screen Candida Albicans

Super Food Panel — 144 Foods

A broader screen covering everything in the 96-food panel plus an expanded range of fish, nuts, fruits, herbs and spices.

TEST OPTION	PRICE
IgG144 POPULAR <i>Delayed-response antibodies — expanded 144-food screen</i>	£271
IgA144 <i>Mucosal (gut-lining) antibody responses</i>	£271
IgG+IgA 144 Combination <i>Both antibody types in one test — the fullest picture</i>	£391
IgG4 General Foods 144 Foods NEW <i>IgG4 subclass response — our newest option</i>	£295

Results in 5-20 days.

What's tested

Dairy Casein, Cheddar Cheese, Cow's Milk, Goat's Milk, Whey

Fish/Shellfish Clam, Cod, Crab, Halibut, Lobster, Salmon, Scallop, Shrimp, Sole, Trout, Tuna, Anchovy, Catfish, Mackerel, Mussel, Octopus, Oyster, Red Snapper, Sardine, Squid, Tilapia

Grains/Legumes/Nuts Almond, Barley, Buckwheat, Chestnut, Chickpea, Coconut, Corn, Gliadin, Wheat Gluten, Wheat, Green Bean, Green Pea, Hazelnut, Kidney Bean, Lentil, Lima Bean, Oat, Peanut, Pecan, Pinto Bean, Rye, Soybean, Spelt, Walnut, Whole Wheat, White Rice, Brazil Nut, Cashew Nut, Macadamia Nut, Malt, Millet, Pine Nut, Pistachio Nut, Quinoa

Fruits Apple, Apricot, Banana, Blueberry, Cranberry, Grapefruit, Grape, Lemon, Olive, Orange, Papaya, Peach, Pear, Pineapple, Plum, Raspberry, Strawberry, Cantaloupe, Cherry, Date, Fig, Guava, Jackfruit, Kiwi, Lime, Mango, Persimmon, Watermelon

Meat/Poultry Beef, Chicken, Lamb, Pork, Turkey, Duck, Goose, Rabbit

Egg Chicken Egg White, Chicken Egg Yolk, Whole Egg, Duck

Misc/Herbs/Spices Baker's / Brewer's Yeast, Button Mushroom, Cane Sugar, Cocoa Bean (Chocolate), Coffee Bean, Flaxseed, Ginger, Honey, Oregano, Sesame Seed, Sunflower Seed, Basil, Black Pepper, Black Tea, Chili Pepper, Cinnamon, Clove, Coriander, Curry Powder, Fennel Seed, Hops, Mustard, Parsley, Peppermint, Vanilla

Vegetables Artichoke, Eggplant, Asparagus, Avocado, Beet, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Garlic, Green Bell Pepper, Lettuce, Onion, Pumpkin, Spinach, Sweet Potato, Tomato, White Potato

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Complete Food Panel — 240 Foods

Our most comprehensive screen — an extensive 240-food panel for clients who want the broadest possible coverage.

TEST OPTION	PRICE
IgG240 POPULAR <i>Delayed-response antibodies — broadest coverage</i>	£421
IgA240 <i>Mucosal (gut-lining) antibody responses</i>	£421
IgG+IgA 240 Combination <i>Both antibody types in one test — the fullest picture</i>	£500
IgG4 General Foods 240 Foods NEW <i>IgG4 subclass response — our newest option</i>	£445

Results in 5-20 days. IgG+IgA 240 Combination requires a venous blood draw.

What's tested

Dairy beta-Lactoglobulin, Blue Cheese, Buttermilk, Casein, Cheddar Cheese, Cottage Cheese, Cow's Milk, Goat's Milk, Mozzarella Cheese, Sheep's Milk, Swiss Cheese, Whey, Yogurt

Fish/Shellfish Anchovy, Bass, Carp, Catfish, Clam, Cod, Crab, Crayfish, Eel, Flounder, Haddock, Halibut, Herring, Lobster, Mackerel, Mussel, Octopus, Oyster, Perch, Pike, Red Snapper, Salmon, Sardine, Scallop, Sea Urchin, Shrimp, Sole, Squid, Swordfish, Tilapia, Trout, Tuna

Grains/Legumes/Nuts Adzuki Bean, Almond, Amaranth, Barley, Black-Eyed Pea, Bran, Brazil Nut, Brown Rice, Buckwheat, Canola Seed, Cashew Nut, Chestnut, Chia Seed, Chickpea, Coconut, Cola Nut, Corn, Fava Bean, Fenugreek Seed, Gingko Nut, Gliadin, Gluten, Green Bean, Green Pea, Hazelnut, Kidney Bean, Lentil, Lima Bean, Macadamia Nut, Malt, Millet, Mung Bean, Navy Bean, Oat, Peanut, Pecan, Pine Nut, Pinto Bean, Pistachio Nut, Poppy Seed, Pumpkin Seed, Quinoa, Rye, Safflower Seed, Sorghum, Soybean, Spelt, Teff, Walnut, White Rice, Wheatgerm Agglutinin, Whole Wheat

Fruits Apple, Apricot, Banana, Blackberry, Black/Red Currant, Blueberry, Cantaloupe, Cherry, Cranberry, Date, Elderberry, Fig, Goji Berry, Gooseberry, Grapefruit, Grape, Guava, Honeydew, Jackfruit, Kiwi, Kumquat, Lemon, Lime, Lychee, Mango, Mangosteen, Monk Fruit, Olive, Orange, Papaya, Passion Fruit, Peach, Pear, Persimmon, Pineapple, Plum, Pomegranate, Prune, Raspberry, Strawberry, Tangerine, Watermelon

Meat/Poultry Beef, Buffalo, Chicken, Duck, Goose, Lamb, Pork, Rabbit, Turkey, Venison

Egg Chicken Egg White, Chicken Egg Yolk, Duck Whole Egg

Misc/Herbs/Spices Allspice, Aloe Vera, Anise, Baker's / Brewer's Yeast, Basil, Bay Leaf, Black Pepper, Black Tea, Button Mushroom, Cane Sugar, Caraway Seed, Chili Pepper, Cinnamon, Clove, Cocoa Bean (Chocolate), Coffee, Coriander, Curry Powder, Dill, Fennel Seed, Flaxseed, Ginger, Ginseng, Green Tea, Hemp, Honey, Hops, Licorice, Mustard, Oregano, Paprika, Parsley, Peppermint, Rosemary, Sage, Sesame Seed, Shiitake Mushroom, Stevia, Sugar/Maple, Sunflower Seed, Sweet Marjoram, Tarragon, Thyme, Turmeric, Vanilla, Yerba Mate

Vegetables Arrowroot, Artichoke, Asparagus, Avocado, Bamboo Shoot, Beet, Broccoli, Brussel Sprouts, Burdock Root, Cabbage, Carrot, Cauliflower, Celery, Chard, Chives, Cucumber, Eggplant, Endive, Garlic, Green Bell Pepper, Horseradish, Kale, Kelp, Kohlrabi, Leek, Lettuce, Lotus Root, Okra, Onion, Pumpkin, Radish / Daikon, Rhubarb, Spinach, Squash, Sweet Potato, Tomato, Turnip, Wasabi, White Potato, Zucchini

Candida Screen Candida Albicans

Asian Panel — 96 Foods

A 96-food panel weighted toward foods common in Asian diets, with an expanded fruit and rice range.

TEST OPTION	PRICE
IgG96-Asian POPULAR <i>Delayed-response antibodies — Asian food focus</i>	£211
IgA96-Asian <i>Mucosal (gut-lining) antibody responses</i>	£211
IgG+IgA 96 Asian Combination <i>Both antibody types in one test — the fullest picture</i>	£279

Results in 5-20 days.

What's tested

Dairy Casein, Cheddar Cheese, Cow's Milk, Goat's Milk, Whey

Fish/Shellfish Anchovy, Clam, Cod, Crab, Halibut, Lobster, Mackerel, Mussel, Octopus, Oyster, Red Snapper, Salmon, Sardine, Scallop, Shrimp, Sole, Squid, Tilapia, Trout, Tuna

Grains/Legumes/Nuts Almond, Barley, Buckwheat, Cashew Nut, Chickpea, Coconut, Corn, Gliadin, Wheat Gluten, Wheat, Green Bean, Green Pea, Hazelnut, Kidney Bean, Lentil, Lima Bean, Millet, Oat, Peanut, Pecan, Pine Nut, Pinto Bean, Pistachio Nut, Quinoa, Rye, Soybean, Spelt, Walnut, Whole Wheat, White Rice

Fruits Apple, Apricot, Banana, Blueberry, Cantaloupe, Cherry, Date, Fig, Grape, Grapefruit, Guava, Jackfruit, Kiwi, Lemon, Lime, Mango, Olive, Orange, Papaya, Peach, Pear, Persimmon, Pineapple, Strawberry, Watermelon

Meat/Poultry Beef, Chicken, Duck, Goose, Lamb, Pork, Rabbit, Turkey

Egg Chicken Egg White, Whole Egg, Duck, Chicken Egg Yolk

Misc/Herbs/Spices Baker's / Brewer's Yeast, Basil, Black Pepper, Button Mushroom, Cane Sugar, Chili Pepper, Cocoa Bean (Chocolate), Coffee Bean, Curry Powder, Flaxseed, Ginger, Honey, Oregano, Sesame Seed, Sunflower Seed

Vegetables Artichoke, Asparagus, Avocado, Beet, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Green Bell Pepper, Lettuce, Onion, Pumpkin, Spinach, Sweet Potato, Tomato, White Potato

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Vegetarian Panel — 96 Foods

A 96-food panel tailored to plant-forward diets, with a wide grain, legume, nut and vegetable range.

TEST OPTION	PRICE
IgG96-Vegetarian POPULAR <i>Delayed-response antibodies — plant-forward focus</i>	£211
IgA96-Vegetarian <i>Mucosal (gut-lining) antibody responses</i>	£211
IgG+IgA 96 Vegetarian Combination <i>Both antibody types in one test — the fullest picture</i>	£279

Results in 5-20 days.

What's tested

Dairy Casein, Cheddar Cheese, Cow's Milk, Goat's Milk, Whey

Fish/Shellfish Anchovy, Clam, Cod, Crab, Halibut, Lobster, Mussel, Octopus, Oyster, Red Snapper, Salmon, Sardine, Scallop, Shrimp, Sole, Squid, Tilapia, Tuna

Fruits Apple, Apricot, Banana, Cantaloupe, Cherry, Grape, Grapefruit, Guava, Jackfruit, Kiwi, Lemon, Mango, Olive, Orange, Papaya, Peach, Pear, Persimmon, Pineapple, Strawberry, Watermelon

Grains/Legumes/Nuts Almond, Barley, Buckwheat, Cashew Nut, Chestnut, Chickpea, Coconut, Corn, Gliadin, Wheat Gluten, Wheat, Green Bean, Green Pea, Kidney Bean, Lentil, Lima Bean, Millet, Oat, Peanut, Pine Nut, Pistachio Nut, Soybean, Walnut, Whole Wheat, White Rice

Meat/Poultry Beef, Chicken, Duck, Goose, Lamb, Pork

Egg Chicken Egg White, Whole Egg, Duck, Chicken Egg Yolk

Misc/Herbs/Spices Baker's / Brewer's Yeast, Basil, Black Pepper, Black Tea, Button Mushroom, Cinnamon, Chili Pepper, Cocoa Bean (Chocolate), Coffee Bean, Coriander, Curry Powder, Ginger, Honey, Mustard, Sesame Seed, Sunflower Seed, Vanilla

Vegetables Avocado, Beet, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Green Bell Pepper, Lettuce, Onion, Pumpkin, Spinach, Sweet Potato, Tomato, White Potato

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How to order

1. **Choose your panel online** — Pick the panel and antibody option that suits you at healthily.co.uk.
2. **Receive your test kit** — Your kit is posted directly to your door with full instructions.
3. **Provide your sample at home** — Use the finger-prick lancet to collect your blood spot sample (or book a venous blood draw for IgG+IgA 240).
4. **Get your results** — Return your sample in the prepaid packaging. Results are delivered securely to your online dashboard in 5-20 days.

Ready to start?

Order your food intolerance panel online today. healthily.co.uk Questions? Email info@healthily.co.uk