

## WHY SHOULD I USE PRO IMMUN M®?

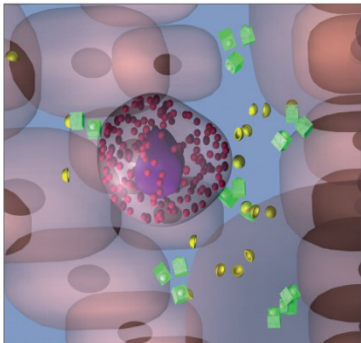
Patients with a food intolerance may display one or more of the following symptoms:

*Migraines, streaming and itchy eyes, hay fever, asthma, recurring colds, tonsillitis and middle-ear infections, blocked nose, blocked sinuses, eczema, psoriasis, skin breakouts, joint pain, mood swings, flatulence, diarrhoea, bloating, burping, trapped wind, constipation, restlessness, poor concentration, thyroid problems, chronic pain.*

Using Pro Immun M® can help you discover if a food intolerance underlies these symptoms in yourself or your patients.

## WHAT DOES PRO IMMUN M TEST FOR?

Pro Immun M® tests for IgG 1 - 4 antibodies, looking for delayed immune reactions that start 4 - 72 hours after an antigen has been consumed. The antibodies are isolated from the patient's blood and brought into contact with food proteins under the guidance and supervision of a specialist laboratory doctor.



Immune cells release antibodies (yellow) that adhere to the food proteins (green), marking them to be disposed of by phagocytes

## OUR MISSION

AONM is an international, multidisciplinary forum promoting health and wellness through partnerships with world experts in chronic and tick-borne diseases as well as via collaborations with European universities. We invest in projects that combine established and successful medical methodologies with cutting-edge nutritional approaches and pioneering complementary skills.

Our urge to establish excellence in diagnostic testing has led us to the Pro Immun M® Food Intolerance Test. This is a food antibody test which uses immune screening to determine the presence of antibodies that target food proteins.

## WHERE TO GET KITS AND ADVICE

Please contact us on 03331 210 305 or [info@aonm.org](mailto:info@aonm.org) for the Pro Immun M® kit, which will be sent out to you immediately and free of charge. Our helpline is available if you would like assistance with any other aspect of Pro Immun M® testing.

## PAYMENT OPTIONS

AONM accepts debit and credit cards, cheques and bank transfers. Our details are as follows:

Academy Of Nutritional Medicine (AONM);  
Sort Code: 20-17-22; A/C No.: 73880362

If you would like to pay by credit card, please call the Academy helpline to make your payment.

Tel: 03331 210 305  
Email: [info@aonm.org](mailto:info@aonm.org)  
Web: [www.aonm.org](http://www.aonm.org)



## PRO IMMUN M®

AN EASY-TO-USE  
COMPREHENSIVE  
BLOOD SPOT  
FOOD INTOLERANCE TEST



## Academy of Nutritional Medicine (AONM)

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## WHAT MAKES PRO IMMUN M DIFFERENT FROM OTHER FOOD INTOLERANCE TESTS?

- Pro Immun M<sup>®</sup> tests for IgG 1 - 4 antibodies. Many other widely-available food intolerance tests just test for IgG 4, which could result in false negative results for a patient.



- Pro Immun M<sup>®</sup> tests for reactions against up to 270 potential antigens, so it is very comprehensive.
- Most antigens in the Pro Immun M<sup>®</sup> test are foods, but also included are Candida Albicans yeast and aspergillus niger, a mould that grows on some grains during storage. This can highlight a separate reason for intolerance to certain grains that would not show up in tests for the specific foods only.
- The food proteins used in the test are organic. This avoids potential cross-reactivity with pesticides, fungicides and herbicides that could occur with intolerance tests that use conventionally-farmed foods for testing.
- Detailed test results show the strength of the immune system reaction to a food, graded from 1 (weakest) to 3 (strongest), allowing you to prioritise food elimination with your patient to improve compliance.
- Test results are accompanied by a 64-page report including a personalised rotation plan, shopping list and an optional recipe book for your patient, all of which exclude foods that Pro Immun M<sup>®</sup> has revealed as causing intolerances. You can also choose to exclude other foods from these, regardless of the Pro Immun M<sup>®</sup> findings, such as foods containing lactose, or high-histamine foods.

## WHAT HAPPENS WHEN A CLIENT RECEIVES POSITIVE RESULTS FOR CERTAIN ANTIGENS?

It is recommended that antigens are excluded from the patient's diet for specified periods of time (depending on factors such as gut permeability):

Reaction 3: 6 - 12 months

Reaction 2: 4 - 10 months

Reaction 1: 3 - 9 months

IgG 1 - 4 antibody tests play an important role in Cell Symbiosis Therapy (CST), and other aspects of CST may be helpful. Please visit [www.aonm.org](http://www.aonm.org) to find out more.

### PRO IMMUNE M<sup>®</sup> - TEST 1: 43 ANTIGENS

Almonds, barley, beef, broccoli, carrots, celeriac, cherries, chicken, cod, coffee, cow's milk (raw), crayfish, cucumber, garlic, gluten, goat's/sheep's milk & cheese, hazelnuts, honey, horseradish, linseed, mustard seeds, oats, oyster mushrooms, peanuts, pineapple, pistachios, poppy seeds, pork, raspberries, red cabbage, cow rennet cheese, rye, sour-milk products, soyabeans, spelt, sunflower seeds, sweet peppers, tomatoes, watermelon, wheat, whole eggs, yeast.

### PRO IMMUNE M<sup>®</sup> - TEST 2: 91 ANTIGENS

All the antigens of Test 1 plus: apples, apricots, aubergines, bananas, basil, beetroot, buckwheat, butter-head lettuce, button mushrooms, cane sugar, cashews kernels, cayenne, cinnamon, cocoa beans, courgettes, grapes/raisins, green beans, guar flour (E412), kiwis, lamb, lamb's lettuce, leeks, lemons, maize sweetcorn, millet, nectarines, nutmeg, olives, onions, oranges, oregano, paprika, parsley, peas, pepper (black & white), peppermint, perch, pollock, potatoes, pumpkin seeds, rice, rosemary, salmon, sesame, strawberries, thyme, tuna, turkey, turnips, vanilla, walnuts.

### PRO IMMUNE M<sup>®</sup> TEST 3: 181 ANTIGENS

All the antigens of Tests 1 and 2 plus: amaranth, anchovies, arrowroot, artichokes, asparagus, avocados, bok choy, brazil nuts, bream, broad beans, Brussel sprouts, camel's milk, carob, carp, cassava root, cauliflower, celery, chard (beet greens), chestnut, chickpeas, chicory, chives, coconut, cod, curly kale, dates, deer, duck, eel, endives, figs, fonio, goat's meat, goose (meat & eggs), haddock, hake, halibut, halloumi, hare, herring, iceberg lettuce, Jerusalem artichokes, kamut, kefir, kohlrabi, lentils, lollo rosso, lupins, lychees, macadamia nuts, mackerel, mangoes, mare's milk, milk (heated), mirabelle, mung beans, ostrich meat, papaya, parsnips, peaches, pears, pine nuts, plaice, plums, pumpkin, quail (meat & eggs), quinoa, rabbit, radicchio, radishes (red/white), ricotta, rocket, roe deer, romaine lettuce, sardines, savoy cabbage, shark, sole, spinach, squid & cuttlefish, sweet potatoes, swordfish, tapioca, teff, trout, veal, white cabbage, wild boar, zander.

### PRO IMMUNE M<sup>®</sup> TEST 4: 270 ANTIGENS

All the antigens of Tests 1, 2 and 3 plus: agar agar, agave nectar, alfalfa, allspice, aloe vera, angler monkfish, aniseed, aspergillus niger, bamboo shoots, basa fish (Panga), bay leaves, benzoic acid (E211), black/redcurrants, blackberries, blue mussels, blueberries, chamomile, candida albicans, candied lemon peel, capers, caraway, cardamom, carrageen (E407), cep mushrooms, chanterelle, chervil, chilis (Habanero/Jalapeno), cloves, coffee, coriander, cranberries, cumin, curcumin (E100), dandelion, dill, egg white/yolk, fennel, garden cress, ginger, gooseberries, grapefruit, guava, honeydew melon, juniper berries, lavender, lemon balm, limes, lingonberries, lobster, lovage, mandarins, maple syrup, marjoram, moluchia, nettles, nori seaweed, octopus, okra, oyster mushrooms, oysters, pectin (E440), pomegranate, prickly pear, quince, raspberries, red snapper, rhubarb, rooibos tea, rosehips, saffron, sage, scallops, sea bass, sea buckthorn, shiitake, shrimps/prawns, sorbic acid (E 200), spirulina, sweet chestnuts, tannin, tea black & green, tragacanth (E413), vine leaves, wild garlic, winter savoury, xanthan gum.