

YOUR IMUPRO OPTIONS



ImuPro Screen⁺ provides an individual analysis of **44 common foods**. Such as dairy products, cereals and chicken egg. You will receive a comprehensive report with accurate results at a glance. Dietary recommendations are not included.

ImuPro Basic tests **90 individual foods**. In addition, you receive a comprehensive report with accurate results at a glance. You will receive personal nutritional guidelines which include individual recommendations for your 4-day rotation.

ImuPro Complete tests **270 individual foods and additives** (including the 90 foods in ImuPro Basic). Your diet can be changed very selectively based on the findings. This means that there will be a larger variety of alternatives for your 4-day rotation.

With ImuPro Complete, you will receive a comprehensive report with accurate results at a glance and personal nutritional guidelines which lead you through your change in diet. Your results pack also includes individual recommendations for your 4-day rotation and a recipebook which is specifically tailored to your tolerated foods.

To see which foods are tested in each ImuPro test, please visit www.imupro.com.

A DIVERSIFIED DIET WILL HELP YOU LOSE WEIGHT



Diversity instead of monotony

The unique feature of the ImuPro concept – rotation of food – enables you to have a very diversified diet. Thus it is guaranteed that you get a sufficient supply of macro- and micronutrients, avoiding any kind of deficiencies. You will also discover a lot of new foods which will enrich your daily menus.

ImuPro will help you to

- reach your desired body weight
- improve your body composition
- increase your self-confidence, your energy and vitality
- avoid metabolic disorders
- have no cravings anymore

RIGHT FOOD. BETTER SHAPE.



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ImuPro
Right Food. Better Health.

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**YOUR BUILDING BLOCKS
FOR GETTING IN SHAPE**



www.imupro.com

IgG Food Allergy: Diagnostics and Guidance



IGG FOOD ALLERGY AND EXCESS WEIGHT



INFLAMMATION IS A DRIVER OF WEIGHT GAIN



IDENTIFY YOUR PERSONAL TRIGGER FOODS



Calorie intake and calorie expenditure

Many factors may influence your weight: first of all calorie intake and calorie expenditure. Yet overweight is not just a matter of excess calorie intake. It also depends on the kind of calories: carbohydrates and sugar which are major components of today's Western diet are more driving overweight than fat.

But did you know that IgG food allergies may also contribute to obesity or to difficulty in losing weight?



IgG food allergies may induce inflammation

An IgG food allergy might lead to systemic chronic inflammatory condition in your body, leading to a partial blockade of the insulin receptors. If these receptors do not function properly, you are unable to use the sugars in your blood and burn them in your cells to generate energy.

As a result, more insulin is produced and will transform the excess sugar into fat. Chronic elevated insulin levels will block the use of the stored fat. As a result, you will have problems to lose weight, even if you restrict calories.



A big step towards your desired weight



You will have to identify your personal trigger foods that lead to chronic low grade inflammation. The ImuPro concept consisting of a blood test for IgG antibodies and of personalized diet guidelines helps you to identify these foods. At the same time, it offers you food alternatives to guarantee a balanced diet without any nutritional deficiencies.

By avoiding the trigger foods for a certain time, your insulin sensitivity will increase, you will have fewer cravings and automatically reduce your calorie intake.

