Nutriscan is the only clinically predictable diagnostic test for dogs, cats, and horses to identify the commonly seen food intolerances and sensitivities in saliva.

MORE ABOUT DR. JEAN DODDS

Dr. Jean Dodds received the D.V.M. degree with honors in 1964 from the Ontario Veterinary College, University of Toronto. In 1965, she accepted a position as a Research Scientist with the New York State Health Department. She began comparative studies of animals with inherited and acquired bleeding diseases.

This work continued full-time until 1986 when she moved to Southern California to establish Hemopet, the first nonprofit national blood bank program for animals. The diagnostic division of Hemopet, Hemolife, provides the most advanced comprehensive diagnostic profiles for identifying canine thyroid disease, performs titer testing, as well as a wide range of other diagnostic services. Hypothyroidism is the most common endocrine disorder of dogs.

Dr. Dodds is very well-known for her minimum vaccine protocols and as Co-Trustee of The Rabies Challenge Fund. She also co-authored with Diana R. Laverdure, MS, The Canine Thyroid Epidemic: Answers You Need for Your Dog, which was rewarded the Dog Writers Association of America, Best Care and Health Book for 2011 and the Eukanuba Maxwell Canine Health Award. Their second book, Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health, was published in January 2015. In 2011, Dr. Dodds released NutriScan, a food sensitivity and intolerance diagnostic test for dogs. NutriScan tests for twenty-four of the most commonly ingested foods. She is also a member of the Board of Directors for the American Holistic Veterinary Medical Association and Foundation.

Her drive to help pet parents identify their pet’s food sensitivities is what led to her invention of the Nutriscan diagnostic test.

Dr. Jean Dodds D.V.M.

BEST SELLING AUTHOR OF
The Canine Thyroid Epidemic
and
Canine Nutrigenomics
WHAT IS THE NUTRISCAN TEST?

Nutriscan is the only clinically predictable diagnostic test for dogs, cats and horses to identify the commonly seen food intolerances and sensitivities in saliva. The Nutriscan test is patent protected in the United States and internationally, and has scientific backing.

Food intolerance or sensitivity is actually quite common whereas food allergy is rare. In fact, food intolerance is the third most common sensitivity condition in dogs and often can be easily remedied with a change in diet which is why Dr. Jean Dodds DVM developed the Nutriscan test. For years, though, the difficulty lay in figuring out what foods were problematic -- until now.

This test measures antibodies to certain common foods in dog saliva. High antibody levels indicate that the dog has a food sensitivity and intolerance to that food or foods. It is not a DNA test or a cheek/gum swab test.

NutriScan tests for the twenty-four most commonly ingested foods to provide you with specific results. Since it is a salivary test, you have the convenience to complete the test at home, at your local pet store or at your veterinarian’s office. Best of all, you can have the results in approximately 10-14 days to help you put your dog on the right diet.
WHAT SETS THE NUTRISCAN TEST
ABOVE ALL THE REST?

As opposed to food elimination diets that can take weeks and even months to attempt to figure out the offending food or foods, NutriScan requires only that a small piece of cotton rope (provided in a kit) be inserted in your dog’s mouth for a couple of minutes. After the kit is submitted by you, you’ll have the results back in only a couple of weeks.

By contrast, cheek swabs alone do not generate sufficient biological fluid to quantitatively determine specific food reactivities. Simple positive or negative results, for instance from tissue swabs, do not provide information about the specificity or sensitivity of the assays used. Therefore, selection of foods based upon this type of information is medically and scientifically unreliable.

Food allergy tests measure antibodies to IgG and IgE in serum or feces. These are typically more acute allergic reactions to foods, whereas NutriScan measures IgA and IgM antibodies on the bowel’s mucosal surface, and thus more directly correlates to symptoms of bowel (GI tract) disease.

Testing with saliva is more sensitive than traditional IgE (blood) testing. This is because IgE (immunoglobulin E) testing looks for food allergies, which are actually rather rare. Most pets (and people) suffer instead for food sensitivities and intolerances, which are a different kind of problem from a true food allergy.

HOW DOES THE
NUTRISCAN TEST WORK?

The test measures the levels of IgA and IgM antibodies in the saliva. These antibodies are produced by the body in order to fight food sensitivities, so they offer the perfect measure of a reaction taking place. In fact, a food intolerance can lead to one of these antibodies showing up in the saliva as early as five months before bowel disease shows clinical symptoms. And, sometimes these antibodies can show up in the saliva without even appearing in the blood.

A food intolerance can lead to one of these antibodies showing up in saliva as early as five months before bowel disease shows clinical symptoms.

WHEN TO OFFER
THE TEST TO A CUSTOMER?

✔ ITCHY SKIN, FACE, EARS OR FEET
✔ GASTROINTESTINAL ISSUES (stomach rumbling, gas, diarrhea)
✔ FAMILY HISTORY OF FOOD SENSITIVITIES
**WHAT DOES NUTRISCAN TEST FOR?**

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<th>Food</th>
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<td>WHEAT</td>
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<td>CORN</td>
<td>WHITE-COLORED FISH</td>
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<td>BARLEY</td>
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<td>LAMB</td>
<td>HEN’S EGG</td>
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<td>COW’S MILK</td>
<td>LENTIL AND PEAS</td>
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<td>PORK</td>
<td>MILLET</td>
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<td>SOY</td>
<td>OATMEAL</td>
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<tr>
<td>TURKEY</td>
<td>PEANUTS</td>
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<td>RICE</td>
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<td>SALMON</td>
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<td>RABBIT</td>
<td>SWEET POTATO</td>
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</table>

24 of the most commonly ingested foods
HOW DOES THE CLIENT TAKE THE TEST?

1. Pet should overnight fast before testing. Water is perfectly fine to give.
2. Review detailed instructions below
3. Complete the pet identification sticker provided with the test and place on the outside of the tube.
4. Place one or more filled tubes and the completed test request form in the included envelope.

![Image of pet food not allowed]

Pet should overnight fast before testing.

![Image of test contents]

1. Contents

2. Attach the Eppendorf tube firmly to the base of the Plastic Compression Tube provided

3. Place the tip end of the white absorbent collection pad into the mouth of the dog where saliva pools and collect until the pad is saturated.

4. Place the while absorbent pad into the plastic Compression Tube holding the device in an upright and vertical position. Then firmly press the plunger downwards to transfer to the saliva from the absorbent pad into the Eppendorf Tube. Push and hold for 15 seconds.

5. Gently remove the Eppendorf tube from the end of the plastic Compression Tube, and close the lid of the tube tightly. If more saliva is needed to reach the volume indicator, please repeat steps 2 through 5.

![Image of Nutriscan envelope]

Place filled tube in the Nutriscan envelope along with completed Test Request Form. Place it in your mailbox and you are done!
# READING THE RESULTS

Here is a guide that will help you read the Nutriscan results.

## Understanding the Nutriscan Report

1. On the first column, you will see the **Test Requested**: This will list all of the different foods that were tested with both the IgA and IgM antibodies.
2. On the second column, you will see the **Results** of the individual food testing.
3. On the third column, you will see the **Case Specific** results of the individual food testing.
4. On the last columns, you will see the **General Range** of the individual food testing and units measured.
5. Later on the report under **Final Results**, you will be given a brief overview of the results and possible recommendations.

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UNDERSTANDING THE RESULTS

Your focus will be on the Results column. Pets should not consume food or treats containing ingredient(s) showing results of 11.5 or greater and that state “Avoid” for either the IgA or IgM antibodies. It is a good idea to highlight the foods to avoid. Here is a breakdown of the degree of reactivity of each ingredient:

- **< 10 U/ml** indicates a normal food tolerance level so you will see a **negative** result meaning it is okay for a pet to eat these foods.
- **10 – 11.4 U/ml** indicates a **weak reaction** which means this may be a food to consider eliminating but the reaction was not strong enough so we suggest starting by eliminating the stronger reacting foods first.
- **11.5 – 11.9 U/ml** indicates a **borderline reaction**. This is a food that should be eliminated from a pet’s diet.
- **12 – 12.9 U/ml** indicates an **intermediate reaction**. This is a food that should be eliminated from a pet’s diet.
- **13 – 14.9 U/ml** indicates a **medium reaction**. This is a food that should be eliminated from a pet’s diet.
- **>= 15 U/ml** indicates a **strong reaction**. This is a food that should be eliminated from a pet’s diet.

<table>
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<th>Species Canine</th>
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<th>Sex</th>
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<tr>
<td>Rabbit Salivary IgM</td>
<td>U/mL</td>
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<td>Rice Salivary IgA</td>
<td>9.150</td>
<td>Negative Reaction</td>
<td>&lt; 10</td>
<td>Ul/mL</td>
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<tr>
<td>Rice Salivary IgM</td>
<td>U/mL</td>
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<td>Salmon Salivary IgA</td>
<td>9.125</td>
<td>Negative Reaction</td>
<td>&lt; 10</td>
<td>Ul/mL</td>
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<tr>
<td>Salmon Salivary IgM</td>
<td>U/mL</td>
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<tr>
<td>Sweet Potato Salivary IgA</td>
<td>9.830</td>
<td>Negative Reaction</td>
<td>&lt; 10</td>
<td>Ul/mL</td>
<td></td>
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<tr>
<td>Sweet Potato Salivary IgM</td>
<td>U/mL</td>
<td>10</td>
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<tr>
<td>Quinoa Salivary IgA</td>
<td>U/mL</td>
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Avoid
The following ingredients should be avoided if test results show 11.5 or greater for the IgA or IgM antibodies. Remember that many supplements and parasites preventives may contain them too.

### BEEF
- Beef
- Bison
- Buffalo
- Beef Stock
- Beef Meal
- Beef Fat (most animal fats to be safe)
- Beef Byproducts
- Beef Lung or Trachea
- Tallow
  - ** If Beef measures 11.4 or less, Buffalo or Bison should be acceptable

### CHICKEN
- Chicken
- Chicken Stock/Broth
- Chicken Meal
- Chicken and Poultry Fat (most animal fat to be safe)
- Chicken By-products
- Chicken Liver
- Chicken Hearts
- Chicken Gizzards
- Chicken Necks
- Poultry
- Poultry Meal
- Poultry By-products

### LENTILS
- Lentils
- Peas
- Pea Protein
- Pea Fiber
- Lentil Flour
- Pea Flour

### SOY
- Soy
- Soy Flour
- Soybean Meal
- Soybean Oil
- Tofu

### QUINOA
- Quinoa
- Quinoa Flour
- Quinoa Husks

### CORN
- Corn
- Corn Bran
- Corn Cellulose
- Corn Flour
- Corn Meal
- Corn Gluten Meal
- Cornstarch

### COW’S MILK
- Milk
- Cheeses
- String Cheese
- Whey
- Yogurt
- Cream
- Ice Cream
- Dairy from related species (buffalo, bison)

### LAMB
- Lamb
- Lamb Meal
- Lamb By-products
- Lamb Liver
- Lamb Lungs and Trachea
  - ** If Lamb measures 11.4 or less, Goat or Goat’s Milk or Yogurt should be acceptable.

### PORK
- Pork
- Pork Meal
- Pork Byproducts
- Pork Liver
- Pork Lungs and Trachea
- Hot Dogs
- Sausage
- Bacon and Ham

### MILLET
- Millet
- Millet Flour
- Millet Hulls
  - ** Note: Millet is a gluten when cooked
**DUCK**
- Duck
- Duck Meal
- Duck Fat
- Duck By-products
- Duck Liver

**TURKEY**
- Turkey
- Turkey Meal
- Turkey By-products
- Turkey Liver
- Turkey Necks
- Poultry
- Poultry Meal
- Poultry By-products
- Poultry Fat

**VENISON**
- Venison
- Venison Meal
- Venison By-products
- Venison Liver
- Elk (and related meat)
- Deer & Elk Velvet/Antler

**WHEAT**
- Wheat
- Wheat Flour
- Wheat Meal
- Wheat Germ
- Wheat Gluten
- Wheat Bran
  **Note: Wheat is a gluten**

**WHITE FISH**
- White Colored Fish
- Pollock
- Pollock Oil
- Sardines
- Herring
- White colored Fish Oils
  **Note: White Fish Oils in many foods as these will cause problems as well if the pet is reactive to White Fish. Many manufacturers add this oil to their foods so be sure to check the ingredient panel.**

**BARLEY**
- Barley
- Brown Rice Syrup (contains sprouted barley)
- Maltose (in germinating barley seeds)
  **Note: Barley is a gluten**

**POTATOES**
- Potatoes
- Potato Flakes
- Potato Flour
- Potato Starch

**SWEET POTATO**
- Sweet Potatoes
- Sweet Potato Flakes
- Sweet Potato Flour
- Yams

**HEN’S EGG**
- Eggs
- Dried Egg
- Egg Whites
- Powdered Egg
- Ground Egg Shells

**PEANUTS**
- Peanuts
- Peanut Hulls
- Peanut Butter
- Peanut Flour
FAQ

What to do when all 24 foods are reactive:

This pet has a true “leaky gut” so all foods can be reactive. We recommend suggesting tapioca (cassava root) which is a gluten-free starch and trying chickpeas or garbanzo beans, pinto or kidney beans, carrots, zucchini, spinach, green beans, but no peas or pea fiber and never any onions (garlic is safe in moderation). Avoid grapes, raisins and strawberries, but blueberries, cranberries, raspberries, apples, pears, bananas, pomegranates, papayas and melons including watermelon are fine to give. The dog may also be able to tolerate quail, pheasant, kangaroo, or emu. This enables them to add more unique proteins as listed above.

More about Food Sensitivities

The body produces antibodies to defend itself from these foreign invaders such as viruses, bacteria, fungi, and parasites. Antibodies can also be produced after eating a food the body deems as harmful. For instance, the body may produce the antibody IgE to fight off a food allergy which reacts immediately and violently (anaphylaxis). However, these types of true food allergies are rare.

In contrast to food allergy reactions, the body produces the antibodies IgA and IgM to combat food sensitivity and intolerance, which is more common and can be a long term reaction. Intolerance here is a response to a particular food. It may also happen from an abnormality in the ability to absorb certain nutrients. Gastrointestinal reactions such as an irritable bowel (also called “leaky gut”) syndrome can be due to malabsorption or other abnormalities. Prior to the development of NutriScan, the diagnostic procedures that identified a food sensitivity and intolerance were time consuming and lacked specifying the exact food.

IgA Antibodies

Antibodies to IgA measure the immune response to certain foods in secretions, like saliva, that have occurred over the last 2 years. They act as a mechanical barrier or the “first line of defense” to help protect the bowel from invasion by foreign substances, infectious agents, chemicals, and certain foods that it cannot or poorly tolerate.

IgM Antibodies

Antibodies to IgM measure the body’s primary immune response to a recent exposure within the last 6 months to a certain food ingredient.

Today, new studies have revealed that long term reactions – as well as delayed reactions – to foods are more accurately identified by using the NutriScan saliva based test, which measures the level of the antibodies IgA and IgM in saliva. Offensive foods have been shown to lead to the early production of IgA or IgM antibodies in saliva, as soon as 5 months before the clinical signs of bowel disease become apparent. In some cases, antibodies to food ingredients can appear in saliva that are not even present in the blood.
HOW TO ORDER KITS

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www.nutriscan.org