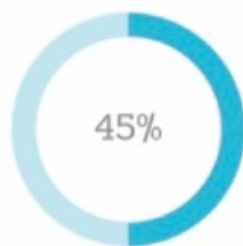


Allergy or Intolerance?

Often thought to be variations of the same thing, food allergies and intolerances are in fact very different.

Food Intolerance

% of population affected



Can trigger a food-specific **IgG** antibody response in the body



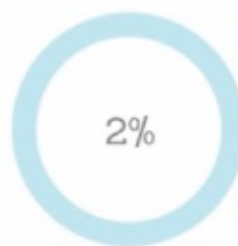
Symptoms can take up to **72 hours** to appear



Symptoms can be troublesome but **NOT** life-threatening

Food Allergy

% of population affected



Triggers a food-specific **IgE** antibody reaction in the body



Symptoms usually appear within **2 hours** of exposure



Can be very severe and may lead the body to have an anaphylactic response, which is potentially fatal