Genetics for people

My i4

TU GENÉTICA CONDICIONA TU ALIMENTACIÓN

The Myi4 food intolerance test:

The Myi4 food intolerance test analyses the presence or absence of the risk markers involved in the 4 most frequent intolerances:

Permanent gluten intolerance (coeliac disease):

- ***HLA-DQA1***
- ***HLA-DQB1***

Lactose intolerance when the body stops producing lactase (lactase non-persistence):

- ***MCM6***

Hereditary fructose intolerance (study of the most frequent mutations present in more than 92% of the cases diagnosed in the world population):

- ***ALDOB***

Histamine Intolerance (Food Histaminosis)

- ***AOC1***
- ***HNMT***

Why is it advisable to take the Myi4 test?

The symptoms of the four intolerances (gluten, lactose, fructose and histamine) are very similar. This is why this genetic analysis allows us to determine the origin of the symptoms in order to treat them in a personalised and effective way. Studying how food groups affect each individual could even prevent the onset of symptoms through early diagnosis.

Who is it aimed at?

The Myi4 test is recommended for all professionals whose patients present gastrointestinal symptoms and do not know the cause.
The test is also recommended for people with a clinical suspicion of lactose, fructose, gluten, histamine intolerance or a history of food intolerance.

Some symptoms of food intolerances

In addition to the main symptoms, these intolerances are associated with different symptoms that disappear with an appropriate diet; some of them are:

- Diarrhoea, abdominal pain, indigestion, gas, bloating, abdominal distension, frequent, soft and very bad smelling stools.
- Lack of appetite, anorexia, anaemia and weight loss.
- Psoriasis, dermatitis herpetiformis, hair loss and weak nails.
- Male and female infertility, irregular periods, early onset of menopause, etc.
- Muscle cramps, fibromyalgia, bone and joint pain and osteoporosis.
- Coordination and movement problems, ataxia due to gluten.
- Headaches, migraines, fatigue, irritability and depression.
- Type 1 diabetes, autoimmune hepatitis, rheumatoid arthritis, systemic lupus erythematosus and Sjögren's syndrome.
- Addison's disease. In children, it is also associated with reduced growth and weight gain.
- Fructose intolerance leads to hypoglycaemia and fructose consumption can cause irreversible liver and kidney damage.

What are food intolerances?

A food intolerance is an adverse reaction of the body caused by the consumption of certain foods. The most common symptoms of intolerance are headache or stomach ache, diarrhoea, overweight, chronic fatigue, joint inflammation and skin problems. The ingestion of foods containing substances to which we are intolerant gradually leads to severe health problems. Unfortunately, a large percentage of the population remains undiagnosed.

FEEL GOOD AND ENJOY EATING THANKS TO THE Myi4 TEST

Coeliac disease

It is an autoimmune pathology with a genetic predisposition, determined by several alleles of the HLA system. The presence of these alleles causes an adverse reaction to gluten in some people. Gluten is a protein found in wheat, rye, barley and products derived from these cereals.
Coeliac disease is characterised by atrophy of the villi of the intestinal mucosa and malabsorption of nutrients due to exposure to gluten, leading to malnutrition and intestinal problems, among others.

Lactose intolerance

Lactose (milk sugar) intolerance is very common, usually caused by a lactase deficiency (hypolactasia) that is acquired with age. When the activity of this enzyme is very low, lactose cannot be digested, causing abdominal pain, flatulence and diarrhoea. The decrease in lactase production with age is genetically determined.

Hereditary fructose intolerance (HFI) or fructosemia

IHF is a genetic disease in which there is a deficiency of aldolase B, an enzyme that allows the metabolisation of fructose. This disease prevents the proper digestion of any food containing fructose, sucrose or sorbitol. Consumption of foods containing these substances can lead to severe hypoglycaemia and severe liver and kidney failure.

Histamine intolerance (food histaminosis)

Histamine intolerance is a condition caused by the body's inability to break down histamine in the gut. This leads to its accumulation in plasma and binding to histamine receptors throughout the body, causing a wide range of symptoms. Polymorphisms in the genes coding for the enzymes diamine oxidase (DAO) and N-methyltransferase (HNMT) affect their activity, reducing their ability to degrade histamine.

Introducing the Myi4 test:

- Myi4 is the only genetic test that can determine the risk of gluten, lactose (lactase non-persistence), fructose and histamine intolerance in a single test.
- Myi4 is a non-invasive test. The DNA is obtained from a saliva sample, is completely painless and is suitable for any person of any age.
- Myi4 is performed once in a lifetime, your genetics do not change.
- Myi4 analyses all genetic markers with scientific validity.
- Innovative technology that offers greater precision and depth in the results.
- Once the sample has been received in the laboratory, you will have your results within a maximum of 20 days.