

An intolerance can lead to symptoms such as bloating, nausea, inflammation, cramping and diarrhoea, which can have an impact on the digestion & absorption of nutrients.

The first step in managing your intolerances is identifying trigger foods, drinks or inhalants through accurate testing.

Your journey to optimum health starts with a small hair sample, we do the rest! With up to 725 items tested we can identify what's causing you to feel unwell.

Enquire within to arrange your quick and easy test.

FIND OUT MORE BY ENQUIRING HERE