

FOOD SENSITIVITY TEST

Please review the following guidelines regarding your appointment

- ✓ Please fill out all paperwork 48 hours prior to your appointment.
- ✓ Please fill out and bring THREE days worth of written food logs.
- ✓ Please drink no less than 3L of water prior to your appointment. The test may NOT work if you are dehydrated.
- ✓ Please make sure that you eat a meal(s) that has protein, vegetables, and starches (rice or potatoes) prior to your appointment.
- ✓ Please do not workout the day of your appointment.
- ✓ Please do not have any caffeine products (this includes coffee and teas).

If you have any questions, please feel free to contact us at
info@personalizedhealthcenter.com.

**Thank you for choosing Personalized Health Center to be a part of your health care team.
We look forward to meeting you!**

Hari Ghuman, Registered Nutritionist
Clinic Director