



**NUTRIGENOMI**®  
EAT ACCORDING TO YOUR GENES

NGx-Gluten™ – Genetic Test for Gluten Intolerance





# Is a gluten-free diet right for you?

Gluten is a protein found in wheat, barley, rye and products made from these grains. Many foods that contain gluten provide fibre from whole grains and can be an excellent source of vitamins and minerals. But, for some people, gluten can cause severe digestive problems leading to nutrient malabsorption, anemia and many serious health problems.

Celiac disease represents the most severe form of gluten intolerance and affects about 1% of the population. Another 5% of the population may have non-celiac gluten sensitivity (NCGS), which results in various gastrointestinal problems and other health issues.

Research has shown that the human leukocyte antigen (HLA) gene is the most important genetic predictor of gluten intolerance. Approximately 99% of people with celiac disease and 60% of those with NCGS have the DQ2 or DQ8 risk version of the HLA gene, compared to only 30% of the general population.

# What can the NGx-Gluten™ test reveal?

A simple DNA test can help you determine if a gluten-free diet might be right for you. NGx-Gluten™ is the most comprehensive genetic test for gluten intolerance and examines six variations in the HLA gene to determine whether you have a low, medium or high risk of gluten intolerance.



To learn more  
about NGx-Gluten™  
talk to your dietitian at:



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