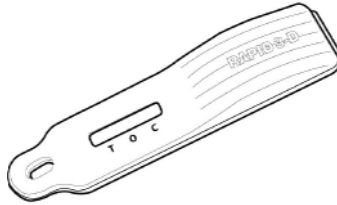


Cat No. 901043G

BioKits GLUTEN Home Test



Please read the instructions carefully before performing the test.

Why use the Gluten Home Test?

Proteins in wheat, especially Gluten, are known to cause Coeliac Disease (CD) and other intolerances in some people. Current Codex guidelines recommend avoiding foods containing more than 0.03% wheat protein, which equates to about 100-200 parts per million (ppm) gluten.

The only treatment for these unpleasant conditions is for sufferers to maintain a diet that reduces or eliminates gluten intake.

Testing food to be eaten by Coeliacs, using the Gluten Home Test, can give an indication that gluten is present and may help sufferers avoid food containing high levels of gluten.

How does the test work?

The Gluten Home Test is simple to use and can be completed within a few minutes.

In a tube foods are first mixed with a liquid to dissolve any gluten. The liquid is then poured into the cap of the tube and the head of the test device is dipped into the liquid ensuring that the cavity is saturated.

The liquid then flows through a test "window" where lines appear depending on whether the food contains gluten or not.

See also 'Reading the Gluten Home Test result' section.

What does the test detect?

In addition to gluten from common "bread" wheat the test also detects durum (pasta) wheat, triticale & rye and, to a much lesser extent, barley.

The Gluten Home Test only reacts with the above cereals and for example will NOT detect oats, rice or maize.

Some experts believe oats can cause intolerances but oats will NOT give a positive result.

How much gluten does the test detect?

This depends greatly on the food being tested but in general the test gives a positive result when gluten is present at levels of around 100-200ppm or less (equivalent to about 0.01-0.02%) in the food you are testing.

This level is generally agreed to be significant for wheat-intolerant individuals but if you are particularly sensitive the test may not be suitable for you.

How is the food prepared?

Only a small amount of food is needed for the actual test.

Foods **MUST** be prepared as if "ready to eat" e.g. soup/gravy mixes made up, gluten free mixes baked etc.

When testing foods with larger pieces e.g. cereals, take a number of pieces from various parts of the food (or from various parts of a container) and mix well before testing.

What foods can I test?

The Gluten Home Test can detect gluten in a wide range of cooked and uncooked foods.

Tepnel BioSystems has tested a wide variety of different food types, but inevitably some are not suitable for testing. These include burnt foods, acidic foods e.g. mustard and concentrates (vegetable/meat/yeast extracts). A full list of foods tested with the kit is available from Tepnel BioSystems.

What should the test kit contain?

Each kit contains the following:

1. This instruction leaflet.
2. One white tube containing a Gluten Home Test device.
3. One sample tube with white "push-fit" cap.
4. One sachet of extraction buffer.

Points to note!

1. For use as indicated in this leaflet – for food testing only.
2. Do not use test beyond its expiry date – see "Exp:" on tube.
3. Store the kit at normal room temperature.
4. Only open the white tube when ready to use.

USING THE GLUTEN HOME TEST

Getting ready to do the test

Foods should be prepared as if "READY TO EAT" e.g. soup/gravy mixes made up, gluten free mixes baked etc.

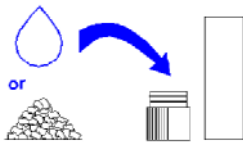


Solid foods or those with pieces should be mixed well and crushed or chopped into fine particles/mixtures.

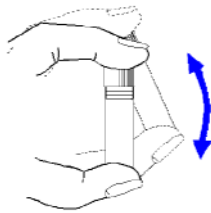
For the test you will need



- 1 x sample tube
- 1 x Gluten Home Test device
- 1 x extraction buffer sachet



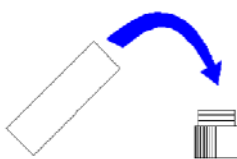
Carefully tare/cut off the top of the extraction buffer sachet and add the entire contents to the sample tube. APPROXIMATELY QUARTER FILL THE WHITE CAP with the food you prepared earlier.



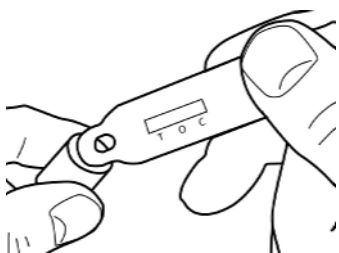
Carefully replace the white cap on the tube so that the food mixes with the liquid.

Shake vigorously for about a minute. You can perform the test now or keep the sample for up to THREE HOURS and test it later.

Performing the test



Remove the lid and carefully fill it with liquid from the tube. Most of the froth should remain in the tube.



Dip the head of the Gluten Home Test into the liquid in the white cap. Ensure that the cavity is fully saturated with the liquid.

Place unit on a flat surface with the window face up and leave to allow liquid to flow into the test window.

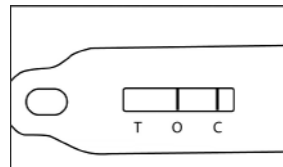
Reading the Gluten Home Test result

Read the result from normal reading distance.

Liquid flows into the test window (marked with letters T,O,C).

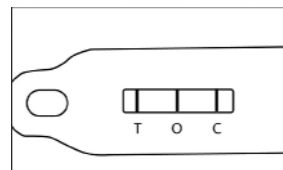
The test should be read **BETWEEN FIVE AND TEN MINUTES** AFTER dipping the device into the sample extract.

Note: At least one blue line should be visible in the window, otherwise the test is **INVALID** - see below.



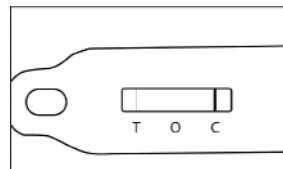
1. NEGATIVE Result

No line at position T: level of Gluten undetectable (below ~ 50-200ppm).



2. POSITIVE Result

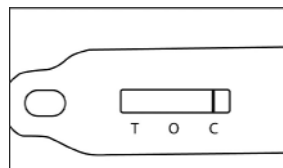
Any intensity of line at position T: level of Gluten above ~ 50-200ppm (see Detection Limit above).



3. HIGH Results

No line is visible at position O.

A line is faintly visible or absent at position T.



The test has been **OVERLOADED with gluten** (~10% or above).

Invalid Results

If **NO LINE** appears at POSITION 3 after FIVE TO TEN MINUTES then the test is invalid.

Limitations of the test

A negative test **CANNOT EXCLUDE** the possibility that the food contains gluten. It may be distributed unevenly in food or may not be detected by the test (gluten levels below 50ppm) or gluten may be destroyed during the food processing / cooking.

* Further information can be obtained from your supplier or by contacting **Tepnel BioSystems Limited** on:

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