## FoodFit Compatibility Program

## **Baby Instructions**

The Baby Test includes the 600 standard list as well as the baby list.

- When a baby is breast fed; take a hair or saliva sample from BOTH
   Mum and Baby. This is one test result and one cost for both.
- Mum will avoid Incompatible items and baby avoids any Incompatible baby products. Once the baby starts solids, he/she will avoid the Incompatible solids.

This way we will be covering everything the baby will encounter via her milk. Mum may gain some benefit as well. However given the hormonal situation during breastfeeding, Mum's body is more devoted to the baby's wellbeing.

- Where baby is NOT breastfed; take baby's hair/saliva only.
- Place hair/saliva samples into the same or separate zip top bag.
   Place the baby's name, mothers name and practitioners name on the outside of the bag.
- Fill in the **online form** in the baby's name, signs and symptoms, (not mums). Mums name can be placed in the parent area.
- At the bottom of the online form, tick the baby list only for the correct price (includes the standard list).
- In the **comments area**, write Mum and bub to be tested together if there are samples from both.