

INTESTINAL PERMEABILITY

In this test, the amount of gut permeability is measured.

The intestine has the paradoxal dual function of being a digestive/absorptive organ as well as barrier to permeation of toxic compounds and macromolecules. Either of these functions may be disrupted resulting in local as well as systemic problems.

THE TEST

The test measures the permeability of the small bowel using a sugar solution (lactulose and mannitol). The test consists of fasting, drinking a sugar solution and collecting all the urine for five hours. The sugars mannitol and lactulose are water-soluble molecules that are not metabolized by the body. Mannitol (a monosaccharide) is readily absorbed, whereas lactulose is only slightly absorbed. The test is a simple and non-invasive method for determining intestinal permeability.¹

TEST INDICATIONS

- Allergy and Intolerancies
- Autism, Hyperactivity and poor Concentration
- Schizophrenia
- Food allergy
- Coeliac disease
- Auto-immune diseases
- Disturbed Immunity
- Recurrent Infections
- Malabsorption and Deficiencies
- Malnutrition
- Chronic Skin problems
- Inflammatory bowel disease
- Inflammatory joint disease
- Tiredness

COMPLEMENTARY TESTS

- Faeces test
- Food allergy IgG4/IgE panel
- Sulphate (free/total in blood) and/or Sulphur panel

LITERATURE

1. Van Elburg RM et al. Repeatability of the sugar-absorption test using lactulose and mannitol, for measuring intestinal permeability for sugars. *J Pediatr Gastroenterol Nutr* 1995 febr; 20(2):184-8.

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