

DNA Test Lactose Intolerance



Dynamic Code wants to make healthcare safer, smarter and more accessible to everyone. It is YOUR health we are taking about. Why should you have to wait passively for help and worry unnecessarily, when you can take responsibility and obtain a safe result in just a few days?

Lactose intolerance is a nuisance. Common symptoms include bloating, gas, constipation and diarrhoea. However, the symptoms can have other causes. Which is why it is important to find out what the stomach issues are related to and to get the correct diagnosis and treatment, for example changing one's diet. To help you, we have developed a test for primary (genetic) lactose intolerance.

This is how our comprehensive solution works, from test to doctor's appointment and treatment.



Order a test kit on our website or buy one from a pharmacy.



Follow the detailed instructions and collect the sample.



Return the test kit to us. Use the original packaging to return the sample.



Your sample is analysed in our quality reliable laboratories.



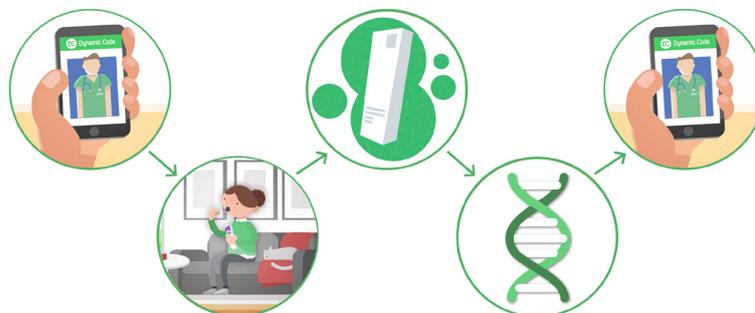
The result can be accessed on our website using your personal code.



When necessary, we will help you connect to a digital health provider.

Order – cheek swab – mail it – access the result and get help straight in the mobile!

Use our comprehensive solution to get help when you need it, without having to visit a healthcare centre. Your test sample is analysed by medical experts and the results can be retrieved on our website. Should you wish to see a doctor to discuss the results, then this will be done directly online. The doctor will provide the correct diagnosis.



If you decide to use one of the digital health providers we collaborate with, then the doctor will order the test kit on your behalf. The result is sent directly to the doctor, who will provide the correct diagnosis and the proper treatment.



Information about lactose intolerance

The breaking down of lactose takes place in the small intestine with help of the enzyme Lactase phlorizin hydrolase (LPH), also known as lactase. Being lactose intolerant means that you have insufficient amounts of lactase, which can be due to several factors. Using our lactose intolerance test kit, you can find out if you have primary lactose intolerance, the most common cause of insufficient lactase amounts.

Primary lactose intolerance	Secondary lactose intolerance	Congenital lactose intolerance
In cases of primary lactose intolerance, the insufficient amounts of lactase are due to genetic variations.	Secondary lactose intolerance is not due to genetic variations but is caused by damage to the lining of the small intestine. The ability to produce lactase is normally restored when the damaged lining has healed.	Congenital lactose intolerance is a very rare condition and means the body cannot produce lactase. This condition is diagnosed straight after birth.

Development of the test

The test is developed in accordance with Dynamic Code's quality guidelines and is based on solid technical foundations with well-tested PCR methodology and on at least two of each other independent scientific studies supporting the link between diagnosis and genetic analysis.

Medical expert

Dynamic Code's Lactose Intolerance Test is reviewed by our medical expert Atrin Sahafi, specialist physician in gastrointestinal disorders and internal medicine. Atrin Sahafi has many years' experience as a gastroenterologist and hepatologist and is an expert in the diagnosis and treatment of digestive disorders.

Sampling methodology

In accordance with IVD Directive 98/79/EC, studies have been conducted to ensure the test kit package instructions can be understood by laypeople. Studies show that Dynamic Code's Lactose Intolerance Test instructions are both clear and safe. The instructions cover both how to take and submit the sample, and how the results are accessed.

Analysis methodology

Dynamic Code's Lactose Intolerance Test uses a proprietary analysis methodology to detect traits of primary lactose intolerance (LNP). The analysis methodology is based on qPCR and detects five different SNPs at positions 13907, 13910, 13915, 14009 and 14010 upstream of the gene for the enzyme Lactase phlorizin hydrolase (LPH). If a person is a bearer of at least one the variations C>G at 13907, C>T at 13910, T>G at 13915, T>G at 14009 or G>C at 14010, this means that the person is lactose tolerant (LP). If a person has none of these variations, this means the person is lactose intolerant.

Test validation

Dynamic Code's method of analysis has been validated by comparing the obtained genotypes with Sanger sequencing. The Sanger sequencing was performed on 97 samples by an external laboratory and yielded 100% compliance (49 samples showed lactose intolerance and 48 samples showed lactose tolerance). Based on the validation results, sensitivity was thus obtained: 100%, specificity: 100% and reliability: 100%.

Quality

By participating in the quality reliability program for DNA analysis in External quality reliability within laboratory medicine in Sweden (EQUALIS), the method is evaluated continuously. The program includes the Lactase gene at position 13910 (C>T). Dynamic Code is responsible for the production of the sampling packages, which are CE-marked in accordance with IVD directive 98/79/EC, MDD directive 93/42/EEC and all subsequent legislative amendments. Dynamic Code's CE-marked products are further certified by international inspection body DEKRA. Dynamic Code's lactose intolerance test is registered with the Swedish Medical Products Agency and the analysis method is accredited by SWEDAC in accordance with the ISO17025 standard.

Read more about quality and validation of Dynamic Code's tests on our website: <https://www.dynamiccode.com/se/kvalitetspolicy>

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The laboratory is accredited by Swedac in accordance with the ISO 17025 standard



About Dynamic Code

Dynamic Code wants to help people take control over their own health and develops meaningful health and diagnostic tests based on DNA technology. The tests are offered over a digital communication and logistics platform that is revolutionising medical sampling and diagnostic testing. Tests that previously have required samples to be taken at clinics by health staff and that sometimes have taken months or years to get done, can now be taken by the patients themselves and results and treatment can be accessed in just a few days. Without compromising on quality – Dynamic Code's tests comply with all medical and regulatory requirements.