

# Symptom list to determine which breath test to choose



Symptom/Disorder	Lactose Intolerance	SIBO	Fructose Malabsorption	Sorbitol Sensitivity	Sucrose Intolerance
Bloating	XX	X	X	X	X
Loose Stool or Diarrhea	XX	X	X	X	X
Constipation	X				
Gas	XX	X	X	X	X
Nausea*	XX	(X)	(X)		
Abdominal Cramps	X	X	X	X	X
Food Intolerances					
To Dairy	X	+/-			
To Fruits		+/-	X		
To Sweets		+/-	X	X	X
To Diabetic Foods + "Weight Loss" Foods		+/-		X	
Low Blood Sugar Episodes					X
Palpitations + Anxiety					X
"Leaky Gut Symptoms"***	(X)	X	+/-	+/_	+/_
<b>History of:</b>					
Celiac Disease	X				
Hypothyroidism		X			
Irritable Bowel Syndrome	X	X	X	X	X
Bowel Surgery or Resections		X			
Diabetes	(X)	X			
Crohn's Or Colitis	(X)	X			X
Diverticulosis/Diverticulitis		X			
Antibiotic Use (Frequently, or Since Onset Of Symptoms)	X	X			
<b>Heritage</b>	Commonly acquired with no predilection	No pattern	Commonly acquired with no predilection	Common no predilection	Less common overall
Asian	X				
Scandinavian, German, Anglo-Saxon, Italian	(X) X for Italian		(X)		(X)
Middle East + Arabian	(X)				
Africa	X		X		
Native American	X				X
Hispanic	X		(X)		

\*Especially after some foods, but symptoms can be delayed a day or so after specific foods, e.g., **dairy**

\*\* "Leaky gut" symptoms (not a specific illness but often associated with other diseases): Vitamin deficiencies, chronic diarrhea, constipation, bloating, fatigue, skin problems (acne, eczema), joint pain. >> **no specific breath test for this is available but** can have abnormal results on SIBO and lactose intolerance testing. GI specialists needed to sort it out in detail.