



# Food Effect Pulse Help and FAQs

## How does Food Effect Pulse work?

Food Effect Pulse is based on the Coca Pulse test. You simply measure your pulse first thing in the morning to get a baseline and then measure your pulse at 30, 60, and 90 minutes after eating to see if you have an increase in your heart rate. Be sure to limit your activity during the food test. Working quietly at your desk, reading or watching TV during the test is recommended.

You will also take your pulse before your meal just to make sure your pulse is not already elevated due to climbing stairs or just working out.

If your pulse increased more than 16 beats/minute after eating, you MAY have a food sensitivity. [Research](#) indicates that eating offending foods does increase your heart rate.

Note Food Effect Pulse is not a medical device, and you should not be eating foods that you are allergic to. Please consult your Physician if you suspect any food allergies!

## Hardware/Software Requirements:

Food Effect Pulse Requires an iPhone, iPad or iPod touch with iOS version 16.6 or newer.

You can use Food Effect Pulse without any additional hardware by taking your pulse manually. The [Apple Watch](#) and AliveCor [Kardia Mobile 6L](#) are optional and recommended options for easy and accurate heart rate measurements.

## History Screen:

Tapping the History tab at the bottom of the screen will allow you to view previous meal sessions as well as the “Insights” section that keeps track of what you MAY be sensitive to.

**Meals:** Tap Meals to see all the sessions you have run. When you tap on a specific date, you can see any meals tested.



**Insights:** This gives you a list of foods from meals that tested positive for potential food sensitivities. You don't need to go back through all your meals and write things down! Insights takes care of this for you.

**Health:** If enabled, you can see information from you Apple Health app displayed in Food Effect Pulse.