



# YOUR FOOD SENSITIVITY REPORT



YOUR JOURNEY STARTS NOW

## Introduction

Welcome to your Comprehensive Wellness and Sensitivity Test Report. This detailed analysis is designed to provide you with valuable insights into your body's reactions to a wide range of substances, including foods, non-food items, metals, and more. Our goal is to empower you with the knowledge needed to optimize your health and well-being.

Through meticulous testing and analysis, we've identified how your body responds to various elements that you may encounter in your daily life. This report is structured to guide you through each category of testing, from food sensitivities and digestive health to vitamin imbalances and metal sensitivities. For each section, we offer a concise overview, detailed results, and personalized recommendations.

Understanding your body's unique needs is the first step toward achieving a healthier lifestyle. Whether adjustments to your diet, lifestyle changes, or supplements are needed, this report is your roadmap to a more balanced and healthier you.

Please read through each section carefully and consider consulting with a healthcare professional to discuss your results and how best to implement the recommendations provided. Your journey to improved health begins now.

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## Understanding Your Test Results

Each section of your Comprehensive Wellness and Sensitivity Test Report presents findings in a color-coded format to help you easily understand your results at a glance. Here is what each colour signifies:

**Green:** Indicates that the tested items are within a healthy range or show no significant sensitivity. Items marked in green are considered to be in balance, suggesting that your body tolerates these substances well.

**Yellow:** Signifies a mild to moderate sensitivity or imbalance. While not immediately concerning, items in yellow may require attention if symptoms are present or if there is a personal or family history of related issues. These items may warrant further monitoring or moderation in your diet or environment.

**Red:** Highlights items where a potential imbalance or significant sensitivity has been detected. Red indicates that these substances may be contributing to adverse health effects or symptoms you are experiencing.

For each item tested, consider the colour coding as a guide to prioritizing changes in your diet, lifestyle, or environment. It's important to use this information as a starting point for further exploration into your health and well-being, ideally with the guidance of a healthcare provider.

## Understanding the Difference Food Allergy vs Food Intolerance

As you conclude this report, it's essential to recognise the difference between a **food allergy** and **food intolerance**, as this document focuses on food intolerance.

A **food allergy** involves the immune system and can cause a rapid, potentially life-threatening reaction known as anaphylaxis. Allergic reactions can occur even if only a small amount of the allergen is consumed and might involve symptoms like swelling, hives, difficulty breathing, and anaphylaxis. These reactions are typically mediated by IgE antibodies, which the immune system produces in response to what it mistakenly considers a harmful substance.

On the other hand, **food intolerance** is generally less serious and often dose-related; larger quantities of the offending food must be consumed to trigger a reaction. Food intolerances do not involve the immune system in the same way allergies do. Instead, they usually occur due to difficulties digesting certain substances, leading to symptoms such as gastrointestinal discomfort, bloating, and fatigue. Symptoms may take several hours or even days to appear, making it challenging to identify the cause.

This report aims to highlight potential food intolerances to help you understand how certain foods may affect your well-being.

**If you suspect you have a food allergy, or if any items identified in this report cause symptoms indicative of an allergic reaction, please seek advice from a healthcare professional for appropriate testing and guidance.**

## Food & Non-Foods Tested

This section outlines the range of food items and non-food substances we've analysed to identify potential sensitivities or intolerances. Our comprehensive testing helps pinpoint specific triggers that may affect your health and well-being.

### How to read the results

As you review the findings in this section, remember that the colours represent your body's response levels to the tested items. Green signifies that items are well-tolerated and within a healthy range, indicating balance. Yellow suggests mild to moderate sensitivities, warranting caution and possibly further observation or moderation. Red denotes significant sensitivities or imbalances, signalling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

## Food & Non-Foods Tested - Test results

### Food-items

Beans, green	Hemp seeds	Bok choy	Ground Chicken
Waxberry Fruit	Kahlua	Capsicum (Yellow)	Gingerbread
Trout	Pesto, green	Ice cream	Broccoli rabe
White sugar	Soft cheese, Camembert	Hake	Black pepper
Grapes (Red)	Vegetable Cooking oil	Yogurt, Greek	Jambalaya
Buttermilk	Fructose	Rice cake	Squid
Farro	Beetroot	Tofu	Lactose
Chocolate (Dark)	Pear	Mojito	Quail eggs
Smoked mackerel	Dinkel Flour	Artichoke (cooked)	Tea - Chamomile
Martini	Cheese - Cheddar	Plum	Orange
Salsify	Coriander	Abalone Shellfish	Sugar
Lima beans	Coconut flour	Pepper (White)	Mustard seeds
Raspberry	Soy milk	Egg - Yolk	Banana
Tea – Oolong	Melon - Water	Chestnuts	Pastrami ham

- |   |  |  |   |
|---|--|--|---|
| <input checked="" type="radio"/> Papaya                   | <input checked="" type="radio"/> Potato chips            | <input checked="" type="radio"/> Semolina                  | <input checked="" type="radio"/> Almond                           |
| <input checked="" type="radio"/> Sweetbreads              | <input checked="" type="radio"/> Mahi Mahi               | <input type="radio"/> Catfish                              | <input checked="" type="radio"/> Pickled onion                    |
| <input checked="" type="radio"/> Oatmeal                  | <input type="radio"/> Hazelnuts                          | <input checked="" type="radio"/> Blueberry                 | <input checked="" type="radio"/> Ground Beef                      |
| <input checked="" type="radio"/> Watercress               | <input checked="" type="radio"/> Jujube Fruit            | <input checked="" type="radio"/> Capsicum (Red)            | <input checked="" type="radio"/> Ginger                           |
| <input checked="" type="radio"/> Tortilla chips           | <input checked="" type="radio"/> Perogie, Mushroom       | <input checked="" type="radio"/> Hummus                    | <input checked="" type="radio"/> Broccoli                         |
| <input checked="" type="radio"/> Habenero Pepper          | <input checked="" type="radio"/> White rice              | <input checked="" type="radio"/> Haddock                   | <input checked="" type="radio"/> Black Cherry                     |
| <input checked="" type="radio"/> Grapefruit               | <input checked="" type="radio"/> Veal                    | <input checked="" type="radio"/> Jam preserve - Strawberry | <input checked="" type="radio"/> Butter                           |
| <input checked="" type="radio"/> Flour                    | <input checked="" type="radio"/> Yeast (Bakers)          | <input checked="" type="radio"/> Bread, white              | <input checked="" type="radio"/> Escargot                         |
| <input checked="" type="radio"/> Beet greens              | <input checked="" type="radio"/> Tilapia                 | <input checked="" type="radio"/> Kombucha                  | <input type="radio"/> Chocolate                                   |
| <input type="radio"/> Peanuts                             | <input checked="" type="radio"/> Mofongo                 | <input checked="" type="radio"/> Quail                     | <input checked="" type="radio"/> Skate                            |
| <input checked="" type="radio"/> Dill                     | <input checked="" type="radio"/> Apricot                 | <input checked="" type="radio"/> Tarragon                  | <input checked="" type="radio"/> Marmalade                        |
| <input type="radio"/> Cheese - Blue/Stilton               | <input checked="" type="radio"/> Plantain                | <input checked="" type="radio"/> Onion (raw)               | <input checked="" type="radio"/> Salmon                           |
| <input checked="" type="radio"/> Saffron                  | <input checked="" type="radio"/> Cooked Doner kebab meat | <input checked="" type="radio"/> Stroopwafel               | <input checked="" type="radio"/> Lettuce                          |
| <input type="radio"/> Coconut                             | <input checked="" type="radio"/> Pepper (Red)            | <input checked="" type="radio"/> Mustard (English)         | <input checked="" type="radio"/> Rapeseed Oil                     |
| <input checked="" type="radio"/> Sour cream               | <input checked="" type="radio"/> Egg - White             | <input checked="" type="radio"/> Balsamic vinegar          | <input type="radio"/> Tea - Marshmallow                           |
| <input checked="" type="radio"/> Melon - Honeydew         | <input checked="" type="radio"/> Cheese - Wensleydale    | <input type="radio"/> Pasta                                | <input checked="" type="radio"/> Panettone                        |
| <input checked="" type="radio"/> Potato                   | <input checked="" type="radio"/> Seitan                  | <input checked="" type="radio"/> Cream                     | <input checked="" type="radio"/> Allspice (juniper berry/Pimento) |
| <input checked="" type="radio"/> Sweet Potato             | <input type="radio"/> Mackerel                           | <input checked="" type="radio"/> Cashew Nut                | <input checked="" type="radio"/> Pheasant                         |
| <input checked="" type="radio"/> Nutmeg                   | <input checked="" type="radio"/> Rhubarb                 | <input checked="" type="radio"/> Squash                    | <input checked="" type="radio"/> Green Peas                       |
| <input checked="" type="radio"/> Water chestnuts          | <input checked="" type="radio"/> Jollof Rice             | <input checked="" type="radio"/> Capsicum (Green)          | <input checked="" type="radio"/> Gin - Non flavoured              |
| <input type="radio"/> Tomato Puree                        | <input type="radio"/> Perogie, cheese                    | <input checked="" type="radio"/> Horseradish               | <input checked="" type="radio"/> Guava                            |
| <input checked="" type="radio"/> White Pita Bread         | <input checked="" type="radio"/> Gooseberry              | <input type="radio"/> Vanilla Bean                         | <input checked="" type="radio"/> Beans, white                     |
| <input checked="" type="radio"/> Jam preserve - Raspberry | <input checked="" type="radio"/> Bulgur                  | <input type="radio"/> Flaxseeds                            | <input checked="" type="radio"/> Yams                             |
| <input checked="" type="radio"/> Bread, Rye               | <input checked="" type="radio"/> Hawthorn Fruit          | <input checked="" type="radio"/> Blood orange              | <input checked="" type="radio"/> Kohlrabi                         |
| <input checked="" type="radio"/> Chinese Cabbage          | <input type="radio"/> Peanut Butter                      | <input checked="" type="radio"/> Miso Soup                 | <input checked="" type="radio"/> Pumpkin seeds                    |

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|---|---|---|--|
| <input checked="" type="radio"/> Shrimp                       | <input checked="" type="radio"/> Dates                  | <input type="radio"/> Apple cider vinegar           | <input checked="" type="radio"/> Taro                      |
| <input checked="" type="radio"/> Marjoram                     | <input checked="" type="radio"/> Chard                  | <input checked="" type="radio"/> Plaice             | <input checked="" type="radio"/> Onion (cooked)            |
| <input checked="" type="radio"/> Salami                       | <input checked="" type="radio"/> Rye                    | <input checked="" type="radio"/> Condensed Milk     | <input type="radio"/> String beans                         |
| <input checked="" type="radio"/> Bison                        | <input checked="" type="radio"/> Cocoa Powder           | <input checked="" type="radio"/> Pepper (Green)     | <input checked="" type="radio"/> Mustard - French          |
| <input checked="" type="radio"/> Ranch Dressing               | <input checked="" type="radio"/> Sorrel                 | <input type="radio"/> Eel                           | <input checked="" type="radio"/> Bacon                     |
| <input checked="" type="radio"/> Tea – Jasmine                | <input checked="" type="radio"/> Melon - Galia          | <input checked="" type="radio"/> Cheese - Roquefort | <input checked="" type="radio"/> Passionfruit              |
| <input checked="" type="radio"/> Pancake (standard mix)       | <input checked="" type="radio"/> Port                   | <input checked="" type="radio"/> Seaweed            | <input checked="" type="radio"/> Crayfish                  |
| <input checked="" type="radio"/> Alcohol                      | <input type="radio"/> Sweet Corn                        | <input checked="" type="radio"/> Mace               | <input checked="" type="radio"/> Nutella                   |
| <input checked="" type="radio"/> Redcurrant                   | <input checked="" type="radio"/> Spring onion           | <input checked="" type="radio"/> English muffin     | <input checked="" type="radio"/> Thyme                     |
| <input type="radio"/> Walnut                                  | <input checked="" type="radio"/> Jicama                 | <input checked="" type="radio"/> Capers             | <input checked="" type="radio"/> Giblet (Fowl)             |
| <input checked="" type="radio"/> Tomato (sundried)            | <input checked="" type="radio"/> Pate, pork             | <input checked="" type="radio"/> Honey Mustard      | <input checked="" type="radio"/> Gruyere cheese            |
| <input checked="" type="radio"/> Kiwi                         | <input checked="" type="radio"/> Goji Berry             | <input checked="" type="radio"/> Turnip white       | <input checked="" type="radio"/> Rice, long grain (cooked) |
| <input checked="" type="radio"/> Jam preserve - Black Currant | <input checked="" type="radio"/> Buckwheat              | <input checked="" type="radio"/> Fig (fruit)        | <input checked="" type="radio"/> Worcestershire sauce      |
| <input checked="" type="radio"/> Bread, Brown/whole meal      | <input checked="" type="radio"/> Havarti Cheese         | <input checked="" type="radio"/> B-lactoglobulin    | <input checked="" type="radio"/> Green Onion               |
| <input checked="" type="radio"/> Mint                         | <input checked="" type="radio"/> Pumpkin                | <input checked="" type="radio"/> Shiitake mushroom  | <input checked="" type="radio"/> Custard                   |
| <input checked="" type="radio"/> Apple                        | <input checked="" type="radio"/> Tangerine (hybrids)    | <input checked="" type="radio"/> Marinara Sauce     | <input checked="" type="radio"/> Champagne vinegar         |
| <input checked="" type="radio"/> Pistachios nuts              | <input checked="" type="radio"/> Olives (green)         | <input checked="" type="radio"/> Salad Cream        | <input checked="" type="radio"/> Rum                       |
| <input checked="" type="radio"/> Cola Diet (zero sugar)       | <input checked="" type="radio"/> Strawberry             | <input checked="" type="radio"/> Birds Eye Chilli   | <input checked="" type="radio"/> Lentils                   |
| <input checked="" type="radio"/> Cloves                       | <input checked="" type="radio"/> Pepper (Black)         | <input checked="" type="radio"/> Mussel - Green Lip | <input checked="" type="radio"/> Raisin                    |
| <input checked="" type="radio"/> Sorghum                      | <input checked="" type="radio"/> Edamame Beans          | <input checked="" type="radio"/> Avocado            | <input checked="" type="radio"/> Tea - Iced                |
| <input checked="" type="radio"/> Melon - Cantaloupe           | <input checked="" type="radio"/> Cheese - Red Leicester | <input type="radio"/> Pasata                        | <input checked="" type="radio"/> Oyster                    |
| <input type="radio"/> Pork                                    | <input checked="" type="radio"/> Scallops               | <input checked="" type="radio"/> Crackers           | <input type="radio"/> A-lactoglobulin                      |
| <input checked="" type="radio"/> Swede                        | <input checked="" type="radio"/> Macadamia nuts         | <input checked="" type="radio"/> Coffee - Black     | <input checked="" type="radio"/> Nopales                   |
| <input checked="" type="radio"/> Red lentils                  | <input checked="" type="radio"/> Split peas             | <input checked="" type="radio"/> Endive             | <input type="radio"/> Teriyaki sauce                       |

- Kobe Beef
- Cacao
- Honey
- Carrot (cooked)
- Jam preserve - Apricot
- Haricot Beans
- Pumpernickel bread
- Tangerine (classic)
- Olives (black)
- Stevia
- Peking Duck
- Durian Fruit
- Cheese - Mozzarella
- Sausage - Pork
- Lychee
- Spinach
- Chicory
- Gelato
- Ground Turkey
- Goat Cheese
- Brown sugar
- Hamburger
- Anchovy
- Pineapple fruit
- Steel-cut oats
- Pecans
- Chili peppers
- Ghee
- Grouper
- Goat Meat
- Brussel Sprouts
- Black-eyed peas
- Sherry
- Maple syrup
- Sage
- Bilberry
- Mushrooms
- Aubergine
- Parsley
- Crab
- Cod
- Elderberry
- Milk (from cow)
- Pate, duck
- Wheat germ
- Turkey
- Fennel seeds
- Blackcurrant
- Tamarind
- Olive Oil
- Bell Pepper - Yellow
- Monosodium Glutamate
- Peach
- Tomato
- Whisky
- Turmeric
- Fenugreek
- Green Curry Paste
- Curry Powder
- Cesar Dressing
- Rosemary
- Lemon Curd
- Radish
- Tea - Green
- Oxtail soup
- Agave syrup
- Nectarine
- Bay Leaf
- Jerk Chicken
- Hominy Corn
- Kidney beans
- Popcorn, sweet
- Wild rice
- Green Cabbage
- Mangosteen Fruit
- Rosehip
- Lemon
- Radicchio
- Jerk Chicken (Seasoning)
- Pate, mushroom
- Kimchi
- Beans, red
- Beans, black
- Waffle
- Aniseed
- Pinto beans
- Cola (Full Fat)
- Clams
- Sole
- Meatloaf
- Poppy Seed
- Sunflower seeds
- Red Curry Paste
- Tequila
- Cabbage
- Bread - Brioche
- Carrot
- Jalapeño Pepper
- Beer - Ale, Pale, IPA
- Vodka
- Celery
- Coix Seed
- Cinnamon
- Dried cranberries



- Asparagus
- Parmesan Cheese
- Acorn/Winter Squash
- Navy beans
- Basil
- Milk - Goats
- Button Mushroom
- Hoisin Sauce
- Ketchup
- Popcorn, salted
- Beans, yellow
- Jelly UK
- Okra
- Bell Pepper - Red
- Monkey Bread
- Tea - English Breakfast (Black)
- Sardines
- Lobster
- Soybean
- Meringue
- Cumin
- Herring
- Kale
- Pesto, red
- Tea - English Breakfast (with milk)
- Oxtail
- Sunflower Oil
- Red Cherry
- Tempeh
- Prunes
- Gelatin
- Brazil nuts
- Cardamom
- Jack Fruit
- Ham
- Mango
- Rocket
- Leek
- Quinoa
- Matzo
- Cornmeal
- Coconut oil
- Egg Noodles (Cooked)
- Chicken
- Almond flour
- Brandy
- Caraway seeds
- Italian herb seasoning mix
- Mayonaise
- Sauerkraut
- Loquat Fruit
- Spelt
- Mesclun Greens
- Shark
- Zucchini
- Ground Pork
- Gnocchi (cooked Potato)
- Fennel
- Blackberry
- Cayenne pepper
- Starfruit
- Chorizo
- Dried Banana Chips
- Cheese - Gouda
- Acetic Acid
- Pepperoni
- Barley
- Prosciutto ham
- Swordfish
- Ground Lamb
- Gluten
- Brown rice
- Cheese - Grilling/Halloumi
- Courgette
- Coconut sugar
- Eggplant
- Chickpeas
- Curry leaves
- Pate, chicken
- Wheat bran
- Tuna
- Whole wheat flour
- Vermicelli
- Pine Nut
- Coffee - Milk or Cream
- Pecan Nut
- Arugula
- Oregano
- Sunchoke
- Nachos
- Tea - Yerba Mate
- Shallot
- Lentils, yellow
- Wheat
- Trout (Sea)
- Fava beans

- |  |  |  |   |
|--|--|--|---|
| <span style="color: red;">●</span> Whitefish             | <span style="color: green;">●</span> Soft cheese, Brie               | <span style="color: green;">●</span> Halibut           | <span style="color: green;">●</span> Black Pudding            |
| <span style="color: green;">●</span> Grapes (White)      | <span style="color: green;">●</span> Venison                         | <span style="color: green;">●</span> Yogurt, Natural   | <span style="color: green;">●</span> Jasmine Rice             |
| <span style="color: green;">●</span> Butternut squash    | <span style="color: green;">●</span> Garlic                          | <span style="color: green;">●</span> Octopus           | <span style="color: green;">●</span> Star anise               |
| <span style="color: green;">●</span> Bell Pepper - Green | <span style="color: green;">●</span> Lamb                            | <span style="color: orange;">●</span> Chocolate (Milk) | <span style="color: green;">●</span> Peas (petit pois/Garden) |
| <span style="color: green;">●</span> Molasses            | <span style="color: orange;">●</span> Quince                         | <span style="color: red;">●</span> Snow peas           | <span style="color: green;">●</span> Dried apricots           |
| <span style="color: green;">●</span> Artichoke (raw)     | <span style="color: green;">●</span> Tea – Earl Grey                 | <span style="color: orange;">●</span> Marzipan         | <span style="color: orange;">●</span> Cheese - Feta           |
| <span style="color: orange;">●</span> Pollock            | <span style="color: green;">●</span> Orange Juice (from concentrate) | <span style="color: green;">●</span> Pomegranate fruit | <span style="color: green;">●</span> Salt                     |
| <span style="color: green;">●</span> Corn                | <span style="color: green;">●</span> Acai Berry                      | <span style="color: green;">●</span> Sugar snap peas   | <span style="color: green;">●</span> Lime                     |
| <span style="color: orange;">●</span> Coconut milk       | <span style="color: green;">●</span> Peppermint                      | <span style="color: green;">●</span> Naan bread        | <span style="color: green;">●</span> Red Bass                 |
| <span style="color: green;">●</span> Soy sauce           | <span style="color: green;">●</span> Egg (poached/Boiled)            | <span style="color: orange;">●</span> Barbecue sauce   | <span style="color: green;">●</span> Tea – Rooibos            |
| <span style="color: green;">●</span> Melon - Yellow      | <span style="color: orange;">●</span> Chia seeds                     | <span style="color: green;">●</span> Paprika           | <span style="color: green;">●</span> Prawn (inc.King)         |
| <span style="color: green;">●</span> Sesame seeds        | <span style="color: orange;">●</span> Cucumber                       | <span style="color: green;">●</span> Almond butter     | <span style="color: green;">●</span> Swiss chard              |
| <span style="color: green;">●</span> Mandarin            | <span style="color: green;">●</span> Cauliflower                     | <span style="color: green;">●</span> Pilchard          |   |

**Non-food items - Pollen - Test Results**

**Non-food items - Pollen**

- |  |   |   |   |
|--|---|---|---|
| <span style="color: green;">●</span> Maize, pollen         | <span style="color: green;">●</span> Ash, pollen      | <span style="color: green;">●</span> Potato, pollen     | <span style="color: green;">●</span> Wheat, pollen          |
| <span style="color: green;">●</span> Oak, pollen           | <span style="color: orange;">●</span> Juniper, pollen | <span style="color: green;">●</span> Cypress, pollen    | <span style="color: green;">●</span> Poplar, pollen         |
| <span style="color: green;">●</span> Timothy grass, pollen | <span style="color: green;">●</span> Nettle, pollen   | <span style="color: green;">●</span> Holly, pollen      | <span style="color: green;">●</span> Anise, pollen          |
| <span style="color: red;">●</span> Cumin, pollen           | <span style="color: green;">●</span> Plum, pollen     | <span style="color: green;">●</span> Sycamore, pollen   | <span style="color: green;">●</span> Hazel, pollen          |
| <span style="color: green;">●</span> Alder, pollen         | <span style="color: green;">●</span> Cherry, pollen   | <span style="color: green;">●</span> Plane tree, pollen | <span style="color: green;">●</span> Sweet chestnut, pollen |
| <span style="color: green;">●</span> Grass, pollen         | <span style="color: green;">●</span> Mustard, pollen  | <span style="color: green;">●</span> Birch, pollen      | <span style="color: green;">●</span> Pine, pollen           |
| <span style="color: green;">●</span> Sunflower, pollen     | <span style="color: green;">●</span> Fescue, pollen   | <span style="color: green;">●</span> Mulberry, pollen   | <span style="color: orange;">●</span> Beet, pollen          |
| <span style="color: green;">●</span> Peach, pollen         | <span style="color: red;">●</span> Rye, pollen        | <span style="color: green;">●</span> Elm, pollen        | <span style="color: orange;">●</span> Mugwort, pollen       |

- |  |   |  |   |
|--|---|--|---|
| <input checked="" type="checkbox"/> Beech, pollen  | <input checked="" type="checkbox"/> Parsley, pollen | <input checked="" type="checkbox"/> Rose Plant, pollen | <input checked="" type="checkbox"/> Yew, pollen     |
| <input checked="" type="checkbox"/> Maple, pollen  | <input checked="" type="checkbox"/> Barley, pollen  | <input checked="" type="checkbox"/> Elder, pollen      | <input checked="" type="checkbox"/> Ragweed, pollen |
| <input checked="" type="checkbox"/> Willow, pollen | <input checked="" type="checkbox"/> Olive, pollen   |  |   |

## Non-food items - Other - Results

### Food-items

### Non-food items - Other

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Tobacco                             | <input checked="" type="checkbox"/> Rats                               | <input checked="" type="checkbox"/> Oat milk       | <input checked="" type="checkbox"/> Fluoride (in toothpaste) |
| <input checked="" type="checkbox"/> Latex                    | <input checked="" type="checkbox"/> Coffee substitute made from barley | <input checked="" type="checkbox"/> Silk           | <input checked="" type="checkbox"/> Wool                     |
| <input type="checkbox"/> Prosecco                            | <input checked="" type="checkbox"/> Nylon                              | <input type="checkbox"/> Lager                     | <input checked="" type="checkbox"/> Coconut water            |
| <input type="checkbox"/> Pomegranate juice                   | <input checked="" type="checkbox"/> Shaoxing wine                      | <input checked="" type="checkbox"/> Dust mites     | <input checked="" type="checkbox"/> Pisco                    |
| <input checked="" type="checkbox"/> Chlorine (swimming pool) | <input checked="" type="checkbox"/> Sambucca                           | <input checked="" type="checkbox"/> Duck Feathers  | <input checked="" type="checkbox"/> Pineapple juice (Pure)   |
| <input checked="" type="checkbox"/> Household Dust           | <input checked="" type="checkbox"/> Champagne                          | <input type="checkbox"/> Mold spores               | <input checked="" type="checkbox"/> Sake                     |
| <input checked="" type="checkbox"/> Dog dander               | <input checked="" type="checkbox"/> Pineapple juice (concentrate)      | <input checked="" type="checkbox"/> Hemp milk      | <input checked="" type="checkbox"/> Cat dander               |
| <input type="checkbox"/> Lycra                               | <input checked="" type="checkbox"/> Rubber gloves                      | <input type="checkbox"/> Cranberry juice           | <input type="checkbox"/> Perfume                             |
| <input checked="" type="checkbox"/> Hawthorn Tree            | <input checked="" type="checkbox"/> Bleach                             | <input checked="" type="checkbox"/> Lily           | <input checked="" type="checkbox"/> Vermouth                 |
| <input checked="" type="checkbox"/> Rubber                   | <input checked="" type="checkbox"/> Ovaltine                           | <input checked="" type="checkbox"/> Goose Feathers | <input type="checkbox"/> Apple juice                         |
| <input checked="" type="checkbox"/> Lemonade                 | <input type="checkbox"/> Cotton Wool                                   | <input checked="" type="checkbox"/> Velvet         | <input type="checkbox"/> Rice milk                           |
| <input checked="" type="checkbox"/> Orange Juice (pure)      | <input checked="" type="checkbox"/> Gin                                | <input checked="" type="checkbox"/> Almond milk    | <input checked="" type="checkbox"/> Leather                  |
| <input checked="" type="checkbox"/> Cotton (fabric)          |  |  |  |

### **What to do with the results?**

If sensitivities or intolerances are identified, consider eliminating or reducing exposure to these items from your diet or environment. Consultation with a healthcare professional or a dietitian can help you develop a personalized management plan.

### **Supplements**

**Next Steps:** If sensitivities or intolerances are identified, consider eliminating or reducing exposure to these items from your diet or environment. An elimination diet can be helpful to pinpoint the exact cause of symptoms.

**Supplements Suggestion:** Probiotics to support gut health and Quercetin to help stabilize mast cells and reduce allergic reactions.

## Dairy & Gluten Items Tested

Dairy and gluten are common culprits behind food sensitivities and allergies. Here, we detail the specific dairy and gluten-containing items tested to assess your body's reaction to these widespread dietary components.

### How to read the results

As you review the findings in this section, remember that the colours represent your body's response levels to the tested items. Green signifies that items are well-tolerated and within a healthy range, indicating balance. Yellow suggests mild to moderate sensitivities, warranting caution and possibly further observation or moderation. Red denotes significant sensitivities or imbalances, signalling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

## Gluten Items Tested - Your Results

### Food-items

- Buckwheat
- Whole wheat flour
- Wheat germ
- Wheat bran
- Wheat
- Pasta
- Gluten

## Dairy Items Tested - Your Results

### Food-items

- Butter
- Milk (from cow)
- Lactose
- Hoisin Sauce
- Cream
- Sour cream
- Condensed Milk
- Cheese - Red Leicester
- Cheese - Cheddar

## What to do with the results?

Should you show sensitivities to dairy or gluten, exploring dairy-free or gluten-free alternatives can be beneficial. It's important to ensure you still receive essential nutrients, so seeking advice from a nutrition expert is recommended.

## Supplements

*Next Steps:* Should tests reveal sensitivities to dairy or gluten, transitioning to a dairy-free or gluten-free diet may alleviate symptoms. It's essential to find alternative sources of calcium and fiber.

*Supplements Suggestion:* Vitamin D and Calcium for dairy-free diets; Fiber supplements and Vitamin B complex for gluten-free diets

## Vitamin & Mineral Imbalance Test





















Vitamins and minerals are essential for optimal health. This section provides insights into your body's vitamin and mineral levels, identifying any imbalances that could contribute to health issues or dietary deficiencies.

### How to read the results





















As you review the findings in this section, remember that the colours represent your body's response levels to the tested items. Green signifies that items are well-tolerated and within a healthy range, indicating balance. Yellow suggests mild to moderate sensitivities, warranting caution and possibly further observation or moderation. Red denotes significant sensitivities or imbalances, signalling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

## Vitamin & Mineral Imbalance Test - Your Results

### Minerals

 Zinc	 Nickel	 Chromium	 Vanadium
 Molybdenum	 Calcium	 Manganese	 Sulfur
 Magnesium	 Boron	 Sodium	 Iron
 Silicon	 Iodine	 Selenium	 Fluoride
 Potassium	 Copper	 Phosphorus	 Cobalt

### Vitamins

 Vitamin B9 (Folic acid or folate)	 Vitamin A (Retinol)	 Vitamin K (Phylloquinone)	 Vitamin B8 (Inositol)
 Vitamin J (Carnitine)	 Vitamin B17 (Laetrile)	 Vitamin B7 (Biotin)	 Vitamin H (Biotin)
 Vitamin B16 (Choline)	 Vitamin B6 (Pyridoxine)	 Vitamin G (Riboflavin)	 Vitamin B15 (Pangamic acid)
 Vitamin W (Food factor)	 Vitamin B5 (Pantothenic acid)	 Vitamin F (Essential fatty acids)	 Vitamin B13 (Orotic acid)
 Vitamin U (Methylmethionine sulfonium chloride)	 Vitamin B4 (Adenine)	 Vitamin E (Tocopherol)	 Vitamin B12 (Cobalamin)

- Vitamin T (Tocopherol)
- Vitamin D (Calciferol)
- Vitamin B10 (PABA or para-aminobenzoic acid)
- Vitamin P (Bioflavonoids)
- Vitamin B3 (Niacin)
- Vitamin C (Ascorbic acid)
- Vitamin B1 (Thiamine)
- Vitamin M (Folate)
- Vitamin B2 (Riboflavin)

### What to do with the results?

Vitamin and mineral imbalances require tailored dietary adjustments or supplementation.

### Supplements

*Next Steps:* Address any deficiencies by adjusting your diet to include foods rich in the lacking vitamins or minerals. In some cases, supplementation may be necessary.

*Supplements Suggestion:* Multivitamin supplements tailored to your specific deficiencies.



## E-Numbers Test

























E-Numbers represent a system of food additives, identified by unique codes. This part of the report focuses on your sensitivity to various additives, which can be crucial for understanding reactions to processed foods.

### How to read the results

As you review the findings in this section, remember that the colours represent your body's response levels to the tested items. Green signifies that items are well-tolerated and within a healthy range, indicating balance. Yellow suggests mild to moderate sensitivities, warranting caution and possibly further observation or moderation. Red denotes significant sensitivities or imbalances, signalling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

## E-Numbers Test - Your Results

### E-items

 E202 - Potassium sorbate (Preservative)	 E233 - Thiabendazole (Preservative)	 E216 - Propyl p-hydroxybenzoate (Preservative)	 E171 - Titanium dioxide (White food coloring)
 E224 - Potassium metabisulphite (Preservative)	 E403 - Ammon	 E160c - Paprika extract (Red to Orange food coloring)	 E300 - Ascorbic acid (Antioxidant)
 E353 - Metatartaric acid (Acidifier)	 E140 - Chlorophylls and Chlorophyllins (Green food coloring)	 E252 - Potassium nitrate (Preservative)	 E330 - Citric acid (Acidifier)
 E100 - Curcumin (Yellow food coloring)	 E310 - Propyl gallate (Antioxidant)	 E367 - Calcium fumarate (Acidity regulator)	 E151 - Brilliant Black BN (Black food coloring)
 E281 - Sodium propionate (Preservative)	 E338 - Phosphoric acid (Acidifier)	 E123 - Amaranth (Red food coloring)	 E239 - Hexamethylene tetramine (Preservative)
 E492 - Sorbitan tristearate (Emulsifier)	 E200 - Sorbic acid (Preservative)	 E232 - Sodium orthophenyl phenol (Preservative)	 E215 - Sodium ethyl p-hydroxybenzoate (Preservative)

● E475 - Polyglycerol esters of fatty acids (Emulsifier)	● E476 - Polyglycerol polyricinoleate (Emulsifier)	● E170 - Calcium carbonate (White food coloring)	● E223 - Sodium metabisulphite (Preservative)
● E297 - Fumaric acid (Acidifier)	● E352 - Calcium malates (Acidity regulator)	● E133 - Brilliant Blue FCF (Blue food coloring)	● E251 - Sodium nitrate (Preservative)
● E327 - Calcium lactate (Acidity regulator)	● E309 - Delta-tocopherol (Antioxidant)	● E366 - Potassium fumarate (Acidity regulator)	● E150d - Sulphite ammonia caramel (Brown food coloring)
● E280 - Propionic acid (Preservative)	● E337 - Sodium potassium tartrate (Acidity regulator)	● E238 - Calcium formate (Preservative)	● E231 - Orthophenyl phenol (Preservative)
● E214 - Ethyl p-hydroxybenzoate (Preservative)	● E474 - Sucrose esters of fatty acids (Emulsifier)	● E163 - Anthocyanins (Red to Blue food coloring)	● E222 - Sodium hydrogen sulphite (Preservative)
● E491 - Sorbitan monostearate (Emulsifier)	● E181 - Tannic acid (Brown food coloring)	● E296 - Malic acid (Acidifier)	● E351 - Potassium malates (Acidity regulator)
● E132 - Indigo Carmine (Blue food coloring)	● E250 - Sodium nitrite (Preservative)	● E326 - Potassium lactate (Acidity regulator)	● E308 - Gamma-tocopherol (Antioxidant)
● E365 - Sodium fumarate (Acidity regulator)	● E150c - Ammonia caramel (Brown food coloring)	● E336 - Potassium tartrates (Acidity regulator)	● E160a - Carotenes (Yellow to Orange food coloring)
● E213 - Calcium benzoate (Preservative)	● E473 - Sucrose ethoxylate (Emulsifier)	● E436 - Polyoxyethylene sorbitan tristearate (Polysorbate 65) (Emulsifier)	● E221 - Sodium sulphite (Preservative)
● E483 - Stearyl tartrate (Emulsifier)	● E180 - Litholrubine BK (Red food coloring)	● E350 - Sodium malates (Acidity regulator)	● E131 - Patent Blue V (Blue food coloring)
● E249 - Potassium nitrite (Preservative)	● E325 - Sodium lactate (Acidity regulator)	● E161g - Canthaxanthin (Orange food coloring)	● E307 - Alpha-tocopherol (Antioxidant)

- E363 - Succinic acid (Acidifier)
- E319 - Tertiary butylhydroquinone (TBHQ) (Antioxidant)
- E212 - Potassium benzoate (Preservative)
- E220 - Sulphur dioxide (Preservative)
- E129 - Allura Red AC (Red food coloring)
- E357 - Potassium adipate (Acidity regulator)
- E316 - Sodium erythorbate (Antioxidant)
- E211 - Sodium benzoate (Preservative)
- E219 - Sodium methyl p-hydroxybenzoate (Preservative)
- E150b - Caustic sulphite caramel (Brown food coloring)
- E160 Capsorubin
- E472 - Esters of mono- and diglycerides of fatty acids (Emulsifier)
- E482 - Calcium stearoyl-2-lactylate (Emulsifier)
- E243 - Ethyl lauroyl arginate (Preservative)
- E150a - Plain caramel (Brown food coloring)
- E385 - Calcium disodium ethylenediaminetetraacetate (Calcium disodium EDTA) (Chelating agent)
- E471 - Mono- and diglycerides of fatty acids (Emulsifier)
- E481 - Sodium stearoyl-2-lactylate (Emulsifier)
- E335 - Sodium tartrates (Acidity regulator)
- E290 - Carbon dioxide (Propellant)
- E237 - Sodium formate (Preservative)
- E175 - Gold (Gold food coloring)
- E322 - Lecithins (Emulsifier)
- E334 - Tartaric acid (Acidifier)
- E155 Brown
- E236 - Formic acid (Preservative)
- E174 - Silver (Silver food coloring)
- E1105 Lysozyme
- E228 - Potassium hydrogen sulphite (Preservative)
- E435 - Polyoxyethylene sorbitan monostearate (Polysorbate 60) (Emulsifier)
- E343 - Magnesium phosphates (Acidity regulator)
- E161b - Lutein (Yellow food coloring)
- E110 - Sunset Yellow FCF (Yellow food coloring)
- E227 - Calcium hydrogen sulphite (Preservative)
- E434 - Polyoxyethylene sorbitan monopalmitate (Polysorbate 40) (Emulsifier)
- E452 - Polyphosphates (Acidity regulator)

- E128 - Red 2G (Red food coloring)
- E242 - Dimethyl dicarbonate (Preservative)
- E321 - Butylated hydroxytoluene (BHT) (Antioxidant)
- E160f - Ethyl ester of Beta-apo-8-carotenoic acid (Yellow to Orange food coloring)
- E304 - Ascorbyl palmitate (Antioxidant)
- E356 - Sodium adipate (Acidity regulator)
- E142 - Green S (Green food coloring)
- E333 - Calcium citrates (Acidity regulator)
- E104 - Quinoline Yellow (Yellow food coloring)
- E315 - Erythorbic acid (Antioxidant)
- E380 - Triammonium citrate (Acidity regulator)
- E154 Brown Fk
- E284 - Boric acid (Preservative)
- E341 - Calcium phosphates (Acidity regulator)
- E226 - Calcium sulphite (Preservative)
- E210 - Benzoic acid (Preservative)
- E470 - Fatty acid salts (Emulsifier)
- E235 - Natamycin (Preservative)
- E433 - Polyoxyethylene sorbitan monooleate (Polysorbate 80) (Emulsifier)
- E218 - Methyl p-hydroxybenzoate (Preservative)
- E479b - Thermally oxidized soybean oil interacted with mono- and diglycerides of fatty acids (Antioxidant)
- E173 - Aluminum (Silver food coloring)
- E451 - Triphosphates (Acidity regulator)
- E241 - Sodium formate formic acid (Preservative)
- E320 - Butylated hydroxyanisole (BHA) (Antioxidant)
- E160e - Beta-apo-8-carotenal (Yellow to Orange food coloring)
- E302 - Calcium ascorbate (Antioxidant)
- E355 - Adipic acid (Acidifier)
- E1410 Monostarch PhosphatE (modified starch)
- E332 - Potassium citrates (Acidity regulator)
- E102 - Tartrazine (Yellow food coloring)
- E312 - Dodecyl gallate (Antioxidant)
- E153 - Vegetable carbon (Black food coloring)
- E283 - Potassium propionate (Preservative)
- E340 - Potassium phosphates (Acidity regulator)
- E127 - Erythrosine (Red food coloring)
- E203 - Calcium sorbate (Preservative)
- E234 - Nisin (Preservative)
- E432 - Polyoxyethylene sorbitan monolaurate (Polysorbate 20) (Emulsifier)
- E217 - Sodium propyl p-hydroxybenzoate (Preservative)
- E450 - Diphosphates (Acidity regulator)
- E225 - Calcium disulphite (Preservative)
- E160d - Lycopene (Red food coloring)
- E301 - Sodium ascorbate (Antioxidant)

- E354 - Calcium tartrate (Acidity regulator)
- E141 - Copper Complexes of Chlorophylls and Chlorophyllins (Green food coloring)
- E101 - Riboflavin (Yellow food coloring)
- E311 - Octyl gallate (Antioxidant)
- E368 - Ammonium fumarate (Acidity regulator)
- E1518 GlycerinE TriacetatE (triacetin)
- E282 - Calcium propionate (Preservative)
- E240 - Formaldehyde (Preservative)

## How to use the results?

For sensitivities to specific food additives, reading labels and avoiding processed foods containing these E-Numbers is advised. Opting for whole, unprocessed foods can help minimize exposure to these additives.

## Supplements

*Next Steps:* Avoid processed foods containing E-Numbers to which you're sensitive. Opt for whole, unprocessed foods to minimize exposure to these additives.

*Supplements Suggestion:* Activated charcoal can help absorb unwanted substances from the gut if accidental ingestion occurs.

## Metal Sensitivity Test























Exposure to certain metals can lead to sensitivity or allergic reactions. In this section, we explore your body's tolerance to various metals, crucial for addressing environmental or occupational exposures.

### How to read the results

As you review the findings in this section, remember that the colors represent your body's response levels to the tested items. Green signifies that items are well-tolerated and within a healthy range, indicating balance. Yellow suggests mild to moderate sensitivities, warranting caution and possibly further observation or moderation. Red denotes significant sensitivities or imbalances, signaling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

## Metal Sensitivity Test - Results

### Metals

 Lead	 Aluminum	 Solder	 Cadmium
 Zirconium	 Lanthanum	 Silver	 Brass
 Iron	 Platinum	 Boron	 Zinc
 Gold	 Palladium	 Beryllium	 Vanadium
 Gallium	 Niobium	 Barium	 Tungsten
 Copper	 Nickel	 Arsenic	 Titanium
 Mercury	 Antimony	 Tin	 Cobalt
 Lithium	 Amalgam	 Stainless Steel	 Chromium

Identifying metal sensitivities suggests the need to reduce contact with the offending metals. This might involve changes in diet, water sources, dental materials, or occupational and environmental exposures. Consulting with a medical professional can guide appropriate actions.

## Supplements

*Next Steps:* Minimize exposure to identified metals. Consider environmental changes, such as using filtered water systems and choosing metal-free personal care products.

*Supplements Suggestion:* Chlorella and Spirulina can aid in detoxifying metals from the body.

## Typical signs of Leaky gut markers - Your result

**Leaky gut**, also known as increased intestinal permeability, is a condition where the lining of the small intestine becomes damaged, allowing undigested food particles, toxins, and bacteria to "leak" through the intestines into the bloodstream. This can trigger inflammation and changes in the gut flora (microbiota) that may lead to various health issues. Symptoms can include gastrointestinal discomfort, chronic fatigue, skin problems, and food sensitivities. Understanding and addressing leaky gut is crucial for maintaining overall digestive and immune system health.

● D-Lactate

● Fecal Alpha-1 Antitrypsin

● Zonulin



## What to Do with the Results?

If your test results indicate a potential for leaky gut, here are steps you can take towards improving your gut health:

- Consider dietary adjustments to eliminate foods that may exacerbate gut permeability, such as gluten, dairy, processed foods, and sugar.
- Incorporate gut-healing foods into your diet, such as bone broth, fermented vegetables, and foods rich in fiber.
- Manage stress levels as chronic stress can negatively impact your gut health.
- Supplement your diet with specific nutrients that support gut lining repair, such as:
  - **L-glutamine:** An amino acid that is beneficial for repairing and maintaining the health of the intestinal lining.
  - **Omega-3 fatty acids:** Help reduce inflammation in the gut.
  - **Probiotics:** Support a healthy balance of gut bacteria.
  - **Zinc:** Contributes to the integrity of the gut lining.

Remember, improving gut health is a journey that involves consistent care and attention to your diet and lifestyle. It's important to work closely with healthcare providers to monitor your progress and make adjustments as needed.









## Gut Biome Test












A healthy gut microbiome is vital for digestion, immunity, and more. Here, we examine the composition of your gut bacteria, offering insights into your gut health and suggestions for improvement.

### How to read the results

As you review the findings in this section, remember that the colors represent your body's response levels to the tested items. Green signifies that items are well-tolerated and within a healthy range, indicating balance. Yellow suggests mild to moderate sensitivities, warranting caution and possibly further observation or moderation. Red denotes significant sensitivities or imbalances, signalling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

### Gut Biome items

- |   |   |   |  |
|---|---|---|--|
|  Ruminococcus bromii |  Akkermansia muciniphila |  Eubacterium rectale   |  Roseburia intestinalis |
|  Escherichia coli    |  Lactobacillus rhamnosus |  Enterococcus faecalis |  Lactobacillus reuteri  |

- |  |   |  |   |
|--|---|--|---|
|  Clostridium difficile      |  Lactobacillus plantarum |  Clostridium butyricum        |  Lactobacillus acidophilus |
|  Bifidobacterium longum     |  Veillonella parvula     |  Bacteroides thetaiotaomicron |  Klebsiella pneumoniae     |
|  Streptococcus thermophilus |  Bacteroides fragilis    |  Faecalibacterium prausnitzii |   |

## How to use the Results?

An imbalanced gut microbiome may benefit from dietary changes, probiotics, and prebiotics to support healthy bacterial diversity. Consulting with a gut health specialist can help you make informed decisions about interventions.

## Supplements

*Next Steps:* Enhance gut flora diversity with a diet rich in prebiotics and fermented foods. Consider a tailored probiotic supplement based on your specific microbiome needs.

*Supplements Suggestion:* Prebiotic and probiotic supplements to support a healthy gut microbiome balance.

## Digestive Health Test

This section delves into various aspects of your digestive function, from enzyme activity to absorption capabilities. Understanding your digestive health is key to optimizing nutrient uptake and overall well-being.

### How to read the results

As you review the findings in this section, remember that the colors represent your body's response levels to the tested items. Green signifies that items are well-tolerated and within a healthy range, indicating balance. Yellow suggests mild to moderate sensitivities, warranting caution and possibly further observation or moderation. Red denotes significant sensitivities or imbalances, signaling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

## Digestive Health Test - Your results

### Digestive Health

- Amylase
- Trypsin & Chymotrypsin
- Pepsin
- Lipase
- Enterokinase
- Bile Salts

Improvements in digestive health might include dietary modifications, supplementation, or lifestyle changes to enhance gut function. It's crucial to work with a healthcare provider to address specific issues identified in this test, ensuring a comprehensive approach to your digestive health.

### Supplements

*Next Steps:* Incorporate digestive enzymes or hydrochloric acid (HCl) supplements if indicated. Adjust your diet to include gut-soothing and anti-inflammatory foods.

*Supplements Suggestion:* Digestive enzymes to aid in the breakdown and absorption of nutrients; Omega-3 fatty acids for their anti-inflammatory properties.

## Concluding Your Wellness Journey

As you reach the conclusion of your Comprehensive Wellness and Sensitivity Test Report, we hope that you find the insights and recommendations provided both enlightening and actionable. This journey towards understanding your body's unique responses to various substances is a vital step towards achieving optimal health and well-being.

Remember, the results outlined in this report serve as a guide to help you make informed decisions about your diet, lifestyle, and environmental exposures.

Thank you for entrusting us with your wellness journey. Should you have any questions or require further assistance, please do not hesitate to email one of our health experts at [sales@usfoodintolerance.com](mailto:sales@usfoodintolerance.com). Here's to a healthier, more balanced you!