



Dear Your,

Please see below the results of your **Premium Food Intolerance Test**. This test analysed your blood sample for food-specific (IgG) reactions to over 200 food and drink ingredients.

Premium Food Intolerance Test

20-100 HIGH REACTIVITY

12-19 BORDERLINE

0-11 NORMAL REACTIVITY

The results are listed in order of most reactive to least reactive.

Cocoa Bean	70	Coffee	9	Hemp	2
Grape (Pinot Gris/Grigio)	56	Pork	9	Hibiscus	2
Yeast	56	Chia Seed	8	Lentils	2
Lingonberry	54	Lime	8	Melon Mix	2
Aloe Vera	43	Turnip	8	Mulberry	2
Egg Yolk	41	Bean Sprouts	7	Pak Choi (Bok Choy)	2
Cow's Milk	32	Cranberry	6	Pea	2
Hazelnut	31	Mustard Mix	6	Soya Bean	2
Egg White	29	Swede (Rutabaga)	6	Spirulina	2
Carrot	28	Acai Berry	5	Anise Seed	1
Green Tea	25	Apple	5	Barley/Malt Mix	1
Sardines	25	Cherry	5	Beetroot	1
Goat's Milk	22	Cucumber	5	Buckwheat	1
Lamb	21	Gluten (Gliadin)	5	Cloudberry	1
Beef	19	Mushroom	5	Curry Leaves/Curry Powder	1
Crustacean Mix	19	Oily Fish Mix	5	Elderberry/Elderflower Mix	1
Pheasant	18	Plaice/Sole	5	Garlic	1
Bamboo Shoots	16	Avocado	4	Grape (Chardonnay)	1
Nutmeg / Peppercorn	16	Bilberry	4	Grape (Shiraz)	1
Saffron	16	Brazil	4	Grapefruit	1
Turkey	16	Jasmine	4	Kidney Bean	1
Chicken	15	Lemon	4	Linseed	1
Rooibos (Redbush Tea)	15	Lemongrass	4	Peach	1
Wheat	15	Lettuce	4	Rhubarb	1
Sheep's Milk	14	Onion	4	Sesame Seed	1
Chilli Pepper	13	Tapioca	4	String Bean	1
Cola Nut	13	Asparagus	3	Turmeric	1
Goji Berry	13	Celery	3	Walnut	1
Mollusc Mix	12	Coriander / Cumin / Dill	3	Water Chestnut	1
Dandelion/Burdock Mix	11	Juniper	3	Abalone/Cuttlefish	0
Duck	11	Kale	3	Agar Agar	0
Peanut	11	Orange	3	Agave	0
Cardamom/Bay Leaf	10	Salmon/Trout	3	Almond	0
Ginseng (Korean/Siberian Mix)	10	Tomato	3	Anchovy	0
Grape (Red/White Zinfandel Mix)	10	Vanilla	3	Banana	0
Pumpkin	10	Apricot	2	Blackberry	0
Aubergine (Eggplant)	9	Corn (Maize)	2	Blackcurrant	0



Blueberry	0	Haricot Bean	0	Potato	0
Boysenberry	0	Hops	0	Prune	0
Carob	0	Kiwi	0	Quinoa	0
Cashew	0	Lotus Root	0	Rapeseed	0
Cassia	0	Lychee	0	Raspberry	0
Chamomile	0	Mango	0	Rice	0
Chickpea	0	Millet	0	Rocket (Arugula)	0
Cinnamon / Clove	0	Mint Mix	0	Rosehip	0
Coconut	0	Mustard Seed	0	Rye	0
Deer	0	Nettle	0	Spelt	0
Eel	0	Nori Seaweed	0	Spinach	0
Ginger	0	Oat	0	Strawberry	0
Goat	0	Okra	0	Sunflower Seed	0
Grape (Cabernet Sauvignon)	0	Olive	0	Sweet Potato	0
Grape (Chenin Blanc)	0	Papaya	0	Tamarind	0
Grape (Concord)	0	Parsley	0	Tea	0
Grape (Malbec)	0	Parsnip	0	Tuna	0
Grape (Merlot)	0	Pear	0	Vendace	0
Grape (Pinot Noir)	0	Peppers (Capsicum) / Paprika	0	Wheatgrass	0
Grape (Riesling)	0	Pineapple	0	White Fish Mix	0
Grape (Sauvignon Blanc)	0	Plantain	0		
Guarana	0	Pomegranate	0		



HIGH REACTIVITY - indicates you have raised IgG antibody levels to these food(s) and you should try to eliminate them completely from your diet. You may benefit from removing all these foods from your diet.

BORDERLINE - indicates you have a borderline reaction to these foods and may or may not benefit by limiting their consumption.

NORMAL REACTIVITY - these foods can be eaten without restriction, unless you already know that they cause you a reaction and you have been avoiding them, in which case you should continue to do so.

Please note that this is a food intolerance test and not an allergy test. If you suffer classical allergic (IgE) reactions to any of these foods please do not eat them. Your test results are complementary to and not a substitute for the best medical help. The test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic of coeliac disease. The advice given is not intended to replace any recommendations offered by your GP or Healthcare Practitioner, as they will have full details of your medical history.

If your chronic symptoms do not improve significantly over the next few weeks we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.

Please be aware that you may notice some unexpected results from your food and drink intolerance test.

- There are many hidden ingredients in the things that we consume e.g. lychee can be found in sweetened alcoholic drinks, and beetroot is used in many things as a natural colourant. Therefore, you may not consciously be aware of eating some of the items that are flagged as **HIGH REACTIVITY** or **BORDERLINE**, so it is very important to always look at the list of ingredients carefully.
- Please also note that if you have already been successfully excluding certain foods from your diet due to a previously suspected intolerance then that intolerance may not show up on the results.
- There may be cross-reactivity between similar proteins in different foods. If you have a positive result to a food or drink ingredient that you do not normally eat then continue to avoid it.

Many people wish to start re-introducing ingredients into their diet following a period of exclusion. This must be done with care and slowly. Introduce one food or drink ingredient at a time and leave one week between the introduction of that ingredient and the next. If there are no symptoms after a few days then use that ingredient on a four day rotation to maintain increased tolerance. If at any time your symptoms start to return or you start to feel ill DO NOT continue with the re-introduction of that ingredient.

Individual Content of Mixes

Crustacean Mix	Crab / Lobster / Prawn / Shrimp
Melon Mix	Watermelon / Honeydew / Cantaloupe
Mint Mix	Mint / Sage / Basil / Thyme
Mollusc Mix	Mussel / Oyster / Scallop
Mustard Mix	Broccoli / Brussel Sprouts / Cabbage / Cauliflower
Oily Fish Mix	Herring / Mackerel
White Fish Mix	Cod / Haddock