OPTIMUM PLUS+

1150-ITEM

INTOLERANCE AND WELLNESS TEST

- ESSENTIAL FOODS
- NON-FOOD AND ENVIRONMENTAL
- DIGESTIVE HEALTH
- GUT BIOME
- VITAMINS AND MINERALS
- E-NUMBERS
- METAL SENSITIVITES
- HORMONE ANALYSIS

ALLERGYPRO

Name: SAMPLE REPORT
Test ID: 12345

Introduction

Welcome to your Optimum + 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 colour 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.

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 Sensitivities

Food-items Grains

- Amaranth
- Barley
- Barley Flour
- Bread - Sourdough
- Bread - Wholemeal & Brown
- Bread, White Bread
- Brioche
- Buckwheat
- Bulgar Wheat
- Corn Meal
- Dinkel Flour
- Gluten
- Kamut
- Malt
- Matzo
- Millet
- Noodles
- Nutritional yeast
- Oat Flour
- Oats
- Pasta
- Porridge Oats
- Quinoa
- Rice
- Rice Cake
- Rice Flour
- Rice-Brown
- Rye
- Rye Flour
- Seitan
- Semolina
- Spelt
- Sticky Rice
- Tapioca
- Triticale
- Wheat
- Wheat Flour
- Wheat, Whole Grain
- Yeast - Bakers
- Yeast - Brewers

Food-items Dairy

- A-lactalbumin
- B-lactoglobulin
- Brie
- Butter
- Buttermilk
- Camembert
- Casein
- Cheddar Cheese (Cows)
- Colby Cheese
- Condensed Milk
- Cottage Cheese
- Cream
- Cream Cheese
- Egg White
- Egg Yolk
- Evaporated Milk
- Feta
- Gorgonzola
- Gouda
- Greek Yogurt
- Kefir
- Lactose
- Mayonnaise
- Milk Fat
- Milk From Cows
- Milk From Goats
- Milk From Sheep
- Mozzarella (Buffalo)
- Parmesan (Cows)
- Pickled Egg
- Ricotta Cheese
- Roquefort
- Sour Cream
- Sour Milk
- Soybean Milk
- Stilton Cheese
- Swiss Cheese
- Yoghurt

Food-Items Drinks

- Ale
- Almond milk
- Aperol Spritz
- Apple Juice

- Brandy
- Cabernet Sauvignon
- Cashew milk
- Chamomile Tea
- Champagne
- Chardonnay
- Chinese Liquor
- Coconut milk
- Coconut water
- Coffee (Black)
- Cola
- Cranberry Juice
- Dark Rum
- Gin
- Green Coffee Beans
- Hazelnut milk
- Hemp milk
- Lager
- Lemonade
- Lime Blossom Tea
- Malbec
- Merlot
- Oat milk
- Orange Juice
- Ouzo
- Pineapple Juice
- Pinot grigio
- Pinot noir
- Pomegranate Juice
- Prosecco
- Pu er Tea
- Rice milk
- Riesling
- Root Beer
- Rosehip Tea
- Rum
- Sambucca
- Sauvignon blanc
- Sherry
- shiraz
- Tea (Black/Normal, i.e. Not Green)
- Tea (Green)
- Tea – Earl Grey
- Tea – Jasmine
- Tea – marshmallow
- Tea – Oolong
- Tea – Rooibos
- Tea – White
- Tempranillo
- Tequila
- Vermouth
- Vodka
- Whisky
- White Rum
- Zinfandel

Food-Items Oils

- Almond oil
- Avocado oil
- Canola Oil
- Coconut Oil
- Cod Liver Oil
- Evening Primrose Oil
- Olive Oil
- Peanut Oil
- Peppermint Oil
- Rapeseed Oil
- Salmon Oil
- SESAME OIL
- Sunflower Oil
- Vegetable Oil

Food-Items Fruit

- Acai Berry
- Apples
- Apricots
- Avocado
- Balsam Pear
- Bananas
- Bilberries
- Blackberries
- Blueberries
- Carambola (Star Fruit)
- Cherries
- Cranberries
- Currants (Red, Black etc.)
- damson
- Dates
- Dragon Fruit

- Dried All Spice Berries
- Durian Fruit
- Elderberry
- Figs
- Fructose
- Galia Melon
- Goji Berry
- Gooseberries
- Grapes (Red)
- Grapes (White)
- Guava
- Hawthorn Fruit
- Honeydew Melon
- Jack Fruit
- Jujube Fruit
- Kiwis
- Kumquat
- Lemons
- Lime
- Loquat Fruit
- Lychee
- Mandarin
- Mango
- Mangosteen Fruit
- Nectarines
- Oranges
- Papaya
- Passionfruit
- Peaches
- Pears
- Pineapple
- Pink Grapefruit
- Plums
- Pomegranates
- Prunes
- Quince
- Raisins
- Raspberries
- Strawberries
- Watermelon
- Waxberry Fruit
- Yellow Grapefruit

Food-Items Meat

- Bacon
- Beef
- Beef Jerky
- Buffalo
- Chicken
- Chicken Heart
- Chicken Kidney
- Corned Beef (UK)
- Corned Beef (USA)
- Crocodile
- Duck
- Duck Blood
- Duck Intestines
- Goat
- Goose
- Goosefoot
- Hare
- Horse
- Kangaroo
- Lamb
- Lamb Heart
- Lamb Kidney
- Liver (Lamb)
- Liver (Ox)
- Liver (Pig)
- Moose Meat/Elk
- Mutton
- Ostrich
- Ox Heart
- Ox Kidney
- Pastrami
- Pheasant
- Pig Blood Curd (Blood Tofu)
- Pig Heart
- Pig Kidney
- Pork
- Pork Sausage
- Rabbit
- Salami
- Tripe
- Turkey
- Veal
- Venison
- Wild Boar

Food Items Seafood

- Abalone Shellfish
- Anchovy
- Blue Mussels
- Catfish

- Chub Mackerel
- Clams
- Cod
- Crab
- Crayfish
- Cuttle Fish
- Eel
- Green Lipped Mussels
- Haddock
- Hake
- Halibut
- Herring
- Herring (Red)
- Jellyfish
- Laver Seaweed
- Lobster
- Mackerel
- Octopus
- Oyster
- Pilchard
- Plaice
- Pollock
- Prawns
- Red Bass
- Salmon
- Sardine
- Scallops
- Shrimp
- Skate
- Smoked Herring, Bloater
- Sole
- Squid
- Swordfish
- Tilapia
- Trout
- Trout (Brown)
- Trout (Sea)
- Tuna
- Winkles
- Yellow Croaker Fish

Food-items Nuts/Seeds

- Almond
- Beech Nuts
- Brazil Nuts
- Cashew Nuts
- Chia Seeds
- Coconut
- Coix Seed
- Fennel Seed
- Flaxseed
- Ginkgo Nut
- Hazelnuts
- Hemp Seeds
- Jackfruit Seeds
- Kola Nuts
- Macadamia
- Peanuts
- Pecan Nuts
- Pine Nuts
- Pistachio
- Poppy Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Sweet Chestnut
- Walnuts
- Water Chestnuts

Food-items Spices

- Acetic Acid
- Aniseed
- Apple Cider Vinegar
- Balsamic Vinegar
- Basil
- Bay Leaf
- Bean Paste
- Birds Eye Chilli
- Caraway
- Cardamom
- Cayenne Pepper
- Celery salt
- Chilli Pepper
- Chilli Sauce
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry Leaf
- Dill
- Fenugreek
- Five Spice
- Ginger
- Horseradish

- Lobster Sauce
- Mace Herb
- Marjoram
- Mint
- Mustard
- Nutmeg
- Oregano
- Oyster Sauce
- Paprika
- Pepper (Black)
- Pepper (Green)
- Pepper (Red)
- Pepper (White)
- Rice wine Vinegar
- Rosemary
- Sage
- Salt
- Saltbush
- Soy Sauce
- Soybean Paste
- Tahini
- Tamarind
- Tarragon
- Thyme
- Turmeric
- Vanilla Bean
- Vinegar (Clear)
- Vinegar (Malt)

Food-items Sweetners

- Chocolate (Dark)
- Chocolate (Milk)
- Cocoa Powder
- Coconut Sugar
- Confectioners' Sugar
- Guar Guar Gum
- Honey
- Maple Syrup
- Molasses
- Sugar (Beet)
- Sugar, Brown (Natural)
- Sugar, White

Food-items Vegetables

- Asparagus
- Aubergine
- Bamboo Shoots
- Beans (Broad)
- Beans (Green)
- Beans, Lima
- Beetroot
- Broccoli
- Brussel Sprouts
- Button Mushroom
- Cabbage
- Capsicum (Green)
- Capsicum (Red)
- Capsicum (Yellow)
- Carrots
- Cauliflower
- Chestnut Mushroom
- Chickpeas
- Chicory
- Courgette
- Edamame Beans
- Endive
- Fennel
- Garlic
- Habenero Pepper
- Jalapeno Pepper
- Kale
- Kelp Seaweed
- Kidney Beans
- Kohlrabi
- Leek
- Lentils
- Okra
- Onion
- Oyster Mushrooms
- Peas
- Portobello Mushroom
- Potatoes
- Pumpkin
- Rocket
- Runner Beans
- Shitake Mushroom
- Soya Bean
- Spinach
- Swede
- Sweet Corn
- Sweet Potato
- Tofu
- Tomato
- Turnip
- Yams

Food-items Vegetables Raw

- Artichoke
- Bamboo Shoots
- Beans (Broad)
- Beans (Green)
- Beans, Lima
- Broccoli
- Brussel Sprouts
- Butter Lettuce
- Button Mushroom
- Capsicum (Green)
- Capsicum (Red)
- Capsicum (Yellow)
- Cauliflower
- Celery
- Chestnut Mushroom
- Chicory
- Chinese Cabbage
- Courgette
- Cress
- Cucumber
- Edamame Beans
- Endive
- Escarole Lettuce
- Kohlrabi Cabbage
- Leek
- Needle Mushroom
- Olives (Black)
- Olives (Green)
- Onion
- Oyster Mushrooms
- Parsley
- Parsnip
- Portobello Mushroom
- Radish
- Rocket
- Romaine Lettuce
- Shitake Mushroom
- Spinach
- Taro Vegetable
- Tomato
- Watercress
- Wax Gourd

What to Do with Food Intolerance Test Results and How to Follow an Elimination Diet

Understanding Your Test Results

Identify Triggers: Review the test results to identify specific foods or food groups you may be intolerant to. Common triggers include dairy, gluten, soy, eggs, and certain nuts. Recognize Limitations: Food intolerance tests may indicate potential sensitivities but aren't always definitive. Cross-reference results with your symptoms.

Plan Your Elimination Diet: Create a List: Write down foods to eliminate based on your test results. Start with the most likely culprits.
Focus on Nutrient Balance: Ensure you're still getting adequate nutrition by including a variety of tolerated foods. Consult a dietitian if needed. **Elimination Phase (4–6 Weeks)**

Remove Potential Triggers: Avoid all foods and ingredients flagged in your results. Read labels carefully and watch for hidden sources (e.g., gluten in sauces).

Track Symptoms: Maintain a food and symptom diary to monitor changes in digestion, energy levels, or skin health.

Reintroduction Phase

Introduce Foods Gradually: Add one eliminated food back into your diet every 3–7 days. Monitor symptoms for reactions like bloating, headaches, or fatigue. Note Responses: If a reaction occurs, remove the food and try again later or eliminate it long term.

Long-Term Management: Transition to a personalized diet that excludes intolerant foods while incorporating safe alternatives.

Lifestyle Changes: Consider gut health support through probiotics, hydration, and stress management to reduce sensitivities over time. By following this systematic approach, you can identify food triggers, alleviate symptoms, and create a sustainable, nourishing diet.

E-Numbers

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E-Items

- E1103 - Invertase
- E1105 - Lysozyme
- E120 - Cochineal; Carminic acid; Carmines
- E1200 - Polydextrose
- E1201 - Polyvinylpyrrolidone (PVP)
- E1202 - Polyvinylpolypyrrolidone (PVPP)
- E1203 - Polyvinyl alcohol
- E1204 - Pullulan
- E1205 - Basic methacrylate copolymer
- E1206 - Neutral methacrylate copolymer
- E1207 - Anionic methacrylate copolymer
- E1208 - Polyvinylpyrrolidone-vinyl acetate copolymer
- E1209 - Polyvinyl alcohol-polyethylene glycol-graft copolymer; PVA-PEG graft copolymer
- E122 - Azorubine; Carmoisine
- E123 - Amaranth
- E124 - Ponceau 4R; Cochineal Red A
- E127 - Erythrosine
- E128 - Red 2G
- E129 - Allura Red AC
- E131 - Patent Blue V
- E132 - Indigotine; Indigo Carmine
- E133 - Brilliant Blue FCF
- E140 - Chlorophyll and chlorophyllins
- E1400-1414 - Starches
- E1404 - Oxidised starch
- E141 - Copper complexes of chlorophyll and chlorophyllins
- E1410 - Monostarch phosphate
- E1412 - Distarch phosphate
- E1413 - Phosphated distarch phosphate
- E1414 - Acetylated distarch phosphate
- E142 - Green S
- E1420 - Acetylated starch
- E1422 - Acetylated distarch adipate
- E1440 - Hydroxyl propyl starch
- E1442 - Hydroxy propyl distarch phosphate
- E1450 - Starch sodium octenyl succinate
- E1451 - Acetylated oxidised starch
- E1452 - Starch aluminium Octenyl succinate
- E1505 - Triethyl citrate
- E150a - Plain caramel
- E150b - Caustic sulphite caramel
- E150c - Ammonia caramel
- E150d - Sulphite ammonia caramel
- E151 - Brilliant Black BN; Black PN
- E1517 - Glyceryl diacetate; diacetin
- E1518 - Glyceryl triacetate; triacetin
- E1520 - Propan-1,2-diol; propylene glycol
- E1521 - Propan-1,2-diol; propylene glycol
- E153 - Vegetable carbon
- E155 - Brown HT
- E160 a-e - Carotenoids
- E160a - Alpha-, beta, and gamma-carotenes

- E160b - Annatto
- E160c - Paprika extract; Capsanthian; Capsorubin
- E160d - Lycopene
- E160e - Beta-apo-8-carotenal (C30); apocarotenal
- E161b - Lutein
- E161g - Canthaxanthin
- E162 - Betanin (Beetroot Red)
- E163 - Anthocyanins
- E170 - Calcium carbonate (chalk)
- E171 - Titanium dioxide
- E172 - Iron oxides and hydroxides
- E173 - Aluminium
- E174 - Silver
- E175 - Gold
- E180 - Lithol rubine BK
- E200 - Sorbic acid
- E202 - Sorbic acid
- E210 - Benzoic acid
- E211 - Sodium benzoate
- E212 - Potassium benzoate
- E213 - Calcium benzoate
- E214 - Ethyl p-hydroxybenzoate
- E215 - Sodium ethyl p-hydroxybenzoate
- E218 - Methyl p-hydroxybenzoate
- E219 - Sodium methyl p-hydroxybenzoate
- E220 - Sulfur dioxide
- E221 - Sodium sulphite
- E222 - Sodium hydrogen sulphite
- E223 - Sodium metabisulphite
- E224 - Potassium metabisulphite
- E226 - Calcium sulphite
- E227 - Calcium hydrogen sulphite
- E228 - Potassium hydrogen sulphite
- E234 - Nisin
- E235 - Natamycin
- E239 - Hexamethylene tetramine
- E242 - Dimethyl dicarbonate
- E243 - Ethyl lauroyl arginate
- E249 - Potassium nitrite
- E250 - Sodium nitrite
- E251 - Sodium nitrate
- E252 - Potassium nitrate
- E260 - Acetic acid
- E261 - Potassium acetate
- E262 - Sodium acetate
- E263 - Calcium acetate
- E270 - Lactic acid
- E280 - Propionic acid
- E281 - Sodium propionate
- E282 - Calcium propionate
- E283 - Potassium propionate
- E284 - Boric acid
- E285 - Sodium tetraborate; borax
- E290 - Carbon dioxide
- E296 - Malic acid
- E297 - Fumaric acid
- E300 - Ascorbic acid (Vitamin C)
- E301 - Sodium ascorbate
- E302 - Calcium ascorbate
- E304 - Fatty acid esters of ascorbic acid
- E306 - Tocopherol (Vitamin E)
- E307 - Alpha-tocopherol
- E308 - Gamma-tocopherol
- E309 - Delta-tocopherol
- E310 - Propyl gallate
- E315 - Erythorbic acid
- E316 - Sodium erythorbate
- E319 - Tertiary-butyl hydroquinone (TBHQ)

- E320 - Butylated hydroxyanisole (BHA)
- E321 - Butylated hydroxytoluene (BHT)
- E322 - Lecithins
- E325 - Sodium lactate
- E326 - Potassium lactate
- E327 - Calcium lactate
- E330 - Citric acid; lemon salt
- E331 - Sodium citrates
- E332 - Potassium citrates
- E333 - Calcium citrates
- E334 - Tartaric acid (L-(+))
- E335 - Sodium tartrates
- E336 - Potassium tartrates
- E337 - Sodium potassium tartrates
- E338 - Phosphoric acid
- E339 - Sodium phosphates
- E340 - Potassium phosphates
- E341 - Calcium phosphates
- E343 - Magnesium phosphates
- E350 - Sodium malate
- E351 - Potassium malate
- E352 - Calcium malate
- E353 - Metatartaric acid
- E354 - Calcium tartrate
- E355 - Adipic acid
- E356 - Sodium adipate
- E357 - Potassium adipate
- E363 - Succinic acid
- E380 - Triammonium citrate
- E385 - Calcium disodium ethylene diamine tetra-acetate; calcium disodium EDTA
- E392 - Extracts of rosemary
- E400 - Alginic acid
- E401 - Sodium alginate
- E402 - Potassium alginate
- E403 - Ammonium alginate
- E404 - Calcium alginate
- E405 - Propane-1,2-diol alginate; propylene glycol alginate (PGA)
- E406 - Agar
- E407 - Carrageenan (Irish moss)
- E407a - Processed eucheuma seaweed
- E410 - Locust bean gum; carob gum
- E412 - Guar gum (cluster bean gum)
- E413 - Tragacanth
- E414 - Acacia gum; gum arabic
- E415 - Xanthan gum
- E416 - Karaya gum
- E417 - Tara gum
- E418 - Gellan gum
- E420 - Sorbitol
- E421 - Mannitol
- E422 - Glycerol
- E423 - Octenyl succinic acid modified gum arabic
- E425 - Konjac
- E426 - Soybean hemicellulose
- E427 - Cassia gum
- E432 - Polyoxyethylene sorbitan monolaurate; Polysorbate 20
- E433 - Polyoxyethylene sorbitan mono-oleate; Polysorbate 80
- E434 - Polyoxyethylene sorbitan monopalmitate; Polysorbate 40
- E435 - Polyoxyethylene sorbitan monostearate; Polysorbate 60
- E436 - Polyoxyethylene sorbitan tristearate; Polysorbate 65

- E440a - Pectin
- E440b - Amidated pectin
- E442 - Ammonium phosphatide
- E444 - Sucrose acetate isobutyrate
- E445 - Glycerol esters of wood rosins
- E450 - Diphosphates
- E451 - Triphosphates
- E452 - Polyphosphates
- E459 - Beta-cyclodextrin; betadex
- E460 - Cellulose
- E461 - Methyl cellulose
- E462 - Ethyl cellulose
- E463 - Hydroxypropyl cellulose
- E464 - Hydroxypropyl methyl cellulose
- E465 - Ethyl methyl cellulose
- E466 - Carboxymethyl cellulose
- E468 - Crosslinked sodium carboxymethyl cellulose
- E469 - Enzymatically hydrolysed carboxymethyl cellulose
- E470a - Sodium, potassium, and calcium salts of fatty acids
- E470b - Magnesium salts of fatty acids
- E471 - Mono- and diglycerides of fatty acids
- E472a - Acetic acid esters of mono- and diglycerides of fatty acids
- E472b - Lactic acid esters of mono- and diglycerides of fatty acids
- E472c - Citric acid esters of mono- and diglycerides of fatty acids
- E472d - Tartaric acid esters of mono- and diglycerides of fatty acids
- E472e - Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids
- E472f - Mixed acetic and tartaric acid esters of mono- and diglycerides of fatty acids
- E473 - Sucrose esters of fatty acids
- E474 - Sucroglycerides
- E475 - Polyglycerol esters of fatty acids
- E476 - Polyglycerol polyricinoleate
- E477 - Propane-1,2-diol esters of fatty acids
- E479b - Thermally oxidised soya bean oil interacted with mono- and diglycerides of fatty acids
- E481 - Sodium stearoyl-2-lactylate
- E482 - Calcium stearoyl-2-lactylate
- E483 - Stearyl tartrate
- E491 - Sorbitan monostearate
- E492 - Sorbitan tristearate
- E493 - Sorbitan monolaurate
- E494 - Sorbitan monooleate
- E495 - Sorbitan monopalmitate
- E499 - Stigmasterol-rich plant sterols
- E500 - Sodium carbonate
- E501 - Potassium carbonate
- E503 - Ammonium carbonate
- E504 - Magnesium carbonate
- E507 - Hydrochloric acid
- E508 - Potassium chloride
- E509 - Calcium chloride
- E511 - Magnesium chloride
- E512 - Stannous chloride
- E513 - Sulphuric acid
- E514 - Sodium sulphate
- E515 - Potassium sulphate
- E516 - Calcium sulphate
- E517 - Ammonium sulphate

- E520 - Aluminium sulphate
- E521 - Aluminium sodium sulphate
- E522 - Aluminium potassium sulphate
- E523 - Aluminium ammonium sulphate
- E524 - Sodium hydroxide
- E525 - Potassium hydroxide
- E526 - Calcium hydroxide
- E527 - Ammonium hydroxide
- E528 - Magnesium hydroxide
- E529 - Calcium oxide (quicklime)
- E530 - Magnesium oxide
- E535 - Sodium ferrocyanide
- E536 - Potassium ferrocyanide
- E538 - Calcium ferrocyanide
- E541 - Sodium aluminium phosphate
- E551 - Silicon dioxide (Silica)
- E552 - Calcium silicate
- E553a - Magnesium silicate
- E553b - Talc
- E554 - Sodium aluminium silicate
- E555 - Potassium aluminium silicate
- E570 - Fatty acids; stearic acid
- E574 - Gluconic acid
- E575 - Glucono delta-lactone (GDL); gluconolactone
- E576 - Sodium gluconate
- E577 - Potassium gluconate
- E578 - Calcium gluconate
- E579 - Ferrous gluconate
- E585 - Ferrous lactate
- E586 - 4-Hexylresorcinol
- E620 - L-Glutamic acid
- E621 - Monosodium glutamate (MSG)
- E622 - Monopotassium glutamate
- E623 - Calcium glutamate
- E624 - Monoammonium glutamate
- E625 - Magnesium diglutamate
- E626 - Guanylic acid
- E627 - Disodium guanylate
- E628 - Dipotassium guanylate
- E629 - Calcium guanylate
- E630 - Inosinic acid
- E631 - Disodium inosinate
- E632 - Dipotassium inosinate
- E633 - Calcium inosinate
- E634 - Calcium 5-ribonucleotides
- E635 - Sodium-5-ribonucleotide
- E640 - Glycine and its sodium salt
- E641 - L-leucine
- E650 - Zinc acetate
- E666 - Lactitol
- E900 - Dimethylpolysiloxane
- E901 - Beeswax, white and yellow
- E902 - Candelilla wax
- E903 - Carnauba wax
- E904 - Shellac
- E905 - Microcrystalline wax
- E907 - Hydrogenated poly-1-decene
- E914 - Oxidised polyethylene wax
- E920 - L-cysteine
- E927b - Carbamide
- E938 - Argon
- E939 - Helium
- E941 - Nitrogen
- E942 - Nitrous oxide
- E943a - Butane
- E943b - Iso-butane
- E944 - Propane
- E948 - Oxygen
- E949 - Hydrogen
- E950 - Acesulfame K
- E951 - Aspartame
- E952 - Cyclamic acid and its Na and Ca salts

- E953 - Isomalt
- E954 - Saccharin and its Na, K, and Ca salts
- E955 - Sucralose
- E957 - Thaumatin
- E959 - Neohesperidine DC
- E960 - Steviol glycoside
- E961 - Neotame
- E962 - Salt of aspartame-acesulfame
- E964 - Polyglycitol syrup
- E965 - Maltitol
- E967 - Xylitol
- E968 - Erythritol
- E969 - Advantame
- E999 - Quillaia extract

E-Numbers analysis

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 use the results?

For sensitivities to specific food additives, reading labels and avoiding processed foods containing these ENumbers 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.

Non-Food Sensitivities

Non-food items

- Agaric Mushroom
- Alder
- Algae
- Alstromerias
- American Beech
- Anise
- Aspen (Populus Tremula)
- Aspergillus Fumigatus
- Aspergillus Niger
- Aster
- Bee sting
- Bermuda Grass
- Birch Pollen
- Blood Worm
- Bovines
- Box Elder
- Bracken
- Brome Grass
- Buttercup Flower
- Canary Feathers
- Canary Grass
- Carnations
- Castor Bean
- Casuarina Austrian Pine
- Cat Dander
- Cat Serum Albumin
- Cedar
- Chaetomium Globosum
- Chamomile
- Chinchilla
- Chrysanthemum
- Cladosproium Herbarum
- Clover
- Cockroach
- Common Reed
- Common Silver Birch
- Cotton Crop
- Cotton Seed
- Cotton Wool
- Dahlia (Dahlia Hybrida)
- Daisy
- Dandelion
- Daylilly
- Deer Epithelium
- Dog Dander
- Douglas Fir
- Downy Birch (Betula Verrico)
- Dust
- Elder Plant
- Elm
- English Plantain
- Epicoccum Purpurascens
- Eucalyptus
- European Beech
- False Acacia (Robinia Pseudacacia)
- False Oat Grass
- Ficus
- Finch Feathers
- Firebush
- Formaldehyde
- Fox
- Foxtail Millet
- Fungus/Mould (Household)
- Fusarium Moniliforme
- Gardenia
- Gerbil
- Giant Ragweed
- Glaskraut (Parietaria Judaica)
- Goldenrod (Solidago Virgaurea)
- Granary Weevil
- Grey Alder
- Guinea Pigs
- Gum Arabic
- Hamster
- Hawthorn Tree
- Hazel Tree
- Hop (Humulus Lupulus)
- Hornbeam
- Horse Bot Fly
- Horse Chestnut Plant

- Horses
- House Dust
- House Dust Mite
- Hyacinth (Endymion Non Scriptus)
- Italian Cypress Tree
- Japanese Beech
- Japanese Cedar
- Japanese Millet
- Jasmine Plant
- Johnson Grass
- Juniper Bush
- Kammgras (Cynosurus Cristatus)
- Karaya Gum
- Laburnum
- Larch
- Latex
- Laurel
- Leather
- Lemon Verbena
- Lilac (Syringa Vulgaris)
- Linden Tree
- Lisianthus
- Lotus Root
- Lovage
- Lupine (Lupinus Polyphyllus)
- Lycopodium
- Lycra
- Maize Crop
- Maple Tree
- Marguerite (Leucanthemum Vulgare)
- Meadow Fescue (Festuca Pratensis)
- Meadow Fox Tail Grass
- Meadow Grass
- Mealworm
- Melaleuca
- Mesquite
- Mink
- Mistletoe Plant
- Mosquito
- Moth
- Mountain Juniper
- Mouse
- Mugwort
- Mulberry Bush
- Narcissus (Narcissus spp.)
- Nettle
- Nylon
- Oak (Quercus Robur)
- Paloverde
- Paper Wasp Sting
- Parrot Feathers
- Pear Tree
- Penicillium Frequentans
- Penicillium Notatum
- Pepper Tree
- Perennial Ryegrass (Lolium Perenne)
- Pig
- Pigeons
- Pigweed (Chenopodium Album)
- Pine
- Pine, Scottish (Pinus Sylvestris)
- Plantain (Plantago Major)
- Polka Dot Tree
- Poplar Tree
- Primrose (Primulus)
- Privet (Ligustrum spp.)
- Ragweed Plant
- Rapeseed
- Rats
- Ribwort
- Rose Plant
- Rubber
- Rye Grass
- Salt Grass
- Scotch heather
- Seaweed
- Silk
- Snail
- Spruce (Picea Abies)
- Stachybotrys
- Stemphylium Botryosum
- Stinging Nettle
- Storage Mite
- Sunflower

- Sweet Gum
- Sweet Vernal Grass (Anthoxanthum Odoratum)
- Tall Oat Grass (Arrhenaterium Elatius)
- Thistle Plant
- Timothy Grass
- Tobacco
- Tobacco Leaf
- Turkey Feathers
- Ulocladium Chartarum
- Velvet
- Velvet Grass
- Wallflower (Cheranthus Cheiri)
- Walnut Tree
- Wasp Sting
- Water Reed (Phragmites Communis)
- Weeping Fig
- White Ash
- White Pine
- Wild Oat (Avena Fatua)
- Wild Rye Grass
- Willow Tree
- Wool
- Wormwood (Artemisia Absinthium)

Understanding Non-Food Item Sensitivity Results

Sensitivity to non-food items, such as environmental factors, chemicals, or personal care products, can significantly affect your quality of life. If you've undergone testing for sensitivities to non-food items, here's a guide to understanding your results and taking appropriate action.

Interpret Your Test Results

Identify Common Sensitivities: Non-food sensitivities often include triggers like: Environmental allergens: Pollen, dust mites, mold, animal dander. Household irritants: Cleaning products, detergents, or air fresheners. Personal care products: Fragrances, preservatives, or specific chemicals like parabens or sulfates. Metals or materials: Nickel, latex, or certain fabrics. Differentiate Sensitivity from Allergy: Sensitivities cause less severe symptoms (e.g., skin irritation, headaches, or fatigue) compared to allergies, which can trigger immune responses like hives or difficulty breathing.

Common Symptoms of Non-Food Sensitivities

Respiratory Issues: Sneezing, runny nose, or congestion due to environmental irritants like mold or pollen. Skin Reactions: Rashes, redness, or dryness from contact with specific substances, such as soaps or jewelry. Headaches or Fatigue: Triggered by strong fragrances, cleaning chemicals, or poor indoor air quality.

Take Action Based on Your Results

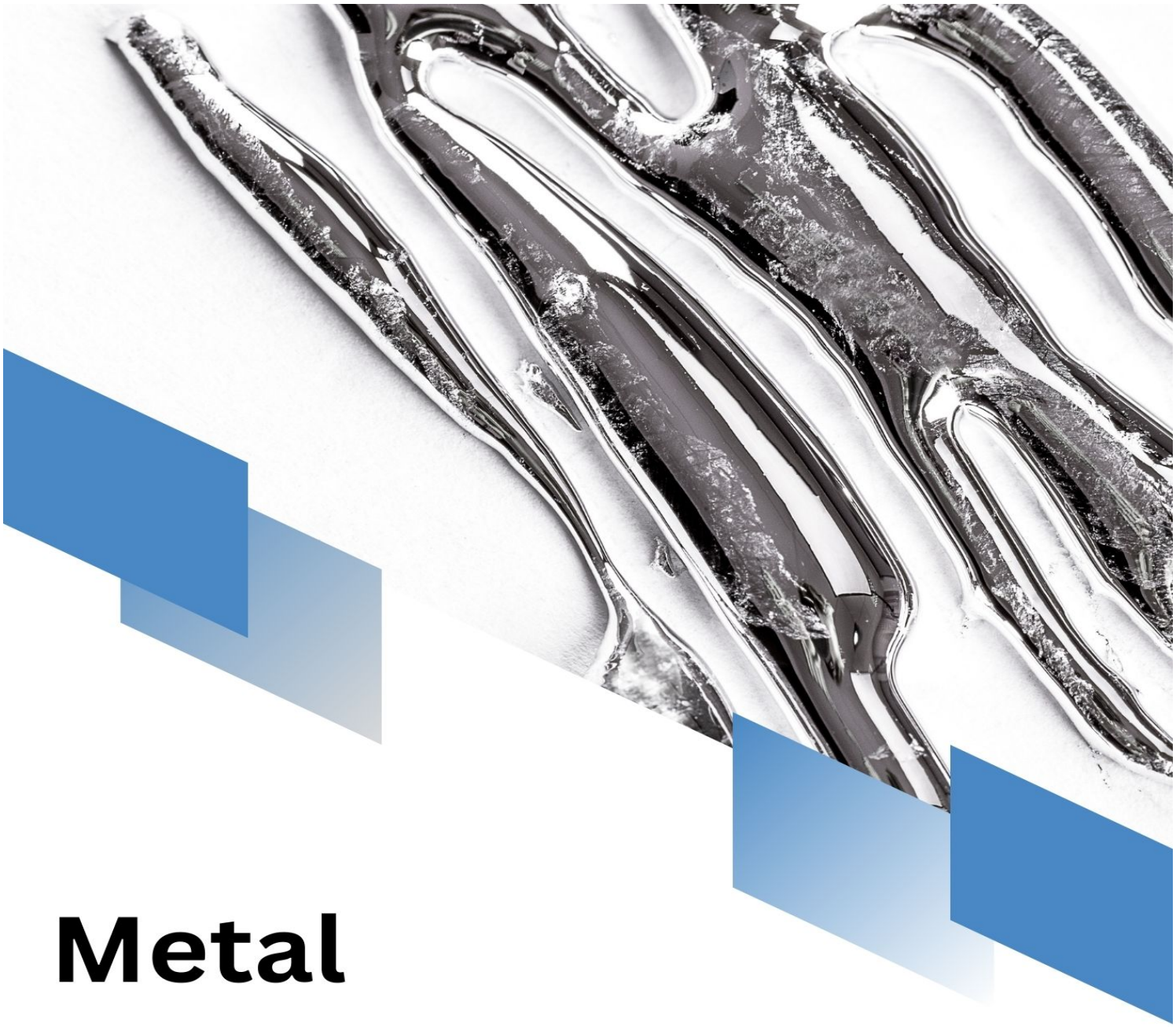
Environmental Triggers: Use air purifiers and vacuum regularly to reduce allergens like dust and pet dander. Control humidity to prevent mold growth. Limit outdoor exposure during high pollen seasons. Household Products: Switch to hypoallergenic, fragrance-free, or natural alternatives for cleaning and laundry. Avoid aerosols or heavily scented products. Personal Care Items: Check labels for known irritants like fragrances, alcohols, or preservatives. Choose dermatologically tested or "free from" products tailored for sensitive skin. Material Sensitivities: Replace nickel-containing jewelry with hypoallergenic metals like titanium or sterling silver. Use latex-free gloves and products if latex is a trigger.

Track and Adjust

Symptom Diary: Keep a record of symptoms and potential exposures to pinpoint problematic items. Gradual Testing: If safe, slowly reintroduce items to confirm sensitivities. For example, switch between different detergents or fragrances to identify specific irritants.

Adopt a Proactive Approach

Minimize Exposure: Reduce contact with identified irritants by modifying your environment and habits. Support Overall Wellness: A strong immune system and healthy skin barrier can reduce sensitivity. Stay hydrated, manage stress, and consider supplementation (e.g., omega-3s or probiotics) if advised. By understanding your non-food sensitivity results and making informed lifestyle adjustments, you can reduce exposure to irritants and improve your overall well-being.



Metal Sensitivities

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Metals

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

How to Interpret Your Metal Sensitivity Results

The results from the hair sample analysis have identified varying levels of sensitivity to certain metals. These sensitivities may contribute to symptoms such as fatigue, skin irritation, headaches, or other inflammatory responses. It is advisable to reduce or avoid exposure to the identified metals where possible, whether through diet, environmental contact, or personal care products. Where relevant, further investigation into sources of exposure—such as cookware, dental materials, water supply, or occupational environments—may be beneficial. Continued monitoring and a detox-supportive lifestyle can assist in reducing the impact of metal sensitivities over time.

Vitamins and Minerals

Vitamins

- Adenine
- Alpha Lipoic Acid
- Anthocyanidins
- Arginine
- Ascorbic Acid
- Asparagine
- Beta-Carotene
- Betaine
- Biotin
- Bromelain
- Carotenoids
- Choline
- Citrus Bio-Flavonoids
- Co Q 10
- Creatin
- Cysteine
- Docosahexaenoic Acid
- Eicosapentaenoic Acid
- Ellagic Acid
- Fibre
- Flavonoids
- Folate
- Folic Acid
- Gallic Acid
- Genistein
- Germanium
- Glutamine
- Glutathione
- Glycine
- Histidine
- Homocysteine
- Inositol
- Iso-Flavonoids
- Isoleucine
- L-Carnitine
- L-Glutamine
- Lecithin
- Leucine
- Lignans
- Lutein
- Lycopene
- Melatonin
- Molybden
- Omega 3
- Omega 6
- Phenylalanine
- Vitamin A
- Vitamin A1
- Vitamin A2
- Vitamin B1
- Vitamin B12
- Vitamin B13
- Vitamin B17
- Vitamin B2
- Vitamin B3
- Vitamin B4
- Vitamin B5
- Vitamin B6
- Vitamin C
- Vitamin D
- Vitamin D2
- Vitamin D3
- Vitamin D4
- Vitamin E
- Vitamin F
- Vitamin K1
- Vitamin K2
- Zeaxanthin

Minerals

- Calcium
- Chromium
- Copper
- fluoride
- Iodine
- Iron
- Magnesium
- Manganese
- phosphorus
- Potassium
- selenium
- Sodium
- Zinc

How to Interpret Your Vitamin and Mineral Sensitivity Results

Understanding sensitivity to vitamins and minerals can help optimize your diet and supplementation strategy. While uncommon, sensitivities or adverse reactions to certain nutrients may occur due to absorption issues, overexposure, or individual genetic differences. Here's how to make sense of your results:

Green suggests a that levels are within range at the time of testing.

Yellow suggests a mild imbalance/**deficit** at the time of testing. Intermediate signalling creates an awareness, allowing time to rebalance if required.

Red denotes a significant imbalance/**deficit** at the time of testing, highlighting a possible need for action. This which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

Identify the Nutrients of Concern

Sensitivity to Excess: Some individuals may also experience symptoms from excessive intake of certain vitamins or minerals, such as nausea from high doses of vitamin C or magnesium. Absorption Issues: Results may indicate poor utilization or intolerance to specific forms of a nutrient (e.g., synthetic folic acid vs. natural folate). Interactions with Other Nutrients: Certain sensitivities may stem from imbalances, such as zinc affecting copper absorption or calcium interfering with iron.

Understand the Symptoms

Common Signs of Sensitivity: Fatigue, headaches, or digestive discomfort from specific vitamin supplements. Skin reactions or flushing, often linked to niacin (vitamin B3). Nausea or stomach upset with minerals like iron or magnesium.

Adjust Your Intake

Food First Approach: Prioritize obtaining vitamins and minerals through whole foods, as they are often better tolerated than synthetic forms. Switch Forms: If a particular supplement form triggers symptoms (e.g., magnesium oxide causing stomach upset), try alternative forms like magnesium glycinate or citrate. Balance Intake: Ensure you're consuming complementary nutrients to avoid imbalances that may exacerbate sensitivity.

Monitor Dosage

Stick to recommended daily allowances (RDAs) for supplements unless directed by a healthcare professional. Avoid mega doses of any single nutrient unless clinically necessary, as excess intake can cause adverse effects.

By carefully interpreting your results and tailoring your diet or supplementation plan, you can ensure your body gets the nutrients it needs without triggering unwanted sensitivities.

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Digestive Health

Digestive Health

- Amylase
- Bile Salts
- Diamine Oxidase
- Enterokinase
- Lipase
- Pepsin
- Trypsin and Chymotrypsin

How to read your Digestive Health 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.

Digestive Health Test - 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 .

Gut-Biome

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Gut-Biome

- Acidophilus Bifidus
- Akkermansia muciniphila
- Bacteroides fragilis
- Bacteroides thetaiotaomicron
- Bifidobacterium bifidum
- Bifidobacterium longum
- Clostridium butyricum
- Escherichia coli
- Eubacterium rectale
- Faecalibacterium prausnitzii
- Lactobacillus acidophilus
- Lactobacillus plantarum
- Lactobacillus reuteri
- Lactobacillus rhamnosus
- Roseburia intestinalis
- Ruminococcus bromii
- Streptococcus Faecium
- Streptococcus thermophilus

How to Interpret Your Gut Biome Sensitivity Results

Gut biome sensitivity results provide insights into how the balance of microorganisms in your digestive system may be affecting your health, particularly in terms of food sensitivities, digestion, and overall well being. Here’s how to understand and act on your results:

Understand Key Findings

Imbalanced Microbiota: Results may highlight an overgrowth of certain bacteria (e.g., Escherichia coli) or insufficient levels of beneficial strains like Lactobacillus or Bifidobacterium. Trigger Foods: Some foods may exacerbate gut imbalances due to poor microbial breakdown, such as FODMAPs (fermentable carbohydrates) or histamine-rich foods. Inflammatory Markers: Elevated levels of certain gut bacteria may be linked to inflammation, which can manifest as bloating, fatigue, or other symptoms.

Relate Results to Symptoms

Digestive Symptoms: Gas, bloating, or diarrhea may correspond to imbalances in bacteria responsible for fermenting carbohydrates or digesting fats. Food Sensitivities: Sensitivities to gluten, dairy, or other foods may indicate impaired gut lining (leaky gut) or specific microbial imbalances. Immune System Health: Low diversity in gut bacteria may contribute to systemic inflammation or heightened sensitivity to certain foods.

Make Dietary Adjustments

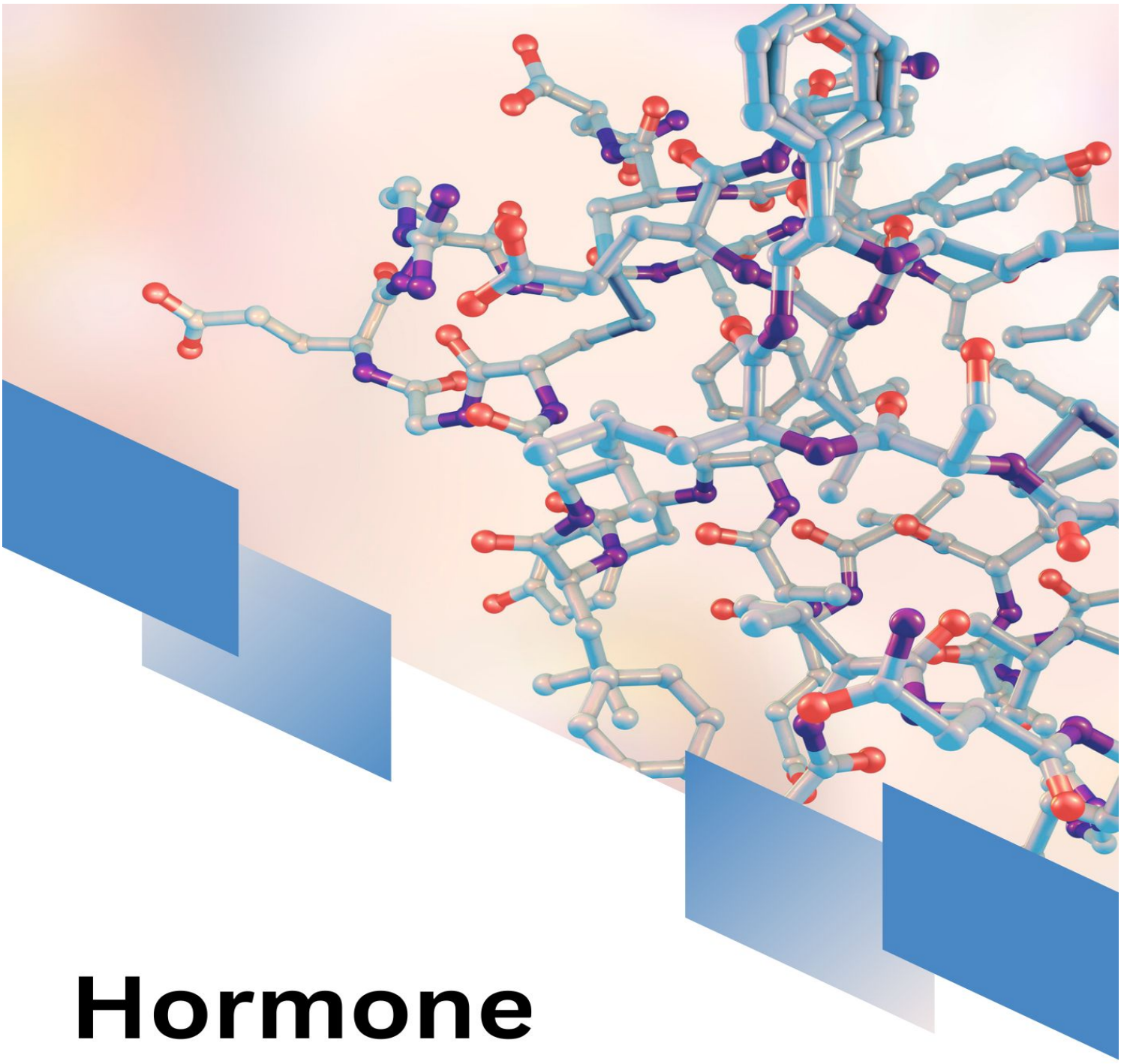
Support Beneficial Strains: Include foods that promote beneficial bacteria, such as prebiotic-rich vegetables (e.g., onions, garlic, asparagus) and fermented foods (e.g., yogurt, sauerkraut, kefir). Avoid Aggravating Foods: Temporarily reduce foods flagged as problematic while working to restore balance, such as those high in FODMAPs, gluten, or refined sugar. Diversify Your Diet: A diverse diet encourages a healthier and more resilient microbiome.

Consider Probiotic or Supplement Support

Take targeted probiotics to replenish specific beneficial bacteria identified as low. Use supplements like digestive enzymes or L-glutamine to support gut lining repair if recommended.

Work Toward Balance

Monitor Changes: Keep a symptom and food diary to track improvements as you adjust your diet and lifestyle. Focus on Gut Health: Stay hydrated, manage stress, and ensure adequate fiber intake, as these are critical for long-term gut balance. By interpreting your gut biome sensitivity results in relation to your symptoms and making strategic adjustments, you can restore balance, improve digestion, and reduce food sensitivities over time.



Hormone Analysis

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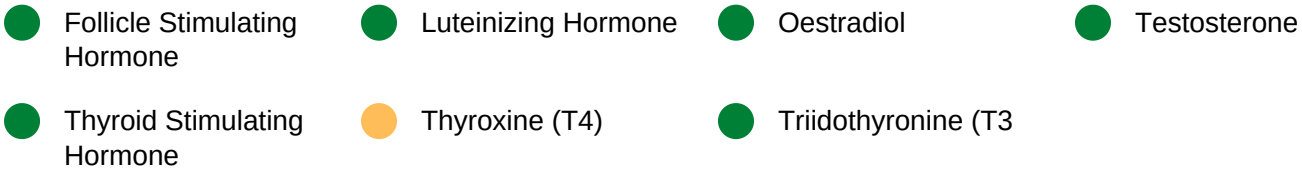
Hormone



Follicle Stimulating Hormone (FSH) - A key hormone in reproductive health, FSH stimulates the growth of ovarian follicles in females and supports sperm production in males.

Luteinizing Hormone (LH) - Works closely with FSH; in females, it triggers ovulation and promotes progesterone production, while in males, it stimulates testosterone production.

Oestradiol (Estradiol) - A primary estrogen hormone responsible for developing and maintaining female reproductive tissues, bone health, and regulating the menstrual cycle

Testosterone - The main male sex hormone (though also present in females), playing a crucial role in muscle growth, bone density, libido, and sperm production.

Thyroid Stimulating Hormone (TSH) - Produced by the pituitary gland, it regulates the thyroid gland's activity, influencing metabolism, energy levels, and overall growth.

Thyroxine (T4) - A thyroid hormone that primarily serves as a precursor to the more active T3 hormone, playing a role in metabolism and energy production.

Triiodothyronine (T3) - The active thyroid hormone that directly affects metabolic rate, heart function, and body temperature regulation.

Conclusion and Next Steps following the Hormone analysis

Thank you for completing your hormone analysis with us. Your results provide valuable insights into your hormonal health, which is an essential part of your overall well-being.
Based on these findings, here are the recommended next steps:

Review Your Results: Carefully go through the details of your hormone analysis. If you have any questions or need clarification, please don't hesitate to reach out.

Implement Suggested Changes: If any lifestyle, dietary, or therapeutic interventions are suggested, take the first steps to incorporate them. We can provide guidance and resources to help you make these adjustments effectively.

Plan Regular Monitoring: Depending on your results, periodic testing may be beneficial to track your progress and make necessary adjustments over time. Your health is our priority, and we're here to support you every step of the way. Please feel free to contact us with any concerns or to schedule your follow-up appointment with your test provider.

Conclusion

The results of this sensitivity test provide comprehensive insights into how the tested substance(s) may affect your body, potentially triggering adverse reactions or discomfort. These findings are a valuable tool for identifying specific sensitivities and guiding decisions about lifestyle changes, dietary adjustments, or environmental modifications to reduce exposure to the identified triggers. By proactively addressing these sensitivities, you can work toward improving your overall well-being and minimizing the risk of ongoing or future symptoms.

Additionally, in some cases, further testing or regular monitoring may be necessary to confirm these findings, identify any other potential sensitivities, or evaluate the effectiveness of the steps taken. Through informed action and professional guidance, this report serves as a foundational step toward better health and symptom management

Our team is on hand to assist at all times.

Please email us at

info@allergypro.co.uk