

## Food Items

These are the items which your sample has shown you will potentially have a reaction to, and therefore are showing a sensitivity. To further help you understand these items, each food item will have an explanation next to it to show you where it can be found.

All items tested are listed in your report, those which have a sensitivity level of over 85% are classed as an intolerance. The reason we report items above this threshold is because 85% is the point at which you would expect to start experiencing possible symptoms.

<b>Almond</b> An edible nut, oval in shape with a woody shell. Often used in cooking / baking	●	99%
<b>Banana</b> A long, curved fruit with edible flesh and yellow skin.	●	91%
<b>Beetroot</b> A dark red, rounded vegetable	●	96%
<b>Blueberry</b> A small sweet fruit. Often blue or black in colour.	●	100%
<b>Cardamom</b> Aromatic seeds from the ginger family - used as a spice in cooking.	●	89%
<b>Cauliflower</b> Edible variety of cabbage. Has a large white head and green leaves.	●	100%
<b>Chestnut Mushroom</b> Similar to the button mushroom, but have a brown top and more flavourful.	●	97%
<b>Chia seeds</b> Chia seeds are tiny black seeds that are taken from the Hispanica plant which is a member of the mint family.	●	91%
<b>Cinnamon</b> Aromatic spice. Used in cooking/baking	●	88%
<b>Clove</b> Used in Indian and Mexican dishes.	●	86%
<b>Coconut</b> Large seed with edible flesh. Used in cooking/ juices/ flavourings.	●	94%
<b>E 120 Cochineal, carminic acid, carmine</b> Red colouring made from the beetle. Found in alcoholic drinks, bakery products and toppings, biscuits, desserts, drinks, icings, pie fillings.	●	85%
<b>E 122 Carmoisine</b> Red food colour - in blancmange, marzipan, Swiss roll, jams and preserves, sweets, brown sauce, flavoured yogurts, packet soups, jellies.	●	86%
<b>E 132 Indigo Carmine</b> Blue food colour. Commonly added to tablets and capsules, it is also used in ice cream, sweets, baked goods, confectionary, biscuits.	●	85%
<b>E 270 Lactic acid</b> Found in many different products; fermented milk products such as sour milk, cheese, and buttermilk. Also used in carbonated drinks, jams, jellies, soft margarine, marmalade, infant milks and cereals, pickled red cabbage, salad dressings, sweets, tartare sauce and many tinned products, such as baby foods, mackerel, pears, sardines, strawberries and tomatoes.	●	92%
<b>E 310 Propyl gallate (Gallate)</b> Used in oils, margarine, lard and salad dressings, sometimes used in packaging.	●	91%
<b>E 352 Calcium malate</b> Used as a thickener and flavouring. Found in Ice cream, fried products, marmalade, etc.	●	88%
<b>E 405 Propylene glycol alginate, Alginate</b> Ice cream, confectionery, dressings, etc.	●	97%



<b>E 415 Xanthan gum</b>	Thickening agent, stabiliser and emulsifier in many different products. Also used in gluten-free baked goods, salad dressing to emulsify oil and vinegar, in cosmetics	●	99%
<b>E 440 Pectin, amidated pectin</b>	Uses include confectionery, high-sugar jellies, jams, preserves, marmalades and acid milk drinks.	●	99%
<b>E 441 - Gelatin</b>	Gelatin has the E number E441, It is in almost every gummy confectionery and also items like marshmallow, ice cream and even low fat yogurt.	●	97%
<b>E 903 Carnauba wax</b>	Used in chewing gum, confectionery, coffee, bakery products	●	93%
<b>E 950 Acesulfame K, Acesulfame</b>	Artificial sweetener.	●	97%
<b>E 965 Maltite, Maltite syrup</b>	Maltitol is a sugar alcohol (a polyol) used as a sugar substitute.	●	95%
<b>Egg white</b>	The clear, viscous substance surrounding the egg yolk. Turns white when cooked.	●	92%
<b>Evaporated Milk</b>	Milk that has been dehydrated.	●	96%
<b>Gluten</b>	Gluten. Present in wheat, rye, and barley.	●	90%
<b>Goat</b>	A domesticated animal. The flesh of this animal can be eaten.	●	90%
<b>Goose</b>	A waterfowl bird in the family Anatidae. The flesh of the bird is widely eaten.	●	87%
<b>Halibut</b>	Northern marine fish, eaten worldwide.	●	90%
<b>Herring</b>	Small, silvery fish. Widely eaten.	●	91%
<b>Iceberg Lettuce</b>	A type of lettuce.	●	87%
<b>Lamb</b>	Flesh of a young sheep.	●	87%
<b>Molasses</b>	Molasses, or black treacle, is a viscous by-product of refining sugarcane or sugar beets into sugar.	●	99%
<b>Oranges - fruit</b>	A citrus fruit. Round with orange skin and edible flesh.	●	93%
<b>Peas</b>	Small, round and green seed. Eaten as a vegetable.	●	86%
<b>Plaice</b>	Large, flat fish. Widely eaten.	●	96%
<b>Red Wine</b>	All red wine made with red grapes.	●	85%
<b>Rum</b>	It is a distilled alcoholic drink made by fermenting then distilling sugarcane molasses or sugarcane juice. The distillate, a clear liquid, is usually aged in oak barrels. A reaction to this does not mean all alcohol.	●	96%
<b>Salt</b>	A mineral commonly used for flavour	●	99%
<b>Sardine</b>	Young pilchard, widely eaten.	●	99%

**Sugar, Brown**

Brown sugar is a sucrose sugar product with a distinctive brown colour due to the presence of molasses.

● 95%

**Tea (Black)**

Black tea made from the tea leaf

● 87%

**Tuna**

A commonly eaten type of fish. a sub group of the mackerel family

● 90%

**White pepper**

Spice made from white peppercorns.

● 89%

**Winkles**

Small edible sea snail.

● 90%



## Non-Food/ Environmental Items

These items are classed as Non-Food Items, meaning they are not typically edible. The non-food items could be causing a reaction by being close to your skin or via inhalation.

All the items tested are listed below, non-food items you have shown a reaction to will show an intolerance level of 85% or above. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

<b>Barley (<i>Hordeum vulgare</i>)</b> A major cultivated cereal grain. Often in beer.	●	86%
<b>Birch</b> A thin leaved, hardwood tree	●	88%
<b>Chamomile (<i>Matricaria chamomilla</i>)</b> Plant, often used for medicinal purposes. Very often used to make a tea.	●	98%
<b>Colonial bent grass (<i>Agrostis tenuis</i>)</b> Grass that grows in moist lands and grasslands.	●	86%
<b>Dead nettle</b> Flowering plant	●	99%
<b>Jasmine (<i>Philadelphus spp.</i>)</b> Plant with white flowers and strong fragrance	●	100%
<b>Lupine (<i>Lupinus polyphyllus</i>)</b> Lupinus polyphyllus is a species of lupine native to western North America from southern Alaska and British Columbia east to Quebec	●	88%
<b>Mosquito</b> Flying insect which bites humans and animals.	●	94%
<b>Mugwort (<i>Artemisia vulgaris</i>)</b> Aromatic plant. Occasionally used in food and beer.	●	93%
<b>Penicillioyl</b> Intolerance to Penicillin. The major allergenic determinant in penicillin allergy.	●	95%
<b>Pine (<i>Pinus spp.</i>)</b> A conifer tree	●	96%
<b>Plane tree (<i>Platanus acerifolia</i>)</b> Tall tree, actually a hybrid tree.	●	97%
<b>Privet (<i>Ligustrum spp.</i>)</b> Heavily scented shrub with poisonous black berries.	●	100%
<b>Stinging nettle (<i>Urtica dioica</i>)</b> A plant, that if touched stings the skin.	●	98%
<b>Sweet vernal grass (<i>Anthoxanthum odoratum</i>)</b> Sweet scented grass. Grown in meadows as hay grass.	●	94%
<b>Tansy ragwort (<i>Senecio jacobaea</i>)</b> Grows in woodlands and dry open places, yellow flowers.	●	93%



## Nutritional Imbalances

Everything listed on your report as 85% or above, has a nutritional imbalance which means that they could be deficient within your system.

You should simply try and add in one or two of the recommended food items to your diet each day. Although it may be easier to use a vitamin supplement, it is always better to get your nutrients from a food source, as this will enter your body much faster. The nutritional information found next to each nutrient is important, as a well-balanced diet along with a healthy lifestyle can boost the immune system and also reduce your intolerance levels.

Please Note: This report is designed to be used in conjunction with your intolerance report; if you have shown an intolerance to a food item listed as a nutritional source, we do not recommend consuming this item and instead advise you opt for one of the alternatives listed.

### Folic acid

Supports numerous areas of the body including bones, teeth, cardiovascular system and the heart. Sources include Avocado, beans, beef, cauliflower, dates, lentils, raspberries and wheat

● 88%

### Genistein

Good sources are beans, lentils and sunflower seeds.

● 87%

### Molybdenum

Sources - Lentils, dried peas, kidney beans, soy beans, pinto beans, black beans, oats, tomato, romaine lettuce, cucumber, celery, barley, eggs, carrot, bell peppers. Signs of deficiency - Headaches, Night blindness. Protects cells and creates energy to help vital organs get rid of waste products

● 99%

### Omega 3

A fatty acid which helps keep blood levels stable and helps ease joint stiffness / pain

● 86%

### Phosphorus

Sources - Cod, sardines, soybeans, pumpkin seeds, tuna, salmon, shrimp, turkey, chicken, beef, tofu, oats, green peas, broccoli, cows milk, spinach Signs of deficiency - Anxiety, Bone pain, Brittle bones, Stiff joints, Irregular breathing, Lack of appetite

● 98%

### Vitamin B5

Sources - Cauliflower, sweet potato, broccoli, beet greens, asparagus, bell peppers, cucumber, celery, avocado, lentils, chicken, turkey, yogurt, salmon. Signs of deficiency - Acne or Blemished skin, Fatigue, Depression, Irritability, Insomnia

● 90%

## Metals Imbalances

The heavy metals showing a level of 85% or above, have shown a sensitivity after being exposed to. The important thing to note is that you do not need to panic, there are a few simple steps to take to manage these results accordingly.

Firstly, look at areas where you could be exposing yourself to these metals. It could be in your work environment, as this is a place that you frequently attend. Secondly, you will also need to look at your diet and see if there are a group of foods that you consume regularly that contain high levels of these particular metals.

If you find that when in close proximity of a particular metal that you begin to experience any symptoms (such as itchiness, swelling, nausea, headaches, etc.), then you will know that it is this particular metal that is causing you to react like this. The more severe the symptoms, the more action you will need to take to reduce your exposure to this metal.

### Copper (Cu)

Because it is such a good conductor of electricity, copper is mostly used in electrical generators and motors.

● 90%

### Lutetium (Lu)

Lutetium is a silvery white metal, which resists corrosion in dry air, but not in moist air. It is commonly used in peptide receptor radionuclide therapy.

● 96%

### Titanium (Ti)

Titanium is as strong as steel but much less dense. Used as an alloying metal.

● 89%



## Gut Biome Test

These are the good bacteria found within your gut microbiome. These bacteria can affect your health, minimise illness and the synthesis of vitamins depending on the different levels. Vitamins are not only obtained through foods, they are also produced in the gut by bacteria.

For any items on this list found at 85% or above, it is recommended you increase the levels through consumption of the items listed, much like the nutritional imbalances on the test above.

### **Bifidobacterium Bifidum**

Used to repair stomach ulcers and helps to stop constipation. Sources: Whole grains like oats and barley. Fermented foods like yoghurt and kimchi.

● 94%

## Hormonal Imbalance

Testing your hair sample can show any hormonal imbalances that are currently present in your body.

These imbalances can be caused by a large number of factors including: stress, overactive/underactive thyroid, poor diet, being overweight, medication, food intolerances, chemotherapy, puberty, menstruation, pregnancy and menopause.

Any items listed here above 85% are showing an imbalance and can be alleviated with natural remedies like: maintaining a healthy body weight, exercise and reducing stress.

You have shown NO anomalies for this section and therefore have no results. The control has passed quality standards to show this is correct.  
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## Digestive Health and Metabolism Analysis

Our bodies are very good at self-regulating the enzymes used in digestion; However, when we are sick or regularly surrounded by food and non-food intolerances, we can become unbalanced. This can affect our metabolism and our weight by causing us to store higher levels of fat or by storing fewer elements, which causes less absorption of vitamins and minerals.

We have tested your sample against a variety of enzymes and proteins to verify levels in your system. Everything shown below as above 85% is currently unbalanced and will adversely affect your digestive health. Exercise, a healthy diet and living in an environment of reduced stress will help you self-regulate again.

### Trypsin & Chymotrypsin

These two are proteolytic enzymes. Their job is to digest protein in the small intestine.



96%