

Assessment Results

Confidential Client Information

Food Sensitivity List

Advanced , Sample Test

Amplification Level: 12

DOB: 01/01/2000

Date: June 11, 2026

Sex: Female

Filter Test / Balancing Item

Additional Ingredients (69)

Guar Gum (FL)

Is a long-chain carbohydrate used to thicken and bind foods. It's widely used in the food industry and can be found in ice cream, salad dressings, sauces, and soups.

Additional Ingredients (62)

Sago (FL)

Sago is a type of starch extracted from tropical palms.

Additional Ingredients (59)

Sulfites (FL)

Used to preserve dried fruits, wine making, and to preserve seafood and other meats.

Alcoholic Beverages (36)

Tequila (FL)

Alcoholic Beverages (58)

Wine - Rose (FL)

Beverages (40)

Black Tea - Decaffeinated (FL)

Cooking Ingredients (68)

Gelatin (FL)

Dairy (60)

Butter - Goat (FL)

Dairy (80)

Milk - Semi Skimmed Cow (FL)

Dairy Panel (58)

1% Cow Milk

Dairy Panel (65)

Calf Rennet

Dairy Panel (60)

Milk Solids

- Dairy Panel (30)
- Ricotta Cheese

- Fish & Seafood (81)
- Mackerel (FL)

- Fish & Seafood (37)
- Salmon (FL)

- Fish & Seafood (65)
- Shrimp (FL)

- Food Additives (group 1) (57)
- BHA Butylated hydroxyanisole

- Food Additives (group 1) (41)
- Diethyl Pyrocarbonate (DEPC)

- Food Additives (group 1) (30)
- Yellow 5

- Food Additives (group 2) (33)
- Gum Tragacanth

- Food Additives (group 2) (86)
- Lactose

- Food Additives (group 2) (74)
- Sulfur Dioxide

- Food Additives (group 3) (65)
- Red 40

- Food Additives (group 4) (60)
- Corn Syrup

- Food Additives (group 4) (68)
- High-Fructose Corn Syrup

- Fruit (65)
- Cherry (FL)

- Fruit (61)
- Prune (FL)

- Grains (21)
- Barley (FL)

Barley is a member of the grass family. It was one of the first cultivated grains, particularly in Eurasia as early as 10,000 years ago. Barley grains are commonly made into malt in a traditional and ancient method of preparation.

- Grains (60)
- Wheat (FL)

- Legumes & Pulses (59)
- Navy Bean (FL)

- Meat & Poultry (38)
- Chicken (FL)

- Meat & Poultry (68)
- Lamb / Mutton (FL)

- Nuts & Seeds (30)
- Brazil Nut (FL)

- Nuts & Seeds (38)
- Macadamia Nut (FL)

- Problematic Nutrients (25)
- Isoflavaones (FL)

Isoflavaones are a type of polyphenolic antinutrient. They can be found in the highest levels in soybeans and might contribute to digestive issues and cause hormonal changes. For this reason, they're classified as phytoestrogens and considered endocrine disruptors (plant-derived compounds with estrogenic activity that might result in harmful changes in hormone levels).

- Problematic Nutrients (57)
- Rice miRNA (FL)

Plants have evolved efficient defense mechanisms to defend themselves from pathogen attacks. MicroRNAs, or miRNAs, are molecules involved in the regulation of gene expression, the transcription of genes into proteins. In the last few years, novel miRNAs from the rice were closely studied. It was found, when rice miRNAs make their way to cells, levels of a receptor that filters out LDL, aka "bad" cholesterol, in the liver go down. As it turned out, the miRNA was binding to the receptor's messenger RNA and preventing it from being expressed, sending receptor levels down and bad-cholesterol levels up.

It is possible that miRNAs may be a new class of functional components in food, like vitamins or minerals as they can manipulate gene expression and have an effect on nutrition.

- Problematic Nutrients (68)
- Salicylates (FL)

Salicylates are natural chemicals made by plants. They are found in fruits and vegetables and help protect plants against disease and insects. Berries, dried fruits, herbs, and spices are especially high on salicylates. Salicylate extracts have been used medicinally for thousands of years. Salicylic acid is a good example and is more commonly known as aspirin. However, salicylates can also cause health problems for some people. Blueberries, apples, avocado, mushrooms, cauliflower, coffee, and pine nuts were especially noted to create sensitivity to salicylates. The sulfotransferase enzyme produced by the body is responsible for the neutralization of salicylates.

- Problematic Nutrients (57)
- Solanine (FL)

Solanine can be found in nightshade vegetables like eggplant, peppers, potatoes, and tomatoes. Although this is a beneficial antinutrient in most cases, in high levels and for those who are sensitive to nightshades, it can cause digestive issues, headaches, and dizziness.

- Spices & Herbs (65)
- Mustard Seed (FL)

- Sugars & Sweeteners (43)
- Aspartame (Nutrasweet) (FL)

- Sugars & Sweeteners (60)
- Brown Sugar (FL)

- Sugars & Sweeteners (65)
- High Fructose Corn Syrup (FL)

- Sugars & Sweeteners (67)
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Rice Syrup (FL)

Vegetables (67)

Avocado (FL)

Vegetables (40)

Chard (FL)

Vegetables (71)

Garlic (FL)

Vegetables (42)

Lettuce - Red Leaf (FL)

Vegetables (75)

Peppers - Red (Nightshade) (FL)

Vegetables (76)

Pumpkin (FL)

Vegetables (85)

Sweet Potato (FL)