

Dear Your,

Please see below the results of your **Food and Environmental Allergy Test**. This test analysed your blood sample for allergy (IgE) reactions to 23 food and 19 environmental allergens.

Results are reported on a scale of 0 to 6, where 6 is the highest score.

**Food and Environmental Allergy Test**

**5-6 HIGH REACTION**      **3-4 MEDIUM REACTION**      **1-2 LOW REACTION**      **0 NO REACTION**

FOOD	CLASS SCORE
Wheat	6
Almond	5
Rice	4
Hazelnut	3
Soy	2
Salmon	1
Apple	1
Peanut	1
Tomato	0
Crab	0
Carrot	0
Shrimp	0
Orange	0
Meat mix (pork, beef, chicken, lamb)	0
Strawberry	0
Cod	0
Milk	0
Egg white	0
Potato	0
Peach	0

ENVIRONMENTAL	CLASS SCORE
Timothy grass	6
Birch	4
Hazelnut pollen	3
Common ragweed	2
Rye	2
Bermuda grass	2
Bahia grass	2
Cladosporium herbarum	1
Ash (European)	1
Mugwort	0
English plantain	0
Cat dander	0
Horse dander	0
Olive	0
Dog dander	0
Cypress	0
House dust mites (D. pteronyssinus and D. farinae)	0
Cockroach	0

**YOU MUST ALWAYS BE CAUTIOUS WHENEVER AN ALLERGIC RESPONSE IS SUSPECTED. IT IS ADVISABLE TO DISCUSS ANY POSITIVE RESULTS WITH YOUR GP OR PHARMACIST.**

Please also refer to advice given below as provided with these results.

The presence of IgE antibodies is only an indication that you may be allergic to a particular substance (allergen). This is not a definitive diagnosis on its own as reactions will only show up on the test if you have been exposed to the particular allergen previously. Results must always be considered in conjunction with clinical symptoms.

If you have been previously advised of an allergy but your Food and Environmental Allergy Test results do not show a positive result you MUST continue to avoid the known cause of the allergy. If you know that you have a bad reaction to a particular food then DO NOT eat it.

An allergy test negative result DOES NOT mean that you are not allergic to the particular food or environmental factor. **POTENTIALLY FATAL ANAPHYLACTIC REACTIONS OF VARYING SEVERITY CAN STILL OCCUR ON EXPOSURE TO ALLERGENS EVEN IF YOU OBTAIN A NEGATIVE RESULT FROM THE TEST.**

You MUST always use caution whenever an allergy is suspected. It is advisable to discuss any results you are concerned about with your GP or Pharmacist