

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

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