

# Your Results



## Comprehensive Report



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Date: 25 September 2020

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Name: Test report

Test ID: 2sa6r-a3

## Introduction

Welcome to your Comprehensive 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 color-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, ideally with the guidance of a healthcare provider.

## 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 & Non-Foods Tested

This section outlines the range of food items and non-food substances we've analysed to identify potential sensitivities or intolerances. Our comprehensive testing helps pinpoint specific triggers that may affect your health and well-being.

### How to read the results

As you review the findings in this section, remember that the colours 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.

### Food & Non-Foods Tested - Test results

 Abalone Shellfish	 Acai Berry	 Acetic Acid	 Acorn/Winter Squash
 Agave syrup	 A-lactoglobulin	 Alcohol	 Allspice (juniper berry/Pimento)
 Almond	 Almond butter	 Almond flour	 Anchovy
 Aniseed	 Apple	 Apple cider vinegar	 Apricot
 Artichoke (cooked)	 Artichoke (raw)	 Arugula	 Asparagus
 Aubergine	 Avocado	 Bacon	 Balsamic vinegar
 Banana	 Barbecue sauce	 Barley	 Basil
 Bay Leaf	 Beans, yellow	 Beer - Ale, Pale, IPA	 Beet greens
 Beetroot	 Bell Pepper - Green	 Bell Pepper - Red	 Bell Pepper - Yellow
 Bilberry	 Birds Eye Chilli	 Bison	 Beans, black
 Black Cherry	 Black pepper	 Black Pudding	 Blackberry
 Blackcurrant	 Black-eyed peas	 B-lactoglobulin	 Blood orange
 Blueberry	 Bok choy	 Brandy	 Brazil nuts
 Bread - Brioche	 Bread, Brown/whole meal	 Bread, Rye	 Bread, white
 Broccoli	 Broccoli rabe	 Brown rice	 Brown sugar

- Brussel Sprouts
- Buttermilk
- Cacao
- Capsicum (Yellow)
- Carrot (cooked)
- Cayenne pepper
- Chard
- Cheese - Gouda
- Cheese - Roquefort
- Chicken
- Chinese Cabbage
- Chorizo
- Cocoa Powder
- Coconut oil
- Coffee - Milk or Cream
- Condensed Milk
- Cornmeal
- Crayfish
- Curry leaves
- Dill
- Dried cranberries
- Egg - White
- Eggplant
- Escargot
- Fennel seeds
- Buckwheat
- Butternut squash
- Capers
- Caraway seeds
- Cashew Nut
- Celery
- Cheese - Blue/Stilton
- Cheese - Grilling/Halloumi
- Cheese - Wensleydale
- Chickpeas
- Chocolate
- Cinnamon
- Coconut
- Coconut sugar
- Coix Seed
- Cooked Doner kebab meat
- Courgette
- Cream
- Curry Powder
- Dinkel Flour
- Durian Fruit
- Egg - Yolk
- Elderberry
- Farro
- Fenugreek
- Bulgur
- Button Mushroom
- Capsicum (Green)
- Cardamom
- Catfish
- Cesar Dressing
- Cheese - Cheddar
- Cheese - Mozzarella
- Chestnuts
- Chicory
- Chocolate (Dark)
- Clams
- Coconut flour
- Cod
- Cola (Full Fat)
- Coriander
- Crab
- Cucumber
- Custard
- Dried apricots
- Edamame Beans
- Egg (poached/Boiled)
- Endive
- Fava beans
- Fig (fruit)
- Butter
- Cabbage
- Capsicum (Red)
- Carrot
- Cauliflower
- Champagne vinegar
- Cheese - Feta
- Cheese - Red Leicester
- Chia seeds
- Chili peppers
- Chocolate (Milk)
- Cloves
- Coconut milk
- Coffee - Black
- Cola Diet (zero sugar)
- Corn
- Crackers
- Cumin
- Dates
- Dried Banana Chips
- Eel
- Egg Noodles (Cooked)
- English muffin
- Fennel
- Flaxseeds

- Flour
- Gelato
- Ginger
- Goat Cheese
- Grapefruit
- Green Cabbage
- Ground Beef
- Ground Turkey
- Habenero Pepper
- Ham
- Hawthorn Fruit
- Hoisin Sauce
- Horseradish
- Jack Fruit
- Jam preserve - Raspberry
- Jelly UK
- Jollof Rice
- Ketchup
- Kobe Beef
- Lamb
- Lentils
- Lime
- Macadamia nuts
- Mandarin
- Marinara Sauce
- Fructose
- Ghee
- Gingerbread
- Goat Meat
- Grapes (Red)
- Green Curry Paste
- Ground Chicken
- Grouper
- Haddock
- Hamburger
- Hazelnuts
- Hominy Corn
- Hummus
- Jalapeño Pepper
- Jam preserve - Strawberry
- Jerk Chicken
- Jujube Fruit
- Kidney beans
- Kohlrabi
- Leek
- Lentils,yellow
- Lobster
- Mace
- Mango
- Marjoram
- Garlic
- Giblet (Fowl)
- Gluten
- Goji Berry
- Grapes (White)
- Green Onion
- Ground Lamb
- Gruyere cheese
- Hake
- Haricot Beans
- Hemp seeds
- Honey
- Ice cream
- Jam preserve - Apricot
- Jambalaya
- Jerk Chicken (Seasoning)
- Kahlua
- Kimchi
- Kombucha
- Lemon
- Lettuce
- Loquat Fruit
- Mackerel
- Mangosteen Fruit
- Marmalade
- Gelatin
- Gin - Non flavoured
- Gnocchi (cooked Potato)
- Gooseberry
- Beans, green
- Green Peas
- Ground Pork
- Guava
- Halibut
- Havarti Cheese
- Herring
- Honey Mustard
- Italian herb seasoning mix
- Jam preserve - Black Currant
- Jasmine Rice
- Jicama
- Kale
- Kiwi
- Lactose
- Lemon Curd
- Lima beans
- Lychee
- Mahi Mahi
- Maple syrup
- Martini

● Marzipan	● Matzo	● Mayonaise	● Meatloaf
● Melon - Cantaloupe	● Melon - Galia	● Melon - Honeydew	● Melon - Water
● Melon - Yellow	● Meringue	● Mesclun Greens	● Milk - Goats
● Milk (from cow)	● Mint	● Miso Soup	● Mofongo
● Mojito	● Molasses	● Monkey Bread	● Monosodium Glutamate
● Mushrooms	● Mussel - Green Lip	● Mustard - French	● Mustard (English)
● Mustard seeds	● Naan bread	● Nachos	● Navy beans
● Nectarine	● Nopales	● Nutella	● Nutmeg
● Oatmeal	● Octopus	● Okra	● Olive Oil
● Olives (black)	● Olives (green)	● Onion (cooked)	● Onion (raw)
● Orange	● Orange Juice (from concentrate)	● Oregano	● Oxtail
● Oxtail soup	● Oyster	● Pancake (standard mix)	● Panettone
● Papaya	● Paprika	● Parmesan Cheese	● Parsley
● Pasata	● Passionfruit	● Pasta	● Pastrami ham
● Pate, chicken	● Pate, duck	● Pate, mushroom	● Pate, pork
● Peach	● Peanut Butter	● Peanuts	● Pear
● Peas (petit pois/Garden)	● Pecan Nut	● Pecans	● Peking Duck
● Pepper (Black)	● Pepper (Green)	● Pepper (Red)	● Pepper (White)
● Peppermint	● Pepperoni	● Perogie, cheese	● Perogie, Mushroom
● Pesto, green	● Pesto, red	● Pheasant	● Pickled onion
● Pilchard	● Pine Nut	● Pineapple fruit	● Pinto beans
● Pistachios nuts	● Plaice	● Plantain	● Plum
● Pollock	● Pomegranate fruit	● Popcorn, salted	● Popcorn, sweet
● Poppy Seed	● Pork	● Port	● Potato
● Potato chips	● Prawn (inc.King)	● Prosciutto ham	● Prunes



- Pumpnickel bread
- Quail eggs
- Radish
- Raspberry
- Red Curry Paste
- Rice cake
- Rosemary
- Sage
- Salsify
- Sausage - Pork
- Semolina
- Sherry
- Smoked mackerel
- Sole
- Soy milk
- Spinach
- Squid
- Stevia
- Sugar
- Sunflower seeds
- Sweetbreads
- Tangerine (classic)
- Tea - Chamomile
- Tea - Green
- Tea - Oolong
- Tequila
- Pumpkin
- Quince
- Raisin
- Red Bass
- Red lentils
- Rice, long grain (cooked)
- Rum
- Salad Cream
- Salt
- Scallops
- Sesame seeds
- Shiitake mushroom
- Snow peas
- Sorghum
- Soy sauce
- Split peas
- Star anise
- Strawberry
- Sugar snap peas
- Swede
- Swiss chard
- Tangerine (hybrids)
- Tea - Earl Grey
- Tea - Iced
- Tea - Rooibos
- Teriyaki sauce
- Pumpkin seeds
- Quinoa
- Ranch Dressing
- Beans, red
- Redcurrant
- Rocket
- Rye
- Salami
- Sardines
- Seaweed
- Shallot
- Shrimp
- Soft cheese, Brie
- Sorrel
- Soybean
- Spring onion
- Starfruit
- String beans
- Sunchokes
- Sweet Corn
- Swordfish
- Taro
- Tea - English Breakfast (Black)
- Tea - Jasmine
- Tea - Yerba Mate
- Thyme
- Quail
- Radicchio
- Rapeseed Oil
- Red Cherry
- Rhubarb
- Rosehip
- Saffron
- Salmon
- Sauerkraut
- Seitan
- Shark
- Skate
- Soft cheese, Camembert
- Sour cream
- Spelt
- Squash
- Steel-cut oats
- Stroopwafel
- Sunflower Oil
- Sweet Potato
- Tamarind
- Tarragon
- Tea - English Breakfast (with milk)
- Tea - Marshmallow
- Tempeh
- Tilapia

- |   |   |  |  |
|---|---|--|--|
| <input checked="" type="radio"/> Tofu           | <input type="radio"/> Tomato                          | <input checked="" type="radio"/> Tomato (sundried) | <input checked="" type="radio"/> Tomato Puree      |
| <input checked="" type="radio"/> Tortilla chips | <input type="radio"/> Trout                           | <input checked="" type="radio"/> Trout (Sea)       | <input checked="" type="radio"/> Tuna              |
| <input checked="" type="radio"/> Turkey         | <input checked="" type="radio"/> Turmeric             | <input checked="" type="radio"/> Turnip white      | <input checked="" type="radio"/> Vanilla Bean      |
| <input checked="" type="radio"/> Veal           | <input type="radio"/> Vegetable Cooking oil           | <input checked="" type="radio"/> Venison           | <input checked="" type="radio"/> Vermicelli        |
| <input checked="" type="radio"/> Vodka          | <input type="radio"/> Waffle                          | <input checked="" type="radio"/> Walnut            | <input checked="" type="radio"/> Water chestnuts   |
| <input checked="" type="radio"/> Watercress     | <input checked="" type="radio"/> Waxberry Fruit       | <input type="radio"/> Wheat                        | <input type="radio"/> Wheat bran                   |
| <input checked="" type="radio"/> Wheat germ     | <input type="radio"/> Whisky                          | <input checked="" type="radio"/> Beans, white      | <input checked="" type="radio"/> White Pita Bread  |
| <input checked="" type="radio"/> White rice     | <input checked="" type="radio"/> White sugar          | <input checked="" type="radio"/> Whitefish         | <input checked="" type="radio"/> Whole wheat flour |
| <input checked="" type="radio"/> Wild rice      | <input checked="" type="radio"/> Worcestershire sauce | <input checked="" type="radio"/> Yams              | <input checked="" type="radio"/> Yeast (Bakers)    |
| <input checked="" type="radio"/> Yogurt, Greek  | <input checked="" type="radio"/> Yogurt, Natural      | <input checked="" type="radio"/> Zucchini          |  |

### Non-food items - Pollen - Test Results

- |   |   |   |  |
|---|---|---|--|
| <input checked="" type="radio"/> Alder, pollen          | <input checked="" type="radio"/> Anise, pollen      | <input checked="" type="radio"/> Ash, pollen    | <input checked="" type="radio"/> Barley, pollen    |
| <input checked="" type="radio"/> Beech, pollen          | <input checked="" type="radio"/> Beet, pollen       | <input type="radio"/> Birch, pollen             | <input checked="" type="radio"/> Cherry, pollen    |
| <input checked="" type="radio"/> Cumin, pollen          | <input checked="" type="radio"/> Cypress, pollen    | <input checked="" type="radio"/> Elder, pollen  | <input checked="" type="radio"/> Elm, pollen       |
| <input type="radio"/> Fescue, pollen                    | <input checked="" type="radio"/> Grass, pollen      | <input checked="" type="radio"/> Hazel, pollen  | <input type="radio"/> Holly, pollen                |
| <input checked="" type="radio"/> Juniper, pollen        | <input type="radio"/> Maize, pollen                 | <input type="radio"/> Maple, pollen             | <input checked="" type="radio"/> Mugwort, pollen   |
| <input checked="" type="radio"/> Mulberry, pollen       | <input checked="" type="radio"/> Mustard, pollen    | <input checked="" type="radio"/> Nettle, pollen | <input checked="" type="radio"/> Oak, pollen       |
| <input checked="" type="radio"/> Olive, pollen          | <input checked="" type="radio"/> Parsley, pollen    | <input type="radio"/> Peach, pollen             | <input checked="" type="radio"/> Pine, pollen      |
| <input checked="" type="radio"/> Plane tree, pollen     | <input checked="" type="radio"/> Plum, pollen       | <input checked="" type="radio"/> Poplar, pollen | <input checked="" type="radio"/> Potato, pollen    |
| <input checked="" type="radio"/> Ragweed, pollen        | <input checked="" type="radio"/> Rose Plant, pollen | <input checked="" type="radio"/> Rye, pollen    | <input checked="" type="radio"/> Sunflower, pollen |
| <input checked="" type="radio"/> Sweet chestnut, pollen | <input type="radio"/> Sycamore, pollen              | <input type="radio"/> Timothy grass, pollen     | <input checked="" type="radio"/> Wheat, pollen     |
| <input checked="" type="radio"/> Willow, pollen         | <input checked="" type="radio"/> Yew, pollen        |   |  |

## Non-food items - Other - Results

- |                                 |                            |                            |                                      |
|---------------------------------|----------------------------|----------------------------|--------------------------------------|
| ● Almond milk                   | ● Apple juice              | ● Bleach                   | ● Cat dander                         |
| ● Champagne                     | ● Chlorine (swimming pool) | ● Coconut water            | ● Coffee substitute made from barley |
| ● Cotton (fabric)               | ● Cotton Wool              | ● Cranberry juice          | ● Dog dander                         |
| ● Duck Feathers                 | ● Dust mites               | ● Fluoride (in toothpaste) | ● Gin                                |
| ● Goose Feathers                | ● Hawthorn Tree            | ● Hemp milk                | ● Household Dust                     |
| ● Lager                         | ● Latex                    | ● Leather                  | ● Lemonade                           |
| ● Lily                          | ● Lycra                    | ● Mold spores              | ● Nylon                              |
| ● Oat milk                      | ● Orange Juice (pure)      | ● Ovaltine                 | ● Perfume                            |
| ● Pineapple juice (concentrate) | ● Pineapple juice (Pure)   | ● Pisco                    | ● Pomegranate juice                  |
| ● Prosecco                      | ● Rats                     | ● Rice milk                | ● Rubber                             |
| ● Rubber gloves                 | ● Sake                     | ● Sambucca                 | ● Shaoxing wine                      |
| ● Silk                          | ● Tobacco                  | ● Velvet                   | ● Vermouth                           |
| ● Wool                          |                            |                            |                                      |

### What to do with the results?

If sensitivities or intolerances are identified, consider eliminating or reducing exposure to these items from your diet or environment. Consultation with a healthcare professional or a dietitian can help you develop a personalized management plan.

### Supplements

Next Steps: If sensitivities or intolerances are identified, consider eliminating or reducing exposure to these items from your diet or environment. An elimination diet can be helpful to pinpoint the exact cause of symptoms.

Supplements Suggestion: Probiotics to support gut health and Quercetin to help stabilize mast cells and reduce allergic reactions.

## Dairy & Gluten Items Tested

Dairy and gluten are common culprits behind food sensitivities and allergies. Here, we detail the specific dairy and gluten-containing items tested to assess your body's reaction to these widespread dietary components.

### How to read the results

As you review the findings in this section, remember that the colours 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.

### Gluten Items Tested - Your Results

- Buckwheat
- Gluten
- Pasta
- Wheat
- Wheat bran
- Wheat germ
- Whole wheat flour

### Dairy Items Tested - Your Results

- Butter
- Cheese - Cheddar
- Cheese - Red Leicester
- Condensed Milk
- Cream
- Hoisin Sauce
- Lactose
- Milk (from cow)
- Sour cream

### What to do with the results?

Should you show sensitivities to dairy or gluten, exploring dairy-free or gluten-free alternatives can be beneficial. It's important to ensure you still receive essential nutrients, so seeking advice from a nutrition expert is recommended.

### Supplements

*Next Steps:* Should tests reveal sensitivities to dairy or gluten, transitioning to a dairy-free or gluten-free diet may alleviate symptoms. It's essential to find alternative sources of calcium and fiber.

*Supplements Suggestion:* Vitamin D and Calcium for dairy-free diets; Fiber supplements and Vitamin B complex for gluten-free diets






























## Vitamin & Mineral Imbalance Test

Vitamins and minerals are essential for optimal health. This section provides insights into your body's vitamin and mineral levels, identifying any imbalances that could contribute to health issues or dietary deficiencies.

### How to read the results

As you review the findings in this section, remember that the colours 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.

### Vitamin & Mineral Imbalance Test - Your Results

- |  |   |  |   |
|--|---|--|---|
|  Vitamin A (Retinol)         |  Vitamin B1 (Thiamine)         |  Vitamin B10 (PABA or para-aminobenzoic acid) |  Vitamin B12 (Cobalamin)                           |
|  Vitamin B13 (Orotic acid) |  Vitamin B15 (Pangamic acid) |  Vitamin B16 (Choline)                      |  Vitamin B17 (Laetrile)                          |
|  Vitamin B2 (Riboflavin)   |  Vitamin B3 (Niacin)         |  Vitamin B4 (Adenine)                       |  Vitamin B5 (Pantothenic acid)                   |
|  Vitamin B6 (Pyridoxine)   |  Vitamin B7 (Biotin)         |  Vitamin B8 (Inositol)                      |  Vitamin B9 (Folic acid or folate)               |
|  Vitamin C (Ascorbic acid) |  Vitamin D (Calciferol)      |  Vitamin E (Tocopherol)                     |  Vitamin F (Essential fatty acids)               |
|  Vitamin G (Riboflavin)    |  Vitamin H (Biotin)          |  Vitamin J (Carnitine)                      |  Vitamin K (Phylloquinone)                       |
|  Vitamin M (Folate)        |  Vitamin P (Bioflavonoids)   |  Vitamin T (Tocopherol)                     |  Vitamin U (Methylmethionine sulfonium chloride) |
|  Vitamin W (Food factor)   |   |  |   |

### **What to do with the results?**

Vitamin and mineral imbalances require tailored dietary adjustments or supplementation. Work with a healthcare provider to understand the best approach to rebalance your levels, taking into account your overall health and dietary needs.

### **Supplements**

*Next Steps:* Address any deficiencies by adjusting your diet to include foods rich in the lacking vitamins or minerals. In some cases, supplementation may be necessary.

*Supplements Suggestion:* Multivitamin supplements tailored to your specific deficiencies.







## E-Numbers Test

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 read the results

As you review the findings in this section, remember that the colours 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.

### E-Numbers Test - Your Results

 E100 - Curcumin (Yellow food coloring)	 E101 - Riboflavin (Yellow food coloring)	 E102 - Tartrazine (Yellow food coloring)	 E104 - Quinoline Yellow (Yellow food coloring)
 E110 - Sunset Yellow FCF (Yellow food coloring)	 E1105 Lysozyme	 E123 - Amaranth (Red food coloring)	 E127 - Erythrosine (Red food coloring)
 E128 - Red 2G (Red food coloring)	 E129 - Allura Red AC (Red food coloring)	 E131 - Patent Blue V (Blue food coloring)	 E132 - Indigo Carmine (Blue food coloring)
 E133 - Brilliant Blue FCF (Blue food coloring)	 E140 - Chlorophylls and Chlorophyllins (Green food coloring)	 E141 - Copper Complexes of Chlorophylls and Chlorophyllins (Green food coloring)	 E1410 Monostarch PhosphatE (modified starch)
 E142 - Green S (Green food coloring)	 E150a - Plain caramel (Brown food coloring)	 E150b - Caustic sulphite caramel (Brown food coloring)	 E150c - Ammonia caramel (Brown food coloring)
 E150d - Sulphite ammonia caramel (Brown food coloring)	 E151 - Brilliant Black BN (Black food coloring)	 E1518 GlycerinE TriacetatE (triacetin)	 E153 - Vegetable carbon (Black food coloring)

- E154 Brown Fk
- E155 Brown
- E160 Capsorubin
- E160a - Carotenes (Yellow to Orange food coloring)
- E160c - Paprika extract (Red to Orange food coloring)
- E160d - Lycopene (Red food coloring)
- E160e - Beta-apo-8-carotenal (Yellow to Orange food coloring)
- E160f - Ethyl ester of Beta-apo-8-carotenoic acid (Yellow to Orange food coloring)
- E161b - Lutein (Yellow food coloring)
- E161g - Canthaxanthin (Orange food coloring)
- E163 - Anthocyanins (Red to Blue food coloring)
- E170 - Calcium carbonate (White food coloring)
- E171 - Titanium dioxide (White food coloring)
- E173 - Aluminum (Silver food coloring)
- E174 - Silver (Silver food coloring)
- E175 - Gold (Gold food coloring)
- E180 - Litholrubine BK (Red food coloring)
- E181 - Tannic acid (Brown food coloring)
- E200 - Sorbic acid (Preservative)
- E202 - Potassium sorbate (Preservative)
- E203 - Calcium sorbate (Preservative)
- E210 - Benzoic acid (Preservative)
- E211 - Sodium benzoate (Preservative)
- E212 - Potassium benzoate (Preservative)
- E213 - Calcium benzoate (Preservative)
- E214 - Ethyl p-hydroxybenzoate (Preservative)
- E215 - Sodium ethyl p-hydroxybenzoate (Preservative)
- E216 - Propyl p-hydroxybenzoate (Preservative)
- E217 - Sodium propyl p-hydroxybenzoate (Preservative)
- E218 - Methyl p-hydroxybenzoate (Preservative)
- E219 - Sodium methyl p-hydroxybenzoate (Preservative)
- E220 - Sulphur dioxide (Preservative)
- E221 - Sodium sulphite (Preservative)
- E222 - Sodium hydrogen sulphite (Preservative)
- E223 - Sodium metabisulphite (Preservative)
- E224 - Potassium metabisulphite (Preservative)
- E225 - Calcium disulphite (Preservative)
- E226 - Calcium sulphite (Preservative)
- E227 - Calcium hydrogen sulphite (Preservative)
- E228 - Potassium hydrogen sulphite (Preservative)



● E231 - Orthophenyl phenol (Preservative)	● E232 - Sodium orthophenyl phenol (Preservative)	● E233 - Thiabendazole (Preservative)	● E234 - Nisin (Preservative)
● E235 - Natamycin (Preservative)	● E236 - Formic acid (Preservative)	● E237 - Sodium formate (Preservative)	● E238 - Calcium formate (Preservative)
● E239 - Hexamethylene tetramine (Preservative)	● E240 - Formaldehyde (Preservative)	● E241 - Sodium formate formic acid (Preservative)	● E242 - Dimethyl dicarbonate (Preservative)
● E243 - Ethyl lauroyl arginate (Preservative)	● E249 - Potassium nitrite (Preservative)	● E250 - Sodium nitrite (Preservative)	● E251 - Sodium nitrate (Preservative)
● E252 - Potassium nitrate (Preservative)	● E280 - Propionic acid (Preservative)	● E281 - Sodium propionate (Preservative)	● E282 - Calcium propionate (Preservative)
● E283 - Potassium propionate (Preservative)	● E284 - Boric acid (Preservative)	● E290 - Carbon dioxide (Propellant)	● E296 - Malic acid (Acidifier)
● E297 - Fumaric acid (Acidifier)	● E300 - Ascorbic acid (Antioxidant)	● E301 - Sodium ascorbate (Antioxidant)	● E302 - Calcium ascorbate (Antioxidant)
● E304 - Ascorbyl palmitate (Antioxidant)	● E307 - Alpha-tocopherol (Antioxidant)	● E308 - Gamma-tocopherol (Antioxidant)	● E309 - Delta-tocopherol (Antioxidant)
● E310 - Propyl gallate (Antioxidant)	● E311 - Octyl gallate (Antioxidant)	● E312 - Dodecyl gallate (Antioxidant)	● E315 - Erythorbic acid (Antioxidant)
● E316 - Sodium erythorbate (Antioxidant)	● E319 - Tertiary butylhydroquinone (TBHQ) (Antioxidant)	● E320 - Butylated hydroxyanisole (BHA) (Antioxidant)	● E321 - Butylated hydroxytoluene (BHT) (Antioxidant)
● E322 - Lecithins (Emulsifier)	● E325 - Sodium lactate (Acidity regulator)	● E326 - Potassium lactate (Acidity regulator)	● E327 - Calcium lactate (Acidity regulator)
● E330 - Citric acid (Acidifier)	● E332 - Potassium citrates (Acidity regulator)	● E333 - Calcium citrates (Acidity regulator)	● E334 - Tartaric acid (Acidifier)
● E335 - Sodium tartrates (Acidity regulator)	● E336 - Potassium tartrates (Acidity regulator)	● E337 - Sodium potassium tartrate (Acidity regulator)	● E338 - Phosphoric acid (Acidifier)

- E340 - Potassium phosphates (Acidity regulator)
- E341 - Calcium phosphates (Acidity regulator)
- E343 - Magnesium phosphates (Acidity regulator)
- E350 - Sodium malates (Acidity regulator)
- E351 - Potassium malates (Acidity regulator)
- E352 - Calcium malates (Acidity regulator)
- E353 - Metatartaric acid (Acidifier)
- E354 - Calcium tartrate (Acidity regulator)
- E355 - Adipic acid (Acidifier)
- E356 - Sodium adipate (Acidity regulator)
- E357 - Potassium adipate (Acidity regulator)
- E363 - Succinic acid (Acidifier)
- E365 - Sodium fumarate (Acidity regulator)
- E366 - Potassium fumarate (Acidity regulator)
- E367 - Calcium fumarate (Acidity regulator)
- E368 - Ammonium fumarate (Acidity regulator)
- E380 - Triammonium citrate (Acidity regulator)
- E385 - Calcium disodium ethylenediaminetetraacetate (Calcium disodium EDTA) (Chelating agent)
- E403 - Ammon
- E432 - Polyoxyethylene sorbitan monolaurate (Polysorbate 20) (Emulsifier)
- E433 - Polyoxyethylene sorbitan monooleate (Polysorbate 80) (Emulsifier)
- E434 - Polyoxyethylene sorbitan monopalmitate (Polysorbate 40) (Emulsifier)
- E435 - Polyoxyethylene sorbitan monostearate (Polysorbate 60) (Emulsifier)
- E436 - Polyoxyethylene sorbitan tristearate (Polysorbate 65) (Emulsifier)
- E450 - Diphosphates (Acidity regulator)
- E451 - Triphosphates (Acidity regulator)
- E452 - Polyphosphates (Acidity regulator)
- E470 - Fatty acid salts (Emulsifier)
- E471 - Mono- and diglycerides of fatty acids (Emulsifier)
- E472 - Esters of mono- and diglycerides of fatty acids (Emulsifier)
- E473 - Sucrose ethoxylate (Emulsifier)
- E474 - Sucrose esters of fatty acids (Emulsifier)
- E475 - Polyglycerol esters of fatty acids (Emulsifier)
- E476 - Polyglycerol polyricinoleate (Emulsifier)
- E479b - Thermally oxidized soybean oil interacted with mono- and diglycerides of fatty acids (Antioxidant)
- E481 - Sodium stearyl-2-lactylate (Emulsifier)
- E482 - Calcium stearyl-2-lactylate (Emulsifier)
- E483 - Stearyl tartrate (Emulsifier)
- E491 - Sorbitan monostearate (Emulsifier)
- E492 - Sorbitan tristearate (Emulsifier)

## How to use the results?

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











## Metal Sensitivity Test

Exposure to certain metals can lead to sensitivity or allergic reactions. In this section, we explore your body's tolerance to various metals, crucial for addressing environmental or occupational exposures.

### How to read the 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, signaling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

### Metal Sensitivity Test - Results

 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

Identifying metal sensitivities suggests the need to reduce contact with the offending metals. This might involve changes in diet, water sources, dental materials, or occupational and environmental exposures. Consulting with a medical professional can guide appropriate actions.

### Supplements

*Next Steps:* Minimize exposure to identified metals. Consider environmental changes, such as using filtered water systems and choosing metal-free personal care products.

*Supplements Suggestion:* Chlorella and Spirulina can aid in detoxifying metals from the body.

## Histamine and leaky gut

Histamine intolerance and leaky gut syndrome can significantly impact your digestive health and overall comfort. This segment assesses your body's response to histamine and evaluates markers indicative of gut permeability.

### How to read the 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, signaling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

### Histamine rich food - Your Results

<span style="color: green;">●</span> Avocado	<span style="color: green;">●</span> Bacon	<span style="color: green;">●</span> Balsamic vinegar	<span style="color: green;">●</span> Barley
<span style="color: green;">●</span> Cheese - Blue/Stilton	<span style="color: green;">●</span> Cheese - Cheddar	<span style="color: orange;">●</span> Chocolate (Dark)	<span style="color: orange;">●</span> Chocolate (Milk)
<span style="color: green;">●</span> Crab	<span style="color: red;">●</span> Crackers	<span style="color: orange;">●</span> Dates	<span style="color: green;">●</span> Eggplant
<span style="color: green;">●</span> Grapefruit	<span style="color: green;">●</span> Ham	<span style="color: green;">●</span> Ketchup	<span style="color: green;">●</span> Kimchi
<span style="color: green;">●</span> Lobster	<span style="color: red;">●</span> Pepperoni	<span style="color: green;">●</span> Salami	<span style="color: green;">●</span> Sauerkraut
<span style="color: green;">●</span> Sesame seeds	<span style="color: green;">●</span> Shrimp	<span style="color: green;">●</span> Smoked mackerel	<span style="color: green;">●</span> Soy sauce
<span style="color: green;">●</span> Spinach	<span style="color: green;">●</span> Tempeh	<span style="color: green;">●</span> Walnut	

### What to do with the results?

Managing histamine levels involves dietary adjustments to avoid high-histamine foods and addressing gut health to improve the gut barrier. Professional guidance from a healthcare provider specializing in gut health is essential to tailor a plan to your needs.

### Supplements

*Next Steps:* For histamine intolerance, reduce high-histamine foods in your diet. For leaky gut, focus on gut-healing foods and possibly a gut restoration protocol

*Supplements Suggestion:* For histamine intolerance, DAO (Diamine Oxidase) enzyme supplements.

## Typical signs of Leaky gut markers - Your result

**Leaky gut**, also known as increased intestinal permeability, is a condition where the lining of the small intestine becomes damaged, allowing undigested food particles, toxins, and bacteria to "leak" through the intestines into the bloodstream. This can trigger inflammation and changes in the gut flora (microbiota) that may lead to various health issues. Symptoms can include gastrointestinal discomfort, chronic fatigue, skin problems, and food sensitivities. Understanding and addressing leaky gut is crucial for maintaining overall digestive and immune system health.

● D-Lactate

● Fecal Alpha-1 Antitrypsin

● Zonulin

### What to Do with the Results?

If your test results indicate a potential for leaky gut, here are steps you can take towards improving your gut health:

- Consider dietary adjustments to eliminate foods that may exacerbate gut permeability, such as gluten, dairy, processed foods, and sugar.
- Incorporate gut-healing foods into your diet, such as bone broth, fermented vegetables, and foods rich in fiber.
- Manage stress levels as chronic stress can negatively impact your gut health.
- Supplement your diet with specific nutrients that support gut lining repair, such as:
  - **L-glutamine:** An amino acid that is beneficial for repairing and maintaining the health of the intestinal lining.
  - **Omega-3 fatty acids:** Help reduce inflammation in the gut.
  - **Probiotics:** Support a healthy balance of gut bacteria.
  - **Zinc:** Contributes to the integrity of the gut lining.

Remember, improving gut health is a journey that involves consistent care and attention to your diet and lifestyle. It's important to work closely with healthcare providers to monitor your progress and make adjustments as needed.

## Gut Biome Test

A healthy gut microbiome is vital for digestion, immunity, and more. Here, we examine the composition of your gut bacteria, offering insights into your gut health and suggestions for improvement.

### How to read the 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.

- |                           |                                |                                |                             |
|---------------------------|--------------------------------|--------------------------------|-----------------------------|
| ● Akkermansia muciniphila | ● Bacteroides fragilis         | ● Bacteroides thetaiotaomicron | ● Bifidobacterium longum    |
| ● Clostridium butyricum   | ● Clostridium difficile        | ● Enterococcus faecalis        | ● Escherichia coli          |
| ● Eubacterium rectale     | ● Faecalibacterium prausnitzii | ● Klebsiella pneumoniae        | ● Lactobacillus acidophilus |
| ● Lactobacillus plantarum | ● Lactobacillus reuteri        | ● Lactobacillus rhamnosus      | ● Roseburia intestinalis    |
| ● Ruminococcus bromii     | ● Streptococcus thermophilus   | ● Veillonella parvula          |                             |

### How to use the Results?

An imbalanced gut microbiome may benefit from dietary changes, probiotics, and prebiotics to support healthy bacterial diversity. Consulting with a gut health specialist can help you make informed decisions about interventions.

### Supplements

*Next Steps:* Enhance gut flora diversity with a diet rich in prebiotics and fermented foods. Consider a tailored probiotic supplement based on your specific microbiome needs.

*Supplements Suggestion:* Prebiotic and probiotic supplements to support a healthy gut microbiome balance.







## Digestive Health Test

This section delves into various aspects of your digestive function, from enzyme activity to absorption capabilities. Understanding your digestive health is key to optimizing nutrient uptake and overall well-being.

### How to read the 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, signaling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

### Digestive Health Test - Your results

- |  |   |  |  |
|--|---|--|--|
|  Amylase |  Bile Salts              |  Enterokinase |  Lipase |
|  Pepsin |  Trypsin & Chymotrypsin |  |  |

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.



## Concluding Your Wellness Journey

As you reach the conclusion of your Comprehensive Wellness and Sensitivity Test Report, we hope that you find the insights and recommendations provided both enlightening and actionable. This journey towards understanding your body's unique responses to various substances is a vital step towards achieving optimal health and well-being.

Remember, the results outlined in this report serve as a guide to help you make informed decisions about your diet, lifestyle, and environmental exposures.

Thank you for entrusting us with your wellness journey. Should you have any questions or require further assistance, please do not hesitate to reach out. Here's to a healthier, more balanced you!