

Dear NAME,

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.

Lemon	92	Strawberry	4	Peach	2
Lime	58	Tomato	4	Potato	2
Sesame Seed	42	Water Chestnut	4	Walnut	2
Egg Yolk	35	White Fish Mix	4	Apricot	1
Cow's Milk	25	Blackcurrant	3	Banana	1
Elderberry/Elderflower Mix	25	Chilli Pepper	3	Barley	1
Yeast	23	Cinnamon / Clove	3	Cashew	1
Wheat	20	Hops	3	Celery	1
Chia Seed	12	Kidney Bean	3	Coconut	1
Egg White	12	Lentils	3	Corn (Maize)	1
Plaice/Sole	12	Lettuce	3	Crustacean Mix	1
Nutmeg / Peppercorn	11	Linseed	3	Curry Leaves/Curry Powder	1
Avocado	10	Mollusc Mix	3	Eel	1
Coffee	10	Oat	3	Goat's Milk	1
Spinach	10	Oily Fish Mix	3	Green Tea	1
Cola Nut	8	Rapeseed	3	Jasmine	1
Almond	6	Spirulina	3	Kiwi	1
Aubergine (Eggplant)	6	Turmeric	3	Okra	1
Beef	6	Wheatgrass	3	Peanut	1
Cardamom/Bay Leaf	6	Abalone/Cuttlefish	2	Rice	1
Brazil	5	Bamboo Shoots	2	Rocket (Arugula)	1
Cocoa Bean	5	Bean Sprouts	2	Rooibos (Redbush Tea)	1
Ginseng (Korean/Siberian Mix)	5	Blackberry	2	Rye	1
Lemongrass	5	Carob	2	Sheep's Milk	1
Mushroom	5	Cassia	2	Soya Bean	1
Pear	5	Chamomile	2	String Bean	1
Tamarind	5	Cherry	2	Tea	1
Tuna	5	Garlic	2	Acai Berry	0
Asparagus	4	Ginger	2	Agar Agar	0
Coriander / Cumin / Dill	4	Goat	2	Agave	0
Cranberry	4	Hibiscus	2	Aloe Vera	0
Gluten (Gliadin)	4	Juniper	2	Anchovy	0
Grape	4	Millet	2	Anise Seed	0
Haricot Bean	4	Mulberry	2	Apple	0
Pineapple	4	Onion	2	Barley/Malt Mix	0
Raspberry	4	Orange	2	Beetroot	0
Salmon/Trout	4	Pea	2	Bilberry	0

Blueberry	0	Grapefruit	0	Peppers (Capsicum) / Paprika	0
Boysenberry	0	Guarana	0	Pheasant	0
Carrot	0	Hazelnut	0	Plantain	0
Chicken	0	Hemp	0	Pomegranate	0
Chickpea	0	Lamb	0	Pork	0
Cloudberry	0	Lingonberry	0	Prune	0
Cucumber	0	Lotus Root	0	Pumpkin	0
Dandelion/Burdock Mix	0	Lychee	0	Quinoa	0
Duck	0	Mango	0	Rhubarb	0
Grape (Cabernet Sauvignon)	0	Melon Mix	0	Rosehip	0
Grape (Chardonnay)	0	Mint Mix	0	Sardines	0
Grape (Chenin Blanc)	0	Mustard Mix	0	Spelt	0
Grape (Concord)	0	Mustard Seed	0	Sunflower Seed	0
Grape (Malbec)	0	Nettle	0	Swede (Rutabaga)	0
Grape (Merlot)	0	Nori Seaweed	0	Sweet Potato	0
Grape (Pinot Noir)	0	Olive	0	Turkey	0
Grape (Red/White Zinfandel Mix)	0	Pak Choi (Bok Choy)	0	Turnip	0
Grape (Riesling)	0	Papaya	0	Vendace	0
Grape (Sauvignon Blanc)	0	Parsley	0		
Grape (Shiraz)	0	Parsnip	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.

We know from our research that the majority of people who alter their diet in accordance with their test results show an improvement in their symptom(s) within a few weeks. We hope that you are one of them.

Yours in good health,



Dr Gill Hart FIBMS

Scientific Director

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