



SENSITIVITIES ANALYSIS

AVAZERA

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What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.



What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Sensitive Reaction

These are the food items that our testing shows you have sensitivity to.

Mild Reaction

These are the food items that our testing shows you could potentially have sensitivity to.

No Reaction

These are the food items that our testing shows you do not have sensitivity to.

Your Food Sensitivities: Overview

Sensitive Reaction

- B-lactoglobulin
- Blue Cheese
- Buttermilk
- Cherries
- Chestnut
- Mushroom
- Corn Meal
- Cranberries
- Feta
- Gouda
- Grapes (red)
- Head lettuce
- Kamut
- Laver seaweed
- Liver (pig)
- Mutton
- Pork sausage
- Raspberries
- Root Beer
- Seitan
- Soya Bean
- Stilton Cheese
- Walnuts
- Wheat flour

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet.

Your Food Sensitivities: Overview contd.

Mild Reaction

- Acetic acid
- Cultivated Wheat
- Damson
- Duck intestines
- Elder Berry
- Ginkgo Nut
- Goat
- Gooseberries
- Hake
- Kelp Seaweed
- Kiwis
- Molasses
- Mould Cheese
- Mushrooms
- Needle mushroom
- Octopus
- Peaches
- Radish
- Sticky rice
- Turkey
- Wheat
- White Wine
- Winkles
- Yellow croaker fish

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the removal of Mild Reaction items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of Mild Reaction items in the same meal or day may lead to symptoms due to an accumulative effect.

Your Food Sensitivities: Detailed Analysis

Cereal or Grain Products

- Amaranth
- Barley
- Barley Flour
- Bran
- Bread - Wholemeal & Brown
- Bread, white bread
- Brioche
- Buckwheat
- **Corn Meal**
- Cornflakes
- Cultivated Oats
- Cultivated Rye
- **Cultivated Wheat**
- Dinkel Flour
- Gluten
- **Kamut**
- Maize flour
- Malt
- Matzo
- Millet
- Noodles
- Oat Flour
- Oats
- Porridge oats
- Quinoa
- Rice
- Rice Cake
- Rice Flour
- Rice-brown
- Rye
- Rye Flour
- **Seitan**
- Semolina
- Spelt
- **Sticky rice**
- Tapioca
- Triticale
- **Wheat**
- **Wheat flour**
- Wheat, whole grain

Yeast Dairy Products

- Yeast
- A-lactalbumin
- **B-lactoglobulin**
- **Blue Cheese**
- Brie
- Butter
- **Buttermilk**
- Camembert
- Casein
- Cheddar Cheese (Cows)
- Condensed milk
- Cream
- Cream Cheese
- Egg Yolk
- Egg white
- Evaporated Milk
- **Feta**
- **Gouda**
- Greek Yogurt
- Lactose
- Mayonnaise
- Milk Fat
- Milk from cows
- Milk from goats
- Milk from sheeps
- **Mould Cheese**
- Mozzarella (Buffalo)
- Parmesan (Cows)
- Preserved egg
- Roquefort
- Sour Cream
- Sour Milk
- Soybean Milk
- **Stilton Cheese**
- Yoghurt

Drinks

- Ale
- Apple Juice
- Beer
- Chamomile Tea
- Champagne

- Chinese liquor
- Coffee (black)
- Cola
- Cranberry Juice
- Gin
- Green Coffee Beans
- Lager
- Lemonade
- Lime Blossom Tea
- Mallow Tea
- Orange Juice
- Ouzo
- Pineapple Juice
- Pomegranate Juice
- Pu 'er tea
- Red Wine
- **Root Beer**
- Rosehip Tea
- Rum
- Tea (black/normal, i.e. not green)
- Tea (green)
- Tea – earl grey
- Tea – jasmine
- Tea – marshmallow
- Tea – oolong
- Tea – rooibos
- Tea – white
- Tequila
- Vodka
- Whisky
- **White Wine**

Fats, general

- Coconut Oil
- Olive oil
- Peppermint oil
- Sunflower Oil
- Vegetable oil

Fruit (Raw)

- Acai berry
- Apples

- Avocado
- Balsam pear
- Bananas
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Carambola (Star Fruit)
- **Cherries**
- Currants (red, black etc.)
- **Damson**
- Dates
- Dried All Spice Berries
- Durian Fruit
- **Elder Berry**
- Figs
- Fructose
- Galia Melon
- Goji Berry
- **Gooseberries**
- Grapefruit
- **Grapes (red)**
- Grapes (white)
- Guava
- Hawthorn Fruit
- Honeydew melon
- Jack Fruit
- Jujube Fruit
- **Kiwis**
- Lemons
- Lime
- Lychee
- Mandarin
- Mangosteen Fruit
- Nectarines
- Oranges
- Papaya
- Passionfruit
- **Peaches**
- Pears
- Pineapple
- Pink Grapefruit

Your Food Sensitivities: Detailed Analysis contd.

Fruit (Raw)

- Plums
- Pomegranates
- Prunes
- Quince
- Raisins
- Raspberries
- Strawberries
- Water-melons
- Waxberry Fruit
- Yellow Grapefruit

Fruit (cooked)

- Cranberries

Meat

- Bacon
- Beef Jerky
- Buffalo
- Chicken
- Corned Beef
- Duck
- Duck blood
- Duck intestines
- Goat
- Goosefoot
- Ham
- Hare
- Horse
- Lamb
- Liver (lamb)
- Liver (pig)
- Moose Meat/elk
- Mutton
- Pastrami
- Pork sausage
- Rabbit
- Salami
- Tripe
- Turkey
- Veal
- Venison

Nuts

- Almond
- Brazil nuts

- Cashew nuts
- Chestnuts
- Coconut
- Coix Seed
- Fennel Seed
- Flaxseed
- Ginkgo Nut
- Hazel nuts
- Macadamia
- Peanuts
- Pecan nuts
- Pine Nuts
- Pistachio
- Pumpkin Seeds
- Roasted Nuts
- Sesame Seeds
- Sunflower Seeds
- Sweet Chestnut
- Walnuts
- Water Chestnuts

Sea food/Fish

- Abalone shellfish
- Anchovy
- Blue Mussels
- Chub Mackerel
- Clams
- Cod
- Crab
- Crayfish
- Cuttle Fish
- Eel
- Haddock
- Hake
- Halibut
- Herring
- Herring (red)
- Jellyfish
- Laver seaweed
- Lobster
- Mackerel
- Mussel, common
- Octopus
- Oyster

- Pilchard
- Plaice
- Pollock
- Prawns
- Red Bass
- Salmon
- Sardine
- Scallops
- Shellfish
- Shrimp
- Skate, swordfish
- Smoked herring, bloater
- Sole
- Squid
- Trout
- Trout (brown)
- Trout (sea)
- Tuna
- Winkles
- Yellow croaker fish

Spices

- Acetic acid
- Aniseed
- Basil
- Bay leaf
- Bean Paste
- Bird's Eye Chilli
- Cardomom
- Cayenne Pepper
- Chilli Pepper
- Chilli Sauce
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Fenugreek
- Ginger
- Horse radish
- Lobster sauce
- Mace Herb

- Marjoram
- Mint
- Mustard
- Nutmeg
- Oregano
- Oyster sauce
- Paprika
- Pepper (black)
- Pepper (green)
- Pepper (red)
- Pepper (white)
- Rosemary
- Sage
- Salt
- Soy sauce
- Soybean paste
- Tarragon
- Thyme
- Turmeric
- Vanilla bean
- Vinegar (clear)
- Vinegar (malt)

Sweeteners

- Cacao
- Chocolate (dark)
- Chocolate (milk)
- Coco powder
- Confectionery, general
- Guar Guar Gum
- Honey
- Maple syrup
- Molasses
- Rock candy
- Sugar (Beet)
- Sugar, Brown (natural)
- Sugar, white

Vegetables (cooked)

- Asparagus
- Aubergine
- Beans (green)
- Beans, lima

Your Food Sensitivities: Detailed Analysis contd.

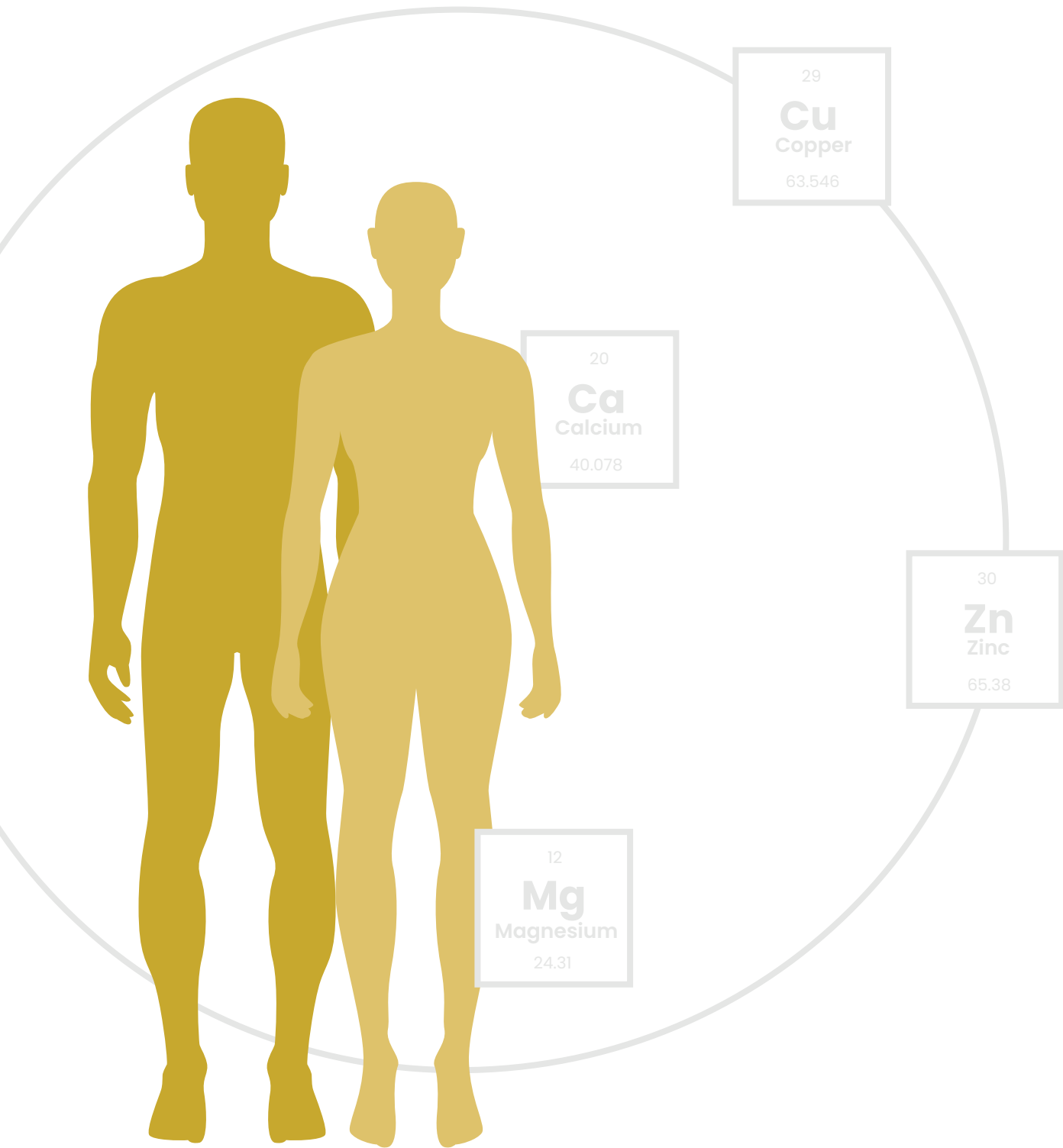
- Beets
- Butter lettuce
- Button mushroom
- Cabbage
- Capsicum (green)
- Capsicum (red)
- Capsicum (yellow)
- Carrots
- Chestnut Mushroom
- Chickpeas
- Chicory
- Courgette
- Edamame Beans
- Endive
- Escarole Lettuce
- Fennel
- Garlic
- Habenero Pepper
- Iceburg Lettuce
- Jalapeno Pepper
- Kale
- Kelp Seaweed
- Kidney Beans
- Kohlrabi
- Leek
- Lentils
- Mushrooms
- Okra
- Onion
- Oyster Mushrooms
- Peas
- Portobello Mushroom
- Potatoes
- Pumpkin
- Rocket
- Romaine Lettuce
- Runner beans
- Shitake Mushroom
- Soya Bean
- Spinach
- Swede
- Sweet Corn

Vegetables (cooked)

- Sweet Potato
- Tofu
- Tomato
- Turnip
- Yams

Vegetables (raw)

- Artichoke
- Bamboo Shoots
- Brocoli
- Brussels sprouts
- Cauliflower
- Celery
- Chinese cabbage
- Cress
- Cucumber
- Head lettuce
- Kohl Rabi Cabbage
- Leaf lettuce
- Needle mushroom
- Olives (black)
- Olives (green)
- Onions
- Parsley
- Parsnip
- Pig blood curd (blood tofu)
- Radish
- Taro vegetable
- Watercress
- Wax gourd
- White bean



Non-food Sensitivities Analysis



What is a non-food sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Sensitive Reaction

These are the non-food items that our testing shows you have sensitivity to.

Mild Reaction

These are the non-food items that our testing shows you could potentially have sensitivity to.

No Reaction

These are the non-food items that our testing shows you do not have sensitivity to.

Your Non-food Sensitivities: Overview

Sensitive Reaction

- Agaric Mushroom
- Bee
- Dust
- Hazel Tree
- Parrot Feathers
- Pine, Scottish (Pinus Sylvestris)
- Ragweed Plant
- Rubber
- Snail
- Stinging Nettle

Mild Reaction

- Alder
- Box Elder
- Cat Dander
- Common Silver Birch
- Cotton Crop
- Dogs
- Elder Plant
- Foxtail Millet
- Fusarium Moniliforme
- House Dust
- Penicillium Frequentans
- Tobacco

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the avoidance of Mild Reaction items thereafter.

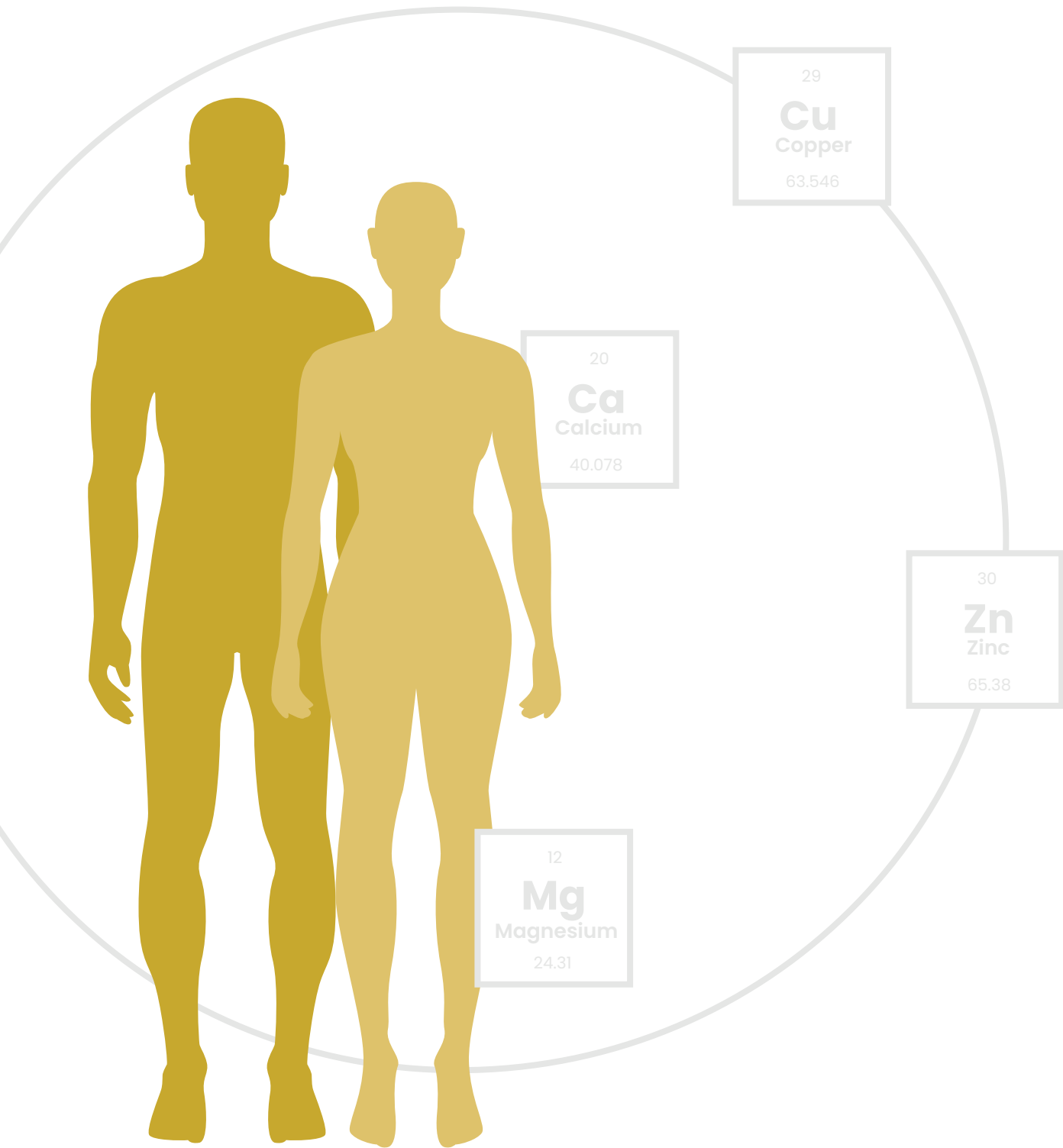
It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of Mild Reaction items in the same day may lead to symptoms due to an accumulative effect.

Your Non-food Sensitivities: Detailed Analysis

- **Agaric Mushroom**
- Alder
- Algae
- American Beech
- Anise
- Aspen (populus tremula)
- Aspergillus Fumigatus
- Aspergillus Niger
- Aster
- **Bee**
- Bermuda Grass
- Birch Pollen
- Blood Worm
- Bovines
- Box Elder
- Bracken
- Brome Grass
- Bumblebee
- Buttercup Flower
- Canary Feathers
- Canary Grass
- Castor Bean
- Casuarina Austrian Pine
- **Cat Dander**
- Cat Serum Albumin
- Cats
- Cedar
- Chaetomium Globosum
- Chinchilla
- Chrysanthemum
- Cladosproium Herbarum
- Clover
- Cockroach
- Common Reed
- **Common Silver Birch**
- Cotton Crop
- Cotton Seed
- Cotton Wool
- Dahlia (Dahlia Hybrida)
- Dandelion
- Deer
- **Dogs**
- Douglas Fir
- Downy Birch (Betula Verrico)
- **Dust**
- **Elder Plant**
- Elm
- English Plantain
- Epicoccum Purpurascens
- Eucalyptus
- False Acacia (Robinia Pseudacacia)
- False Oat grass
- Ficus
- Finch Feathers
- Firebush
- Formaldehyde
- Fox
- **Foxtail Millet**
- Fungus/Mould (Household)
- **Fusarium Moniliforme**
- Gerbil
- Giant Ragweed
- Glaskraut (parietaria judaica)
- Goldenrod (Solidago Virgaurea)
- Granary Weevil
- Grey Alder
- Guinea Pigs
- Gum Arabic
- Hamster
- Hawthorn Tree
- **Hazel Tree**
- Honeybee
- Hop (Humulus Lupulus)
- Horse Bot Fly
- Horse Chestnut Plant
- Horses
- **House Dust**
- House Dust Mite
- Hyacinth (Endymion Non Scriptus)
- Italian Cypress Tree
- Japanese Cedar
- Japanese Millet
- Jasmine Plant
- Johnson Grass
- Juniper Bush
- Kammgras (Cynosurus Cristatus)
- Karaya gum
- Latex
- Laurel
- Leather
- Lemon Verbena
- Lilac (Syringa Vulgaris)
- Linden Tree
- Lotus root
- Lovage
- Lupine (Lupinus Polyphyllus)
- Lycopodium
- Lycra
- Maize Plant
- Marguerite (Leucanthemum Vulgare)
- Meadow Fescue (Festuca Pratensis)
- Meadow Fox Tail Grass
- Meadow Grass
- Mealworm
- Melaleuca
- Mesquite
- Mink
- Misteltoe Plant
- Mosquito
- Moth
- Mountain Juniper
- Mouse
- Mugwort
- Mulberry Bush
- Narcissus (Narcissus spp.)
- Nettle
- Nylon
- Oak (quercus robur)
- Paloverde
- Paper Wasp
- **Parrot Feathers**
- Pear Tree
- **Penicillium Frequentans**
- Penicillium Notatum
- Pepper Tree
- Perennial Ryegrass (Lolium Perenne)
- Pig
- Pigeons
- Pigweed (Chenopodium Album)
- Pine
- **Pine, Scottish (Pinus Sylvestris)**
- Plantain (Plantago Major)
- Poplar Tree
- Primrose (Primulus)
- Privet (Ligustrum spp.)
- **Ragweed Plant**
- Rapeseed
- Rats
- Rose Plant
- **Rubber**

Your Non-food Sensitivities: Detailed Analysis contd.

- Rye Grass
- Salt Grass
- Silk
- **Snail**
- Spruce (Picea Abies)
- Stachybotrys
- Stemphylium Botryosum
- **Stinging Nettle**
- Storage Mite
- Sweet Gum
- Sweet Vernal Grass (Anthoxanthum Odoratum)
- Tall Oat Grass (Arrhenaterium Elatius)
- Thistle Plant
- Timothy Grass
- **Tobacco**
- Tobacco Leaf
- Turkey Feathers
- Ulocladium Chartarum
- Velvet
- Velvet Grass
- Wallflower (Cheranthus Cheiri)
- Wasp
- Water Reed (Phragmites Communis)
- Weeping Fig
- White Ash
- White Pine
- Wild Oat (Avena Fatua)
- Wild Rye Grass
- Willow Tree
- Wool
- Wormwood (Artemisia Absinthium)



Hormonal Balance Analysis



What is hormonal balance?

Hormonal imbalance is one of the most common causes of feeling unwell. So, there are many reasons for poor hormone health - poor diet, chronic stress, poor gut health, poor immune health, sedentary lifestyle, genetics, and increased exposure to endocrine-disrupting chemicals all play a role. All of these factors can cause hormonal imbalance by negatively influencing our steroidogenic pathway.

Due to our modern ways of living (think: poor diet, chronic stress, toxic environment), conditions such as PCOS, endometriosis, infertility, declining testosterone, and hormone sensitive cancers are becoming more common. Most of us are struggling with some sort of hormonal imbalance, however because it's become so common, we're often told symptoms are normal.

If no results are reported in this section of this test, then please do not worry, it means that we have not identified any imbalance in our analysis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your hormonal balance results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Out Of Balance or In Balance, in the overview section you will see only those items, which tested as Out Of Balance. The In Balance items can be found in the detailed analysis section.

Out Of Balance

The level of hormones in your body are out of balance according to our testing parameters.

In Balance

The level of hormones in your body are in balance according to our testing parameters.

Your Hormonal Balance: Overview

Out Of Balance

No items have been identified as Out Of Balance according to our testing parameters.

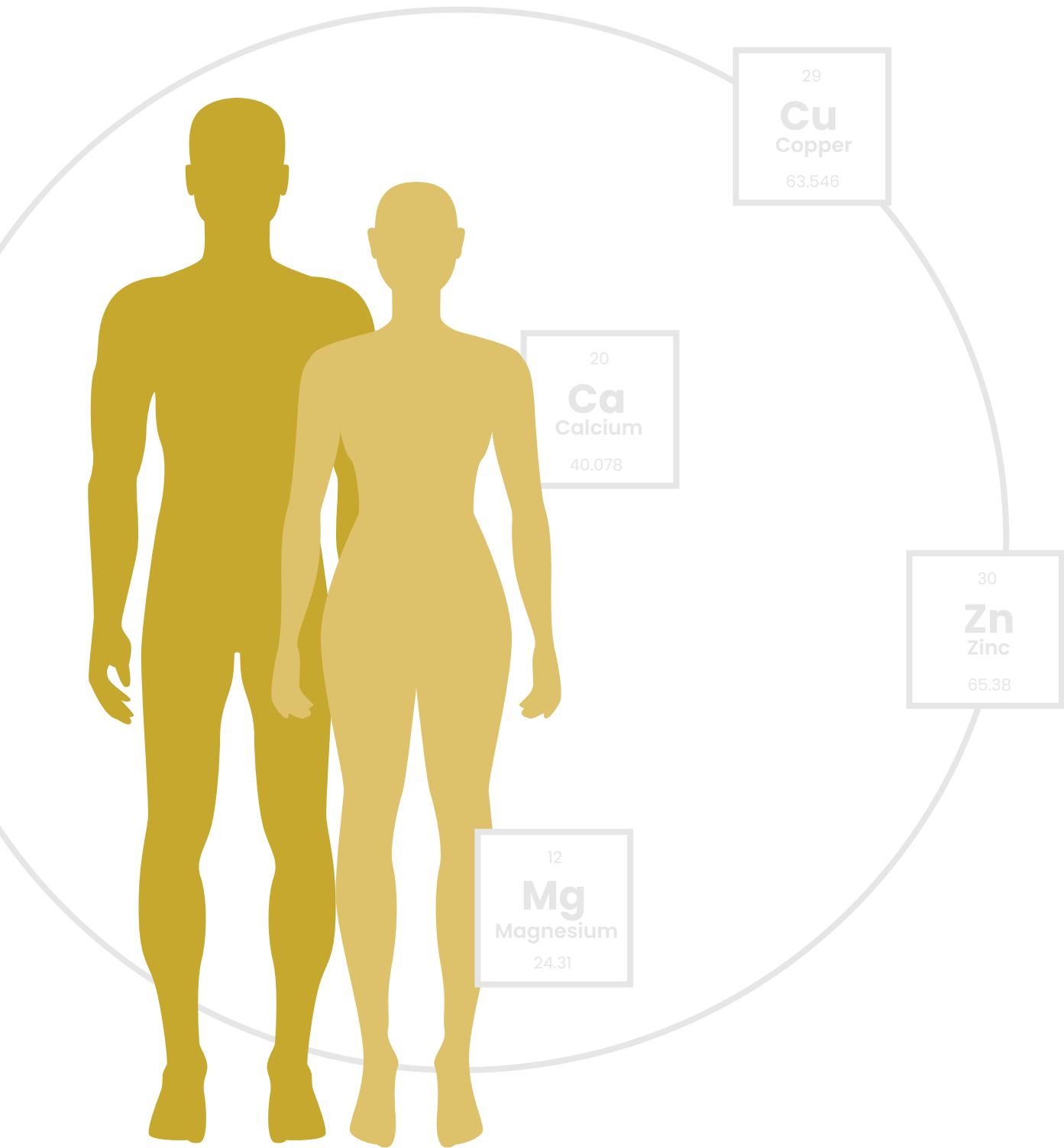
Testing your hair sample can show any hormonal imbalances that are currently present in your body. Not everyone has an imbalance, so don't worry if only a small number of results are presented here.

These imbalances can be caused by a large number of factors including: stress, overactive / underactive thyroid, poor diet, being overweight, medication, food intolerances, chemotherapy, puberty, menstruation, pregnancy and menopause.

Any items listed here are showing an imbalance and can be alleviated with natural remedies like: maintaining a healthy body weight, exercise and reducing stress.

Your Hormonal Balance: Detailed Analysis

- Follicle Stimulating Hormone
- Luteinizing Hormone
- Oestradiol
- Testosterone
- Thyroid Stimulating Hormone
- Thyroxine (T4)
- Triiodothyronine (T3)



Gut Biome Analysis



What is gut biome?

These are the good bacteria found within your gut microbiome.

These bacteria can affect your health, minimise illness and the synthesis of vitamins depending on the different levels. Vitamins are not only obtained through foods, they are also produced in the gut by bacteria. Any items on this list are found at 15% or under and it is recommended you increase the levels through consumption of the items listed, much like the nutritional deficiencies on the test above.

If no results are reported in this section of this test, then please do not worry, it means that we have not identified any deficiencies in our analysis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your gut biome results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Out Of Balance or In Balance, in the overview section you will see only those items, which tested as Out Of Balance. The In Balance items can be found in the detailed analysis section.

Out Of Balance

The level of good bacteria in your body are out of balance according to our testing parameters.

In Balance

The level of good bacteria in your body are in balance according to our testing parameters.

Your Gut Biome: Overview

Out Of Balance

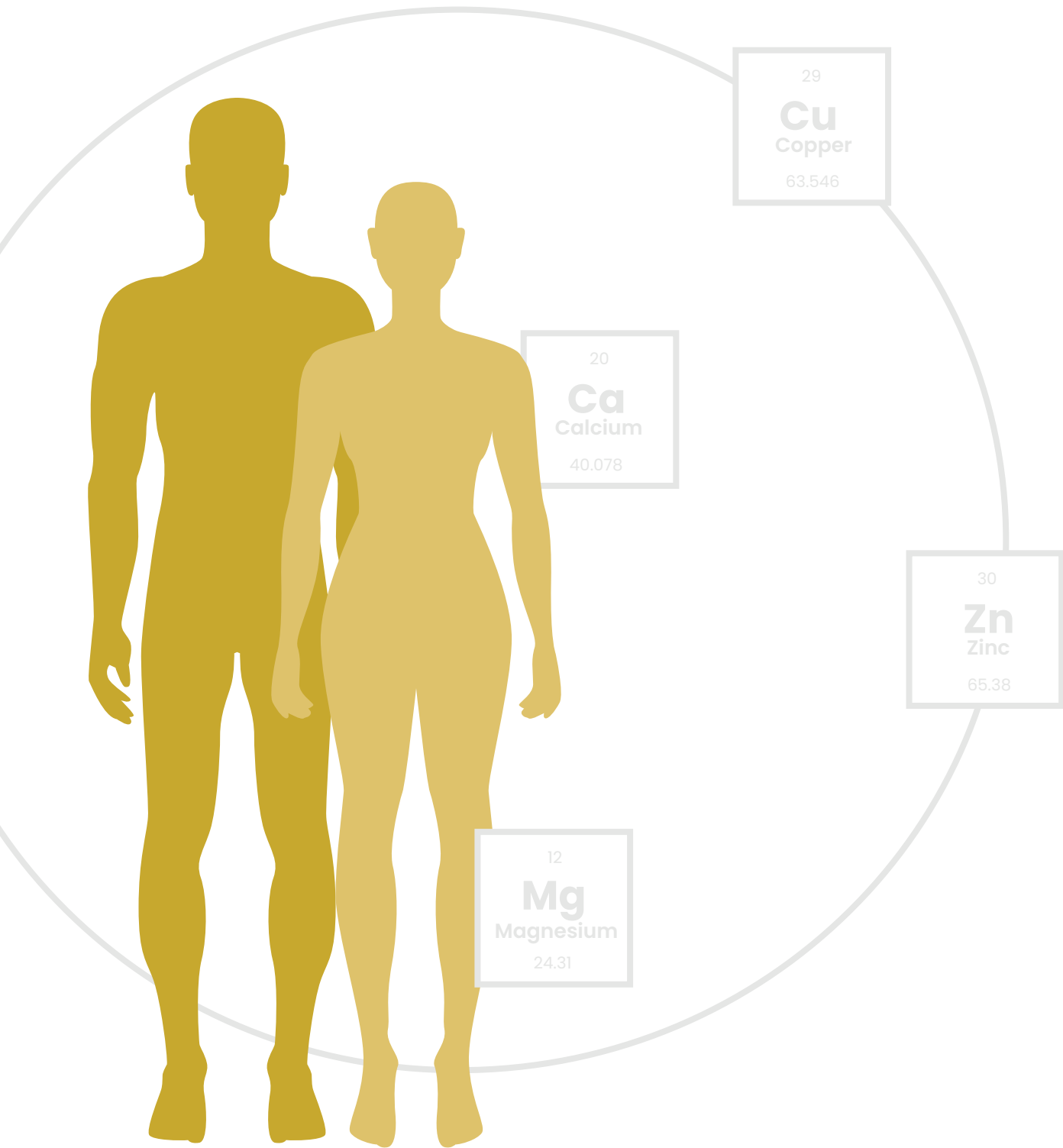
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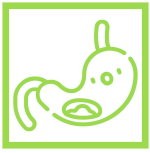
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Your Gut Biome: Detailed Analysis

- Acidophilus
- Acidophilus bifidus
- Bifidobacterium
Bifidum
- Escherichia Coli
- Lactobaccillus
- Lactobacillus Reuteri
- Streptococcus
- Streptococcus
Faecium
- Streptomyces
- Thermophilus



Digestive Health & Metabolism Analysis



What is digestive health and metabolism?

Our bodies are very good at self-regulating the enzymes used in digestion; However, when we are sick or regularly surrounded by food and non-food intolerances, we can become unbalanced. This can affect our metabolism and our weight by causing us to store higher levels of fat or by storing fewer elements, which causes less absorption of vitamins and minerals.

We have tested your sample against a variety of enzymes and proteins to verify levels in your system. Everything shown below is currently unbalanced and will adversely affect your digestive health. Exercise, a healthy diet and living in an environment of reduced stress will help you self-regulate again.

If no results are reported in this section of your test, do not worry, it means that we have not identified deficiencies or intolerances in our analysis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your metabolism results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Out Of Balance or In Balance, in the overview section you will see only those items, which tested as Out Of Balance. The In Balance items can be found in the detailed analysis section.

Out Of Balance

The level of enzymes in your body are out of balance according to our testing parameters.

In Balance

The level of enzymes in your body are in balance according to our testing parameters.

Digestive Health and Metabolism: Overview

Out Of Balance

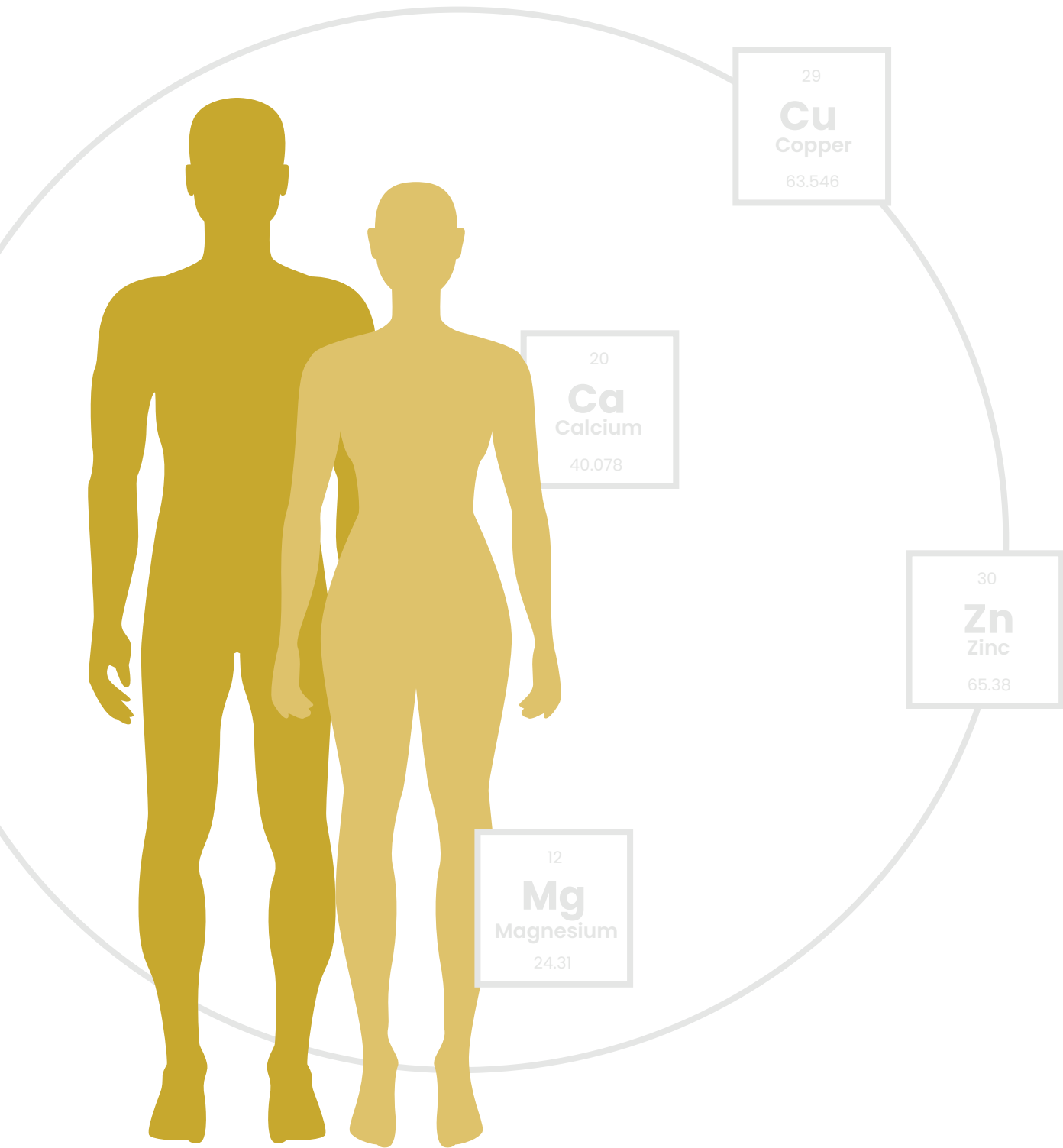
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Digestive Health and Metabolism: Detailed Analysis

- Amylase
- Bile Salts
- Enterokinase
- Lipase
- Pepsin
- Trypsin and
Chymotrypsin



Metal Sensitivities Analysis



What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium.

Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of leadbased paints.

Symptoms vary between the different types of heavy metals.

What to do if you have high levels of exposure?

It is important to look at lowering your day-to-day level of exposure.

Consider your environment, the foods you eat, water, cosmetics and cleaning products. The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones.

You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

Potential sources in your environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

Food - Pesticides, insecticides and herbicides used on crops can lead to contaminated food produce. Contaminated water can result in fish and seafood containing heavy metals.

Water - Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your water.

Air - Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

Cosmetics - Lead, arsenic, mercury, aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

Cleaning products - Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.

Your results explained

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Ideally the metals will show No Reaction in testing. If however there are metals identified as Mild or Sensitive Reaction do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

Sensitive Reaction

These are the metals that our testing shows are at a level that could lead to toxicity.

Mild Reaction

These are the metals that our testing shows risk being at a level that may lead to toxicity.

No Reaction

These are the metals that our testing shows are not at a level that could lead to toxicity.

Your Metal Sensitivities: Overview

Sensitive Reaction

- Manganese
- Stainless Steel
- Strontium

Mild Reaction

- Palladium
- Zirconium

These metals have been identified as ones to which you should monitor your exposure. It is also recommended that you aid your body's natural detoxification processes by ensuring you drink plenty of filtered water, eat a diet that is rich in wholefoods (particularly fruits and vegetables), avoid processed foods, reduce caffeine and/or alcohol intake, lower nicotine usage and exercise regularly.

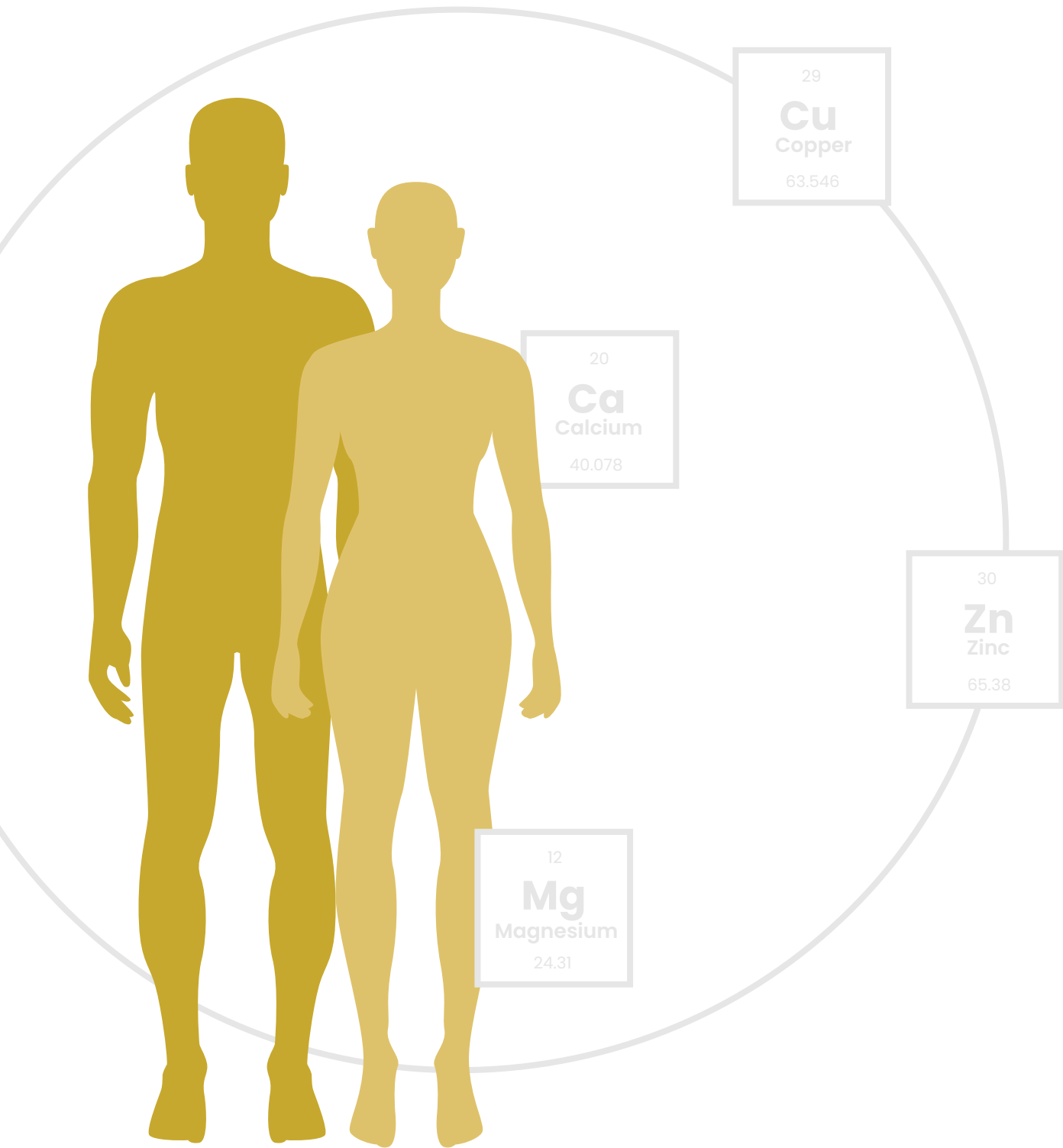
No Reaction

- Actinium
- Aluminium
- Amalgam
- Antimony
- Arsenic
- Barium
- Beryllium
- Bismuth
- Boron
- Brass
- Bronze
- Cadmium
- Cerium
- Chromium
- Cobalt
- Copper
- Dysprosium
- Erbium
- Europium
- Gallium
- Gold
- Iridium
- Iron
- Lanthanum
- Lead
- Lithium
- Magnesium
- Mercury
- Molybdenum
- Nickel
- Niobium
- Pewter
- Platinum
- Radium
- Rhodium
- Scandium
- Selenium
- Silicon
- Silver
- Solder
- Tin
- Titanium
- Tungsten
- Uranium
- Vanadium
- Zinc

These metals have been identified as being at a low or No Reaction level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.

Your Metal Sensitivities: Detailed Analysis

- Actinium
- Aluminium
- Amalgam
- Antimony
- Arsenic
- Barium
- Beryllium
- Bismuth
- Boron
- Brass
- Bronze
- Cadmium
- Cerium
- Chromium
- Cobalt
- Copper
- Dysprosium
- Erbium
- Europium
- Gallium
- Gold
- Iridium
- Iron
- Lanthanum
- Lead
- Lithium
- Magnesium
- Manganese
- Mercury
- Molybdenum
- Nickel
- Niobium
- Palladium
- Pewter
- Platinum
- Radium
- Rhodium
- Scandium
- Selenium
- Silicon
- Silver
- Solder
- Stainless Steel
- Strontium
- Tin
- Titanium
- Tungstem
- Uranium
- Vanadium
- Zinc
- Zirconium



Minerals & Nutrients Analysis

Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications. Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.



What are phytonutrients?

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section. Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional. Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Out Of Balance

The level of the mineral or other nutrients in your body are out of balance according to our testing parameters.

In Balance

The level of the mineral or other nutrients in your body are balanced according to our testing parameters.

Your Minerals and Nutrients: Overview

Out Of Balance

- Iron

These minerals and/or other nutrients have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see 'The role of food types' in the Food Sensitivity section.

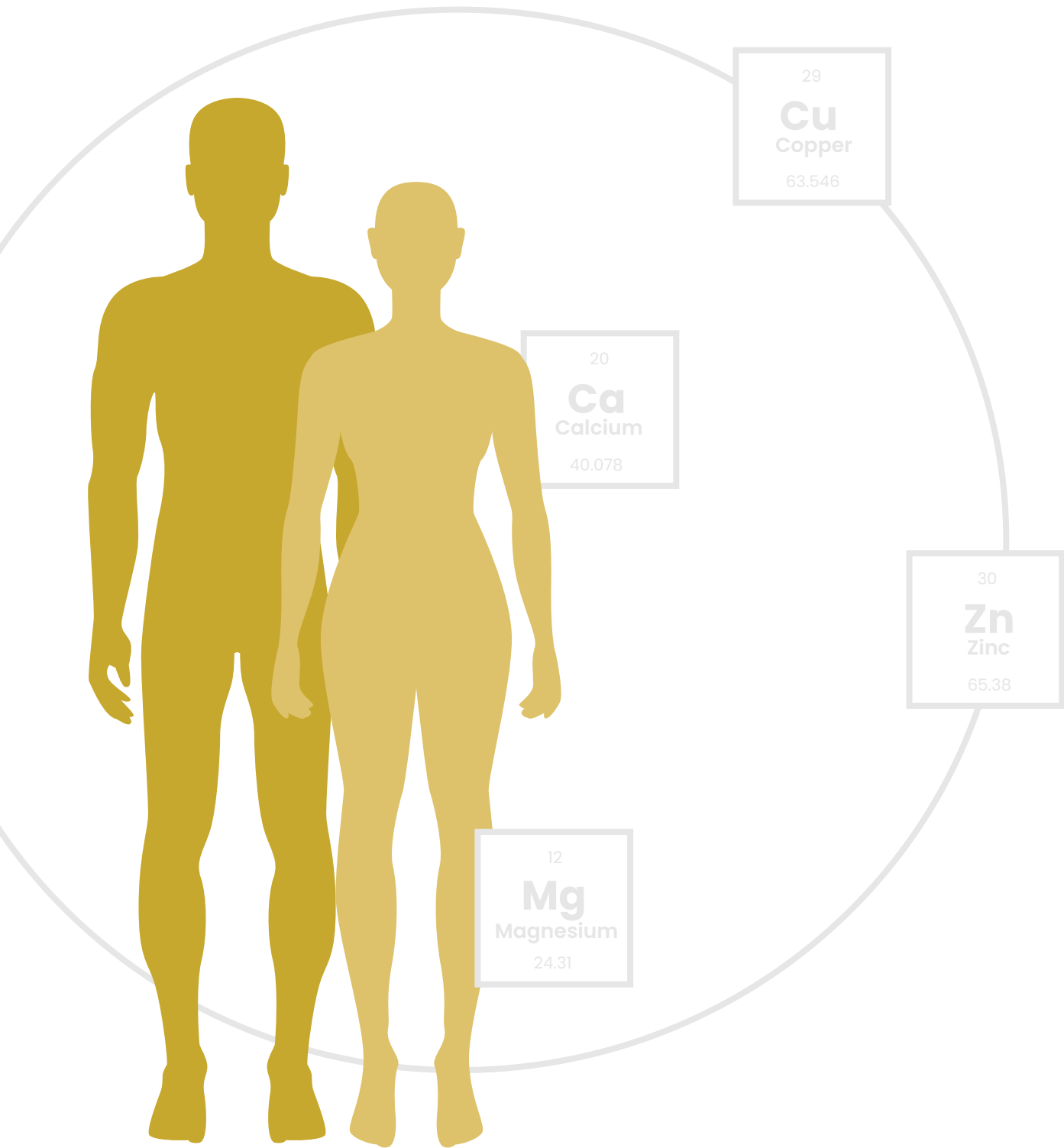
In Balance

- Calcium
- Chromium
- Copper
- Iodine
- Magnesium
- Manganese
- Potassium
- Sodium
- Zinc

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.

Your Minerals and Nutrients: Detailed Analysis

- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Manganese
- Potassium
- Sodium
- Zinc



Vitamins Analysis



Low vitamin levels

There are recommended daily amounts of each vitamin that should be consumed on a daily basis. However vitamin requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low vitamin levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What should you do if you have low vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most natural and best way of improving intake. Vitamins come from a variety of sources, the richest sources being unrefined choices. For guidance on specific vitamins and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional. Should you suspect that you could have a vitamin deficiency please seek the advice of your physician.

Your results explained

Outside Range

The level of the vitamin in your body falls below the normal range according to our testing parameters.

Within Range

The level of the vitamin in your body falls within the normal range according to our testing parameters.

Your Vitamins: Overview

Outside Range

- Biotin
- Bromelain
- Carotenoids
- Creatin
- Docosahexaenoic Acid
- Eicosapentaenoic Acid
- Genistein
- Inositol
- Molybden
- Vitamin A2
- Vitamin C

These vitamins have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds, good quality meat, fish, eggs and dairy produce. For more specific guidance on the best sources of each vitamin please see 'The role of food types' in the Food Sensitivity section.

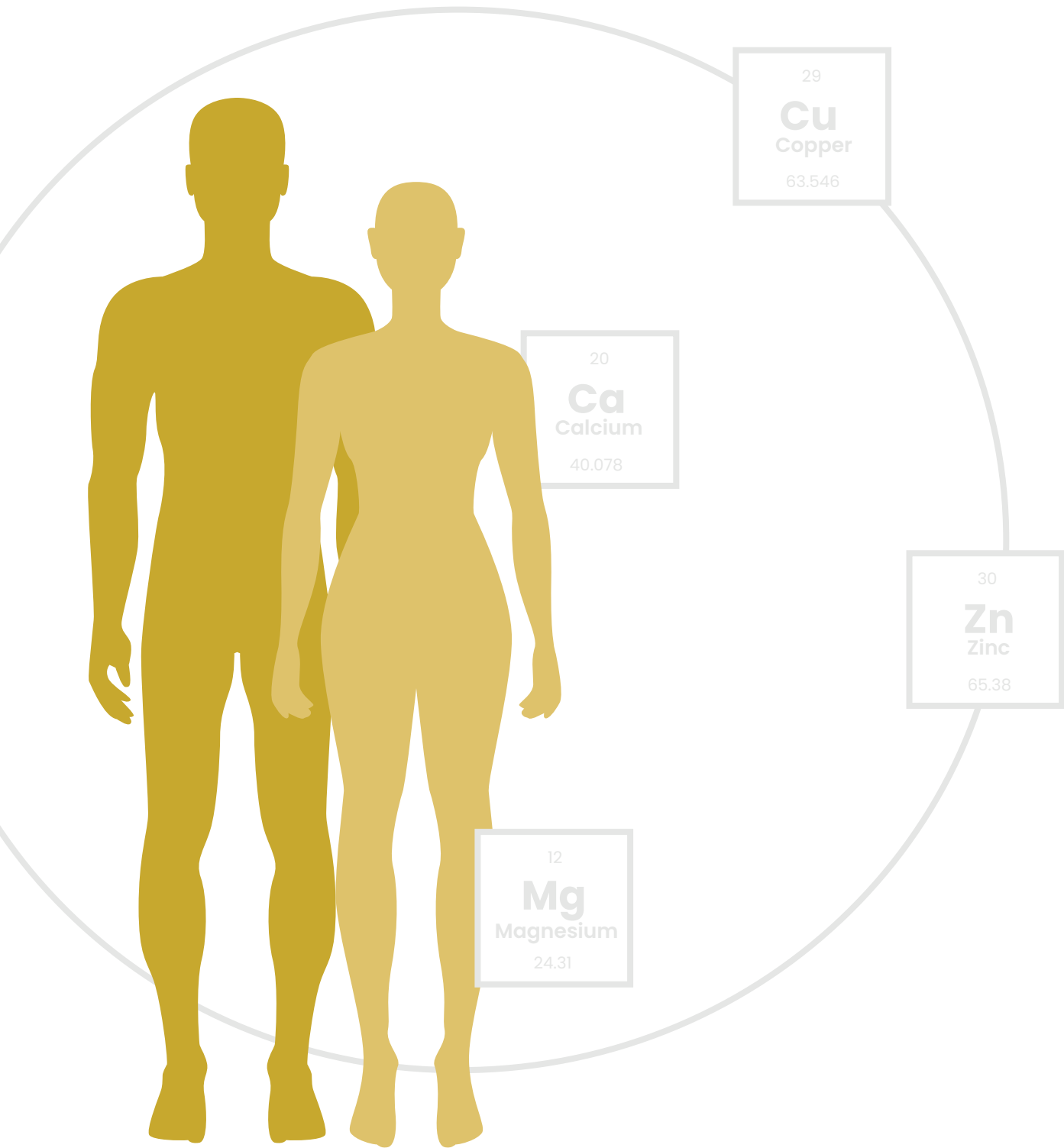
Within Range

- Adenine
- Alpha Lipoic Acid
- Anthocyanidins
- Arginine
- Ascorbic Acid
- Asparagine
- Betain
- Betakaroten
- Choline
- Citrus Bio-Flavonoids
- Co Q 10
- Cysteine
- Ellagic Acid
- Fibre
- Flavonoids
- Folic acid
- Gallic Acid
- Germanium
- Glutamine
- Glutathione
- Glycine
- Histidine
- Homocysteine
- Iso-Flavonoids
- Isoleucine
- L-Carnitine
- L-Glutamine
- Lecithin
- Leucine
- Lignans
- Lutein
- Lycopene
- Melatonin
- Omega 3
- Omega 6
- Phenylalanine
- Riboflavin
- Vitamin A
- Vitamin A1
- Vitamin B1
- Vitamin B12
- Vitamin B13
- Vitamin B17
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B9
- Vitamin D1
- Vitamin D2
- Vitamin D3
- Vitamin D4
- Vitamin E
- Vitamin F
- Vitamin K1
- Vitamin K2
- Zeaxanthin

These vitamins have been identified as falling within the normal range. Keep up the good work, ensuring a nutrient-rich daily diet to ensure your vitamin levels remain consistent.

Your Vitamins: Detailed Analysis

- Adenine
- Alpha Lipoic Acid
- Anthocyanidins
- Arginine
- Ascorbic Acid
- Asparagine
- Betain
- Betakaroten
- Biotin
- Bromelain
- Carotenoids
- Choline
- Citrus Bio-Flavonoids
- Co Q 10
- Creatin
- Cysteine
- Docosaehaenoic Acid
- Eicosapentaenoic Acid
- Ellagic Acid
- Fibre
- Flavonoids
- Folic acid
- Gallic Acid
- Genistein
- Germanium
- Glutamine
- Glutathione
- Glycine
- Histidine
- Homocysteine
- Inositol
- Iso-Flavonoids
- Isoleucine
- L-Carnitine
- L-Glutamine
- Lecithin
- Leucine
- Lignans
- Lutein
- Lycopene
- Melatonin
- Molybden
- Omega 3
- Omega 6
- Phenylalanine
- Riboflavin
- Vitamin A
- Vitamin A1
- Vitamin A2
- Vitamin B1
- Vitamin B12
- Vitamin B13
- Vitamin B17
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B9
- Vitamin C
- Vitamin D1
- Vitamin D2
- Vitamin D3
- Vitamin D4
- Vitamin E
- Vitamin F
- Vitamin K1
- Vitamin K2
- Zeaxanthin



Additives Analysis



What are additives?

Additives are substances, which are added to food for a specific reason such as; to improve the look or taste of a food, to preserve a food and make it last longer on the shelf, to aid food processing and manufacturing, to stabilise a food and keep it safe to eat.

The main types of additives are colourings, flavour enhancers, sweeteners, antioxidants, emulsifiers, stabilisers and preservatives. They can be natural, man-made but nature identical or artificial.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your additives results. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction.

Sensitive Reaction

These are the additives that our testing shows you have sensitivity to.

Mild Reaction

These are the additives that our testing shows you could potentially have sensitivity to.

No Reaction

These are the additives that our testing shows you do not have sensitivity to.

Your Additives: Overview

Sensitive Reaction

- E100 Curcumin
- E173 Aluminium
- E202 Potassiumsorbate, Sorbic Acid
- E212 Potassiumbenzoate, Benzoic Acid
- E262 Sodiumacetate, Salt of Acetic Acid Vinegar Flavour to Potato Crisps
- E331 Monosodiumcitrate, Disodium, Trisodium
- E354 Calciumtartrate (salts from malic acid)
- E406 Agar
- E407 Carrageenan
- E421 Mannite
- E452 Polyphosphate
- E477 Propane-1, 2-Diol Esters of Fatty Acids
- E903 Carnauba Wax

These additives have been identified as those, which may be causing or contributing to physical symptoms. We would recommend the removal of these additives from your daily diet as far as possible.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

Mild Reaction

- E120 cochineal, carminic acid, carmine
- E131 Patent blue v
- E150 B Sulphite lyE
- E151 Brilliant Black
- E160 Capsorubin
- E161 B Lutein
- E283 Potassiumpropionate, Propionic Acid
- E355 Adipic Acid
- E356 Sodiumadipate
- E400 Alginic Acid, Alginate
- E461 Methylcellulose
- E624 Monoammoniumglutamate, Ammoniumglutamate
- E625 Magnesiumdiglutamate, Magnesiumglutamate
- E904 Shellac
- E939 Helium

These additives have been identified as those, which may have the potential to cause or contribute to physical symptoms. We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the avoidance of Mild Reaction items thereafter.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet. It is also worth considering that having these items in isolation may not cause symptoms, however having contact with a number of Mild Reaction items in the same day may lead to symptoms due to an accumulative effect.

Your Additives: Overview contd.

No Reaction

You can see the full breakdown of additives showing no reaction in the additives detailed analysis section.

Your Additives: Detailed Analysis

E Numbers

- E100 Curcumin
- E101 riboflavin (vit. b2)
- E102 Tartrazine
- E104 Quinoline Yellow
- E110 Sunset Yellow Fcf
- E1105 lysozyme
- E120 cochineal, carminic acid, carmine
- E122 Carmoisine
- E123 Amaranth
- E124 Ponceau 4r
- E127 ErythrosinE
- E128 Rot 2 g
- E129 Allura red ac
- E131 Patent blue v
- E132 Indigo Carmine
- E133 Brilliant blue fcf
- E140 Chlorophylls and Chlorophyllins
- E141 Chlorophylls
- E1410 Monostarch Phosphate (modified starch)
- E150 B Sulphite lyE
- E150 C Ammoniac Caramel
- E150 Caramel
- E151 Brilliant Black
- E1518 GlycerinE Triacetate (triacetin)
- E154 Brown Fk
- E155 Brown
- E160 A CarotenE (mixed carotene, beta-carotene)
- E160 B Annatto, Bixin, Norbixin
- E160 Capsorubin
- E160 E Beta (carotinoid)
- E161 B Lutein
- E161 G Canthaxanthin
- E162 Beetroot Red (betanin)
- E163 Anthocyanins
- E170 Calciumcarbonate
- E172 Iron Oxides, Iron Hydroxides
- E173 Aluminium
- E174 Silver
- E175 Gold
- E180 Lithol Rubine
- E200 Sorbic Acid
- E202 Potassiumsorbate, Sorbic Acid
- E203 Calciumcorbat, Sobric Acid processed cheese spreads
- E210 Benzoic Acid
- E211 Sodiumbenzoate, Benzoic Acid
- E212 Potassiumbenzoate, Benzoic Acid
- E213 Calciumbenzoate, Benzoic Acid
- E221 Sodiumsulphite (sulphur dioxide)

E Numbers

- E222 Sodiumhydrogen Sulphite (sulphur dioxide)
- E223 Sodiummetabisulphite (sulphur dioxide)
- E224 Potassiummetabisulphite (sulphur dioxide)
- E226 Calciumsulphite (sulphur dioxide)
- E227 Calciumhydrogen Sulphite (sulphur dioxide)
- E228 Potassiumhydrogen Sulphite (sulphur dioxide)
- E230 Biphenyl, Diphenyl
- E232 Sodiumorthophenylphenate orthophenylphenol
- E233 Thiabendazole
- E249 Potassiumnitrite
- E250 Sodiumnitrite
- E251 Sodiumnitrate
- E252 Potassiumnitrate
- E260 Acetic Acid
- E261 Potassiumacetate, Salt of Acetic Acid
- E262 Sodiumacetate, Salt of Acetic Acid Vinegar Flavour to Potato Crisps
- E263 Calciumacetate, Salt of Acetic Acid
- E270 Lactic Acid
- E280 Propionic Acid
- E281 Sodiumpropionate, Propionic Acid
- E282 Calciumpropionate, Propionic Acid
- E283 Potassiumpropionate, Propionic Acid
- E284 Boric Acid
- E285 Sodiumtetraborate, Boric Acid
- E290 Carbon Dioxide, Carbonic Acid
- E296 Malic Acid
- E297 Fumaric Acid
- E300 Ascorbic Acid (vitamin c)
- E301 Sodiuml-Ascorbate (ascorbic acid)
- E302 Calciuml-Ascorbate (ascorbic acid)
- E304 Ascorbyl Palmitate/ascorbyl stearate
- E306 Natural Tocopherols (vitamin e)
- E307 Alpha-Tocopherol (tocopherol)
- E308 Gamma-Tocopherol (tocopherol)
- E309 Delta-Tocopherol (tocopherol)

Your Additives: Detailed Analysis contd.

E Numbers

- E310 Propyl Gallate (gallate)
- E311 Octyl Gallate (gallate)
- E312 Dodecyl Gallate (gallate)
- E315 Isoascorbic Acid
- E316 Sodiumisoascorbate
- E320 Butylated Hydroxyanisole (bha)
- E321 Butylated Hydroxytoluene
- E325 Sodiumlactate (salts from lactic acid)
- E326 Potassiumlactate (salts from lactic acid)
- E327 Calciumlactate (salts from lactic acid)
- E330 Citric Acid
- E331 **Monosodiumcitrate, Disodium, Trisodium**
- E332 Monopotassiumcitrate, Tripotassium
- E334 Tartaric Acid (+), Tartaric Acid
- E335 Monosodiumtartrate, Disodiumtartrate
- E336 Monopotassiumtartrate, Dipotassiumtartrate

- E337 Sodiumpotassiumtartrate (salts from tartaric acid)
- E338 Orthophosphoric Acid, Phosphoric Acid
- E339 Monosodiumphosphate, Disodium, Trisodium
- E340 Monopotassiumphosphate
- E341 Monocalciumphosphate, Dicalcium, Tricalcium
- E350 Sodiummalate, Sodiumhydrogen Malate
- E351 Potassiummalate (salts from malic acid)
- E352 Calciummalate
- E353 Metatartaric Acid
- E354 **Calciumtartrate (salts from malic acid)**
- E355 **Adipic Acid**
- E356 **Sodiumadipate**
- E357 Potassiumadipate
- E363 Succinic Acid
- E380 Triammoniumcitrate (salts from citric acid)
- E385 Calciumsodiummethylene Diamine Tetra-Acetate (edta)
- E400 **Alginic Acid, Alginate**

E Numbers

- E401 Sodiumalginate, Alginate
- E402 Potassiumalginate, Alginate
- E403 Ammoniumalginate, Alginate
- E404 Calciumalginate, Alginate
- E405 Propylene Glycol Alginate, Alginate
- E406 **Agar**
- E407 A Eucheuma Algae, Treated
- E407 **Carrageenan**
- E410 Locust Bean Gum, Carob Gum
- E412 Guar Gum
- E414 Gumarabic
- E415 Xanthan Gum
- E417 Tara Meal
- E418 Gellane
- E420 Sorbit, Sorbit Syrup
- E421 **Mannite**
- E422 Glycerine
- E450 Diphosphate, Phosphate
- E451 Triphosphate, Phosphate
- E452 **Polyphosphate**
- E460 Cellulose, Microcrystalline Cellulose, Cellulose powder
- E461 **Methylcellulose**
- E463 Hydroxypropylcellulose
- E464 Hydroxypropylmethylcellulose

- E465 Ethylmethylcellulose
- E470 A Sodium Salts
- E470 B Magnesiumsalts of Edible Fatty Acids
- E471 Mono and Diglyceride
- E472 A Acetic Acid Esters of Mono and Diglycerides
- E474 Sucroglycerides
- E475 Polyglycerol Esters of Fatty Acids
- E476 Polyglycerol Polyricinoleate
- E477 **Propane-1, 2-Diol Esters of Fatty Acids**
- E479 Thermo-Oxidised Soya Oil
- E481 Sodiumstearoyl-2-Lactylate
- E491 Sorbitan Monostearate
- E620 Glutamic Acid
- E621 Monosodiumglutamate, Sodiumglutamate
- E622 Monopotassiumglutamate, Potassiumglutamate
- E623 Calciumdiglutamate, Calciumglutamate
- E624 **Monoammoniumglutamate, Ammoniumglutamate**

Your Additives: Detailed Analysis contd.

E Numbers

- E625
Magnesiumdiglutamate,
Magnesiumglutamate
- E901 Bees Wax,
White and Yellow
- E902 Candelilla Wax
- E903 Carnauba Wax
- E904 Shellac
- E927 Carbanide
Bread Enhancer
- E938 Argon
- E939 Helium
- E941 Nitrogen
Propellant in Spray
Cans
- E948 Oxygen
- E951 Aspartame