Fructose Intolerance Test

TEST RESULT

cerascreen®

Test result

Fructose Intolerance Test

Name	Sample Number	Report Date	Birth date
Max Mustermann	FRUCT3	26/08/2021	20/12/1982

Your test result

As requested, we measured the concentrations of exhaled breath **hydrogen (H2)** and **methane (CH4)**. The measure of hydrogen (H2) - along with the presence of relevant symptoms - is considered as gold standard for establishing the diagnosis of **fructose intolerance**.

Hydrogen can be formed in large quantities, when there is a fructose metabolic disorder. Since about 35% of people do not supply enough incoming oxygen with the exhaled air, the concentration of methane is also measured. Methane is another breathing gas which can be formed more and more in case of a food intolerance.

Based on your measured values a fructose intolerance is possible

Hydrogen breath test

Difference after 30 minutes	**9.0**
Difference after 60 minutes	**7.0**
Difference after 120 minutes	**5.0**
Difference after 180 minutes	**3.0**
Do you experience a difference of at least 20 ppm?	**No**

Methane breath test

Difference after 30 minutes	**9.0**
Difference after 60 minutes	**7.0**

Methane breath test

Difference after 120 minutes	**5.0**
Difference after 180 minutes	**3.0**
Do you experience a difference of at least 12 ppm?	**Yes**

From the following difference it is assumed that a food intolerance is generated: Hydrogen from 20 ppm Methane from 12 ppm

(Ppm units = parts per million - parts in a million)

cerascreen® Fructose Intolerance Test is not a substitute for professional medical diagnosis. If you have persistent complaints, please contact a family doctor.

Your individual results report

What is fructose?

Fruit sugar, also called fructose, is one of the simple sugars (monosaccharides). Fructose is found in different types of fruits[1], but also in honey, inverted sugar, bakery and pastry products and different drinks. Fructose bonded with glucose table sugar, the so-called sucrose.

Intolerance

For this test, the fructose intolerance due to malabsorption was tested. Which means in case of an intolerance, fructose may be incorrectly absorbed in the small intestine. Another form of fructose intolerance is the hereditary fructose intolerance. Three inborn errors are known in the pathway of fructose metabolism: Essential fructosuria, caused by a deficiency of the enzyme hepatic fructokinase, hereditary fructose intolerance caused by an enzyme deficiency and fructose-1,6-bisphosphatase deficiency.[2] This congenital fructose intolerance occurs even in early childhood, when you could experience discomfort at first contact with fructose. Contrary to intestinal malabsorption of fructose, it is absolutely necessary in the case of congenital fructose intolerance that any other form of fructose is removed from your diet for the rest of your life. But this is not necessary in case of intestinal malabsorption of fructose.

Consequences of untreated fructose malabsorption

Your way to a low fructose diet

1st Stage – Fructose deficiency

Remaining pages will be shown in the your individual results report of your cerascreen health test.

2nd Stage – Testing phase

3rd Stage – Permanent nutrition