

# Your results are here!

## Dear Patient Name,

Your blood sample has now been analysed for your body's reaction to 281 different substances.

Your test results can give you an indication of your sensitisation to specific allergens.

We've included a summary of your test results as well as a full report.

With love  
from **klarify.me**

## Help with understanding your results

### What are allergen extracts and components?

The antibody Immunoglobulin E (IgE) plays a vital role in allergic reactions to many substances. By identifying specific IgE in your blood, this test can give an indication of your sensitisation to potential allergy triggers, called allergens.

Your blood has been tested for reactions to allergen extracts and allergen components.

**Allergen extracts** have been taken from what is called a whole allergen source. For example, a peanut.

**Allergen components** are individual proteins in the allergen source. For example, the proteins of the peanut that may cause a reaction.

Some allergen sources and individual components only cause mild symptoms, while others can cause severe allergic reactions.

### Sensitised or allergic? What's the difference?

When your body produces IgE against an allergen, then you're sensitised to that specific allergen. It's the first step of developing allergy.

Your results show the level of specific IgE in your blood and can indicate if you're sensitised to certain allergens.

Sensitisation is not the same as allergy.

You might be sensitised and have specific IgE antibodies in your blood, but never experience an allergic reaction.

Sensitisation does not always lead to symptoms, but symptoms do not develop without sensitisation.

### What's the significance of IgE levels?

Your results show the level of IgE in your blood measured in kU/L (kilo units per litre).

The total level of IgE can imply a tendency to develop allergy. Individual IgE levels can indicate sensitisation to a certain allergen source or component.

The significance of the IgE levels varies for each allergen. Some results might show very low levels but that doesn't necessarily mean the potential for sensitisation to that allergen can be dismissed. And even if the IgE levels are high, they can't tell you if you'll experience symptoms or how severe they might be.

IgE levels can be affected by several different factors, including but not limited to the individual allergen, your exposure to the substance and your age.

### Lab report of detectable IgE

Name: Patient Name  
 Test ID: #ABHXWXG  
 Analysed on: 2020-01-13 11:37:15

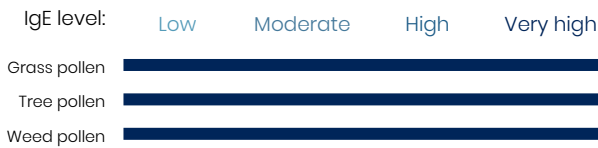
### Your results summary

The overview of your test results below is separated into main groups of the most common allergens.

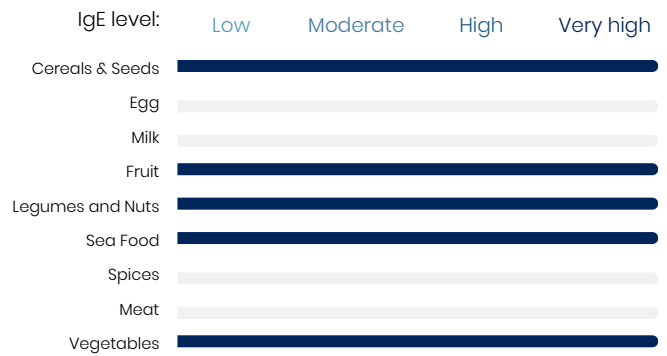
The highest measured concentration of IgE for a single allergen is displayed for each group. For example, in the category Grass, the overview will only show the result for the particular grass pollen allergen with the highest level of IgE. You can find a detailed breakdown of your results by allergen in the full report of your results.

Your results indicate if you're sensitised to certain allergens. It does not necessarily mean that you are allergic to them.

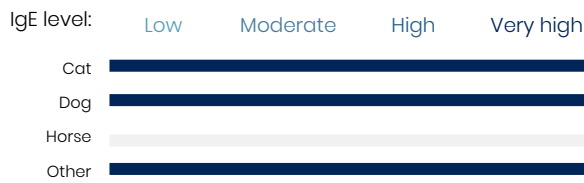
#### Pollen



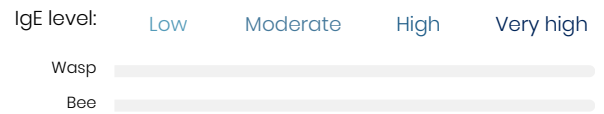
#### Foods



#### Pet



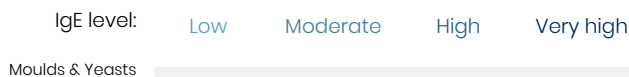
#### Hymenoptera Venoms



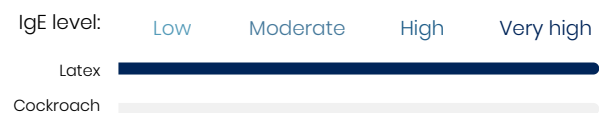
#### Mites



#### Moulds & Yeasts



#### Other



Negative or below detection limit:

Low:

Moderate:

High:

Very high:

IgE level below 0.3 kU/L

IgE level between 0.3-1 kU/L

IgE level between 1-5 kU/L

IgE level between 5-15 kU/L

IgE level higher than 15 kU/L

For negative results below 0.3 kU/L sensitisation is unlikely but cannot be ruled out. This is especially relevant for insect stings (for example, wasp and bee stings), stable and storage proteins (in foods for example, nuts, seeds and legumes) and latex, but can also be relevant for other allergens.

### Limitations

- The Klarify.me Home Allergy test does not diagnose allergies or provide medical advice.
- This test can only give an indication of your body's reaction to specific allergens. The results of any allergy blood test need to be interpreted by a doctor, especially if you are suffering symptoms.
- Like all allergy tests, there is a possibility that this home allergy blood test will provide false positive results (meaning the test detects a response to an allergen even though there is none). Or false negative results (meaning the test has not picked up on a reaction to an allergen).
- A positive result can't tell you what symptoms you may have or how severe they will be.
- Your doctor will be able to advise you on any necessary follow-up action to diagnose and treat you. Do not take any decisions or actions to change your medication or diet based on your test results without consulting your doctor first.

**Lab report of detectable IgE**

Name: Patient Name  
 Test ID: #ABHXWXG  
 Analysed on: 2020-01-13

**Your results full report**

In the full report below, you can see the total level of IgE in your blood and IgE levels for each allergen. It provides the details of your sensitisation to each allergen tested.

Your results indicate if you're sensitised to certain allergens. Not that you are necessarily allergic to them.

The significance of the amount of IgE in your blood varies for each allergen. IgE levels do not predict if you'll experience symptoms or how severe a reaction might be.

IgE levels need careful interpretation by a doctor alongside your symptoms and medical history. Always consult your doctor before making any lifestyle changes based on the results of this test.

**The technology behind the klarify.me Home Allergy Test**

Your blood sample has been analysed with the innovative technology ALEX – Allergy Explorer. ALEX measures allergen specific IgE (sIgE) and total IgE (tIgE).

This technology is also used by clinical chemistry laboratories, trained laboratory personnel and medical professionals for the purpose of supporting the clinical diagnosis of IgE-mediated diseases, together with other clinical findings or diagnostic results available to them.

The test results are then analysed with Macro Array Diagnostics' Raptor Software and reported in IgE response (kU/L).

Reference: Heffler et al. World Allergy Organization Journal (2018) 11:7

**Total IgE kU/L: 668**

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
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**POLLEN**

**Grass pollen**

Bahia Grass	Pas n	E		≤ 0.3
Bermuda Grass	Cyn d	E		≤ 0.3
Common Reed	Phr c	E		≤ 0.3
Corn	Zea m pollen	E		≤ 0.3
Johnson Grass	Sor h	E		≤ 0.3
Perennial Ryegrass	Lol p 1	C	Beta-Expansin	3.86
Rye	Sec c_pollen	E		5.73
Timothy	Phl p	E		14.27
Timothy	Phl p 1	C	Beta-Expansin	0.38
Timothy	Phl p 2	C	Expansin	8.57
Timothy	Phl p 5.0101	C	Grass Goup 5/6	7.66
Timothy	Phl p 6	C	Grass Goup 5/6	11.4
Timothy	Phl p 7	C	Polcalcin	≤ 0.3
Timothy	Phl p 12	C	Profilin	5.35

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
<b>Tree pollen</b>				
Acacia	Aca m	E		≤ 0.3
Alder	Aln g	E		4.52
Alder	Aln g 1	C	PR-10	6.98
Alder	Aln g 4	C	Polcalcin	≤ 0.3
Arizona Cypress	Cup a 1	C	Pectate Lyase	≤ 0.3
Ash	Fra e	E		≤ 0.3
Ash	Fra e 1	C	Ole e 1-Family	≤ 0.3
Beech	Fag s	E		≤ 0.3
Cottonwood	Pop n	E		≤ 0.3
Cypress	Cup s	E		≤ 0.3
Date Palm	Pho d 2	C	Profilin	5.71
Elm	Ulm c	E		≤ 0.3
Hazel	Cor a_pollen	E		0.75
Hazel	Cor a 1.0103	C	PR-10	3.72
Lilac	Syr v	E		≤ 0.3
London Plane Tree	Pla a	E		≤ 0.3
London Plane Tree	Pla a 1	C	Plant Invertase	≤ 0.3
Mountain Cedar	Jun a	E		≤ 0.3
Mulberry Tree	Mor r	E		≤ 0.3
Oak	Que r	E		≤ 0.3
Olive	Ole_pollen	E		≤ 0.3
Olive	Ole e 1	C	Common Olive Group 1	≤ 0.3
Olive	Ole e 2	C	Profilin	≤ 0.3
Privet	Lig v	E		≤ 0.3
Silver Birch	Bet v	E		7.18
Silver Birch	Bet v 1	C	PR-10	25.57
Silver Birch	Bet v 2	C	Profilin	5.98
Silver Birch	Bet v 6	C	Isoflavon Reductase	≤ 0.3
Sugi	Cry j	E		≤ 0.3

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Walnut	Jug r_pollen	E		2.8
Weeping Fig	Fic b	E		≤ 0.3

**Weed pollen**

Annual Mercury	Mer a	E		≤ 0.3
Lamb's Quarter	Che a	E		≤ 0.3
Lamb's Quarter	Che a 1	C	Ole e 1-Family	≤ 0.3
Mugwort	Art v	E		≤ 0.3
Mugwort	Art v 1	C	Plant Defensin	≤ 0.3
Mugwort	Art v 3	C	nsLTP	≤ 0.3
Nettle	Urt d	E		≤ 0.3
Pigweed	Ama r	E		≤ 0.3
Ragweed	Amb a	E		4.82
Ragweed	Amb a 1	C	Pectate Lyase	15.04
Ragweed	Amb a 4	C	Plant Defensin	≤ 0.3
Ribwort	Pla l	E		≤ 0.3
Ribwort	Pla l 1	C	Ole e 1-Family	≤ 0.3
Russian Thistle	Sal k	E		0.51
Sheep's Sorrel	Rum a	E		≤ 0.3
Wall Pellitory	Par j	E		≤ 0.3
Wall Pellitory	Par j 2	C	nsLTP	≤ 0.3

**PET****Cat**

Cat	Fel d	E		8.97
Cat	Fel d 1	C	Uteroglobin	19.34
Cat	Fel d 2	C	Serum Albumin	0.74
Cat	Fel d 4	C	Lipocalin	≤ 0.3

**Dog**

Dog	Can f	E		4.11
Dog	Can f 1	C	Lipocalin	5.58
Dog	Can f 2	C	Lipocalin	2.66

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Dog	Can f 3	C	Serum Albumin	0.65

**Horse**

Horse	Equ c_epithelia	E		≤ 0.3
Horse	Equ c 1	C	Lipocalin	≤ 0.3

**Other**

Cattle	Bos d_epithelia	E		≤ 0.3
Cattle	Bos d 2	C	Lipocalin	≤ 0.3
Goat	Cap h_epithelia	E		≤ 0.3
Guinea Pig	Cav p	E		≤ 0.3
Hamster	Cri c	E		≤ 0.3
Mouse	Mus m 1	C	Lipocalin	1.8
Pig	Sus d_epithelia	E		≤ 0.3
Rabbit	Ory_epithelia	E		≤ 0.3
Rat	Rat n	E		≤ 0.3
Sheep	Ovi a_epithelia	E		≤ 0.3

**MITES****Dust & storage mites**

American House Dust Mite	Der f	E		8.78
American House Dust Mite	Der f 1	C	Cysteine Protease	7.77
American House Dust Mite	Der f 2	C	NPC2 Family	22.06
European House Dust Mite	Der p	E		10.23
European House Dust Mite	Der p 1	C	Cysteine Protease	12.56
European House Dust Mite	Der p 2	C	NPC2 Family	21.98
European House Dust Mite	Der p 5	C	unknown	6.24
European House Dust Mite	Der p 7	C	Mite Group 7	≤ 0.3
European House Dust Mite	Der p 10	C	Tropomyosin	≤ 0.3
European House Dust Mite	Der p 11	C	Myosin, heavy chain	≤ 0.3
European House Dust Mite	Der p 23	K	Peritrophin-like protein domain	3.79
Acarus siro	Aca s	E		0.8
Glycyphagus domesticus	Gly d	E		≤ 0.3

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Glyphagus domesticus	Gly d 2	C	NPC2 Family	≤ 0.3
Lepidoglyphus destructor	Lep d	E		≤ 0.3
Tyrophagus putrescentiae	Tyr p	E		1.86
Blomia tropicalis	Blo t	E		≤ 0.3

## MOULDS & YEASTS

### Moulds & Yeasts

Alternaria alternata	Alt a	E		≤ 0.3
Alternaria alternata	Alt a 1	C	Alt a 1-Family	≤ 0.3
Aspergillus fumigatus	Asp f	E		≤ 0.3
Aspergillus fumigatus	Asp f 3	C	Peroxisomal Protein	≤ 0.3
Aspergillus fumigatus	Asp f 4	C	unknown	≤ 0.3
Aspergillus fumigatus	Asp f 6	C	Mn Superoxid-Dismutase	≤ 0.3
Candida albicans	Can a	E		≤ 0.3
Cladosporium herbarum	Cla h	E		≤ 0.3
Cladosporium herbarum	Cla h 8	C	Short Chain Dehydrogenase	≤ 0.3
Malassezia sympodialis	Mala s 1	C	unknown	≤ 0.3
Malassezia sympodialis	Mala s 5	C	unknown	≤ 0.3
Malassezia sympodialis	Mala s 6	C	Cyclophilin	≤ 0.3
Malassezia sympodialis	Mala s 9	C	unknown	≤ 0.3
Malassezia sympodialis	Mala s 11	C	Mn Superoxid-Dismutase	≤ 0.3
Penicillium chrysogenum	Pen ch	E		≤ 0.3

## FOODS

### Cereals & Seeds

Barley	Hor v	E		≤ 0.3
Buckwheat	Fag e	E		0.36
Buckwheat	Fag e 2	C	2S Albumin	≤ 0.3
Corn, cereal	Zea m	E		≤ 0.3
Cultivated rye	Sec c_flour	E		≤ 0.3
Lupine Seed	Lup a	E		≤ 0.3
Millet	Pan m	E		≤ 0.3

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Oat	Ave s	E		0.65
Poppy seed	Pap s	E		3.41
Poppy seed	Pap s 2S Albumin	C	2S Albumin	0.95
Pumpkin Seed	Cuc p	E		≤ 0.3
Quinoa	Che q	E		≤ 0.3
Rice	Ory s	E		≤ 0.3
Sesame	Ses i	E		≤ 0.3
Sesame	Ses i 1	C	2S Albumin	≤ 0.3
Sunflower seed	Hel a	E		≤ 0.3
Spelt	Tri s	E		≤ 0.3
Wheat	Tri a	E		≤ 0.3
Wheat	Tri a Gliadin	C	Gliadin	≤ 0.3

### Egg

Egg White	Gal d_white	E		≤ 0.3
Egg White	Gal d 1	C	Ovomucoid	≤ 0.3
Egg White	Gal d 2	C	Ovalbumin	≤ 0.3
Egg White	Gal d 3	C	Ovotransferrin	≤ 0.3
Egg White	Gal d 4	C	Lysozym C	≤ 0.3
Egg Yolk	Gal d 5	C	Serum Albumin	≤ 0.3
Egg Yolk	Gal d_yolk	E		≤ 0.3

### Milk

Camel's Milk	Cam d	E		≤ 0.3
Cow's Milk	Bos d_milk	E		≤ 0.3
Cow's Milk	Bos d 4	C	β-Lactalbumin	≤ 0.3
Cow's Milk	Bos d 5	C	β-Lactoglobulin	≤ 0.3
Cow's Milk	Bos d 8	C	Casein	≤ 0.3
Goat's Milk	Cap h_milk	E		≤ 0.3
Mare's Milk	Equ c_milk	E		≤ 0.3
Sheep's Milk	Ovi a_milk	E		≤ 0.3

### Fruit



Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Apple	Mal d	E		0.37
Apple	Mal d 1	C	PR-10	5.61
Apple	Mal d 2	C	TLP	≤ 0.3
Apple	Mal d 3	C	nsLTP	≤ 0.3
Banana	Mus a	E		≤ 0.3
Blueberry	Vac m	E		≤ 0.3
Cherry	Pru av	E		≤ 0.3
Fig	Fig c	E		≤ 0.3
Kiwi	Act d	E		≤ 0.3
Grape	Vit v 1	C	nsLTP	≤ 0.3
Kiwi	Act d 1	C	Cysteine Protease	≤ 0.3
Kiwi	Act d 10	C	TLP	≤ 0.3
Kiwi	Act d 2	C	Kiwellin	≤ 0.3
Kiwi	Act d 5	C	nsLTP	≤ 0.3
Litchi	Lit c	E		≤ 0.3
Mango	Man i	E		≤ 0.3
Melon	Cuc m	E		≤ 0.3
Orange	Cit s	E		≤ 0.3
Papaya	Car p	E		≤ 0.3
Peach	Pru p	E		≤ 0.3
Peach	Pru p 3	C	nsLTP	≤ 0.3
Pear	Pyr c	E		≤ 0.3
Plum	Pru do	E		≤ 0.3
Raspberry	Rub i	E		≤ 0.3
Strawberry	Fra a	E		≤ 0.3
Pineapple	Ana c 2	C	CCD	≤ 0.3

**Legumes and Nuts**

Almond	Pru du	E		≤ 0.3
Brazil Nut	Ber e	E		5.02
Brazil Nut	Ber e 1	C	2S Albumin	3.84

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Cashew	Ana o	E		23.21
Cashew	Ana o 3	C	2S Albumin	23.34
Chickpea	Cic a	E		0.36
Hazel Nut	Cor a_hazel	E		7.97
Hazel Nut	Cor a 1.0401	C	PR-10	5.06
Hazel Nut	Cor a 8	C	nsLTP	≤ 0.3
Hazel Nut	Cor a 9	C	11S Globulin	1.6
Hazel Nut	Cor a 11	C	7/8S Globulin	3.71
Hazel Nut	Cor a 14	C	2S Albumin	26.92
Lentil	Len c	E		≤ 0.3
Macadamia	Mac inte	E		0.55
Macadamia	Mac i 2S Albumin	C	2S Albumin	0.36
Pea	Pis s	E		≤ 0.3
Peanut	Ara h	E		15.83
Peanut	Ara h 1	C	7/8S Globulin	8.58
Peanut	Ara h 2	C	2S Albumin	30.48
Peanut	Ara h 3	C	11S Globulin	2.67
Peanut	Ara h 6	C	2S Albumin	25.32
Peanut	Ara h 8	C	PR-10	0.6
Peanut	Ara h 9	C	nsLTP	≤ 0.3
Pecan	Car i	E		10.65
Pistachio	Pis v	E		20.23
Soy	Gly m	E		3.11
Soy	Gly m 4	C	PR-10	11.53
Soy	Gly m 5	C	7/8S Globulin	≤ 0.3
Soy	Gly m 6	C	11S Globulin	0.65
Soy	Gly m 8	C	2S Albumin	≤ 0.3
Walnut	Jug r_nut	E		5.55
Walnut	Jug r 1	C	2S Albumin	5.46
Walnut	Jug r 2	C	7/8S Globulin	10.33

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Green Bean	Pha v	E		≤ 0.3

**Sea Food**

Anisakis simplex	Ani s 1	C	Kunitz Serin Protease Inhibitor	≤ 0.3
Anisakis simplex	Ani s 3	C	Tropomyosin	≤ 0.3
Atlantic Cod	Gad m	E		8.58
Atlantic Cod	Gad m 1	C	☒-Parvalbumin	21.87
Carp	Cyp c 1	C	☒-Parvalbumin	23.21
Common Mussel	Myt e	E		≤ 0.3
Crab	Chi spp.	E		1.32
Squid	Lol spp.	E		≤ 0.3
Lobster	Hom g	E		≤ 0.3
Oyster	Ost e	E		≤ 0.3
Salmon	Sal s	E		2.17
Scallop	Pec spp.	E		≤ 0.3
Northern prawn	Pan b	E		≤ 0.3
Shrimp Mix	Lit s	E		≤ 0.3
Black Tiger Shrimp	Pen m 1	C	Tropomyosin	≤ 0.3
Tuna	Thu a	E		≤ 0.3
Venus Clam	Rud spp.	E		≤ 0.3

**Spices**

Anise	Pim a	E		≤ 0.3
Caraway	Car c	E		≤ 0.3
Mustard	Sin	E		≤ 0.3
Mustard	Sin a 1	C	2S Albumin	≤ 0.3
Oregano	Ori v	E		≤ 0.3
Paprika	Cap a	E		≤ 0.3
Parsley	Pet c	E		≤ 0.3

**Meat**

Beef	Bos d_meat	E		≤ 0.3
Beef	Bos d 6	C	Serum Albumin	≤ 0.3

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Chicken	Gal d_meat	E		≤ 0.3
Horse	Equ c_meat	E		≤ 0.3
Lamb	Ovi a_meat	E		≤ 0.3
Pig	Sus d_meat	E		≤ 0.3
Rabbit	Ory_meat	E		≤ 0.3
Turkey	Mel g	E		≤ 0.3

### Vegetables

Avocado	Pers a	E		≤ 0.3
Cabbage	Bra o	E		≤ 0.3
Carrott	Dau c	E		6.25
Carrott	Dau c 1	C	PR-10	14.06
Celery	Api g	E		0.47
Celery	Api g 1	C	PR-10	10.14
Celery	Api g 2	C	nsLTP	≤ 0.3
Celery	Api g 6	C	nsLTP	≤ 0.3
Garlic	All s	E		≤ 0.3
Lettuce	Lac s	E		≤ 0.3
Olive	Ole_fruit	E		≤ 0.3
Onion	All c	E		≤ 0.3
Potato	Sol t	E		≤ 0.3
Tomato	Sola l	E		≤ 0.3
Tomato	Sola l 6	C	nsLTP	≤ 0.3
White Mushroom	Aga b	E		≤ 0.3
Hops	Hum l	E		≤ 0.3
Baker's Yeast	Sac c	E		≤ 0.3

### HYMENOPTERA VENOMS

#### Wasp

Common Wasp Venom	Ves v	E		≤ 0.3
Common Wasp Venom	Ves v 5	C	Antigen 5	≤ 0.3
Long-headed Wasp Venom	Dol spp	E		≤ 0.3

Allergen source	Allergen	E*/C**	Biochemical designation	kU/L
Paper Wasp Venom	Pol d	E		≤ 0.3
Paper Wasp Venom	Pol d 5	C	Antigen 5	≤ 0.3

**Bee**

Honey Bee Venom	Api m	E		≤ 0.3
Honey Bee Venom	Api m 1	C	Phospholipase A2	≤ 0.3
Honey Bee Venom	Api m 2	C	Hyaluronidase	≤ 0.3
Honey Bee Venom	Api m 10	C	Icarapin Variant 2	≤ 0.3

**OTHER****Latex**

Latex	Hev b	E		≤ 0.3
Latex	Hev b 1	C	Rubber elongation factor	≤ 0.3
Latex	Hev b 3	C	small rubber particle protein	≤ 0.3
Latex	Hev b 5	C	unknown	≤ 0.3
Latex	Hev b 6.02	C	Pro-Hevein	≤ 0.3
Latex	Hev b 8	C	Profilin	1.56
Latex	Hev b 11	C	Class 1 Chitinase	≤ 0.3

**Cockroach**

American Cockroach	Per a	E		≤ 0.3
American Cockroach	Per a 7	C	Tropomyosin	≤ 0.3
German Cockroach	Bla g	E		≤ 0.3
German Cockroach	Bla g 1	C	Cockroach group 1	≤ 0.3
German Cockroach	Bla g 2	C	Aspartyl protease	≤ 0.3
German Cockroach	Bla g 4	C	Lipocalin	≤ 0.3
German Cockroach	Bla g 5	C	Glutathione S-transferase	≤ 0.3