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1100+ ITEM OPTIMUM

INTOLERANCE AND HEALTH TEST REPORT

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 colour 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.

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 Item Sensitivities

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Food-items Grains

- Rice Flour
- Sticky Rice
- Kamut
- Oat Flour
- Yeast - Bakers
- Bread, White Bread
- Rice Cake
- Gluten
- Spelt
- Nutritional yeast
- Wheat, Whole Grain
- Bread - Wholemeal & Brown
- Rice
- Dinkel Flour
- Semolina
- Seitan
- Wheat Flour
- Noodles
- Bread - Sourdough
- Quinoa
- Corn Meal
- Rye Flour
- Wheat
- Millet
- Barley Flour
- Porridge Oats
- Bulgar Wheat
- Rye
- Triticale
- Matzo
- Barley
- Pasta
- Buckwheat
- Rice-Brown
- Tapioca
- Malt
- Amaranth
- Oats
- Yeast - Brewers
- Brioche

Food-items Dairy

- Milk From Goats
- Sour Cream
- Cream Cheese
- Gouda
- Camembert
- Milk From Cows
- Cream
- Roquefort
- Gorgonzola
- Yoghurt
- Buttermilk
- Milk Fat
- Cottage Cheese
- Ricotta Cheese
- Pickled Egg
- Swiss Cheese
- Feta
- Butter
- Mayonnaise
- Condensed Milk
- Parmesan (Cows)
- Stilton Cheese
- Evaporated Milk
- Brie
- Lactose
- Colby Cheese
- Mozzarella (Buffalo)
- Soybean Milk
- Egg Yolk
- B-lactoglobulin
- Kefir
- Cheddar Cheese (Cows)
- Milk From Sheep
- Sour Milk
- Egg White
- A-lactalbumin
- Greek Yogurt
- Casein

Food-Items Drinks

- Merlot
- Tea – Jasmine
- Pomegranate Juice
- Coconut water
- Tea (Green)
- Green Coffee Beans
- Rosehip Tea
- Cabernet Sauvignon

- White Rum
- Malbec
- Tea – Earl Grey
- Coconut milk
- Pinot noir
- Tea (Black/Normal, i.e. Not Green)
- Gin
- Root Beer
- Brandy
- Whisky
- Lime Blossom Tea
- shiraz
- Chinese Liquor
- Pinot grigio
- Tea – White
- Pineapple Juice
- Riesling
- Dark Rum
- Apple Juice
- Vodka
- Lemonade
- Sherry
- Chardonnay
- Tea – Rooibos
- Ouzo
- Rice milk
- Cranberry Juice
- Aperol Spritz
- Vermouth
- Lager
- Sauvignon blanc
- Champagne
- Tea – Oolong
- Orange Juice
- Pu er Tea
- Cola
- Tequila
- Almond milk
- Hemp milk
- Sambucca
- Chamomile Tea
- Oat milk
- Tea – marshmallow
- Prosecco
- Coffee (Black)
- Tempranillo
- Ale
- Hazelnut milk
- Rum
- Cashew milk
- Zinfandel

Food-Items Oils

- Sunflower Oil
- Evening Primrose Oil
- SESAME OIL
- Cod Liver Oil
- Salmon Oil
- Coconut Oil
- Rapeseed Oil
- Canola Oil
- Peppermint Oil
- Avocado oil
- Peanut Oil
- Vegetable Oil
- Almond oil
- Olive Oil

Food-Items Fruit

- Grapes (White)
- Pears
- Kumquat
- Currants (Red, Black etc.)
- Quince
- Elderberry
- Mango
- Bananas
- Yellow Grapefruit
- Grapes (Red)
- Peaches
- Cranberries
- Kiwis
- Prunes
- Durian Fruit
- Mandarin
- Balsam Pear
- Waxberry Fruit
- Gooseberries
- Passionfruit
- Cherries
- Jujube Fruit
- Pomegranates
- Jack Fruit
- Lychee
- Dried All Spice Berries
- Avocado
- Watermelon

- Goji Berry
- Papaya
- Carambola (Star Fruit)
- Plums
- Honeydew Melon
- Loquat Fruit
- Dragon Fruit
- Apricots
- Strawberries
- Galia Melon
- Oranges
- Blueberries
- Pink Grapefruit
- Hawthorn Fruit
- Lime
- Dates
- Raspberries
- Apples
- Fructose
- Nectarines
- Blackberries
- Guava
- Pineapple
- Lemons
- damson
- Raisins
- Acai Berry
- Figs
- Mangosteen Fruit
- Bilberries

Food-Items Meat

- Moose Meat/Elk
- Pig Blood Curd (Blood Tofu)
- Duck Intestines
- Kangaroo
- Salami
- Chicken Heart
- Liver (Pig)
- Duck Blood
- Pheasant
- Horse
- Rabbit
- Chicken
- Liver (Ox)
- Wild Boar
- Duck
- Pastrami
- Ox Kidney
- Pork Sausage
- Hare
- Buffalo
- Liver (Lamb)
- Venison
- Crocodile
- Ox Heart
- Pork
- Goosefoot
- Beef Jerky
- Lamb Kidney
- Veal
- Corned Beef (USA)
- Ostrich
- Pig Kidney
- Goose
- Beef
- Lamb Heart
- Turkey
- Corned Beef (UK)
- Mutton
- Pig Heart
- Goat
- Bacon
- Lamb
- Tripe
- Chicken Kidney

Food Items Seafood

- Pollock
- Skate
- Haddock
- Laver Seaweed
- Trout
- Clams
- Plaice
- Green Lipped Mussels
- Shrimp
- Jellyfish
- Tilapia
- Chub Mackerel
- Pilchard
- Yellow Croaker Fish
- Eel
- Scallops
- Sardine
- Swordfish
- Herring (Red)
- Catfish

- Oyster
- Squid
- Tuna
- Halibut
- Crab
- Abalone Shellfish
- Winkles
- Herring
- Crayfish
- Anchovy
- Prawns
- Lobster
- Cuttle Fish
- Blue Mussels
- Red Bass
- Mackerel
- Smoked Herring, Bloater
- Trout (Brown)
- Salmon
- Octopus
- Sole
- Trout (Sea)
- Hake
- Cod

Food-items Nuts/Seeds

- Water Chestnuts
- Walnuts
- Sweet Chestnut
- Sunflower Seeds
- Sesame Seeds
- Pumpkin Seeds
- Poppy Seeds
- Jackfruit Seeds
- Hemp Seeds
- Hazelnuts
- Ginkgo Nut
- Flaxseed
- Fennel Seed
- Coix Seed
- Pistachio
- Pine Nuts
- Pecan Nuts
- Peanuts
- Macadamia
- Kola Nuts
- Coconut
- Chia Seeds
- Cashew Nuts
- Brazil Nuts
- Beech Nuts
- Almond

Food-items Spices

- Mace Herb
- Vinegar (Malt)
- Lobster Sauce
- Vinegar (Clear)
- Horseradish
- Vanilla Bean
- Balsamic Vinegar
- Turmeric
- Apple Cider Vinegar
- Thyme
- Aniseed
- Marjoram
- Tamarind
- Curry Leaf
- Tahini
- Cumin
- Soybean Paste
- Nutmeg
- Ginger
- Mustard
- Five Spice
- Mint
- Fenugreek
- Tarragon
- Paprika
- Rosemary
- Celery salt
- Rice wine Vinegar
- Cayenne Pepper
- Pepper (White)
- Soy Sauce
- Pepper (Red)
- Saltbush
- Pepper (Green)
- Salt
- Pepper (Black)
- Chilli Pepper
- Bay Leaf
- Oyster Sauce
- Basil
- Oregano
- Coriander
- Cardamom
- Clove
- Caraway
- Cinnamon
- Birds Eye Chilli
- Chilli Sauce

- Acetic Acid
- Dill
- Sage
- Bean Paste

Food-items Sweetners

- Guar Guar Gum
- Sugar, White
- Confectioners' Sugar
- Sugar, Brown (Natural)
- Coconut Sugar
- Sugar (Beet)
- Cocoa Powder
- Molasses
- Chocolate (Milk)
- Maple Syrup
- Chocolate (Dark)
- Honey

Food-items Vegetables

- Jalapeno Pepper
- Sweet Corn
- Okra
- Capsicum (Red)
- Chicory
- Pumpkin
- Beans, Lima
- Habenero Pepper
- Swede
- Capsicum (Green)
- Lentils
- Yams
- Chickpeas
- Potatoes
- Beans (Green)
- Garlic
- Spinach
- Cabbage
- Leek
- Turnip
- Kohlrabi
- Portobello Mushroom
- Chestnut Mushroom
- Beans (Broad)
- Fennel
- Soya Bean
- Button Mushroom
- Tomato
- Kidney Beans
- Peas
- Cauliflower
- Bamboo Shoots
- Endive
- Shitake Mushroom
- Brussel Sprouts
- Tofu
- Kelp Seaweed
- Oyster Mushrooms
- Carrots
- Aubergine
- Edamame Beans
- Runner Beans
- Broccoli
- Kale
- Sweet Potato
- Onion
- Capsicum (Yellow)
- Asparagus
- Courgette
- Rocket
- Beetroot

Food-items Vegetables Raw

- Needle Mushroom
- Portobello Mushroom
- Cauliflower
- Cress
- Taro Vegetable
- Broccoli
- Leek
- Capsicum (Yellow)
- Parsnip
- Courgette
- Spinach
- Beans, Lima
- Kohlrabi Cabbage
- Capsicum (Red)
- Parsley
- Oyster Mushrooms
- Shitake Mushroom
- Chinese Cabbage
- Beans (Green)
- Escarole Lettuce

- Capsicum (Green)
- Beans (Broad)
- Olives (Green)
- Edamame Beans
- Radish
- Tomato
- Onion
- Endive
- Rocket
- Watercress
- Celery
- Brussel Sprouts
- Romaine Lettuce
- Wax Gourd
- Chestnut Mushroom
- Butter Lettuce
- Artichoke
- Chicory
- Button Mushroom
- Bamboo Shoots
- Olives (Black)
- Cucumber

What to Do with Food Intolerance Test Results and How to Follow an Elimination Diet

Understanding Your Test Results

Identify Triggers: Review the test results to identify specific foods or food groups you may be intolerant to. Common triggers include dairy, gluten, soy, eggs, and certain nuts.
Recognize Limitations: Food intolerance tests may indicate potential sensitivities but aren't always definitive. Cross-reference results with your symptoms.

Plan Your Elimination Diet: Create a List: Write down foods to eliminate based on your test results. Start with the most likely culprits.
Focus on Nutrient Balance: Ensure you're still getting adequate nutrition by including a variety of tolerated foods. Consult a dietitian if needed. **Elimination Phase (4–6 Weeks)**

Remove Potential Triggers: Avoid all foods and ingredients flagged in your results. Read labels carefully and watch for hidden sources (e.g., gluten in sauces).

Track Symptoms: Maintain a food and symptom diary to monitor changes in digestion, energy levels, or skin health.

Reintroduction Phase

Introduce Foods Gradually: Add one eliminated food back into your diet every 3–7 days. Monitor symptoms for reactions like bloating, headaches, or fatigue.
Note Responses: If a reaction occurs, remove the food and try again later or eliminate it long term.

Long-Term Management: Transition to a personalized diet that excludes intolerant foods while incorporating safe alternatives.

Lifestyle Changes: Consider gut health support through probiotics, hydration, and stress management to reduce sensitivities over time.
By following this systematic approach, you can identify food triggers, alleviate symptoms, and create a sustainable, nourishing diet.

E-Numbers

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E-Items

- E284 - Boric acid
- E554 - Sodium aluminium silicate
- E325 - Sodium lactate
- E483 - Stearyl tartrate
- E953 - Isomalt
- E132 - Indigotine; Indigo Carmine
- E354 - Calcium tartrate
- E517 - Ammonium sulphate
- E1413 - Phosphated distarch phosphate
- E163 - Anthocyanins
- E150d - Sulphite ammonia caramel
- E249 - Potassium nitrite
- E442 - Ammonium phosphatide
- E628 - Dipotassium guanylate
- E302 - Calcium ascorbate
- E472b - Lactic acid esters of mono- and diglycerides of fatty acids
- E927b - Carbamide
- E1204 - Pullulan
- E413 - Tragacanth
- E962 - Salt of aspartame-acesulfame
- E385 - Calcium disodium ethylene diamine tetra-acetate; calcium disodium EDTA
- E525 - Potassium hydroxide
- E1450 - Starch sodium octenyl succinate
- E175 - Gold
- E220 - Sulfur dioxide
- E421 - Mannitol
- E577 - Potassium gluconate
- E333 - Calcium citrates
- E499 - Stigmasterol-rich plant sterols
- E961 - Neotame
- E474 - Sucroglycerides
- E943b - Iso-butane
- E122 - Azorubine; Carmoisine
- E340 - Potassium phosphates
- E509 - Calcium chloride
- E969 - Advantame
- E160b - Annatto
- E262 - Sodium acetate
- E459 - Beta-cyclodextrin; betadex
- E634 - Calcium 5-ribonucleotides
- E310 - Propyl gallate
- E466 - Carboxymethyl cellulose
- E902 - Candelilla wax
- E1103 - Invertase
- E404 - Calcium alginate
- E535 - Sodium ferrocyanide
- E1520 - Propan-1,2-diol; propylene glycol
- E212 - Potassium benzoate
- E227 - Calcium hydrogen sulphite
- E432 - Polyoxyethylene sorbitan monolaurate; Polysorbate 20
- E621 - Monosodium glutamate (MSG)
- E283 - Potassium propionate
- E553b - Talc
- E322 - Lecithins
- E482 - Calcium stearoyl-2-lactylate
- E952 - Cyclamic acid and its Na and Ca salts
- E131 - Patent Blue V
- E353 - Metatartaric acid
- E516 - Calcium sulphate
- E1412 - Distarch phosphate

- E162 - Betanin (Beetroot Red)
- E243 - Ethyl lauroyl arginate
- E440b - Amidated pectin
- E627 - Disodium guanylate
- E301 - Sodium ascorbate
- E472a - Acetic acid esters of mono- and diglycerides of fatty acids
- E920 - L-cysteine
- E1203 - Polyvinyl alcohol
- E412 - Guar gum (cluster bean gum)
- E150c - Ammonia caramel
- E553a - Magnesium silicate
- E380 - Triammonium citrate
- E524 - Sodium hydroxide
- E1442 - Hydroxy propyl distarch phosphate
- E174 - Silver
- E219 - Sodium methyl p-hydroxybenzoate
- E420 - Sorbitol
- E576 - Sodium gluconate
- E332 - Potassium citrates
- E495 - Sorbitan monopalmitate
- E960 - Steviol glycoside
- E1209 - Polyvinyl alcohol-polyethylene glycol-graft copolymer; PVA-PEG graft copolymer
- E339 - Sodium phosphates
- E508 - Potassium chloride
- E968 - Erythritol
- E160a - Alpha-, beta, and gamma-carotenes
- E261 - Potassium acetate
- E452 - Polyphosphates
- E633 - Calcium inosinate
- E309 - Delta-tocopherol
- E473 - Sucrose esters of fatty acids
- E943a - Butane
- E465 - Ethyl methyl cellulose
- E901 - Beeswax, white and yellow
- E403 - Ammonium alginate
- E530 - Magnesium oxide
- E1518 - Glyceryl triacetate; triacetin
- E211 - Sodium benzoate
- E226 - Calcium sulphite
- E427 - Cassia gum
- E620 - L-Glutamic acid
- E464 - Hydroxypropyl methyl cellulose
- E321 - Butylated hydroxytoluene (BHT)
- E481 - Sodium stearoyl-2-lactylate
- E951 - Aspartame
- E129 - Allura Red AC
- E352 - Calcium malate
- E515 - Potassium sulphate
- E1410 - Monostarch phosphate
- E161g - Canthaxanthin
- E282 - Calcium propionate
- E242 - Dimethyl dicarbonate
- E440a - Pectin
- E626 - Guanylic acid
- E300 - Ascorbic acid (Vitamin C)
- E471 - Mono- and diglycerides of fatty acids
- E914 - Oxidised polyethylene wax
- E1202 - Polyvinylpolypyrrolidone (PVPP)
- E410 - Locust bean gum; carob gum
- E150b - Caustic sulphite caramel
- E552 - Calcium silicate
- E523 - Aluminium ammonium sulphate
- E1440 - Hydroxyl propyl starch
- E173 - Aluminium

- E218 - Methyl p-hydroxybenzoate
- E418 - Gellan gum
- E575 - Glucono delta-lactone (GDL); gluconolactone
- E331 - Sodium citrates
- E494 - Sorbitan monooleate
- E959 - Neohesperidine DC
- E150a - Plain caramel
- E363 - Succinic acid
- E338 - Phosphoric acid
- E507 - Hydrochloric acid
- E967 - Xylitol
- E160 a-e - Carotenoids
- E260 - Acetic acid
- E451 - Triphosphates
- E632 - Dipotassium inosinate
- E308 - Gamma-tocopherol
- E472f - Mixed acetic and tartaric acid esters of mono- and diglycerides of fatty acids
- E942 - Nitrous oxide
- E1208 - Polyvinylpyrrolidone-vinyl acetate copolymer
- E337 - Sodium potassium tartrates
- E900 - Dimethylpolysiloxane
- E402 - Potassium alginate
- E529 - Calcium oxide (quicklime)
- E1517 - Glyceryl diacetate; diacetin
- E210 - Benzoic acid
- E224 - Potassium metabisulphite
- E426 - Soybean hemicellulose
- E586 - 4-Hexylresorcinol
- E320 - Butylated hydroxyanisole (BHA)
- E479b - Thermally oxidised soya bean oil interacted with mono- and diglycerides of fatty acids
- E950 - Acesulfame K
- E128 - Red 2G
- E351 - Potassium malate
- E514 - Sodium sulphate
- E141 - Copper complexes of chlorophyll and chlorophyllins
- E161b - Lutein
- E281 - Sodium propionate
- E463 - Hydroxypropyl cellulose
- E239 - Hexamethylene tetramine
- E436 - Polyoxyethylene sorbitan tristearate; Polysorbate 65
- E625 - Magnesium diglutamate
- E297 - Fumaric acid
- E470b - Magnesium salts of fatty acids
- E907 - Hydrogenated poly-1-decene
- E1201 - Polyvinylpyrrolidone (PVP)
- E407a - Processed eucheuma seaweed
- E551 - Silicon dioxide (Silica)
- E1422 - Acetylated distarch adipate
- E172 - Iron oxides and hydroxides
- E215 - Sodium ethyl p-hydroxybenzoate
- E417 - Tara gum
- E574 - Gluconic acid
- E330 - Citric acid; lemon salt
- E493 - Sorbitan monolaurate
- E957 - Thaumatin
- E142 - Green S
- E357 - Potassium adipate
- E522 - Aluminium potassium sulphate
- E504 - Magnesium carbonate
- E666 - Lactitol

- E155 - Brown HT
- E252 - Potassium nitrate
- E450 - Diphosphates
- E631 - Disodium inosinate
- E307 - Alpha-tocopherol
- E472e - Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids
- E941 - Nitrogen
- E1207 - Anionic methacrylate copolymer
- E336 - Potassium tartrates
- E650 - Zinc acetate
- E401 - Sodium alginate
- E528 - Magnesium hydroxide
- E1505 - Triethyl citrate
- E202 - Sorbic acid
- E223 - Sodium metabisulphite
- E425 - Konjac
- E585 - Ferrous lactate
- E319 - Tertiary-butyl hydroquinone (TBHQ)
- E477 - Propane-1,2-diol esters of fatty acids
- E949 - Hydrogen
- E127 - Erythrosine
- E350 - Sodium malate
- E513 - Sulphuric acid
- E1404 - Oxidised starch
- E160e - Beta-apo-8-carotenal (C30); apocarotenal
- E280 - Propionic acid
- E462 - Ethyl cellulose
- E641 - L-leucine
- E435 - Polyoxyethylene sorbitan monostearate; Polysorbate 60
- E624 - Monoammonium glutamate
- E296 - Malic acid
- E470a - Sodium, potassium, and calcium salts of fatty acids
- E905 - Microcrystalline wax
- E1200 - Polydextrose
- E407 - Carrageenan (Irish moss)
- E541 - Sodium aluminium phosphate
- E235 - Natamycin
- E171 - Titanium dioxide
- E416 - Karaya gum
- E570 - Fatty acids; stearic acid
- E327 - Calcium lactate
- E492 - Sorbitan tristearate
- E955 - Sucralose
- E140 - Chlorophyll and chlorophyllins
- E356 - Sodium adipate
- E521 - Aluminium sodium sulphate
- E1420 - Acetylated starch
- E503 - Ammonium carbonate
- E965 - Maltitol
- E153 - Vegetable carbon
- E251 - Sodium nitrate
- E445 - Glycerol esters of wood rosins
- E630 - Inosinic acid
- E306 - Tocopherol (Vitamin E)
- E472d - Tartaric acid esters of mono- and diglycerides of fatty acids
- E939 - Helium
- E1206 - Neutral methacrylate copolymer
- E400 - Alginic acid
- E527 - Ammonium hydroxide
- E1452 - Starch aluminium Octenyl succinate

- E200 - Sorbic acid
- E222 - Sodium hydrogen sulphite
- E423 - Octenyl succinic acid modified gum arabic
- E579 - Ferrous gluconate
- E335 - Sodium tartrates
- E501 - Potassium carbonate
- E316 - Sodium erythorbate
- E476 - Polyglycerol polyricinoleate
- E948 - Oxygen
- E124 - Ponceau 4R; Cochineal Red A
- E343 - Magnesium phosphates
- E512 - Stannous chloride
- E1400-1414 - Starches
- E160d - Lycopene
- E270 - Lactic acid
- E461 - Methyl cellulose
- E640 - Glycine and its sodium salt
- E623 - Calcium glutamate
- E290 - Carbon dioxide
- E469 - Enzymatically hydrolysed carboxymethyl cellulose
- E904 - Shellac
- E120 - Cochineal; Carminic acid; Carmines
- E406 - Agar
- E538 - Calcium ferrocyanide
- E214 - Ethyl p-hydroxybenzoate
- E234 - Nisin
- E434 - Polyoxyethylene sorbitan monopalmitate; Polysorbate 40
- E415 - Xanthan gum
- E555 - Potassium aluminium silicate
- E326 - Potassium lactate
- E491 - Sorbitan monostearate
- E954 - Saccharin and its Na, K, and Ca salts
- E133 - Brilliant Blue FCF
- E355 - Adipic acid
- E520 - Aluminium sulphate
- E1414 - Acetylated distarch phosphate
- E170 - Calcium carbonate (chalk)
- E414 - Acacia gum; gum arabic
- E964 - Polyglycitol syrup
- E151 - Brilliant Black BN; Black PN
- E250 - Sodium nitrite
- E444 - Sucrose acetate isobutyrate
- E629 - Calcium guanylate
- E304 - Fatty acid esters of ascorbic acid
- E472c - Citric acid esters of mono- and diglycerides of fatty acids
- E938 - Argon
- E1205 - Basic methacrylate copolymer
- E392 - Extracts of rosemary
- E526 - Calcium hydroxide
- E1451 - Acetylated oxidised starch
- E180 - Lithol rubine BK
- E221 - Sodium sulphite
- E422 - Glycerol
- E578 - Calcium gluconate
- E334 - Tartaric acid (L-(+))
- E500 - Sodium carbonate
- E315 - Erythorbic acid
- E475 - Polyglycerol esters of fatty acids
- E944 - Propane
- E123 - Amaranth

- E341 - Calcium phosphates
- E511 - Magnesium chloride
- E999 - Quillaia extract
- E160c - Paprika extract; Capsanthian; Capsorubin
- E263 - Calcium acetate
- E460 - Cellulose
- E635 - Sodium-5-ribonucleotide
- E285 - Sodium tetraborate; borax
- E468 - Crosslinked sodium carboxymethyl cellulose
- E903 - Carnauba wax
- E1105 - Lysozyme
- E405 - Propane-1,2-diol alginate; propylene glycol alginate (PGA)
- E536 - Potassium ferrocyanide
- E1521 - Propan-1,2-diol; propylene glycol
- E213 - Calcium benzoate
- E228 - Potassium hydrogen sulphite
- E433 - Polyoxyethylene sorbitan mono-oleate; Polysorbate 80
- E622 - Monopotassium glutamate

E-Numbers Analysis

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 use the results?

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

Non-Food and Environmental Sensitivities.

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Non-food items

- Johnson Grass
- Douglas Fir
- Laurel
- Epicoccum Purpurascens
- Brome Grass
- Velvet Grass
- Plantain (Plantago Major)
- Jasmine Plant
- Dog Dander
- Bee sting
- English Plantain
- Bracken
- Velvet
- Pine, Scottish (Pinus Sylvestris)
- Weeping Fig
- Deer Epithelium
- Larch
- Chinchilla
- Mealworm
- Common Silver Birch
- Marguerite (Leucanthemum Vulgare)
- Cladosproium Herbarum
- Bermuda Grass
- Fusarium Moniliforme
- Mugwort
- Lotus Root
- Finch Feathers
- Maple Tree
- Hazel Tree
- Rapeseed
- Fungus/Mould (Household)
- Mouse
- Lisianthus
- Ficus
- Maize Crop
- Japanese Millet
- Wormwood (Artemisia Absinthium)
- Elm
- Chamomile
- Horses
- Cat Dander
- Hop (Humulus Lupulus)
- Rats
- Seaweed
- Cotton Seed
- White Pine
- Granary Weevil
- Casuarina Austrian Pine
- Thistle Plant
- Chrysanthemum
- Scotch heather
- Cotton Crop
- White Ash
- Goldenrod (Solidago Virgaurea)
- Castor Bean
- Hawthorn Tree
- Daylilly
- Foxtail Millet
- Penicillium Notatum
- Ulocladium Chartarum
- Paper Wasp Sting
- Timothy Grass
- Perennial Ryegrass (Lolium Perenne)
- Mesquite
- House Dust Mite
- Anise
- Stinging Nettle
- Paloverde
- Latex
- Pepper Tree
- Melaleuca
- House Dust
- American Beech
- Stemphylium Botryosum
- Oak (Quercus Robur)
- Tall Oat Grass (Arrhenaterium Elatius)
- Ragweed Plant
- Salt Grass
- Mountain Juniper
- Linden Tree

- Box Elder
- False Oat Grass
- Carnations
- Water Reed (Phragmites Communis)
- Wool
- Fox
- Penicillium Frequentans
- Lilac (Syringa Vulgaris)
- Pigweed (Chenopodium Album)
- Lycopodium
- Japanese Beech
- Willow Tree
- Dust
- Pear Tree
- Lemon Verbena
- Gerbil
- Lupine (Lupinus Polyphyllus)
- Italian Cypress Tree
- Aspergillus Fumigatus
- Sunflower
- Parrot Feathers
- Hornbeam
- Moth
- Glaskraut (Parietaria Judaica)
- Nylon
- Hamster
- Aster
- Rye Grass
- Common Reed
- Bovines
- False Acacia (Robinia Pseudacacia)
- Canary Grass
- Wasp Sting
- Aspergillus Niger
- Rubber
- Cockroach
- Blood Worm
- Snail
- Canary Feathers
- Walnut Tree
- Poplar Tree
- Rose Plant
- Downy Birch (Betula Verrico)
- Tobacco
- Alstromerias
- Stachybotrys
- Dandelion
- Sweet Vernal Grass (Anthoxanthum Odoratum)
- Privet (Ligustrum spp.)
- Meadow Grass
- Horse Chestnut Plant
- Mosquito
- Giant Ragweed
- Nettle
- Sweet Gum
- Primrose (Primulus)
- Meadow Fox Tail Grass
- Horse Bot Fly
- Pigeons
- Mistletoe Plant
- Narcissus (Narcissus spp.)
- Kammgras (Cynosurus Cristatus)
- Formaldehyde
- Meadow Fescue (Festuca Pratensis)
- Ribwort
- Leather
- Pine
- Lycra
- Japanese Cedar
- Laburnum
- Elder Plant
- Chaetomium Globosum
- Turkey Feathers
- Algae
- Spruce (Picea Abies)
- Daisy
- Karaya Gum
- Gum Arabic
- Cedar
- Tobacco Leaf
- European Beech
- Alder
- Dahlia (Dahlia Hybrida)
- Wild Rye Grass
- Guinea Pigs
- Cat Serum Albumin
- Clover
- Birch Pollen

- Pig
- Mink
- Mulberry Bush
- Juniper Bush
- Firebush
- Eucalyptus
- Agaric Mushroom
- Cotton Wool
- Wild Oat (Avena Fatua)
- Grey Alder
- Gardenia
- Lovage
- Hyacinth (Endymion Non Scriptus)
- Aspen (Populus Tremula)
- Storage Mite
- Silk
- Buttercup Flower
- Wallflower (Cheranthus Cheiri)
- Polka Dot Tree

Understanding Non-Food Item Sensitivities results

Sensitivity to non-food items, such as environmental factors, chemicals, or personal care products, can significantly affect your quality of life. If you've undergone testing for sensitivities to non-food items, here's a guide to understanding your results and taking appropriate action.

Interpret Your Test Results

Identify Common Sensitivities: Non-food sensitivities often include triggers like:
Environmental allergens: Pollen, dust mites, mold, animal dander.
Household irritants: Cleaning products, detergents, or air fresheners.
Personal care products: Fragrances, preservatives, or specific chemicals like parabens or sulfates.
Metals or materials: Nickel, latex, or certain fabrics.
Differentiate Sensitivity from Allergy. Sensitivities cause less severe symptoms (e.g., skin irritation, headaches, or fatigue) compared to allergies, which can trigger immune responses like hives or difficulty breathing.

Common Symptoms of Non-Food Sensitivities

Respiratory Issues: Sneezing, runny nose, or congestion due to environmental irritants like mold or pollen.
Skin Reactions: Rashes, redness, or dryness from contact with specific substances, such as soaps or jewelry. Headaches or Fatigue: Triggered by strong fragrances, cleaning chemicals, or poor indoor air quality.

Take Action Based on Your Results

Environmental Triggers: Use air purifiers and vacuum regularly to reduce allergens like dust and pet dander. Control humidity to prevent mold growth.
Limit outdoor exposure during high pollen seasons.
Household Products: Switch to hypoallergenic, fragrance-free, or natural alternatives for cleaning and laundry.
Avoid aerosols or heavily scented products.
Personal Care Items: Check labels for known irritants like fragrances, alcohols, or preservatives.
Choose dermatologically tested or "free from" products tailored for sensitive skin.
Material Sensitivities: Replace nickel-containing jewelry with hypoallergenic metals like titanium or sterling silver.
Use latex-free gloves and products if latex is a trigger.

Track and Adjust

Symptom Diary: Keep a record of symptoms and potential exposures to pinpoint problematic items.
Gradual Testing: If safe, slowly reintroduce items to confirm sensitivities. For example, switch between different detergents or fragrances to identify specific irritants.

Adopt a Proactive Approach

Minimize Exposure: Reduce contact with identified irritants by modifying your environment and habits.
Support Overall Wellness: A strong immune system and healthy skin barrier can reduce sensitivity. Stay hydrated, manage stress, and consider supplementation (e.g., omega-3s or probiotics) if advised.
By understanding your non-food sensitivity results and making informed lifestyle adjustments, you can reduce exposure to irritants and improve your overall well-being.

Vitamins and Minerals

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Vitamins

- Germanium
- Vitamin B13
- Asparagine
- Choline
- Eicosapentaenoic Acid
- Gallic Acid
- Vitamin B1
- Docosahexaenoic Acid
- Folic Acid
- Vitamin D2
- Anthocyanidins
- Melatonin
- L-Carnitine
- Alpha Lipoic Acid
- Vitamin D
- Co Q 10
- Fibre
- Phenylalanine
- Vitamin E
- Vitamin B6
- Inositol
- L-Glutamine
- Omega 3
- Vitamin D3
- Arginine
- Molybden
- Glycine
- Vitamin B3
- Biotin
- Creatin
- Flavonoids
- Glutamine
- Vitamin B17
- Lutein
- Iso-Flavonoids
- Ellagic Acid
- Genistein
- Vitamin B12
- Ascorbic Acid
- Carotenoids
- Histidine
- Vitamin B4
- Bromelain
- Lecithin
- Vitamin K2
- Vitamin A1
- Vitamin B2
- Lycopene
- Vitamin A
- Vitamin F
- Betaine
- Citrus Bio-Flavonoids
- Lignans
- Omega 6
- Vitamin D4
- Vitamin B5
- Homocysteine
- Leucine
- Zeaxanthin
- Vitamin A2
- Cysteine
- Folate
- Glutathione
- Vitamin K1
- Beta-Carotene
- Isoleucine
- Adenine
- Vitamin C

Minerals

- Zinc
- selenium
- phosphorus
- Magnesium
- Iron
- fluoride
- Chromium
- Sodium
- Potassium
- Manganese
- Iodine
- Copper
- Calcium

How to Interpret Your Vitamin and Mineral Sensitivity Results

Understanding sensitivity to vitamins and minerals can help optimize your diet and supplementation strategy. While uncommon, sensitivities or adverse reactions to certain nutrients may occur due to absorption issues, overexposure, or individual genetic differences. Here's how to make sense of your results:

Identify the Nutrients of Concern
Sensitivity to Excess: Some individuals may experience symptoms from excessive intake of certain vitamins or minerals, such as nausea from high doses of vitamin C or magnesium.
Absorption Issues: Results may indicate poor utilization or intolerance to specific forms of a nutrient (e.g., synthetic folic acid vs. natural folate).
Interactions with Other Nutrients: Certain sensitivities may stem from imbalances, such as zinc affecting copper absorption or calcium interfering with iron.

Understand the Symptoms
Common Signs of Sensitivity: Fatigue, headaches, or digestive discomfort from specific vitamin supplements.
Skin reactions or flushing, often linked to niacin (vitamin B3).
Nausea or stomach upset with minerals like iron or magnesium.

Adjust Your Intake
Food First Approach: Prioritize obtaining vitamins and minerals through whole foods, as they are often better tolerated than synthetic forms.
Switch Forms: If a particular supplement form triggers symptoms (e.g., magnesium oxide causing stomach upset), try alternative forms like magnesium glycinate or citrate.
Balance Intake: Ensure you're consuming complementary nutrients to avoid imbalances that may exacerbate sensitivity.

Monitor Dosage
Stick to recommended daily allowances (RDAs) for supplements unless directed by a healthcare professional. Avoid mega doses of any single nutrient unless clinically necessary, as excess intake can cause adverse effects.

By carefully interpreting your results and tailoring your diet or supplementation plan, you can ensure your body gets the nutrients it needs without triggering unwanted sensitivities.

Digestive Health

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Digestive Health

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

How to read your Digestive Health results

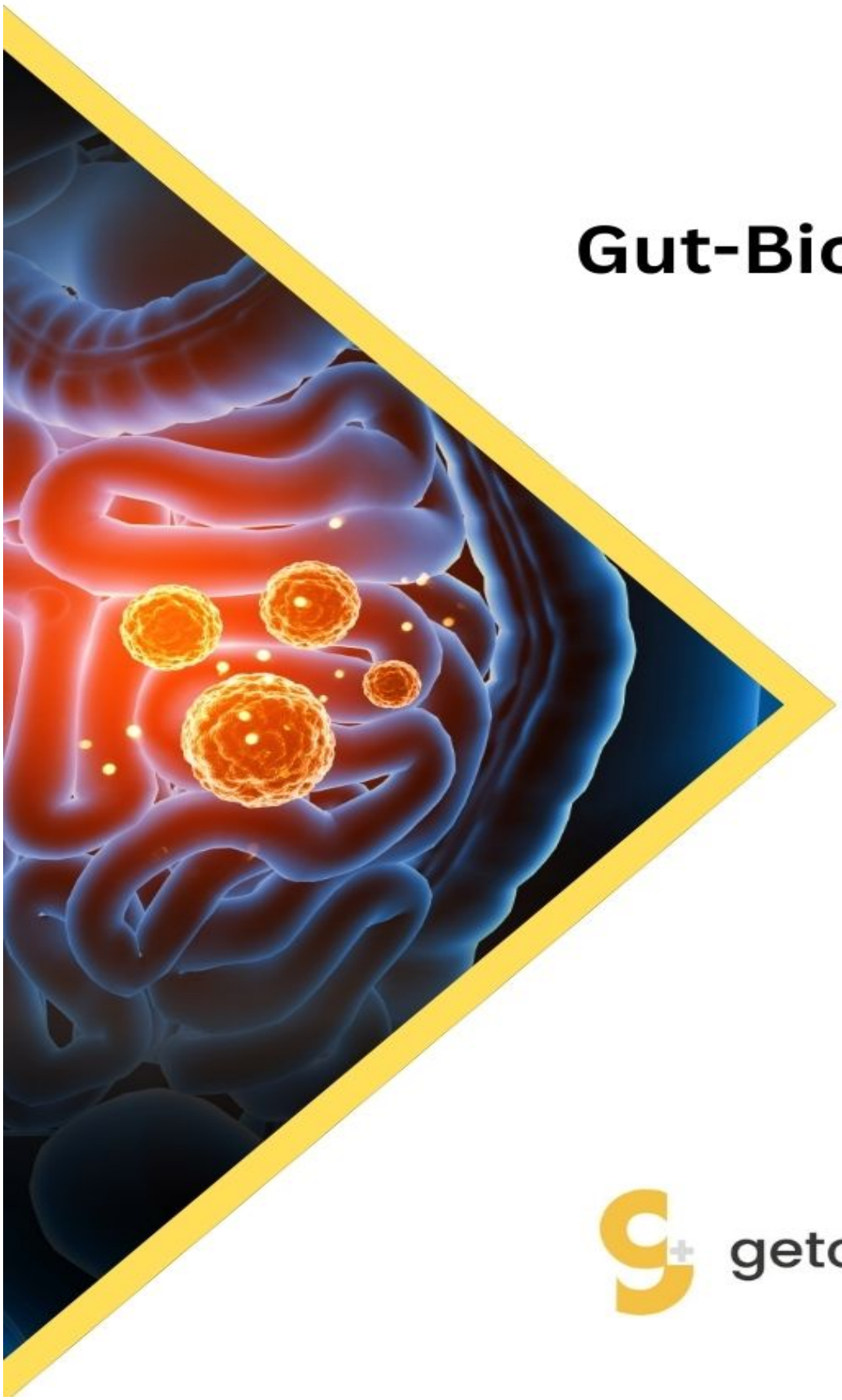
As you review the findings in this section, remember that the colors represent your body's response levels to the tested items.

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: 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.



Gut-Biome

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Gut-Biome

- Lactobacillus reuteri
- Bifidobacterium longum
- Lactobacillus plantarum
- Streptococcus thermophilus
- Bifidobacterium bifidum
- Lactobacillus acidophilus
- Streptococcus Faecium
- Bacteroides thetaiotaomicron
- Faecalibacterium prausnitzii
- Ruminococcus bromii
- Bacteroides fragilis
- Eubacterium rectale
- Roseburia intestinalis
- Akkermansia muciniphila
- Escherichia coli
- Lactobacillus rhamnosus
- Acidophilus Bifidus
- Clostridium butyricum

How to Interpret Your Gut Biome Sensitivity Results

Gut biome sensitivity results provide insights into how the balance of microorganisms in your digestive system may be affecting your health, particularly in terms of food sensitivities, digestion, and overall well-being. Here's how to understand and act on your results:

Understand Key Findings
Imbalanced Microbiota: Results may highlight an overgrowth of certain bacteria (e.g., Escherichia coli) or insufficient levels of beneficial strains like Lactobacillus or Bifidobacterium.
Trigger Foods: Some foods may exacerbate gut imbalances due to poor microbial breakdown, such as FODMAPS (fermentable carbohydrates) or histamine-rich foods.
Inflammatory Markers: Elevated levels of certain gut bacteria may be linked to inflammation, which can manifest as bloating, fatigue, or other symptoms.

Relate Results to Symptoms
Digestive Symptoms: Gas, bloating, or diarrhea may correspond to imbalances in bacteria responsible for fermenting carbohydrates or digesting fats.
Food Sensitivities: Sensitivities to gluten, dairy, or other foods may indicate impaired gut lining (leaky gut) or specific microbial imbalances.
Immune System Health: Low diversity in gut bacteria may contribute to systemic inflammation or heightened sensitivity to certain foods.

Make Dietary Adjustments
Support Beneficial Strains: Include foods that promote beneficial bacteria, such as prebiotic-rich vegetables (e.g., onions, garlic, asparagus) and fermented foods (e.g., yogurt, sauerkraut, kefir).
Avoid Aggravating Foods: Temporarily reduce foods flagged as problematic while working to restore balance, such as those high in FODMAPs, gluten, or refined sugar.
Diversify Your Diet: A diverse diet encourages a healthier and more resilient microbiome.

Consider Probiotic or Supplement Support
Take targeted probiotics to replenish specific beneficial bacteria identified as low.
Use supplements like digestive enzymes or L-glutamine to support gut lining repair if recommended.

Work Toward Balance
Monitor Changes: Keep a symptom and food diary to track improvements as you adjust your diet and lifestyle. Focus on Gut Health: Stay hydrated, manage stress, and ensure adequate fiber intake, as these are critical for long-term gut balance.
By interpreting your gut biome sensitivity results in relation to your symptoms and making strategic adjustments, you can restore balance, improve digestion, and reduce food sensitivities over time.

Conclusion

The results of this sensitivity test provide comprehensive insights into how the tested substance(s) may affect your body, potentially triggering adverse reactions or discomfort. These findings are a valuable tool for identifying specific sensitivities and guiding decisions about lifestyle changes, dietary adjustments, or environmental modifications to reduce exposure to the identified triggers. By proactively addressing these sensitivities, you can work toward improving your overall well-being and minimizing the risk of ongoing or future symptoms.

It is strongly recommended to consult with a qualified healthcare professional, such as a doctor or nutritionist, to interpret these results in detail and develop a tailored plan to address your individual needs. This may include eliminating or reducing exposure to the identified substances, introducing alternatives, or exploring supportive therapies to strengthen your tolerance over time.

Additionally, in some cases, further testing or regular monitoring may be necessary to confirm these findings, identify any other potential sensitivities, or evaluate the effectiveness of the steps taken. Through informed action and professional guidance, this report serves as a foundational step toward better health and symptom management.

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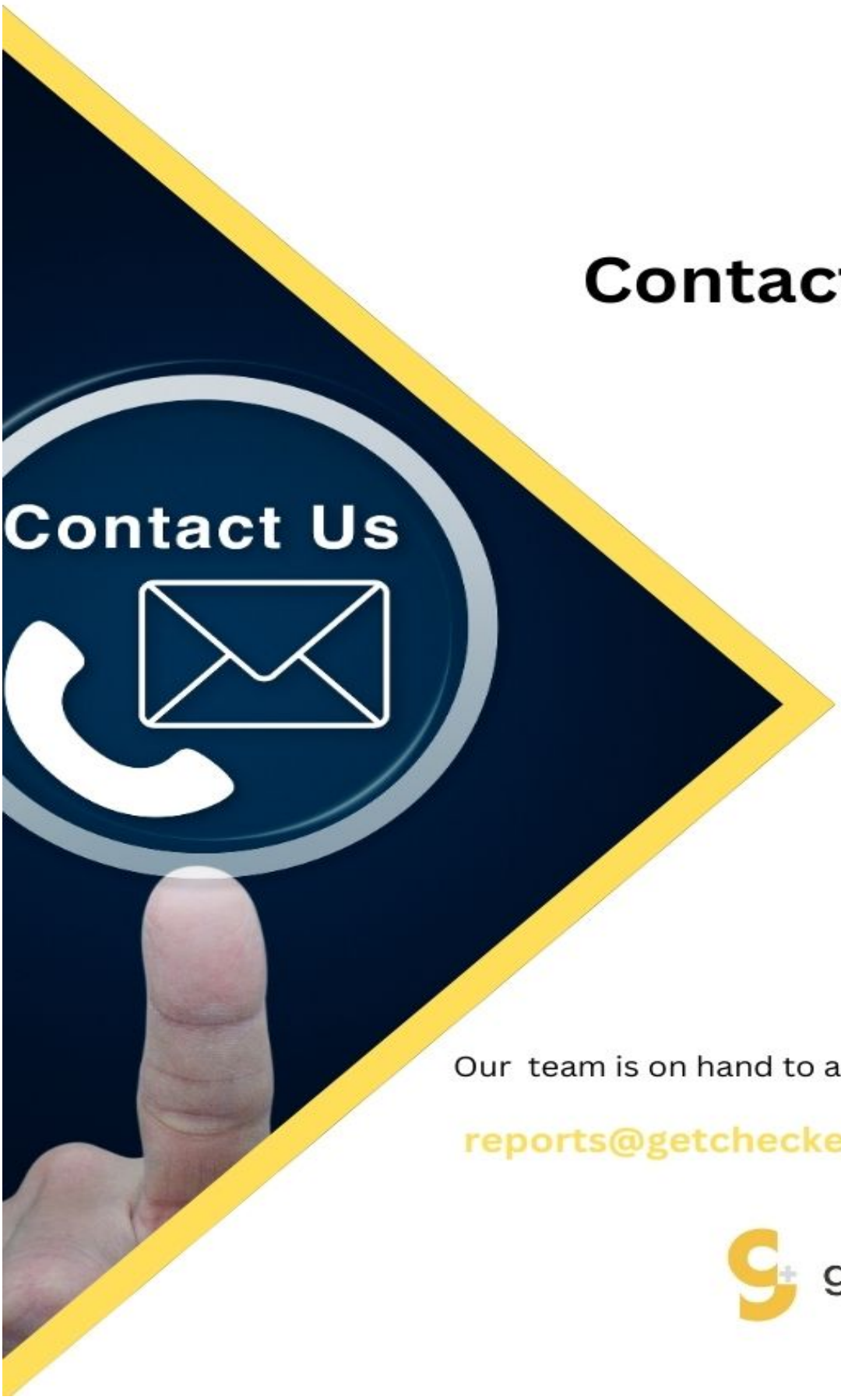

Our team is on hand to assist via email at

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