

# Fitness Consulting

Test Sample - Combo



Dear Test,

17 April 2020

Please find your TEST RESULTS REPORT within this document. We would ask you to read all of the report first of all to help you understand the results fully.

Within this report you will find the following:

**Food Intolerances**

**Non-Food Intolerances**

**Nutritional Deficiencies**

**Metals Toxicity**

**Gut Biome**

**Hormone Imbalance**

**Digestive Health & Metabolism Analysis**

To help you understand your report, the headers in each section will explain how your sample has been tested. All of the items listed in your report will have an explanation of further details on where the items are found, or the compositions. Please note that if you have no results in the Gut Biome or Hormone Imbalance sections, it's because your body is showing no anomalies here.

At the end of your report, we have suggested a full plan of action on removing the food and non-food items from your diet, as well as how you can change the foods you eat to give your body what is needed.

Kind Regards,

**Fitness Consulting**

## Food Items

These are the items which your sample has shown you will potentially have a reaction to, and therefore are showing a sensitivity. To further help you understand these items, each food item will have an explanation next to it to show you where it can be found.

All items tested are listed in your report, those which have a sensitivity level of over 85% are classed as an intolerance. The reason we report items above this threshold is because 85% is the point at which you would expect to start experiencing possible symptoms.

### Acai Berry

A superfood that can be eaten whole or juiced.

● 27%

### A-Lactalbumin

A major protein found in milk and obtained from whey. Whey protein and milks should be avoided

● 88%

### Ale

A type of beer - usually sweeter in taste and brewed without hops.

● 38%

### Anchovy

A small fish. Preserved in salt and oil.

● 65%

### Basil

An aromatic herb from the mint family.

● 2%

### Bass - fish

It is a white meat with a firm, tender texture but it can have a fishy flavour that some people might not like. It may have a more meaty texture than flaky but it can also have very few bones within the meat.

● 43%

### Bay Leaf

A dried herb that is often used in cooking.

● 99%

### Beef

The flesh of a cow, bull or ox.

● 30%

### Blackberries

Edible soft fruit. Often purple-black.

● 10%

### Black-eyed pea

A variety of the cowpea.

● 0%

### B-Lactoglobulin

A major protein found in cow's milk and sheep's milk

● 15%

### Blueberry

A small sweet fruit. Often blue or black in colour.

● 44%

### Bread - Rye

Bread made with flour from the rye grain.

● 0%

### Broccoli

Broccoli is a variety of cabbage which has heads of green flower buds.

● 49%

### Brussels sprout

Small, compact bud of the cabbage family. Eaten as a vegetable.

● 39%

### Buckwheat

Derived from the seeds of a flowering plant.

● 53%

### Buffalo - meat

Your current high sensitivity to Buffalo - meat in particular. You are fine with any other meat, unless your report says otherwise. Buffalo meat is an ideal substitute for beef in your favorite recipes. Rich in flavor, low in fat and high in protein.

● 20%

### Butter lettuce

A type of lettuce

● 51%

### Button Mushroom

The most common type of mushroom used in cooking.

● 88%

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<b>Cabbage - Red</b> Variety of cabbage with red or purplish leaves.				● 0%
<b>Cabbage - White</b> Variety of cabbage, white in colour.				● 28%
<b>Camomile Tea</b> An infusion of sweet chamomile and dried flowers. Often used for medicinal purposes. A tea known for reducing stress levels and helping to regulate sleep.				● 17%
<b>Cantaloupe</b> The cantaloupe, rockmelon, sweet melon, or spanspek is a melon that is a variety of the muskmelon species from the family Cucurbitaceae.				● 35%
<b>Carambola</b> Star fruit.				● 95%
<b>Caraway</b> Seeds from a plant in the parsley family. Used in cooking/oils/seeds.				● 62%
<b>Cardamom</b> Aromatic seeds from the ginger family - used as a spice in cooking.				● 0%
<b>Casein</b> These proteins are commonly found in mammalian milk. Sheep and buffalo milk have a higher casein content than other types of milk. Casein has a wide variety of uses, from being a major component of cheese, to use as a food additive.				● 96%
<b>Cheddar cheese</b> Cheddar cheese is a relatively hard, off-white sometimes sharp-tasting, natural cheese				● 59%
<b>Chestnut Mushroom</b> Similar to the button mushroom, but have a brown top and more flavourful.				● 0%
<b>Chia seed</b> Chia seeds are tiny black seeds that are taken from the Hispanica plant which is a member of the mint family.				● 12%
<b>Chickpea</b> Cultivated legume. High in protein.				● 70%
<b>Chicory Lettuce</b> A type of lettuce				● 34%
<b>Clove</b> Used in Indian and Mexican dishes.				● 16%
<b>Condensed milk</b> Condensed milk is cow's milk from which water has been removed. All animal milk products contain fat, therefore, we would recommend eliminating dairy from the diet.				● 29%
<b>Coriander</b> An aromatic culinary herb.				● 24%
<b>Corn</b> Maize is known as corn, is a cereal grain				● 3%
<b>Cornflakes</b> A breakfast cereal made with toasted flakes of corn. This does not include all maize/corn products, it is the cereal only.				● 90%
<b>Cottage Cheese</b> Your current high sensitivity to Cottage Cheese specifically. You are okay with any other dairy, unless your report says otherwise. Cottage cheese is a fresh cheese curd product with a mild flavor. In the past, it was known as "curds and whey." It is not aged. It is made by draining the cheese, as opposed to pressing it - retaining some of the whey, keeping the curds loose.				● 5%
<b>Crab</b> A crustacean with edible flesh.				● 36%
<b>Cranberries</b> Very small, red coloured fruit.				● 35%

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<b>Crayfish</b> Freshwater crustacean resembling a small lobster.				● 44%
<b>Cucumber</b> Cucumber is a widely cultivated plant in the gourd family, Cucurbitaceae				● 55%
<b>Cumin</b> Aromatic seed used as a spice.				● 72%
<b>Duck</b> A water bird, known for its short legs and webbed feet.				● 88%
<b>E 122 Carmoisine</b> Red food colour - in blancmange, marzipan, Swiss roll, jams and preserves, sweets, brown sauce, flavoured yogurts, packet soups, jellies.				● 67%
<b>E 151 Brilliant black BN, black PN</b> Used in decorations and coatings, desserts, fish paste, flavoured milk drinks, ice cream, mustard, red fruit jams, sauces, savoury snacks, soft drinks, soups and sweets.				● 66%
<b>E 202 Potassium sorbate, sorbic acid</b> It can be found in candied peel, cheese, cider, concentrated fruit juice, dessert sauces, dried apricots, fillings and toppings, fermented milks, frozen pizzas.				● 65%
<b>E 210 Benzoic acid</b> Can be found in beer, coffee essence, dessert sauces, soft drinks, flavouring syrups, fruit juice, pulp and purée, jam, margarine, marinated herring				● 37%
<b>E 300 Ascorbic Acid</b> If you read the ingredients list for fruit juices and drinks, cereals, fruit-flavored candies, cured meats, cereals and frozen fruits, you may see ascorbic acid listed. Manufacturers sometimes include it in foods as a preservative, antioxidant or color stabilizer, or it can be used to boost a food's vitamin C content.				● 11%
<b>E 302 Calcium L-ascorbate (Ascorbic acid)</b> Used as an antioxidant, a colour preservative and as a vitamin supplement. It can be found in bouillons, consommés, scotch eggs and other food products.				● 91%
<b>E 310 Propyl gallate (Gallate)</b> Used in oils, margarine, lard and salad dressings, sometimes used in packaging.				● 13%
<b>E 404 Calcium alginate, Alginate</b> Ice cream and frozen bakery products.				● 81%
<b>E 405 Propylene glycol alginate, Alginate</b> Ice cream, confectionery, dressings, etc.				● 12%
<b>E 440 Pectin, amidated pectin</b> Uses include confectionery, high-sugar jellies, jams, preserves, marmalades and acid milk drinks.				● 66%
<b>E 441 - Gelatin</b> Gelatin has the E number E441, It is in almost every gummy confectionery and also items like marshmallow, ice cream and even low fat yogurt.				● 18%
<b>E 460 Cellulose, microcrystalline cellulose, cellulose powder</b> Found in sauces, soups, breads, biscuits and cakes, frozen desserts, margarine, spreads, jams, chocolate, quick-setting deserts and milk shakes.				● 67%
<b>E 479 Thermo-oxidised soya oil</b> Found in margarine and similar fat emulsions for frying purposes.				● 24%
<b>E 901 Bees wax, white and yellow</b> Coating, in chewing gum and part of honey flavour.				● 42%
<b>E 902 Candelilla wax</b> Used in chewing gum, confectionery. It is a glazing agent used to wax fruit and vegetables, confectionary, chocolate, ice cream, snack food,				● 14%
<b>E 903 Carnauba wax</b> Used in chewing gum, confectionery, coffee, bakery products				● 70%

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<b>E 904 Shellac</b> Used as a confectionery & fruit coating. It is used as glazing agent, chocolate, confectionary, orange fizzy drinks, orange skin.				● 45%
<b>E 953 Isomalt</b> Sweetener found in boiled sweets, toffee, lollipops, fudge, wafers, cough drops, throat lozenges, and a wide variety of other products.				● 20%
<b>E 966 Lactite</b> Low-calorie sweetener.				● 51%
<b>Earl Grey Tea</b> A tea flavoured with oil of bergamot.				● 77%
<b>Egg yolk</b> The yellow part of an egg.				● 59%
<b>Endive</b> Edible, bitter plant used in salads.				● 57%
<b>Escarole Lettuce</b> A type of lettuce.				● 22%
<b>Evaporated milk</b> Milk that has been dehydrated				● 16%
<b>Fennel Fresh</b> Aromatic flavourful herb often used in cooking.				● 35%
<b>Flaxseed</b> Also known as linseed – used in oils and baking.				● 20%
<b>Galia Melon</b> Hybrid melon originating from a cross between the green-flesh melon.				● 26%
<b>Gin</b> Liquor made from the juniper berry.				● 92%
<b>Gluten</b> Gluten. Present in wheat, rye, and barley.				● 0%
<b>Goose</b> A species of duck. The flesh of the bird is widely eaten.				● 44%
<b>Green Bean</b> Green beans are the unripe, young fruit and protective pods of various cultivars of the common bean				● 58%
<b>Guava</b> A common tropical fruit.				● 45%
<b>Hemp seed</b> Hemp seeds are small, brown seeds taken from the Cannabis Sativa plant.				● 0%
<b>Honey</b> Sweet, sticky liquid made from nectar regurgitated by bees.				● 16%
<b>Hops</b> A stabilising agent in Beer, also used in some deodorants, used in herbal remedies.				● 91%
<b>Horse - meat</b> Flesh from a horse.				● 64%
<b>Iceberg Lettuce</b> A type of lettuce.				● 80%
<b>Jasmine Tea</b> A tea thought to help boost the immune system.				● 88%
<b>Kale</b> A nutrient dense member of the cabbage family.				● 11%
<b>Kelp</b> Kelp is a type of large brown seaweed that grows in shallow, nutrient-rich saltwater, near coastal fronts around the world.				● 24%

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<b>Kidney bean</b> The kidney bean is a variety of the common bean. It is named for its visual resemblance in shape and colour to a kidney.				● 93%
<b>Lactose</b> This indicates intolerance to lactose found within dairy milk. We suggest lactose-free diet during elimination period of 4-6 weeks.				● 19%
<b>Lager</b> Type of beer usually pale and golden in colour.				● 95%
<b>Lamb's liver</b> The liver of the animal. Widely eaten.				● 70%
<b>Macadamia Nuts</b> Edible nut from the macadamia tree.				● 96%
<b>Mango</b> Fruit with edible flesh. Often eaten and used in cooking.				● 50%
<b>Maple Syrup</b> Maple syrup is a syrup usually made from the xylem sap of sugar maple, red maple, or black maple trees, although it can also be made from other maple species.				● 45%
<b>Margarine</b> Margarine is a processed food that is designed to taste and look similar to butter and is a spread used for flavouring, baking, and cooking.				● 5%
<b>Marshmallow Tea</b> A tea that is thought to help ease digestive complaints.				● 8%
<b>Milk</b> Dairy Milk is a nutrient-rich, white liquid food produced by the mammary glands of mammals. This does include all items that are made from milk including cheese, yoghurt and butter.				● 66%
<b>Mint (Fresh)</b> An aromatic plant often used in cooking				● 15%
<b>Mozzarella</b> Italian cheese made from Italian buffalo's milk				● 37%
<b>Navy bean</b> A variety of the common bean native to the Americas, where it was domesticated.				● 92%
<b>Noodles</b> Made from unleavened dough which is stretched, extruded, or rolled flat. This item is referring to ramen type noodles (found in ready to go noodles - Pot noodles, supernoodles)				● 70%
<b>Olive Oil</b> A liquid fat obtained from olives.				● 0%
<b>Oolong tea</b> A traditional Chinese tea, known for helping with inflammation.				● 81%
<b>Oregano</b> Description Oregano is a flowering plant in the mint family. It is native to temperate Western and Southwestern Eurasia and the Mediterranean region. Oregano is a perennial herb.				● 77%
<b>Ox liver</b> The liver of the animal. Widely eaten.				● 52%
<b>Oyster Mushroom</b> A commonly eaten wild mushroom.				● 61%
<b>Oyster sauce</b> Usually dark brown, a condiment made from oyster extracts				● 25%
<b>Passionfruit</b> A fruit that is known to be low in calories and high in nutrients				● 24%
<b>Pea</b> The pea is most commonly the small spherical seed or the seed-pod of the pod fruit <i>Pisum sativum</i>				● 78%

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<b>Peppermint oil</b> An essential oil, known for giving a cool feel and calming effect on the body	●	61%		
<b>Pine Nut</b> The edible seed from various pine trees.	●	4%		
<b>Pineapple</b> Large, juicy fruit with hard skin and edible yellow flesh.	●	88%		
<b>Pistachio</b> Current high sensitivity to Pistachio in particular. As the pistachio nut ripens it changes from a bright green colour to a darker shade of green and eventually turns to an almost brown colour. The nut is young and green it is slightly soft and less sweet but as it matures it becomes harder and sweeter.	●	65%		
<b>Plums</b> Oval, fleshy stone fruit. Small and often red or purple in colour.	●	52%		
<b>Poppy Seed</b> Small seed from the poppy flower. Often used in cooking and baking.	●	81%		
<b>Portobello Mushroom</b> The biggest kind of mushrooms.	●	42%		
<b>Prawns</b> A seafood which resembles a large shrimp	●	14%		
<b>Pumpkin</b> Large orange fruit. Flesh used for cooking.	●	56%		
<b>Pumpkin Seed</b> The seed of a pumpkin.	●	24%		
<b>Quinoa</b> Cultivated crop with starchy seeds.	●	0%		
<b>Radish</b> Pungent tasting root. Often eaten raw in salads.	●	63%		
<b>Red Kidney Bean</b> Small bean, deep red in colour.	●	55%		
<b>Red Wine</b> Wine made with red grapes.	●	34%		
<b>Rice - Brown</b> Small brown grains	●	74%		
<b>Rocket (Arugula)</b> Salad leaf with a strong, peppery flavour.	●	29%		
<b>Romaine Lettuce</b> A type of lettuce	●	22%		
<b>Rooibos tea</b> A red tea with a mild, aromatic taste.	●	52%		
<b>Rosemary</b> A perennial herb - used for flavouring.	●	56%		
<b>Rye</b> A grass grown extensively as a grain, foods containing rye, include bread and crackers	●	23%		
<b>Scallop</b> The flavour tends to be sweet, buttery, and delicate. When cooked correctly, you may experience and enjoy the best seafood flavour in the world.	●	12%		
<b>Sea Trout</b> A type of trout fish	●	70%		
<b>Sesame Seed</b> Oil-rich seeds from sesame plant.	●	31%		
<b>Shitake Mushroom</b> A type of mushroom high in vitamin B & D	●	75%		

Test Sample - Combo	Your Test:	17/04/2020	Ref:	27764
<b>Shrimp</b> Small crustacean, often eaten.				● 67%
<b>Soy sauce</b> A Chinese condiment made with soybeans used in cooking.				● 13%
<b>Soya Bean</b> Bean of the soya plant. Very high in protein.				● 60%
<b>Spelt</b> A type of wheat, also known as dinkel wheat.				● 50%
<b>Squid</b> Avoid consumption of Squids during elimination period. The meat is firm and white with a mild, slightly sweet, almost nutty flavor. Small fried squid are often firm and chewy, but they should not be rubbery.				● 21%
<b>Sugar, Brown</b> Brown sugar is a sucrose sugar product with a distinctive brown colour due to the presence of molasses.				● 82%
<b>Sunflower Seeds</b> We recommend to avoid consumption of Sunflower Seeds specifically. Sunflower seeds have a mild, nutty flavour and a firm but tender texture. They're often roasted to enhance the flavour, though you can also buy them raw.				● 28%
<b>Sweet Freedom</b> A sweetener made from 100% fruit.				● 12%
<b>Sweet Potato</b> A type of potato - sweet in taste and orange in colour				● 35%
<b>Swordfish</b> Currently highly sensitive to Swordfish specifically. Swordfish is a mild-tasting, white-fleshed fish with a meaty texture. It is sold exclusively in steaks.				● 43%
<b>Tangerine</b> Citrus fruit consisting of hybrids of mandarin orange				● 20%
<b>Thyme</b> An aromatic evergreen herb.				● 24%
<b>Trout (Brown)</b> Freshwater fish, often eaten.				● 45%
<b>Tuna</b> A commonly eaten type of fish. a sub group of the mackerel family				● 87%
<b>Turmeric</b> Aromatic powder used in cooking.				● 32%
<b>Vanilla</b> Substance from vanilla pods, often used as flavouring.				● 0%
<b>Veal</b> Flesh of a baby calf.				● 82%
<b>Vodka</b> A distilled alcoholic beverage.				● 23%
<b>Wheat</b> A cereal grain.				● 24%
<b>Wheat flour</b> Wheat flour is a powder made from the grinding of wheat				● 64%
<b>Wheat, ground</b> The cereal grain in its ground form				● 0%
<b>Whey Protein</b> Whey is the liquid remaining after milk has been curdled and strained. It is a byproduct of the manufacture of cheese or casein and has several commercial uses. Sweet whey is a byproduct produced during the manufacture of rennet types of hard cheese, like cheddar or Swiss cheese.				● 37%



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<b>White tea</b> A type of tea with anti-oxidant properties.				● 32%
<b>White wine</b> Wine made with white grapes.				● 0%
<b>Yerba mate tea</b> A naturally caffeinated tea.				● 59%
<b>Zucchini</b> The zucchini or courgette is a summer squash.				● 18%

**Non-Food/ Environmental Items**

These items are classed as **Non-Food Items**, meaning they are not typically edible. The non-food items could be causing a reaction by being close to your skin via inhalation.

All the items tested are listed below, non-food items you have shown a reaction to will show an intolerance level of 85% or above. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

**Anisakis**

A parasitic worm found in fish. Anisakis pose a risk to human health through intestinal infection with worms from the eating of under-processed fish, and through reactions to chemicals left by the worms in fish flesh.

● 1%

**Artemisia Salina**

Fish food

● 62%

**Ascaris**

A round worm parasite This does not indicate that the parasite is in the body - it means that if the body were to come into contact with it more pronounced symptoms would be noticed.

● 0%

**Ash (Fraxinus excelsior)**

Known as the ash, or European ash or common ash to distinguish it from other types of ash

● 87%

**Aspen (Populus tremula)**

Tree native to Europe and Asia

● 0%

**Aspergillus Fumigatus**

Fungus that is widespread in nature, typically found in soil and decaying organic matter such as compost heaps.

● 58%

**Aspergillus Niger**

Black mould that appears on fruit, vegetables and nuts.

● 85%

**Aster**

A type of flower.

● 50%

**Barley (Hordeum vulgare)**

A major cultivated cereal grain. Often in beer.

● 34%

**Bermuda grass**

A creeping grass found in warmer climates

● 28%

**Brassica Napus (Rapeseed)**

Plant harvested for its seeds. Yellow when flowering.

● 23%

**Buckwheat**

This refers to the pollens and spores given from the plant

● 95%

**Budgerigars**

Small bird, often kept as a pet

● 28%

**Chlorine**

Typically used as an antiseptic. Used to treat swimming pools.

● 82%

**Dog Serum Albumin**

From contact with the animal.

● 75%

**Dogs**

Common household pet

● 51%

**Dust**

Consists of particles from the atmosphere and environment, such as soil.

● 61%

**Elder (Sambucus nigra)**

The plant that produces the elderberry.

● 56%

**False acacia (Robinia pseudacacia)**

A species of tree

● 71%

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<b>Ferret Epithelium</b> Epithelium is skin or cells.				● 84%
<b>Fireweed/Great willow herb (Epilobium angustifolium)</b> Commonly known in North America as fire-weed, in some parts of Canada as great willow herb, and in Britain as rose-bay willow herb				● 50%
<b>Fungus</b> Including moulds, mushrooms, and toadstools.				● 84%
<b>Hazel (Corylus avellana)</b> The common hazel tree				● 47%
<b>Horse Bot Fly</b> Type of fly which very often causes irritation to horses.				● 53%
<b>House dust mite</b> One of the biggest causes of allergies, lives in soft furnishings, mattresses, pillows, carpets etc.				● 58%
<b>Japanese Cedar</b> A tree.				● 30%
<b>Japanese Millet</b> A grass.				● 58%
<b>Kentucky bluegrass (Poa pratensis)</b> Common, smooth meadow grass.				● 34%
<b>Lilac (Syringa vulgaris)</b> A violet coloured flower				● 84%
<b>Linden Tree</b> Also known as lime tree.				● 50%
<b>Lupine (Lupinus polyphyllus)</b> Lupinus polyphyllus is a species of lupine native to western North America from southern Alaska and British Columbia east to Quebec				● 16%
<b>Mangrove</b> Tropical shrub or tree				● 57%
<b>Meadow fescue (Festuca pratensis)</b> Tall, loosely tufted grass with long flat leaves.				● 13%
<b>Melde (Atriplex spp.)</b> A bush type plant. Also known as saltbush.				● 11%
<b>Misteltoe</b> Common name for the plant which produces small white berries. Traditionally used to decorate the house during the festive period.				● 13%
<b>Moth</b> Nocturnal insect with large wings.				● 64%
<b>Mouse Urine Proteins</b> From contact with the animal's urine.				● 39%
<b>Mulberry (Morus nigra)</b> Current high sensitivity to tree and its pollen ONLY. A tree which grows wild and under cultivation in many temperate world regions.				● 59%
<b>Narcissus (Narcissus spp.)</b> A genus of predominantly spring perennial plants.				● 12%
<b>Peanut plant</b> Grown underground, a popular nut. The peanut, also known as the groundnut, goober, or monkey nut. An intolerance to this does not mean an intolerance to the nut, simply the pollen from the plant.				● 28%
<b>Penicillioyl</b> Intolerance to Penicillin. The major allergenic determinant in penicillin allergy.				● 56%
<b>Pigeon Droppings</b> Faeces and urine from this animal.				● 80%

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<b>Pine (Pinus spp.)</b> A conifer tree				● 89%
<b>Pine, Scottish (Pinus sylvestris)</b> Species of pine tree. also known as Scot's pine				● 63%
<b>Plane tree (Platanus acerifolia)</b> A tall tree. Actually a hybrid tree.				● 0%
<b>Privet (Ligustrum spp.)</b> Heavily scented shrub with poisonous black berries.				● 48%
<b>Qack grass (Agropyron repens)</b> Very common perennial grass. Also known as couch grass.				● 7%
<b>Ragweed (Ambrosia elatior)</b> A plant. A major cause of hay-fever.				● 3%
<b>Rats</b> Rodent, commonly known as a pest in urban environments.				● 73%
<b>Spelt</b> A type of wheat, also known as dinkel wheat.				● 24%
<b>Storage Mite</b> Linked to house dust mite normally found in more agricultural surroundings.				● 4%
<b>Tansy ragwort (Senecio jacobaea)</b> Grows in woodlands and dry open places, yellow flowers.				● 55%
<b>Timothy grass (Phleum pratense)</b> A grass widely grown in the UK, thought to be a trigger of asthma.				● 18%
<b>Tulip</b> The tulip is a Eurasian and North African genus of perennial, bulbous plants in the lily family				● 35%
<b>Velvet grass (Holcus lanatus)</b> A tall grass.				● 33%
<b>Wallflower (Cheiranthus cheiri)</b> A widely cultivated flowering plant.				● 40%
<b>Wasp</b> A social insect, known for its tendency to sting. Typically black and yellow.				● 20%
<b>Wheat (Triticum aestivum)</b> A cereal grain, grown in fields. This intolerance refers to the pollen and spores give off from the plant. The grain can still be eaten.				● 42%
<b>Wild oat (Avena fatua)</b> A species of grass from the oat family.				● 19%

## Nutritional Imbalances

Everything listed on your report as 85% or above, has a nutritional imbalance which means that they could be deficient within your system.

You should simply try and add in one or two of the recommended food items to your diet each day. Although it may be easier to use a vitamin supplement, it is always better to get your nutrients from a food source, as this will enter your body much faster. The nutritional information found next to each nutrient is important, as a well-balanced diet along with a healthy lifestyle can boost the immune system and also reduce your intolerance levels.

**Please Note:** This report is designed to be used in conjunction with your intolerance report; if you have shown an intolerance to a food item listed as a nutritional source, we do not recommend consuming this item and instead advise you opt for one of the alternatives listed.

### Acidophillus

Sources - Miso, Tempeh, Yogurt, Kefir, Wheatgrass, Onion, Tomato, Banana, Garlic. Signs of deficiency - IBS, bad breath, flatulence, candida



0%

### Alpha Lipoic Acid

An anti-oxidant used to help with diabetes. Good sources include yeast, spinach, broccoli and potatoes.



34%

### Anthocyanidins

Anti-oxidant found in red / purple fruits and vegetables. Helps with numerous areas of the body including eyesight and the nervous system.



13%

### Beta-Carotene

Supports the immune system and eyes. Good sources include asparagus, broccoli, carrots and sweet potato.



0%

### Betaine

Supports the heart, digestive system and liver. Good sources include beets, broccoli, spinach and grains.



19%

### Biotin

Sources - Almonds, Artichoke, Avocado, Banana, Black eyed peas, Brazil nuts, Onion, Peanuts, Pecans, Raspberries, Soy, Strawberries, Sweet potato Symptoms - Hair loss, Dry scaly skin, Cracking in corner of the mouth, Fatigue and Depression



6%

### Bromelain

Enzyme found in pineapple Signs of deficiency - inflamed joints, sinusitis



20%

### Calcium

Sources - Dark leafy greens, oranges, broccoli, almonds, tofu. Signs of deficiency - dry skin, tooth loss, dry & splitting hair. Body use - In addition to building bones, calcium helps or blood clot, nerves send messages and muscles contract. Approx. 99% of the calcium in our bodies is in our bones and teeth



46%

### Carotenoids

Supports eye health. Good sources include butternut squash, mango, carrots, pumpkin and tomato.



0%

### Choline

Choline is a vitamin-like compound with important roles in neurotransmitter synthesis, cell membrane signalling, lipid transport and methyl group metabolism. More importantly, it may help decrease inflammation in the body and heart disease. Sources - soy milk, tofu, quinoa, and broccoli, Hearts, Egg Yolks and Fresh Milk



51%

### Chromium

Sources - Bread, Brown rice, Meat, Broccoli, Mushrooms, Green beans Signs of deficiency - Anxiety, low energy levels, chronic fatigue, muscle weakness, mood swings. Body use - It is an essential part of metabolic processes that regulate blood sugar and helps insulin transport glucose into cells, where it can be used for energy



83%

### Creatine

Can help with high cholesterol. Sources include tuna and salmon.



6%

Test Sample - Combo	Your Test:	17/04/2020	Ref:	27764
<b>Docosahexaenoic acid</b> Supports the heart and circulatory system. Can be found in salmon, sardines and eggs.				● 0%
<b>Eicosapentaenoic acid</b> Supports the kidneys, lungs and skeletal system. The best source is sardines and other oily fish.				● 64%
<b>Ellagic acid</b> Found in many fruits and some nuts. Some sources are apple, blackberries, grapes, pecans and walnuts.				● 56%
<b>Fibre</b> Supports the digestive system Found in items such as - beans, apple, banana, grains, chickpeas, Brussels sprouts and prunes				● 11%
<b>Folate</b> A B vitamin that generally supports the body. Found in many beans, nuts and vegetables.				● 0%
<b>Folic acid</b> Supports numerous areas of the body including bones, teeth, cardiovascular system and the heart. Sources include Avocado, beans, beef, cauliflower, dates, lentils, raspberries and wheat				● 0%
<b>Formic acid</b> Formic acid possesses anti-bacterial properties and, hence this chemical offers us a variety of health benefits. Aside from combating bacterial infections in our respiratory tract and digestive system, formic acid is also beneficial for fighting these microbes in various other systems of our body. Traces of Formic acid can be found in apples, strawberries, honey, and nettle leaves.				● 0%
<b>Gallic acid</b> Good sources include flax seeds and watercress.				● 49%
<b>Genistein</b> Good sources are beans, lentils and sunflower seeds.				● 9%
<b>Germanium</b> Supports the immune system and joints Sources are shiitake mushrooms and onions.				● 82%
<b>Inositol</b> Helps look after hair and supports hair growth. It can be found in any fibre rich foods and milk.				● 25%
<b>Iodine</b> Food Sources - Yoghurt, Kelp, Kombu, Navy beans, Strawberries and Potatoes. While your body only needs a small amount of iodine, not getting enough can lead to impaired physical and mental development in children, and poor thyroid development				● 0%
<b>Iron (Nutrition)</b> Sources - Dark leafy greens, beans, olives, navy beans, kidney beans, black beans, pinto beans, tofu, pumpkin. Signs of deficiency - General fatigue, Weakness, Pale skin, Shortness of breath, Dizziness. Haemoglobin represents about two-thirds of the body's iron. If you don't have enough iron, your body can't make enough healthy oxygen-carrying red blood cells.				● 20%
<b>Iso-Flavonoids</b> Thought to help the endocrine system and the main source is soy.				● 76%
<b>Lactic acid</b> Found in in sour milk products, such as koumiss, laban, yogurt, kefir, some cottage cheeses, and kombucha Benefits - improved nutritional value of food, control of intestinal infections & improved digestion of lactose.				● 79%
<b>L-Carnitine</b> This nutrient helps the body to use fat as fuel. It takes fat from the blood to the mitochondria so fatty acids can be used as energy. Red meat is the best source but it can also be found in dairy and seafood.				● 87%
<b>Lecithin</b> Sources - Eggs, Soy beans, Kidney, Liver, Whole grains, Milk Signs of deficiency - Low energy levels, Memory loss, Muscle aches, Nerve damage, Mood changes.				● 84%
<b>Lignans</b> Found in almonds, barley, beans, flax seeds and mushrooms.				● 21%

Test Sample - Combo	Your Test:	17/04/2020	Ref:	27764
<b>Lutein</b>	Supports the eyes and found in many vegetables - bok choy, cabbage, cauliflower, leeks, radish and spinach.	●		27%
<b>Lycopene</b>	Supports the eyes and can be found in apricots, carrots, grapefruit and plums.	●		3%
<b>Magnesium</b>	Sources - Olives, onion, parsnip, peach peanuts, pear, peas, pecan nuts, pine nuts, pineapple, pistachio & dark leafy greens. Signs of deficiency - Muscle cramps, Tremors, Nausea, Anxiety, High blood pressure.	●		19%
<b>Manganese</b>	Sources - Almonds, apricots, rocket, oats, olives, oranges, banana, avocado, asparagus, beetroot. Signs of deficiency - Fainting, Hearing loss, Weak tendons. It is important in the formation of bones, connective tissues, blood-clotting factors and sex hormones, and also is involved in fat and carbohydrate metabolism, calcium absorption and blood sugar regulation.	●		100%
<b>Melatonin</b>	Melatonin deficiency could lead to fatigue and lethargy. Sources - Red Meat, Grains, Root Vegetables.	●		38%
<b>Molybdenum</b>	Sources - Lentils, dried peas, kidney beans, soy beans, pinto beans, black beans, oats, tomato, romaine lettuce, cucumber, celery, barley, eggs, carrot, bell peppers. Signs of deficiency - Headaches, Night blindness. Protects cells and creates energy to help vital organs get rid of waste products	●		61%
<b>Niacin</b>	Can assist with high cholesterol and lethargy Sources - Artichoke, beef, mushrooms, chicken, dates, eggplant, parsnip, peanuts and sesame seeds.	●		29%
<b>Nicotinic acid</b>	A vitamin of the B complex which is widely distributed in foods such as milk, wheat germ, and meat. Lowers cardiovascular disease risk. Also helps to balance cholesterol levels and triglycerides, vitamin B3.	●		33%
<b>Nucleic acid</b>	Found in fish, beans, nuts, spinach, beef, mushrooms and eggs; brewer's yeast. Nucleic acids are the compounds that make up nucleotide bases, the molecules that bind together to form DNA.	●		3%
<b>Omega 3</b>	A fatty acid which helps keep blood levels stable and helps ease joint stiffness / pain	●		86%
<b>Omega 6</b>	Essential fatty acid found in poultry, eggs, sesame seeds, cereals and most vegetable oils.	●		10%
<b>Oxalic acid</b>	Found in soy foods, sweet potatoes, black tea, berries and other dark leafy greens It is important for colon health.	●		5%
<b>Pantothenic acids</b>	Can assist anxiety, arthritis and stress. It can also support the immune system and gastrointestinal tract. Sources include beans, molasses, mushrooms, chicken, honeydew melon, parsnip, sweet potato and yogurt.	●		65%
<b>Phosphorus</b>	Supports bones, teeth, skeletal system, heart and kidneys. Sources include many different pulses, vegetables, grains, fish and fruit.	●		0%
<b>Phytosterols</b>	Sources - amaranth, beans, sweet potato and soy beans.	●		82%
<b>Polyphenols</b>	Potent anti-oxidant thought to help with inflammation. Sources include cloves, star anise, dark chocolate and flaxseed.	●		51%
<b>Potassium</b>	Sources - avocado, spinach, sweet potatoes, yoghurt, white beans, banana, dried apricots, mushrooms, almonds, beetroot, paranuts, broccoli, brown rice flakes - dry skin, weakness and fatigue,	●		2%

Test Sample - Combo	Your Test:	17/04/2020	Ref:	27764
<b>Pro-anthocyanidins</b> Anti-oxidant known to help protect against heart disease Sources include blackberries, blueberries, cherries and grapes.				● 76%
<b>Pyridoxine</b> Supports the brain and nervous system Sources include avocado, bananas, beans, brown rice, cabbage, sunflower seeds and spinach				● 40%
<b>Salicylic Acid</b> Found in foods such as vegetables, fruit and nuts Health benefits of salicylic acid for treatment of acne are significant.				● 2%
<b>Saponins</b> Thought to help lower cholesterol and reduce the risk of heart disease Mainly found in soy beans and tofu.				● 96%
<b>Selenium</b> Sources - Tuna, shrimp, sardines, salmon, cod, asparagus, turkey, chicken, lamb, scallops, beef, barley, tofu, brown rice, sunflower seeds, sesame seeds. Signs of deficiency - Hair loss, Discolouration fingernails. It is believed that selenium can benefit heart health once again, by its ability to fight inflammation, increase blood flow, reduce free radical oxidative stress, and help with antioxidant activity				● 80%
<b>Silica</b> Sources - Whole grain, pasta, brown rice, banana, mango, green beans, spinach, strawberries. A healthy level of Silica can improve collagen formations and skin elasticity. It can also improve the health of hair and nails. Signs of deficiency - Dry skin, Brittle hair and finger nails, Weak teeth and gums				● 49%
<b>Sodium</b> Naturally occurring sodium is in foods such as celery, beets and milk. One of the health benefits of sodium is the pivotal role it plays in enzyme operations and muscle contraction. It is very important for osmoregulation and fluid maintenance within the human body.				● 26%
<b>Sulforaphane</b> Supports the heart and cardio system - found in broccoli, Brussels sprouts and cabbage.				● 35%
<b>Tannins</b> Supports the skin. Found in carob, cranberries and rhubarb.				● 71%
<b>Tartaric acid</b> A white crystalline organic acid that occurs naturally in many plants, most notably in grapes. Acts as an antioxidant and an anti-inflammatory				● 13%
<b>Uric acid</b> Found in anchovies, herring, sardines, mussels, scallops, trout, haddock, mackerel and tuna. Powerful antioxidant properties and can help fight heart disease				● 7%
<b>Vitamin A</b> Sources - Apricot, Broccoli, Brussels sprouts, Butternut squash, Cantaloupe melon, Carrots, Chilli peppers & dark leafy greens Signs of deficiency - Poor night vision, Cloudy, dry eyes, Thick skin and rashes				● 34%
<b>Vitamin B1</b> Sources -Spargel, sunflower seeds, green peas, linseed, rosé cabbage, spinach, cabbage, eggplant, Roman lettuce, white beans, black beans, barley, lentils Symptoms - headache, nausea, fatigue, slightly irritated				● 10%
<b>Vitamin B12</b> Helps maintain energy levels. Sources; eggs, cows milk., almond milk, coconut milk, fish and meat. Symptoms - pale skin, tiredness, lethargy				● 6%
<b>Vitamin B2</b> Sources - Spinach, crimini mushrooms, asparagus, sea vegetables, eggs, cows milk, broccoli, swiss chard, green beans, kale, bell peppers, soy beans Signs of deficiency - Slow metabolism, Mouth or lip sores, Skin inflammation, Sore throat				● 40%
<b>Vitamin B3</b> Sources - Tuna, chicken, turkey, salmon, lamb, beef, asparagus, tomato, bell peppers, sardines, shrimp, brown rice, sweet potato, sunflower seeds, barley, green peas Signs of deficiency - Blotchy skin, Indigestion, Fatigue, Vomiting, Depression				● 30%



**Vitamin B5**

Sources - Cauliflower, sweet potato, broccoli, beet greens, asparagus, bell peppers, cucumber, celery, avocado, lentils, chicken, turkey, yogurt, salmon. Signs of deficiency - Acne or Blemished skin, Fatigue, Depression, Irritability, Insomnia



67%

**Vitamin B6**

The richest sources of vitamin B6 include fish, beef liver and other organ meats, potatoes and other starchy vegetables, and fruit (other than citrus) Plays an important role in converting food into energy and helping the body metabolise fats and proteins



0%

**Vitamin C**

Sources - Papaya, bell peppers, broccoli, Brussel sprouts, strawberries, pineapple, orange, kiwi, cantaloupe, cauliflower, kale, cabbage, bok choy, grapefruit, parsley, raspberries, swiss chard. Signs of deficiency - Tiredness, Weakness, Muscle and joint pains, Spots that look like red blue bruises on skin, Dry skin



99%

**Vitamin D**

Sources - Salmon, sardines, cows milk, tuna, eggs, shiitake mushrooms, mushrooms, sunflower seeds, sweet potato, dates Signs of deficiency - Difficulty thinking clearly, Bone pain, Muscle weakness, Unexplained fatigue



22%

**Vitamin E**

Sources - Almonds, Seeds, Spinach, Kale and Plant oils. Signs of deficiency - Muscle weakness, lack of co-ordination



66%

**Vitamin K**

Sources - Kale, spinach, parsley, broccoli, Brussel sprouts, romaine lettuce, asparagus, basil, cabbage, celery, kiwi, leeks, coriander, sage, green beans, cauliflower, cucumber Signs of deficiency - Tooth decay, Weakened bones, Bleeding and bruising easily



54%

## Metals Imbalances

The heavy metals showing a level of 85% or above, have shown a sensitivity after being exposed to. The important thing to note is that you do not need to panic, there are a few simple steps to take to manage these results accordingly.

Firstly, look at areas where you could be exposing yourself to these metals. It could be in your work environment, as this is a place that you frequently attend. Secondly, you will also need to look at your diet and see if there are a group of foods that you consume regularly that contain high levels of these particular metals.

If you find that when in close proximity of a particular metal that you begin to experience any symptoms (such as itchininess, swelling, nausea, headaches, etc.), then you will know that it is this particular metal that is causing you to react like this. The more severe the symptoms, the more action you will need to take to reduce your exposure to this metal.

### Aluminium (Al)

A light silvery metal used for cans, foils, kitchen utensils, window frames, beer kegs

● 45%

### Beryllium (Be)

An alloy used for springs, electrical contacts, spot-welding electrodes

● 29%

### Bismuth (Bi)

A brittle metal, usually mixed with other metals

● 22%

### Cadmium (Cd)

A poisonous metal, can be used in re-chargeable batteries

● 41%

### Cobalt (Co)

Cobalt are used to make high-speed and high temperature cutting tools and dyes - it is an alloy

● 27%

### Copper (Cu)

Because it is such a good conductor of electricity, copper is mostly used in electrical generators and motors

● 81%

### Gold (Au)

In its purest form, it is a bright, slightly reddish yellow, dense, soft, malleable, and ductile metal. Commonly found in jewellery

● 22%

### Iron (Ferrous) (Fe) (Metal)

Used in the construction industry - the most common element on earth

● 23%

### Lead (Pb)

Most important commercial use of lead is in the manufacture of lead-acid storage batteries and to line roofs

● 40%

### Manganese (Mn)

Used in drinks cans

● 57%

### Mercury (Hg)

It is commonly used in batteries, fluorescent lights, felt production, thermometers and barometers

● 42%

### Nickel (Ni)

An alloy, used for producing stainless steel.

● 57%

### Platinum (Pt)

Platinum is used in jewellery, decoration and dental work

● 86%

### Rhodium (Rh)

Hard and corrosive resistant, used on windings and electrodes

● 0%

### Silver (Ag)

Used for jewellery and traditional silverware

● 6%

### Tin (Sn) (from canned food)

Usually combined with steel or aluminium to create storage for food

● 62%


### Titanium (Ti)

Titanium is as strong as steel but much less dense. Used as an alloying metal.


● 80%

**Tungsten (W)**


Used to make bullets and turbine blades

 95%**Vanadium (V)**

Used as an alloying metal and in manufacturing tools and engines

 78%**Zinc (Zn)**

Used in alloys such as brass, nickel or silver. Zinc oxide is widely used in products such as paints, rubber, cosmetics, pharmaceuticals, plastics and soaps.

 50%

## Gut Biome Test

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.

For any items on this list found at 85% or above, it is recommended you increase the levels through consumption of the items listed, much like the nutritional imbalances on the test above.

### Acidophilus Bifidus

Produces lactic acid and hydrogen peroxide. Reduces cholesterol prevents the growth of hostile yeasts. Cleanses the bloodstream by removing toxins and boosting the immune system. Sources: Whole grains like oats and barley. Fermented foods like yoghurt and kimchi.



6%

### Bacillus Coagulans

Useful in the treatment of gastrointestinal disorders, such as diarrhoea. Sources: Fermented foods like sauerkraut, kimchi and yoghurt.



26%

### Bifidobacterium Bifidum

Used to repair stomach ulcers and helps to stop constipation. Sources: Whole grains like oats and barley. Fermented foods like yoghurt and kimchi.



8%

### Lactobacillus Reuteri

Strengthens the intestines and helps to fight inflammation. Sources: Milk products like yoghurt and cheese.



46%

### Streptococcus Thermophilus

Helps to prevent diarrhoea by maintaining the health of the digestive system. Sources: Dairy products like yoghurt.



3%

## Hormonal Imbalance

Testing your hair sample can show any hormonal imbalances that are currently present in your body.

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 above 85% are showing an imbalance and can be alleviated with natural remedies like: maintaining a healthy body weight, exercise and reducing stress.

### Oestradiol

This is a steroid hormone made from cholesterol and is the strongest of the three naturally produced oestrogens. It is involved in the regulation of the oestrous and menstrual female reproductive cycles



21%

### Thyroid Stimulating Hormone

Thyroid stimulating hormone is produced by the pituitary gland. Its role is to regulate the production of hormones by the thyroid gland.



0%

### Triiodothyronine (T3)

Triiodothyronine is a thyroid hormone that plays vital roles in the body's metabolic rate, heart and digestive functions, muscle control, brain development and function, and the maintenance of bones.



26%

## Digestive Health and Metabolism Analysis

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 as above 85% 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.

### Amylase

Amylase breaks down carbohydrates (starches) into simpler sugars. Irregular levels can affect the pancreas.



56%

### Bile Salts

Bile salts are increased during pregnancy, and other times of extreme body stress. It affects the liver and irregular levels can cause bile acid concentrations.



89%

### Enterokinase

Enterokinase is a sequence-specific protease found within the intestinal tract.



68%

### Lipase

Lipase along with bile from the gallbladder, breaks down fats into glycerol and fatty acids.



39%

### Pepsin

Pepsin is the enzyme responsible for the digestion of protein. More specifically, pepsin is a protease originating from pepsinogen secreted into gastric juice from chief cells. An imbalance can cause acid reflux.



47%

### Trypsin & Chymotrypsin

These two are proteolytic enzymes. Their job is to digest protein in the small intestine.



91%

What do I do now?

### **Don't Panic!**

Firstly, please do not panic after reading your report. Seeing your test results may initially seem daunting but you should not panic. There may be some items listed in your report that you have never eaten or come into contact with, but this is quite normal so do not worry.

There will be items on the list that you often eat or are exposed to on a regular basis. These are the items that you are going to need to focus on eliminating from your diet and environment.

### **Symptoms**

Your symptoms can change depending on your diet and environment, meaning that an item that you have never had problems with before could suddenly be causing your symptoms.

This is because if you are eating something or have come into contact with it, your body will try to assimilate it. If your immune system is low or you have overindulged on certain food items, then your body will struggle to assimilate the food item and you will suffer from various symptoms. These intolerance symptoms include, (but are not limited to) bloating, headaches, and fatigue.

### **What should I do now?**

The foods and items that have shown up as an intolerance need to be taken out of your diet. We recommend that you eliminate these items from your diet for the recommended period of four weeks to get the most benefit from your report. You should try and eliminate all of the listed items at the same time, and although we understand that this can be difficult if they are eaten on a regular basis. The sooner you eliminate them the sooner you will begin to feel better.

It is important that you follow the 4-week elimination diet because food intolerances do not show up immediately, and the symptoms can appear up to 72 hours after you have ingested the food.

Most of the time, an intolerance will disappear following the diet but there are occasions when your body simply does not want to accept something back into the system. This means that you most likely developed a lifetime intolerance. Although this may seem difficult to deal with, it is something that you will get used to fairly quickly, especially if you are not suffering from associated symptoms anymore.

### **What about my pets?**

If you have pets and have shown an intolerance to dog or cat hair, then do not despair. This simply means that you need to be more aware of where your pet goes in your home. Make sure you try and limit their access to bedrooms and keep them well-groomed to avoid excess hair and dander on your floors and soft furnishings.