



UK FOOD
INTOLERANCE

Helping the nation

GLUTEN

500

Food Intolerance and Sensitivity Test

- ESSENTIAL FOODS
- DIGESTIVE HEALTH
- GUT-BIOME

Introduction

Welcome to your **GLUTEN FOCUSED** Food Sensitivity and Wellness Test Report. This comprehensive evaluation is designed to give you valuable insights into your body's responses to a variety of substances, including foods, and a simple Gut Health Analysis

As a thank you for your custom, we have taken the pleasure of upgrading your test to include many more items to go alongside your Gluten focussed food test, including digestive health and gut biome.

Our aim is to equip you with the knowledge to enhance your health and well-being. Through careful testing and analysis, we've identified how your body interacts with elements that are part of your everyday life. This report is organized to guide you through different categories of testing—ranging from food sensitivities and digestive health to vitamin levels and metal exposure. Each section includes a clear summary, detailed findings, and customized recommendations for improvement.

Recognizing your body's unique requirements is the first step toward achieving optimal health. Whether it involves modifying your diet, incorporating lifestyle changes, or using supplements, this report serves as a personalized guide to help you become your healthiest self.

Let's get started

The UKFoodIntolerance Team

Table of content

- [Understanding Your Test Results](#)
- [Understanding the Difference Food Allergy vs Food Intolerance](#)
- [Food & Non-Foods Tested](#)
- [Dairy & Gluten Items Tested](#)
- [Gut Biome Test](#)
- [Digestive Health Test](#)
- [Concluding Your Wellness journey](#)

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 Sensitivities

Food-items Grains

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

Food-items Dairy

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

Food-Items Drinks

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

Food-Items Oils

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

Food-Items Fruit

● Acai Berry	● Apples	● Apricots	● Avocado
● Balsam Pear	● Bananas	● Bilberries	● Blackberries
● Blueberries	● Carambola (Star Fruit)	● Cherries	● Cranberries
● Currants (Red, Black etc.)	● damson	● Dates	● Dragon Fruit
● Dried All Spice Berries	● Durian Fruit	● Elderberry	● Figs

- | | | | |
|------------------|---------------------|----------------|--------------------|
| ● Fructose | ● Galia Melon | ● Goji Berry | ● Gooseberries |
| ● Grapes (Red) | ● Grapes (White) | ● Guava | ● Hawthorn Fruit |
| ● Honeydew Melon | ● Jack Fruit | ● Jujube Fruit | ● Kiwis |
| ● Kumquat | ● Lemons | ● Lime | ● Loquat Fruit |
| ● Lychee | ● Mandarin | ● Mango | ● Mangosteen Fruit |
| ● Nectarines | ● Oranges | ● Papaya | ● Passionfruit |
| ● Peaches | ● Pears | ● Pineapple | ● Pink Grapefruit |
| ● Plums | ● Pomegranates | ● Prunes | ● Quince |
| ● Raisins | ● Raspberries | ● Strawberries | ● Watermelon |
| ● Waxberry Fruit | ● Yellow Grapefruit | | |

Food-Items Meat

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

Food Items Seafood

- | | | | |
|---------------------|-----------|----------------|-----------|
| ● Abalone Shellfish | ● Anchovy | ● Blue Mussels | ● Catfish |
| ● Chub Mackerel | ● Clams | ● Cod | ● Crab |

 Crayfish	 Cuttle Fish	 Eel	 Green Lipped Mussels
 Haddock	 Hake	 Halibut	 Herring
 Herring (Red)	 Jellyfish	 Laver Seaweed	 Lobster
 Mackerel	 Octopus	 Oyster	 Pilchard
 Plaice	 Pollock	 Prawns	 Red Bass
 Salmon	 Sardine	 Scallops	 Shrimp
 Skate	 Smoked Herring, BLOATER	 Sole	 Squid
 Swordfish	 Tilapia	 Trout	 Trout (Brown)
 Trout (Sea)	 Tuna	 Winkles	 Yellow Croaker Fish

Food-items Nuts/Seeds

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

Food-items Spices

 Acetic Acid	 Aniseed	 Apple Cider Vinegar	 Balsamic Vinegar
 Basil	 Bay Leaf	 Bean Paste	 Birds Eye Chilli
 Caraway	 Cardamom	 Cayenne Pepper	 Celery salt
 Chilli Pepper	 Chilli Sauce	 Cinnamon	 Clove
 Coriander	 Cumin	 Curry Leaf	 Dill
 Fenugreek	 Five Spice	 Ginger	 Horseradish
 Lobster Sauce	 Mace Herb	 Marjoram	 Mint

- | | | | |
|------------------|---------------------|-------------------|------------------|
| ● Mustard | ● Nutmeg | ● Oregano | ● Oyster Sauce |
| ● Paprika | ● Pepper (Black) | ● Pepper (Green) | ● Pepper (Red) |
| ● Pepper (White) | ● Rice wine Vinegar | ● Rosemary | ● Sage |
| ● Salt | ● Saltbush | ● Soy Sauce | ● Soybean Paste |
| ● Tahini | ● Tamarind | ● Tarragon | ● Thyme |
| ● Turmeric | ● Vanilla Bean | ● Vinegar (Clear) | ● Vinegar (Malt) |

Food-items Sweeteners

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

Food-items Vegetables

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

Food-items Vegetables Raw

- | | | | |
|-----------------------|--------------------|---------------------|---------------------|
| ● Artichoke | ● Bamboo Shoots | ● Beans (Broad) | ● Beans (Green) |
| ● Beans, Lima | ● Broccoli | ● Brussel Sprouts | ● Butter Lettuce |
| ● Button Mushroom | ● Capsicum (Green) | ● Capsicum (Red) | ● Capsicum (Yellow) |
| ● Cauliflower | ● Celery | ● Chestnut Mushroom | ● Chicory |
| ● Chinese Cabbage | ● Courgette | ● Cress | ● Cucumber |
| ● Edamame Beans | ● Endive | ● Escarole Lettuce | ● Kohlrabi Cabbage |
| ● Leek | ● Needle Mushroom | ● Olives (Black) | ● Olives (Green) |
| ● Onion | ● Oyster Mushrooms | ● Parsley | ● Parsnip |
| ● Portobello Mushroom | ● Radish | ● Rocket | ● Romaine Lettuce |
| ● Shitake Mushroom | ● Spinach | ● Taro Vegetable | ● Tomato |
| ● Watercress | ● Wax Gourd | | |

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).

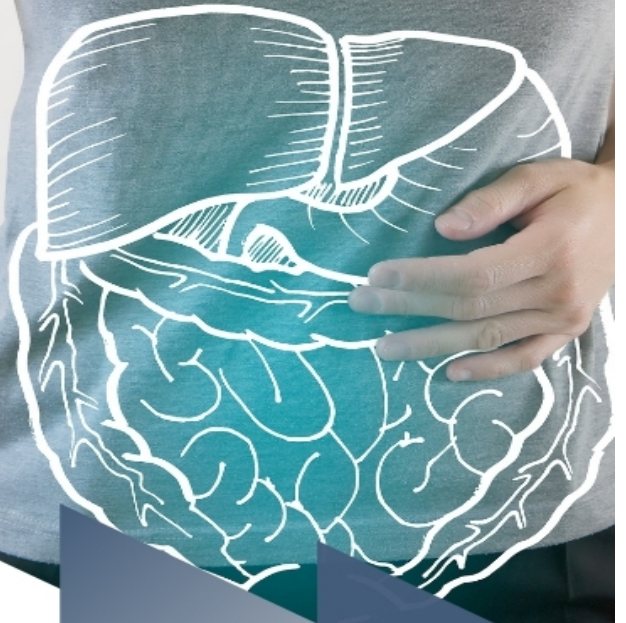
Track Symptoms: Maintain a food and symptom diary to monitor changes in digestion, energy levels, or skin health.

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.



DIGESTIVE HEALTH

Digestive Health

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

Conclusion following your Digestive Health results

Based on the findings from your digestive health report, we can confirm that your digestive system is functioning within a generally healthy range. However, there are some areas that may require attention or further monitoring to ensure continued well-being. We recommend making adjustments to your diet and lifestyle to support your digestive health and address any specific concerns noted in the report.

For instance, incorporating more fiber, staying hydrated, and managing stress can have a positive impact on your digestive function. If you experience any unusual symptoms or discomfort, with the right care and preventive measures, you can maintain a healthy digestive system and improve your overall quality of life.

We encourage you to follow the advice provided, and we are here to support you on your path to better digestive health. Please feel free to reach out with any questions or if you'd like to discuss any aspect of your report in more detail.

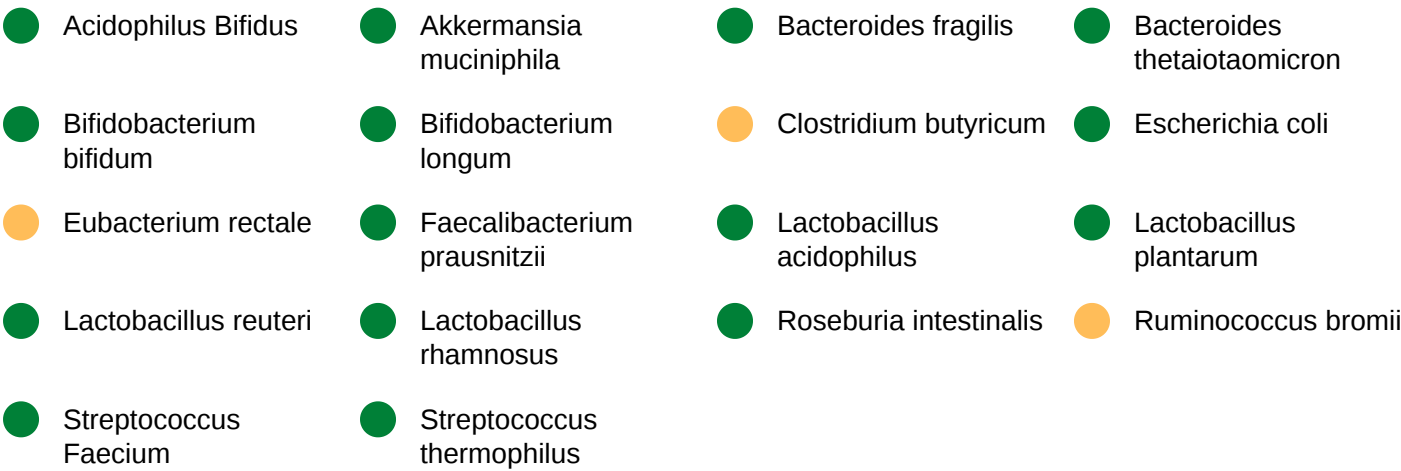


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GUT-BIOME

Gut-Biome



Conclusion following your Gut-Biome results

The results of your gut biome analysis provide valuable insights into the current state of your gut health and microbial balance. It appears that certain imbalances in your gut flora may be contributing to digestive discomfort, inflammation, or other health-related issues. The diversity and composition of beneficial bacteria are crucial for maintaining overall well-being, and addressing any imbalances can significantly enhance your digestive and immune health.

To support a healthy gut biome, we recommend incorporating a diet rich in prebiotics and probiotics, which can promote the growth of beneficial bacteria. Additionally, reducing the intake of processed foods, sugars, and artificial additives will help nourish your gut and encourage microbial diversity. Focus on high-fiber foods, fermented products, and natural sources of nutrients to optimize gut health.

You may also benefit from targeted supplementation with probiotics, prebiotics, or other gut-supportive nutrients to further enhance your microbial balance. Regular monitoring and adjustments will ensure that your gut biome remains in harmony, supporting your digestive system, immune function, and overall health.

Achieving a balanced and diverse gut biome is a journey that can have a profound impact on your health, and this report serves as an essential first step in that process.

Your Conclusion.

These results are a significant step in your health journey, offering a roadmap to better understand your body's needs and sensitivities. Implementing these changes can contribute to a reduction in symptoms, enhanced energy levels, and an overall sense of well-being. Remember, this process is personal, and adjustments take time, so be patient and consistent.

Should you have any questions about your results or need further guidance on implementing dietary changes, please don't hesitate to reach out. We are here to support you every step of the way.



**Our team is on hand to assist at all times.
Please email us at
sales@ukfoodintolerance.co.uk**



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