

ULTIMATE PLUS

1400

INTOLERANCE AND WELLNESS TEST



- ESSENTIAL FOODS
- E-NUMBERS
- NON-FOOD AND ENVIRONMENTAL
- YOUR HOME - **NEW**
- DIGESTIVE HEALTH
- GUT BIOME
- VITAMINS AND MINERALS
- STRESS MARKERS - **NEW**

Name: **sample (metals)**

Test ID: **1234**

Introduction

Welcome to your NEW Personalized **ULTIMATE+** Test Report. This comprehensive evaluation is designed to give you valuable insights into your body's responses to a variety of substances, including foods, environmental factors, metals, and more.

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. We encourage you to carefully review each section and consider consulting with a healthcare professional to discuss your results and how to best apply the suggested recommendations.

Let's get started

The UKFoodIntolerance Team

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Understanding Your Sensitivity Test Results

Each sensitivity (intolerance) 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	 Couscous	 Dinkel Flour
 Durum Wheat	 Farro	 Freekeh	 Gluten
 Kamut	 Malt	 Matzo	 Millet
 Noodles	 Nutritional yeast	 Oat Flour	 Oats
 Pasta	 Porridge Oats	 Quinoa	 Rice
 Rice - Basmati	 Rice - Jasmine	 Rice Cake	 Rice Flour
 Rice-Brown	 Rye	 Rye Flour	 Seitan
 Semolina	 Sorghum	 Spelt	 Sticky Rice
 Tapioca	 Teff	 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	 CrÃ¨me Fraiche
 Cream	 Cream Cheese	 Egg White	 Egg Yolk
 Evaporated Milk	 Feta	 Ghee	 Gorgonzola
 Gouda	 Greek Yogurt	 Kefir	 Lactoferrin
 Lactose	 Mascarpone	 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	 Whey Protein	 Yoghurt	

Food-Items Drinks +

● Ale	● Almond milk	● Aperol Spritz	● Apple Juice
● Brandy	● Cabernet Sauvignon	● Cashew milk	● Chamomile Tea
● Champagne	● Chardonnay	● Chinese Liquor	● Coconut milk
● Coconut water	● Coffee (Black)	● Cola	● Cranberry Juice
● Dark Rum	● Gin	● Ginger Beer	● Grapefruit Juice
● Green Coffee Beans	● Hazelnut milk	● Hemp milk	● Kefir Water
● Kombutcha	● Lager	● Lemonade	● Lime Blossom Tea
● Malbec	● Matcha	● 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)	● Tea ??? Earl Grey
● Tea ??? Jasmine	● Tea ??? marshmallow	● Tea ??? Oolong	● Tea ??? Rooibos
● Tea ??? White	● Tempranillo	● Tequila	● Tomato Juice
● Vermouth	● Vodka	● Whisky	● White Rum
● Zinfandel			

Food-Items Oils +

● Almond oil	● Avocado oil	● Canola Oil	● Coconut Oil
● Cod Liver Oil	● Evening Primrose Oil	● Flaxseed (Linseed) Oil	● Grapeseed Oil
● MCT Oil	● Olive Oil	● Palm Oil	● Peanut Oil
● Peppermint Oil	● Rapeseed Oil	● Rice Bran Oil	● Salmon Oil
● Sesame Oil	● Sunflower Oil	● Vegetable Oil	● Walnut Oil

Food-Items Fruit +

 Acai Berry	 Apples	 Apricots	 Avocado
 Balsam Pear	 Bananas	 Bilberries	 Blackberries
 Blueberries	 Boysenberries	 Carambola (Star Fruit)	 Cherries
 Clementine	 Cranberries	 Currants (Red, Black etc.)	 damson
 Dates	 Dragon Fruit	 Dried All Spice Berries	 Durian Fruit
 Elderberry	 Feijoa	 Figs	 Fructose
 Galia Melon	 Goji Berry	 Gooseberries	 Grapes (Red)
 Grapes (White)	 Guava	 Hawthorn Fruit	 Honeydew Melon
 Jack Fruit	 Jujube Fruit	 Kiwis	 Kumquat
 Lemons	 Lime	 Longan	 Loquat Fruit
 Lychee	 Mandarin	 Mango	 Mangosteen Fruit
 Mulberries	 Nectarines	 Oranges	 Papaya
 Passionfruit	 Peaches	 Pears	 Persimmon
 Pineapple	 Pink Grapefruit	 Plums	 Pomegranates
 Pomelo	 Prunes	 Quince	 Raisins
 Raspberries	 Rhubarb	 Satsuma	 Soursop
 Strawberries	 Watermelon	 Waxberry Fruit	 Yellow Grapefruit

Food-Items Meat +

 Bacon	 Beef	 Beef Bone Broth	 Beef Jerky
 Buffalo	 Chicken	 Chicken Bone Broth	 Chicken Heart
 Chicken Kidney	 Corned Beef (UK)	 Corned Beef (USA)	 Crocodile
 Duck	 Duck Blood	 Duck Intestines	 Goat
 Goose	 Goosefoot	 Guinea Fowl	 Hare
 Horse	 Kangaroo	 Lamb	 Lamb Heart

● Lamb Kidney	● Liver (Chicken)	● 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	● Quail	● 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	● Monkfish	● Octopus	● Oyster
● Pilchard	● Plaice	● Pollock	● Prawns
● Red Bass	● Salmon	● Salmon Roe (Caviar)	● Sardine
● Scallops	● Sea Bass	● Sea Cucumber	● Shrimp
● Skate	● Smoked Herring, BLOATER	● Snapper - Red	● Sole
● Squid	● Swordfish	● Tilapia	● Trout
● Trout (Brown)	● Trout (Sea)	● Tuna	● Turbot
● 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
- Saffron
- Sage
- Salt
- Saltbush
- Smoked Paprika
- Soy Sauce
- Soybean Paste
- Star Anise
- Sumac
- Tahini
- Tamarind
- Tarragon
- Thyme
- Turmeric
- Vanilla Bean
- Vinegar (Clear)
- Vinegar (Malt)

Food-items Sweetners +

- Agave Syrup
- Allulose
- Chocolate (Dark)
- Chocolate (Milk)
- Cocoa Powder
- Coconut Sugar
- Confectionersâ?? Sugar
- Guar Guar Gum
- Honey
- Maple Syrup
- Molasses
- Monk Fruit Extract
- Sugar (Beet)
- Sugar, Brown (Natural)
- Sugar, White

Food-items Vegetables Cooked +

● Asparagus	● Aubergine	● Bamboo Shoots	● Beans (Broad)
● Beans (Green)	● Beans, Lima	● Beetroot	● Bok Choy
● Broccoli	● Brussel Sprouts	● Button Mushroom	● Cabbage
● Capsicum (Green)	● Capsicum (Red)	● Capsicum (Yellow)	● Carrots
● Cassava (Yuca)	● Cauliflower	● Celery	● Chestnut Mushroom
● Chickpeas	● Chicory	● Courgette	● Daikon Radish
● 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
● Spring Onion	● Swede	● Sweet Corn	● Sweet Potato
● Swiss Chard	● 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)
● Cassava (Yuca)	● Cauliflower	● Celery	● Chestnut Mushroom
● Chicory	● Chinese Cabbage	● Courgette	● Cress
● Cucumber	● Daikon Radish	● 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
- Spring Onion
- Swiss Chard
- Taro Vegetable
- Tomato
- Watercress
- Wax Gourd

Food-items Condiments +

- BBQ Sauce
- Dijon Mustard
- Fish Sauce
- Hoisin
- Mustard
- Sriracha
- Stock - Bouillon
- Teriyaki Sauce
- Yeast Extract

Food-items Fermented Foods +

- Black Garlic
- Cider Vinegar (Raw/Unfiltered)
- Kimchi
- Pickled Cucumbers
- Pickled Onions
- Sauerkraut

E-NUMBER ANALYSIS



E-Items +

● E100 - Curcumin (Yellow food coloring)	● E101 - Riboflavin (Yellow food coloring)	● E102 - Tartrazine (Yellow food coloring)	● E104 - Quinoline Yellow (Yellow food coloring)
● E110 - Sunset Yellow FCF (Yellow food coloring)	● E1103 - Invertase	● E1105 - Lysozyme	● E120 - Cochineal; Carminic acid; Carmines
● E1200 - Polydextrose	● E1201 - Polyvinylpyrrolidone (PVP)	● E1202 - Polyvinylpolypyrrolido ne (PVPP)	● E1203 - Polyvinyl alcohol
● E1204 - Pullulan	● E1205 - Basic methacrylate copolymer	● E1206 - Neutral methacrylate copolymer	● E1207 - Anionic methacrylate copolymer
● E1208 - Polyvinylpyrrolidone- vinyl acetate copolymer	● E1209 - Polyvinyl alcohol-polyethylene glycol-graft copolymer; PVA-PEG graft copolymer	● E122 - Azorubine; Carmoisine	● E123 - Amaranth
● E124 - Ponceau 4R; Cochineal Red A	● E127 - Erythrosine	● E128 - Red 2G	● E129 - Allura Red AC
● E131 - Patent Blue V	● E132 - Indigotine; Indigo Carmine	● E133 - Brilliant Blue FCF	● E140 - Chlorophyll and chlorophyllins
● E1400-1414 - Starches	● E1404 - Oxidised starch	● E141 - Copper complexes of chlorophyll and chlorophyllins	● E1410 - Monostarch phosphate
● E1412 - Distarch phosphate	● E1413 - Phosphated distarch phosphate	● E1414 - Acetylated distarch phosphate	● E142 - Green S
● E1420 - Acetylated starch	● E1422 - Acetylated distarch adipate	● E1440 - Hydroxyl propyl starch	● E1442 - Hydroxy propyl distarch phosphate
● E1450 - Starch sodium octenyl succinate	● E1451 - Acetylated oxidised starch	● E1452 - Starch aluminium Octenyl succinate	● E1505 - Triethyl citrate
● E150a - Plain caramel	● E150b - Caustic sulphite caramel	● E150c - Ammonia caramel	● E150d - Sulphite ammonia caramel
● E151 - Brilliant Black BN; Black PN	● E1517 - Glyceryl diacetate; diacitin	● E1518 - Glyceryl triacetate; triacetin	● E1520 - Propan-1,2- diol; propylene glycol

● E1521 - Propan-1,2-diol; propylene glycol	● E153 - Vegetable carbon	● E155 - Brown HT	● E160 a-e - Carotenoids
● E160a - Alpha-, beta, and gamma-carotenes	● E160b - Annatto	● E160c - Paprika extract; Capsanthin; Capsorubin	● E160d - Lycopene
● E160e - Beta-apo-8-carotenal (C30); apocarotenal	● E161b - Lutein	● E161g - Canthaxanthin	● E162 - Betanin (Beetroot Red)
● E163 - Anthocyanins	● E170 - Calcium carbonate (chalk)	● E171 - Titanium dioxide	● E172 - Iron oxides and hydroxides
● E173 - Aluminium	● E174 - Silver	● E175 - Gold	● E180 - Lithol rubine BK
● E200 - Sorbic acid	● E202 - Sorbic acid	● E210 - Benzoic acid	● E211 - Sodium benzoate
● E212 - Potassium benzoate	● E213 - Calcium benzoate	● E214 - Ethyl p-hydroxybenzoate	● E215 - Sodium ethyl p-hydroxybenzoate
● E218 - Methyl p-hydroxybenzoate	● E219 - Sodium methyl p-hydroxybenzoate	● E220 - Sulfur dioxide	● E221 - Sodium sulphite
● E222 - Sodium hydrogen sulphite	● E223 - Sodium metabisulphite	● E224 - Potassium metabisulphite	● E226 - Calcium sulphite
● E227 - Calcium hydrogen sulphite	● E228 - Potassium hydrogen sulphite	● E234 - Nisin	● E235 - Natamycin
● E239 - Hexamethylene tetramine	● E242 - Dimethyl dicarbonate	● E243 - Ethyl lauroyl arginate	● E249 - Potassium nitrite
● E250 - Sodium nitrite	● E251 - Sodium nitrate	● E252 - Potassium nitrate	● E260 - Acetic acid
● E261 - Potassium acetate	● E262 - Sodium acetate	● E263 - Calcium acetate	● E270 - Lactic acid
● E280 - Propionic acid	● E281 - Sodium propionate	● E282 - Calcium propionate	● E283 - Potassium propionate
● E284 - Boric acid	● E285 - Sodium tetraborate; borax	● E290 - Carbon dioxide	● E296 - Malic acid
● E297 - Fumaric acid	● E300 - Ascorbic acid (Vitamin C)	● E301 - Sodium ascorbate	● E302 - Calcium ascorbate
● E304 - Fatty acid esters of ascorbic acid	● E306 - Tocopherol (Vitamin E)	● E307 - Alpha-tocopherol	● E308 - Gamma-tocopherol

● E309 - Delta-tocopherol	● E310 - Propyl gallate	● E315 - Erythorbic acid	● E316 - Sodium erythorbate
● E319 - Tertiary-butyl hydroquinone (TBHQ)	● E320 - Butylated hydroxyanisole (BHA)	● E321 - Butylated hydroxytoluene (BHT)	● E322 - Lecithins
● E325 - Sodium lactate	● E326 - Potassium lactate	● E327 - Calcium lactate	● E330 - Citric acid; lemon salt
● E331 - Sodium citrates	● E332 - Potassium citrates	● E333 - Calcium citrates	● E334 - Tartaric acid (L-(+))
● E335 - Sodium tartrates	● E336 - Potassium tartrates	● E337 - Sodium potassium tartrates	● E338 - Phosphoric acid
● E339 - Sodium phosphates	● E340 - Potassium phosphates	● E341 - Calcium phosphates	● E343 - Magnesium phosphates
● E350 - Sodium malate	● E351 - Potassium malate	● E352 - Calcium malate	● E353 - Metatartaric acid
● E354 - Calcium tartrate	● E355 - Adipic acid	● E356 - Sodium adipate	● E357 - Potassium adipate
● E363 - Succinic acid	● E380 - Triammonium citrate	● E385 - Calcium disodium ethylene diamine tetra-acetate; calcium disodium EDTA	● E392 - Extracts of rosemary
● E400 - Alginic acid	● E401 - Sodium alginate	● E402 - Potassium alginate	● E403 - Ammonium alginate
● E404 - Calcium alginate	● E405 - Propane-1,2-diol alginate; propylene glycol alginate (PGA)	● E406 - Agar	● E407 - Carrageenan (Irish moss)
● E407a - Processed eucheuma seaweed	● E410 - Locust bean gum; carob gum	● E412 - Guar gum (cluster bean gum)	● E413 - Tragacanth
● E414 - Acacia gum; gum arabic	● E415 - Xanthan gum	● E416 - Karaya gum	● E417 - Tara gum
● E418 - Gellan gum	● E420 - Sorbitol	● E421 - Mannitol	● E422 - Glycerol
● E423 - Octenyl succinic acid modified gum arabic	● E425 - Konjac	● E426 - Soybean hemicellulose	● E427 - Cassia gum
● E432 - Polyoxyethylene sorbitan monolaurate; Polysorbate 20	● E433 - Poxoxyethylene sorbitan mono-oleate; Polysorbate 80	● E434 - Poxoxyethylene sorbitan monopalmitate; Polysorbate 40	● E435 - Poxoxyethylene sorbitan monostearate; Polysorbate 60

● E436 - Polyoxyethylene sorbitan tristearate; Polysorbate 65	● E440a - Pectin	● E440b - Amidated pectin	● E442 - Ammonium phosphatide
● E444 - Sucrose acetate isobutyrate	● E445 - Glycerol esters of wood rosins	● E450 - Diphosphates	● E451 - Triphosphates
● E452 - Polyphosphates	● E459 - Beta-cyclodextrin; betadex	● E460 - Cellulose	● E461 - Methyl cellulose
● E462 - Ethyl cellulose	● E463 - Hydroxypropyl cellulose	● E464 - Hydroxypropyl methyl cellulose	● E465 - Ethyl methyl cellulose
● E466 - Carboxymethyl cellulose	● E468 - Crosslinked sodium carboxymethyl cellulose	● E469 - Enzymatically hydrolysed carboxymethyl cellulose	● E470a - Sodium, potassium, and calcium salts of fatty acids
● E470b - Magnesium salts of fatty acids	● E471 - Mono- and diglycerides of fatty acids	● E472a - Acetic acid esters of mono- and diglycerides of fatty acids	● E472b - Lactic acid esters of mono- and diglycerides of fatty acids
● E472c - Citric acid esters of mono- and diglycerides of fatty acids	● E472d - Tartaric acid esters of mono- and diglycerides of fatty acids	● E472e - Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids	● E472f - Mixed acetic and tartaric acid esters of mono- and diglycerides of fatty acids
● E473 - Sucrose esters of fatty acids	● E474 - Sucroglycerides	● E475 - Polyglycerol esters of fatty acids	● E476 - Polyglycerol polyricinoleate
● E477 - Propane-1,2-diol esters of fatty acids	● E479b - Thermally oxidised soya bean oil interacted with mono- and diglycerides of fatty acids	● E481 - Sodium stearyl-2-lactylate	● E482 - Calcium stearyl-2-lactylate
● E483 - Stearyl tartrate	● E491 - Sorbitan monostearate	● E492 - Sorbitan tristearate	● E493 - Sorbitan monolaurate
● E494 - Sorbitan monooleate	● E495 - Sorbitan monopalmitate	● E499 - Stigmasterol-rich plant sterols	● E500 - Sodium carbonate
● E501 - Potassium carbonate	● E503 - Ammonium carbonate	● E504 - Magnesium carbonate	● E507 - Hydrochloric acid
● E508 - Potassium chloride	● E509 - Calcium chloride	● E511 - Magnesium chloride	● E512 - Stannous chloride
● E513 - Sulphuric acid	● E514 - Sodium sulphate	● E515 - Potassium sulphate	● E516 - Calcium sulphate

● E517 - Ammonium sulphate	● E520 - Aluminium sulphate	● E521 - Aluminium sodium sulphate	● E522 - Aluminium potassium sulphate
● E523 - Aluminium ammonium sulphate	● E524 - Sodium hydroxide	● E525 - Potassium hydroxide	● E526 - Calcium hydroxide
● E527 - Ammonium hydroxide	● E528 - Magnesium hydroxide	● E529 - Calcium oxide (quicklime)	● E530 - Magnesium oxide
● E535 - Sodium ferrocyanide	● E536 - Potassium ferrocyanide	● E538 - Calcium ferrocyanide	● E541 - Sodium aluminium phosphate
● E551 - Silicon dioxide (Silica)	● E552 - Calcium silicate	● E553a - Magnesium silicate	● E553b - Talc
● E554 - Sodium aluminium silicate	● E555 - Potassium aluminium silicate	● E570 - Fatty acids; stearic acid	● E574 - Gluconic acid
● E575 - Glucono delta-lactone (GDL); gluconolactone	● E576 - Sodium gluconate	● E577 - Potassium gluconate	● E578 - Calcium gluconate
● E579 - Ferrous gluconate	● E585 - Ferrous lactate	● E586 - 4-Hexylresorcinol	● E620 - L-Glutamic acid
● E621 - Monosodium glutamate (MSG)	● E622 - Monopotassium glutamate	● E623 - Calcium glutamate	● E624 - Monoammonium glutamate
● E625 - Magnesium diglutamate	● E626 - Guanylic acid	● E627 - Disodium guanylate	● E628 - Dipotassium guanylate
● E629 - Calcium guanylate	● E630 - Inosinic acid	● E631 - Disodium inosinate	● E632 - Dipotassium inosinate
● E633 - Calcium inosinate	● E634 - Calcium 5-ribonucleotides	● E635 - Sodium-5-ribonucleotide	● E640 - Glycine and its sodium salt
● E641 - L-leucine	● E650 - Zinc acetate	● E666 - Lactitol	● E900 - Dimethylpolysiloxane
● E901 - Beeswax, white and yellow	● E902 - Candelilla wax	● E903 - Carnauba wax	● E904 - Shellac
● E905 - Microcrystalline wax	● E907 - Hydrogenated poly-1-decene	● E914 - Oxidised polyethylene wax	● E920 - L-cysteine
● E927b - Carbamide	● E938 - Argon	● E939 - Helium	● E941 - Nitrogen
● E942 - Nitrous oxide	● E943a - Butane	● E943b - Iso-butane	● E944 - Propane
● E948 - Oxygen	● E949 - Hydrogen	● E950 - Acesulfame K	● E951 - Aspartame
● E952 - Cyclamic acid and its Na and Ca salts	● E953 - Isomalt	● E954 - Saccharin and its Na, K, and Ca salts	● E955 - Sucralose

- | | | | |
|---|--|---|--|
|  E957 - Thaumatin |  E959 -
Neohesperidine DC |  E960 - Steviol
glycoside |  E961 - Neotame |
|  E962 - Salt of
aspartame-
acesulfame |  E964 - Polyglycitol
syrup |  E965 - Maltitol |  E967 - Xylitol |
|  E968 - Erythritol |  E969 - Advantame |  E999 - Quillaia
extract | |

Conclusion following your E-Numbers analysis

The results of your E-number sensitivity analysis provide valuable insight into how your body responds to certain food additives. Sensitivities to E-numbers can manifest in various ways, including digestive discomfort, skin reactions, headaches, or other symptoms, and identifying these triggers is an important step toward improving your overall health and well-being.

By understanding which specific E-numbers your body is sensitive to, you are now better equipped to make informed dietary choices. To minimize potential adverse effects, it is advisable to:

- **Read labels carefully:** Pay close attention to ingredient lists on packaged foods to identify and avoid the additives flagged in your results.
- **Opt for whole, minimally processed foods:** Fresh fruits, vegetables, and homemade meals are excellent alternatives that reduce exposure to artificial additives.
- **Explore substitutes:** Look for natural or additive-free products that align with your sensitivities.

Additionally, if you notice any persistent symptoms, consulting a healthcare professional or registered nutritionist can provide tailored advice and strategies for managing sensitivities. They can also help monitor progress and ensure your diet remains balanced and nutritionally complete while avoiding certain additives.

NON-FOOD SENSITIVITIES



Non-food items +

● Agaric Mushroom	● Alder	● Algae	● Alstromerias
● Alternaria alternata (Mould)	● American Beech	● Anise	● Aspen (Populus Tremula)
● Aspergillus flavus (Mould)	● Aspergillus Fumigatus	● Aspergillus Niger	● Aster
● Bed Bug	● Bee sting	● Bermuda Grass	● Birch Pollen
● Blood Worm	● Bovines	● Box Elder	● Bracken
● Brome Grass	● Buttercup Flower	● Canary Feathers	● Canary Grass
● Candida albicans (Yeast)	● Carnations	● Castor Bean	● Casuarina Austrian Pine
● Cat Dander	● Cat Serum Albumin	● Cedar	● Chaetomium Globosum
● Chamomile	● Chinchilla	● Chrysanthemum	● Cladosproium Herbarum
● Clover	● Cockroach	● Common Reed	● Common Silver Birch
● Cotton Crop	● Cotton Seed	● Cotton Wool	● Dahlia (Dahlia Hybrida)
● Daisy	● Dandelion	● Daylilly	● Deer Epithelium
● Dermatophagoides farinae (Dust Mite)	● Dermatophagoides pteronyssinus (Dust Mite)	● Dog Dander	● Douglas Fir
● Downy Birch (Betula Verrico)	● Dust	● Elder Plant	● Elm
● English Plantain	● Epicoccum Purpurascens	● Eucalyptus	● European Beech
● False Acacia (Robinia Pseudacacia)	● False Oat Grass	● Ferret Dander	● Ficus
● Finch Feathers	● Firebush	● Flea	● Formaldehyde
● Fox	● Foxtail Millet	● Fungus/Mould (Household)	● Fusarium Moniliforme
● Gardenia	● Gerbil	● Giant Ragweed	● Glaskraut (Parietaria Judaica)

● Goldenrod (Solidago Virgaurea)	● Granary Weevil	● Grey Alder	● Guinea Pigs
● Gum Arabic	● Hamster	● Hawthorn Tree	● Hazel Tree
● Hop (Humulus Lupulus)	● Hornbeam	● Hornet Sting	● Horse Bot Fly
● Horse Chestnut Plant	● Horses	● House Dust	● House Dust Mite
● Hyacinth (Endymion Non Scriptus)	● Italian Cypress Tree	● Japanese Beech	● Japanese Cedar
● Japanese Millet	● Jasmine Plant	● Johnson Grass	● Juniper Bush
● Kammgras (Cynosurus Cristatus)	● Karaya Gum	● Laburnum	● Larch
● Latex	● Laurel	● Leather	● Lemon Verbena
● Lilac (Syringa Vulgaris)	● Linden Tree	● Lisianthus	● Lotus Root
● Lovage	● Lupine (Lupinus Polyphyllus)	● Lycopodium	● Lycra
● Maize Crop	● Maple Tree	● Marguerite (Leucanthemum Vulgare)	● Meadow Fescue (Festuca Pratensis)
● Meadow Fox Tail Grass	● Meadow Grass	● Mealworm	● Melaleuca
● Mesquite	● Mink	● Mistletoe Plant	● Mosquito
● Moth	● Mountain Juniper	● Mouse	● Mugwort
● Mulberry Bush	● Narcissus (Narcissus spp.)	● Nettle	● Nylon
● Oak (Quercus Robur)	● Paloverde	● Paper Wasp Sting	● Parrot Feathers
● Pear Tree	● Penicillium Frequentans	● Penicillium Notatum	● Pepper Tree
● Perennial Ryegrass (Lolium Perenne)	● Pig	● Pigeons	● Pigweed (Chenopodium Album)
● Pine	● Pine, Scottish (Pinus Sylvestris)	● Plantain (Plantago Major)	● Polka Dot Tree
● Poplar Tree	● Primrose (Primulus)	● Privet (Ligustrum spp.)	● Rabbit Dander
● Ragweed Plant	● Rapeseed	● Rats	● Ribwort

● Rose Plant	● Rubber	● Rye Grass	● Salt Grass
● Scotch heather	● Seaweed	● Silk	● Snail
● Spruce (Picea Abies)	● Stachybotrys	● Stemphylium Botryosum	● Stinging Nettle
● Storage Mite	● Sunflower	● Sweet Gum	● Sweet Vernal Grass (Anthoxanthum Odoratum)
● Tall Oat Grass (Arrhenaterium Elatius)	● Thistle Plant	● Timothy Grass	● Tobacco
● Tobacco Leaf	● Turkey Feathers	● Ulocladium Chartarum	● Velvet
● Velvet Grass	● Wallflower (Cheranthus Cheiri)	● Walnut Tree	● Wasp Sting
● Water Reed (Phragmites Communis)	● Weeping Fig	● White Ash	● White Pine
● Wild Oat (Avena Fatua)	● Wild Rye Grass	● Willow Tree	● Wool
● Wormwood (Artemisia Absinthium)			

Understanding Non-Food Item Sensitivity 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.

Your Home

In this new section, we take a tour of your home and identify potential factors that could be having an adverse effect on your wellbeing.



Skin Care +

- Alpha-Lipoic Acid (ALA)
- Ceramides
- Citral
- Cocamidopropyl Betaine
- Coenzyme Q10 (CoQ10)
- Collagen
- DHEA (Dehydroepiandrosterone)
- Elastin
- Epidermal Growth Factor (EGF)
- Estrogen
- Fibronectin
- Glycol Distearate
- Hyaluronic Acid
- Keratin
- Lanolin
- Limonene
- Linalool
- Matrixyl
- Methylchloroisothiazolinone (MCI)
- Methylisothiazolinone (MI)
- Methylparaben
- Octisalate
- Oxybenzone
- Paraphenylenediamine
- Petroleum Jelly
- pH Levels
- Phenoxyethanol
- Polypeptides
- Propylparaben
- Sebum Production
- Sodium Laureth Sulfate (SLES)
- Sodium Lauryl Sulfate (SLS)
- SodiumPerborate
- Squalene
- Sunscreen
- Superoxide Dismutase (SOD)
- Transepidermal Water Loss (TEWL)

Kitchen Anti-Bacteria Spray

- Alcohol Ethoxylates
- Alkyl Dimethyl Benzyl Ammonium Chloride
- Ammonium Hydroxide
- Benzalkonium Chloride
- Benzisothiazolinone
- Butyl Cellosolve
- Cocamidopropyl Hydroxysultaine
- Didecyldimethylammonium Chloride
- Dipropylene Glycol Monomethyl Ether
- Fragrance Mix
- Glycolic Acid
- Hexyl Cinnamal
- Isopropyl Alcohol
- Linear Alkylbenzene Sulfonate
- Potassium Hydroxide
- Sodium Hydroxide
- Sodium Hypochlorite
- Sodium Metasilicate
- Trisodium Phosphate

Kitchen Laundry Detergent

● Amylase Enzyme (Industrial)	● Cellulase Enzyme	● Mannanase Enzyme	● Optical Brightener CBS-X
● Optical Brightener DMS	● Pectinase Enzyme	● Polyethylene Glycol (PEG)	● Polyvinyl Alcohol
● Protease Enzyme (Industrial)	● Sodium Coco Sulfate	● Sodium Formate	● Sodium Lauryl Sulfoacetate
● Sodium Perborate	● Sodium Percarbonate	● Sodium Polyacrylate	● Sodium Polycarboxylate
● Sodium Tripolyphosphate	● Sodium Xylene Sulfonate	● Tetraacetythylenediamine (TAED)	● Zeolite A

Dishwashing Liquid

● Caprylyl/Capryl Glucoside	● Cocamidopropylamine Oxide	● Decyl Glucoside	● Disodium Laureth Sulfosuccinate
● Lauramine Oxide	● Lauryl Glucoside	● Magnesium Chloride	● Potassium Cocoate
● Sodium Alpha Olefin Sulfonate	● Sodium Chloride (Industrial Thickener)	● Sodium Cocoamphoacetate	● Sodium Cumene Sulfonate
● Sodium Hydroxypropyl Starch Phosphate	● Sodium Lauryl Glucoside Hydroxypropyl Sulfonate	● Sodium Sulfate	

Air Fresheners

● Alpha-Isomethyl Ionone	● Amyl Cinnamal	● Anisyl Alcohol	● Benzyl Alcohol
● Benzyl Benzoate	● Benzyl Salicylate	● Butylphenyl Methylpropional	● Cinnamal
● Cinnamyl Alcohol	● Coumarin	● Cyclamen Aldehyde	● Farnesol
● Hexyl Salicylate	● Hydroxycitronellal	● Isoeugenol	● Lilial
● Tetramethyl Acetyloctahydronaphthalenes (OTNE)			

Bathroom Cleaner

● C12-15 Pareth Ethoxylates	● Cocamine Oxide	● Formic Acid	● Laureth-10
● Laureth-7	● Maleic Acid	● Potassium Oleate	● Potassium Palmate
● Sodium C14-16 Olefin Sulfonate	● Sodium Oleate	● Sodium Palmate	● Sodium Tallate
● Sodium Tallowate	● Sulfamic Acid	● Tallow Amine Ethoxylate	

Bleach and Disinfectants

● Ammonium Persulfate	● Calcium Hypochlorite	● Chloramine-T	● Chlorhexidine
● Chlorine Dioxide	● Glutaraldehyde	● Orthophenylphenol	● Peracetic Acid
● Potassium Persulfate	● Sodium Chlorite	● Sodium Dichloroisocyanurate	● Sodium Persulfate
● Thiabendazole	● Trichloroisocyanuric Acid		

Pesticides and Herbicides

● 2,4-Dichlorophenoxyacetic Acid (2,4-D)	● Acetochlor	● Alachlor	● Atrazine
● Bentazon	● Bromoxynil	● Chlorsulfuron	● Dicamba
● Diquat	● Dithiopyr	● Flazasulfuron	● Flumioxazin
● Glyphosate	● Imazapic	● Imazapyr	● Isoxaflutole
● MCPA	● Mesotrione	● Metolachlor	● Metsulfuron-methyl
● Nicosulfuron	● Oryzalin	● Oxyfluorfen	● Paraquat
● Pendimethalin	● Prodiamine	● Saflufenacil	● Simazine
● Triclopyr	● Trifluralin		

Insecticides

● Abamectin	● Acephate	● Acetamiprid	● Bifenthrin
● Chlorpyrifos	● Clothianidin	● Cypermethrin	● Deltamethrin

- | | | | |
|--|--|--|--|
|  Diazinon |  Dimethoate |  Dinotefuran |  Enamectin Benzoate |
|  Fipronil |  Imidacloprid |  Lambda-cyhalothrin |  Malathion |
|  Parathion |  Permethrin |  Spinosad |  Thiamethoxam |

Conclusion following 'Your Home' Analysis

This section summarises observed reactivity patterns to selected chemical compounds and ingredients commonly encountered in household, environmental, and personal care products. While these substances are generally regarded as safe for population-level use, inter-individual variability in biochemical response may influence tolerance. Elevated responses within this panel may suggest reduced compatibility with specific compounds. Where identified, consideration may be given to reviewing product ingredient profiles and implementing targeted exposure reduction strategies, including the use of low-residue, fragrance-free, or simplified formulations.

It is important to interpret these findings as a guide rather than a diagnosis. Small, gradual adjustments to your home and personal care environment can support overall wellbeing and help you better understand how your body responds to different substances over time.

Additionally, if you notice any persistent symptoms, consulting a healthcare professional or registered nutritionist can provide tailored advice and strategies for managing sensitivities.

METAL SENSITIVITIES



Metals

 Aluminum	 Amalgam	 Antimony	 Arsenic
 Barium	 Beryllium	 Boron	 Brass
 Cadmium	 Chromium	 Cobalt	 Copper
 Gallium	 Gold	 Iron	 Lanthanum
 Lead	 Lithium	 Mercury	 Nickel
 Niobium	 Palladium	 Platinum	 Silver
 Solder	 Stainless Steel	 Tin	 Titanium
 Tungsten	 Vanadium	 Zinc	 Zirconium

How to Interpret Your Metal Sensitivity Results

The results from the hair sample analysis have identified varying levels of sensitivity to certain metals. These sensitivities may contribute to symptoms such as fatigue, skin irritation, headaches, or other inflammatory responses. It is advisable to reduce or avoid exposure to the identified metals where possible, whether through diet, environmental contact, or personal care products. Where relevant, further investigation into sources of exposure—such as cookware, dental materials, water supply, or occupational environments—may be beneficial. Continued monitoring and a detox-supportive lifestyle can assist in reducing the impact of metal sensitivities over time.

VITAMIN AND MINERAL ANALYSIS



Vitamins +

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

Minerals +

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

Your Vitamin and Mineral Analysis Key

Green: Indicates that the tested items are within a healthy range and in balance at the point of this analysis.

Yellow: Signifies a mild to moderate DEFICIT at the time of analysis. While not immediately concerning, items in yellow may require attention or organic dietary changes for rebalancing to occur.

Red: denotes a significant DEFICIT at the time of testing, highlighting a more pressing need for action. This may include dietary adjustments, supplementation, lifestyle changes, or consultation with a healthcare professional for targeted advice.

The section highlights vitamins and minerals that may be lower than optimal based on your results. Where items are indicated, this may suggest a possible deficiency or an increased need for these nutrients. Nutrient levels can fluctuate over time and may be influenced by factors such as diet, lifestyle, absorption, and overall health. Low levels of certain vitamins and minerals can impact energy, immune function, and general wellbeing.

These results are not diagnostic and do not directly measure nutrient levels. They should be interpreted alongside your diet, lifestyle, and any symptoms. For further guidance or confirmation, consultation with a qualified healthcare professional is recommended.

DIGESTIVE HEALTH



Digestive Health +

 Alpha-galactosidase	 Amylase	 Bile Salts	 Cellulase
 Diamine Oxidase	 Enterokinase	 Lactase	 Lipase
 Pepsin	 Protease	 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 a balanced digestive system.

Yellow suggests mild to moderate DEFICIT at the time of analysis, warranting caution and possibly further observation or moderation.

Red denotes significant DEFICIENCY, signalling a need for action, which may include dietary adjustments, lifestyle changes, or consultation with a healthcare professional for targeted advice.

Conclusion to your Digestive Health Analysis - Your digestive system is at the core of your overall wellbeing, playing a vital role in how your body absorbs nutrients, supports immunity, and maintains energy levels. Using advanced bioresonance analysis, this section provides a personalised overview of how your body may be responding in relation to digestive health. Your results highlight potential areas of sensitivity or imbalance that could be influencing how you feel day to day. Digestive function can be affected by a variety of factors, including diet, stress, lifestyle, and environmental influences. Understanding these responses can help you make more informed choices to support your gut health and overall wellbeing.

GUT BIOME



Gut-Biome +

- Acidophilus Bifidus
- Akkermansia muciniphila
- Bacteroides fragilis
- Bacteroides thetaiotaomicron
- Bifidobacterium adolescentis
- Bifidobacterium bifidum
- Bifidobacterium breve
- Bifidobacterium longum
- Clostridium butyricum
- Coagulans
- Escherichia coli
- Eubacterium rectale
- Faecalibacterium prausnitzii
- Lactobacillus acidophilus
- Lactobacillus casei
- Lactobacillus fermentum
- Lactobacillus gasseri
- Lactobacillus helveticus
- Lactobacillus plantarum
- Lactobacillus reuteri
- Lactobacillus rhamnosus
- Roseburia intestinalis
- Ruminococcus bromii
- Streptococcus Faecium
- Streptococcus thermophilus
- Subtilis

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.

STRESS RESPONSE INDICATORS



Stress Response Indicators +

- Adrenaline (Epinephrine)
- Cortisol
- GABA
- Noradrenaline (Norepinephrine)
- Serotonin

Conclusion following your Stress Response Indicators report

This section highlights your body's response patterns to key hormones and neurotransmitters involved in stress, mood, and nervous system regulation.

These chemical messengers help control how the body reacts to stress, maintains energy levels, supports sleep, and regulates emotional balance. Variations in this panel may suggest differences in how your body manages stress or maintains neurological balance. This can sometimes be linked to symptoms such as fatigue, disrupted sleep, difficulty concentrating, or changes in mood.

These results are not diagnostic and do not measure actual hormone or neurotransmitter levels. Instead, they provide an indication of how your body may be responding to these factors. Findings should be considered alongside your overall health, lifestyle, and any symptoms you may be experiencing. If you have ongoing concerns related to stress, mood, or wellbeing, it is recommended to seek guidance from a qualified healthcare professional.

Cortisol

Often referred to as the body's main stress hormone, cortisol helps regulate energy, immune function, and your sleep-wake cycle. It naturally rises and falls throughout the day.

Adrenaline (Epinephrine)

A fast-acting hormone released during stress. It prepares the body for action by increasing heart rate, blood flow, and energy levels.

Noradrenaline (Norepinephrine)

Supports focus, alertness, and attention. It works alongside adrenaline to help the body respond to stress or challenging situations.

Serotonin

Known as a "mood" chemical, serotonin helps regulate emotional wellbeing, sleep, and appetite. It also plays a role in digestive health.

GABA (Gamma-Aminobutyric Acid)

A calming neurotransmitter that helps reduce nervous system activity. It supports relaxation, stress reduction, and healthy sleep.

CONCLUSION

This report outlines the potential food, environmental, and household sensitivities identified through the analysis of your submitted hair sample at the time of testing. The findings provide an indication of items that may currently be placing additional stress on the body and may be associated with intolerance or sensitivity responses.

Intolerances can develop when the body has difficulty processing or responding to certain substances. These responses may be influenced by a variety of factors including diet, lifestyle, environmental exposure, digestive health, and overall physiological balance. The items highlighted within this report should therefore be viewed as guidance to help identify potential triggers that may be contributing to unwanted symptoms or imbalances.

Many individuals find it beneficial to temporarily reduce or eliminate identified items for a period of time, commonly between 4–12 weeks, to allow the body an opportunity to rebalance. Following this period, items can be gradually reintroduced one at a time while monitoring for any recurrence of symptoms or changes in wellbeing. This structured approach can help to further identify which substances may be having the greatest impact on the body.

It is important to recognise that sensitivities and intolerances are not necessarily permanent. The body is dynamic and can change over time as dietary habits, lifestyle factors, and overall health improve. Supporting the body through a balanced diet, adequate hydration, good sleep, stress management, and minimising exposure to potential irritants may help promote improved tolerance and wellbeing.

This report should be used as a supportive wellness guide rather than a medical diagnosis. If you have ongoing or severe symptoms, or any existing medical conditions, consultation with a qualified healthcare professional is recommended before making significant dietary or lifestyle changes.

As sensitivities can change, some individuals choose to repeat testing periodically to monitor progress and identify any improvements over time.

CONTACT US...

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