

ULTIMATE 1100

Food Intolerance Test Report

- ESSENTIAL FOODS
- NON-FOOD AND ENVIRONMENTAL
- DIGESTIVE HEALTH
- GUT BIOME
- VITAMINS AND MINERALS
- E-NUMBERS

UK Food Intolerance

Name: **Sample Report** Test ID: **fh8dm-e3**

Introduction

Welcome to your 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 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.

UK Food Intolerance



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

- 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)
- Tea – Earl Grey
- Tea – Jasmine
- Tea – marshmallow
- Tea – Oolong
- Tea – Rooibos
- Tea – White
- 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 Sweetners

- Chocolate (Dark)
- Chocolate (Milk)
- Cocoa Powder
- Coconut Sugar
- Confectioners' 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.

UK Food Intolerance



Non-Food Sensitivities

Non-food items

- Agaric Mushroom
- Alder
- Algae
- Alstromerias
- American Beech
- Anise
- Aspen (Populus Tremula)
- Aspergillus Fumigatus
- Aspergillus Niger
- Aster
- Bee sting
- Bermuda Grass
- Birch Pollen
- Blood Worm
- Bovines
- Box Elder
- Bracken
- Brome Grass
- Buttercup Flower
- Canary Feathers
- Canary Grass
- 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
- 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
- Ficus
- Finch Feathers
- Firebush
- 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
- 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.)
- 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)

Conclusion following your Non-Food Item Sensitivities 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.

UK Food Intolerance



DIGESTIVE HEALTH

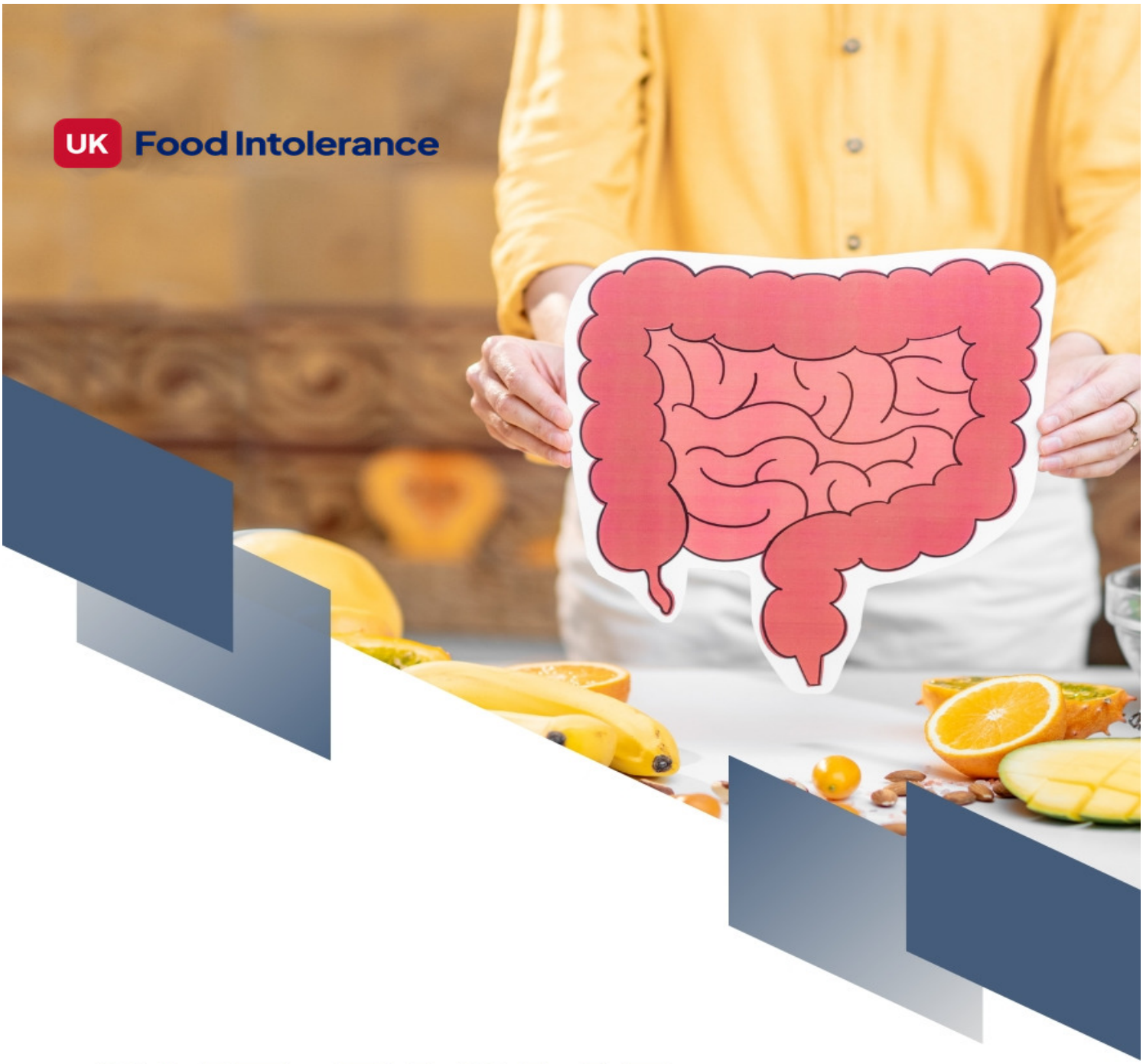
Digestive Health

- 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.



GUT-BIOME

Gut-Biome

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

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.



VITAMINS AND MINERALS

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

Conclusion following your Vitamin and Minerals Test results

Thank you for completing your vitamin and mineral health test. The results have provided valuable insights into your current nutritional status, helping us identify both strengths and potential areas for improvement in your diet and overall health. Based on your results, we have identified whether your levels are [adequate/deficient/excessive] for key vitamins and minerals, which are essential for various bodily functions including immune support, energy production, bone health, and cognitive function.

If any deficiencies or imbalances were detected, it's important to address them in order to prevent long-term health consequences. Deficiencies in certain vitamins and minerals can affect your mood, immune function, energy levels, and even lead to more serious conditions over time. On the other hand, excess intake of certain vitamins and minerals can also cause adverse effects, making it equally important to find the right balance.
Our next step is to work together to create a personalized plan to optimize your nutrient intake. This may include dietary adjustments, targeted supplementation, or even lifestyle changes aimed at increasing your absorption of essential nutrients. I recommend focusing on a varied and nutrient-dense diet, rich in whole foods, fruits, vegetables, lean proteins, and healthy fats to complement any suggested supplementation.

In the case of identified deficiencies, targeted supplementation may be necessary, but it's crucial to monitor your progress to avoid any potential imbalances. If your results show excess levels, we may consider adjustments to your current supplementation or dietary habits to restore balance.
I would recommend scheduling a follow-up consultation in the coming weeks to reassess your progress and make any further adjustments to your nutrition plan. During this time, we can also explore additional lifestyle factors, such as sleep, stress management, and physical activity, that can support your overall health and enhance the benefits of your improved diet and supplementation.
Overall, understanding your vitamin and mineral levels is a powerful step in taking control of your health. By addressing any imbalances now, you can support your body's optimal function and long-term well- being. I look forward to helping you navigate this journey toward improved health and vitality.

Thank you for your commitment to your health and for allowing us to guide you along the way.

UK Food Intolerance



E-NUMBERS

E-Items

- E1103 - Invertase
- E1105 - Lysozyme
- E120 - Cochineal; Carminic acid; Carmines
- E1200 - Polydextrose
- E1201 - Polyvinylpyrrolidone (PVP)
- E1202 - Polyvinylpolypyrrolidone (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; diacetin
- 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; Capsanthian; 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 - Polyoxyethylene sorbitan mono-oleate; Polysorbate 80
- E434 - Polyoxyethylene sorbitan monopalmitate; Polysorbate 40
- E435 - Polyoxyethylene 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 stearoyl-2-lactylate
- E482 - Calcium stearoyl-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.

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.

UK Food Intolerance



Our team is on hand to assist at all times.

Please email us at

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THANK YOU!

Please share your positive experiences with us on our Trustpilot page.

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