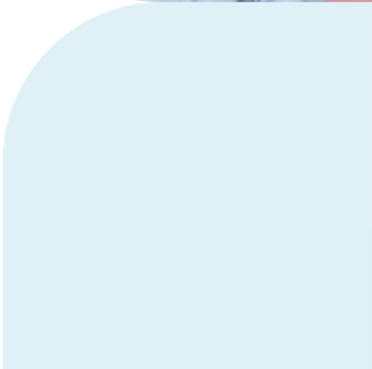
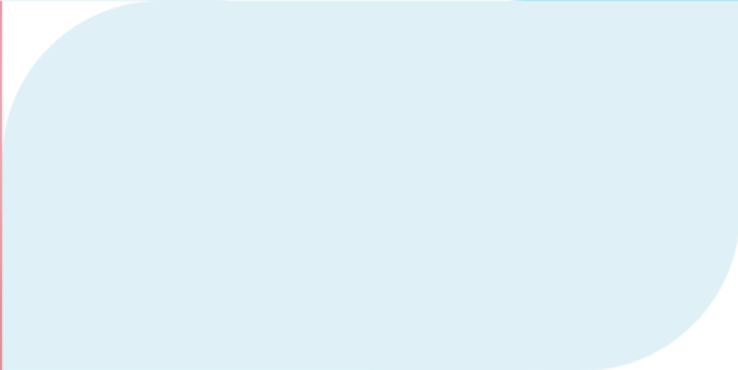




Test report



At-home test



Food Intolerance 80 items

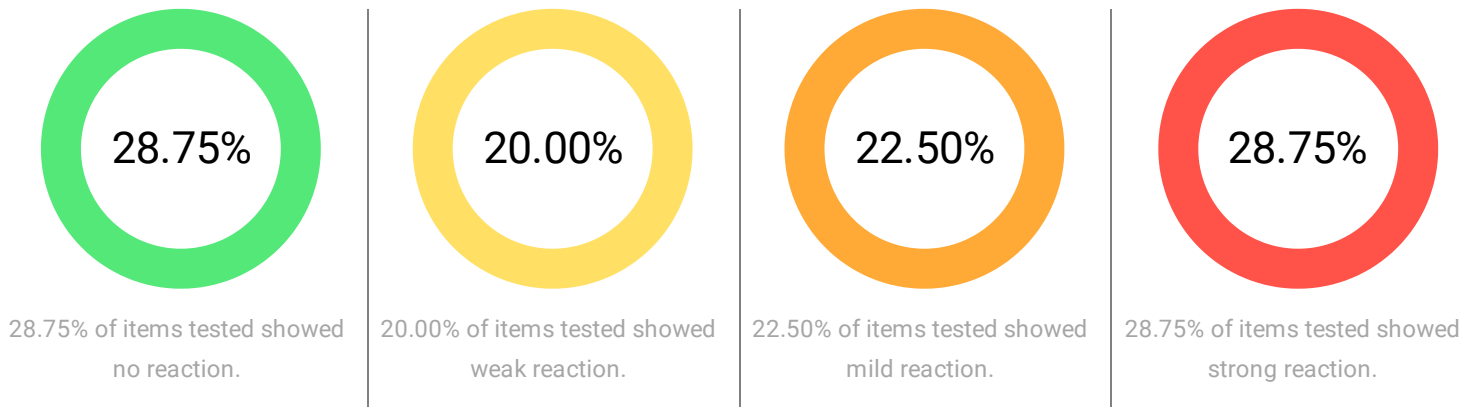
Lab test

Blood

Name: **Dummy Persson** Date of test: **03/24/2022** Analysis-ID: **MATIN80-DUMMY**

Food Intolerance Test - Results

Test results summary (IgG)



Briefly about your test result

Our lab has tested whether your blood sample showed any signs of IgG sensitization to 80 different foods by measuring the concentration of IgG4 immunoglobulins in your blood. An elevated IgG4 concentration indicates a strain on the immune system. Food intolerances often leads to the body being overexposed and can make the immune system become stressed and exhausted. As long as the intestinal barrier is intact, you should not get any reaction. This means that your results may show an elevated concentration of IgG4 without you experiencing any symptoms.

Chronic strain on the intestine can lead to what is called "leaky gut", i.e. the intestinal barrier becomes more permeable. Unwanted substances can then penetrate the barrier of the intestinal mucosa, out into the blood and then bind to antibodies, which can cause a variety of inflammation-like symptoms.

The symptoms of food intolerances can sometimes be difficult to link with the food you have eaten, as a reaction can appear anywhere from a few hours to several days after ingestion and often develops gradually over time. Regular consumption of a food that you react to can thus also lead to constant symptoms.

How to interpret your test results

Your test results show on a scale from 1-6 how strong sensitization your body has reacted to each substance.

CLASS 0: No reaction

CLASS 1-2: Weak sensitization







































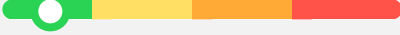





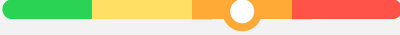





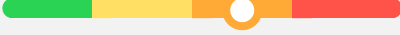





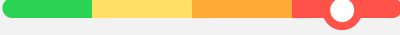



CLASS 3-4: Moderate sensitization

CLASS 5-6: Strong sensitization



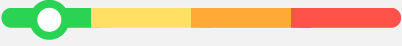





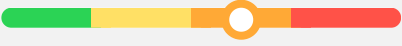





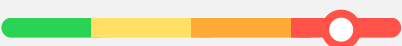





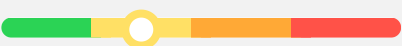




















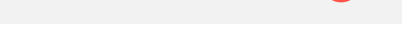





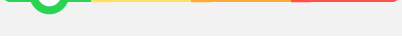





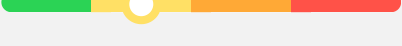





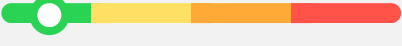


Food Intolerance Test







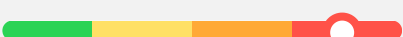



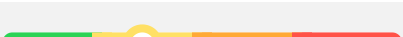

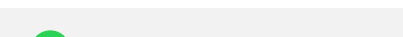

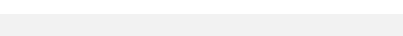
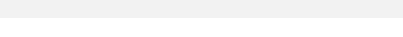
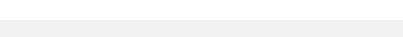
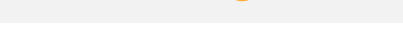
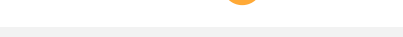
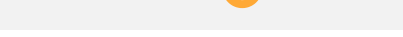
Your test results - Food intolerance (1/4)

Name	Your value	Class	Scale
Alaska pollock	 2.98	 2	
Almonds	 100.00	 6	
Amaranth	 91.58	 5	
Apple	 <0.35	 0	
Banana	 <0.35	 0	
Barley	 100.00	 6	
Basil	 100.00	 6	
Beef	 100.00	 6	
Broccoli	 0.35	 1	
Buckwheat	 12.06	 3	
Button mushrooms	 <0.35	 0	
Cabbage	 1.61	 2	
Carrot	 <0.35	 0	
Casein	 55.94	 5	
Cashew nuts	 5.99	 3	
Celery	 0.68	 1	
Chicken	 7.78	 3	
Cocoa	 <0.35	 0	
Cod	 94.55	 5	
Coffee	 <0.35	 0	









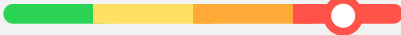





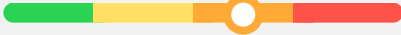





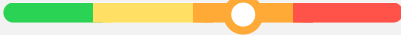

















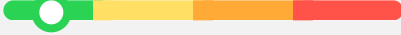





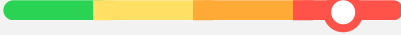





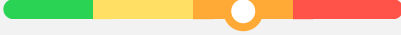





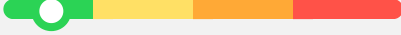



Your test results - Food intolerance (2/4)

Name	Your value	Class	Scale
Corn	 <0.35	 0	
Cow's milk	 2.98	 2	
Cucumber	 3.50	 3	
Duck	 65.30	 5	
Durum wheat	 100.00	 6	
Egg white	 100.00	 6	
Egg yolk	 1.61	 2	
Garlic	 <0.35	 0	
Ginger	 3.08	 2	
Gluten	 100.00	 6	
Goat's milk	 <0.35	 0	
Grapes	 <0.35	 0	
Green beans	 100.00	 6	
Gouda cheese	 21.36	 4	
Green olives	 <0.35	 0	
Green peas	 3.30	 2	
Hazelnuts	 2.25	 2	
Herring	 <0.35	 0	
Kiwi	 <0.35	 0	
Lamb	 13.48	 3	

Your test results - Food intolerance (3/4)

Name	Your value	Class	Scale
Lemon	100.00	6	
Lentils	1.89	2	
Mango	14.31	3	
Millet	100.00	6	
Mussels	14.31	3	
Mustard	<0.35	0	
Oats	88.61	5	
Octopus	<0.35	0	
Onion	<0.35	0	
Orange	100.00	6	
Oysters	2.33	2	
Peach	<0.35	0	
Peanuts	<0.35	0	
Pineapple	<0.35	0	
Pistachios	0.68	1	
Plaice	2.88	2	
Pork	16.80	3	
Potato	46.46	4	
Pumpkin seeds	4.36	3	
Quinoa	24.46	4	

Your test results - Food intolerance (4/4)

Name	Your value	Class	Scale
Rice	 <0.35	 0	
Rye	 100.00	 6	
Salmon	 100.00	 6	
Sesame seeds	 94.55	 5	
Sheep's milk	 9.50	 3	
Shrimp	 1.89	 2	
Soy	 15.14	 3	
Spelt	 100.00	 6	
Squid	 10.15	 3	
Strawberry	 <0.35	 0	
Sunflower seeds	 2.98	 2	
Sweet lupin	 2.88	 2	
Tomato	 <0.35	 0	
Tuna	 100.00	 6	
Turkey	 100.00	 6	
Trout	 13.78	 3	
Walnuts	 10.98	 3	
Wheat	 100.00	 6	
Yeast	 <0.35	 0	
Zucchini	 6.93	 3	

Next steps - what to do now?

In the case of elevated levels in combination with symptoms, we may suggest a diet change in the reported items or a diet change based on the food groups. To address completely intolerant symptoms, we recommend a diet change in combination with supplements that support digestion and healing of the gut lining.

A diet change should be implemented for 1-3 months, depending on the degree of reaction and the growth of your symptoms. From your next appointment, share the results of the test, you do not need to change your diet.

At normal values but showing symptoms

In some cases, symptoms may be more pronounced through the gut lining, which is not reflected in the results of different tests. This may be due to the nature of a food intolerance, it is a change in sensitivity in response to a substance that may cause symptoms, a substance such as hydrogen sulfide, methane, acetone, or other volatile compounds. If this is the case, you can manage for the matter in a given diet, avoid substances causing your symptoms, or otherwise, from your next appointment.

Did you get a lot of elevated values on your test?

Food intolerance can sometimes appear due to a diet change or come from gut bacterial imbalance. To get a better understanding of the underlying cause, it is best to implement a diet change for a few weeks and see how you feel. From your next appointment, you can supplement with digestive enzymes, lactulose and a little probiotics.

How to use your results

- Foods with a score of 1-3 are foods that you should eat in moderation. In the case of 1-2, you should eat them less often (3-4 times per week).
- Foods with a score of 4-6 are foods that you should eat less often (1-2 times per week).
- Foods with a score of 7-10 are foods that you should avoid completely. You should avoid them for 1-3 months.

If you also have other symptoms or a reaction to foods that are not included, it may be that you are sensitive to food items, you can get a separate test for help from a dietitian or nutrition therapist in the area.

Rotation diet

A rotation diet means that you rotate the foods you eat so that you do not eat the same food more than once every two days. In some cases, this can help to reduce symptoms. If you have a diet plan for when you eat, you can use this to help you rotate the foods you eat in the future. From your next appointment, share the results of the test.

When you change your diet, it may be that you have a harder time in the body. To see if you are more comfortable with the symptoms, you can try to eat the same food for a while.

Reintroduction of foods

When starting to reintroduce the foods you've completely eliminated, it's best to start gradually. Start with the smallest portion you can tolerate and gradually work your way up. It's best to eat before introducing the new food to see how you react.

It's best to eat the same meal each time you eat a new food. If you experience any symptoms,

