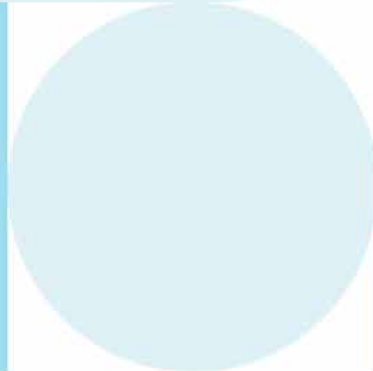
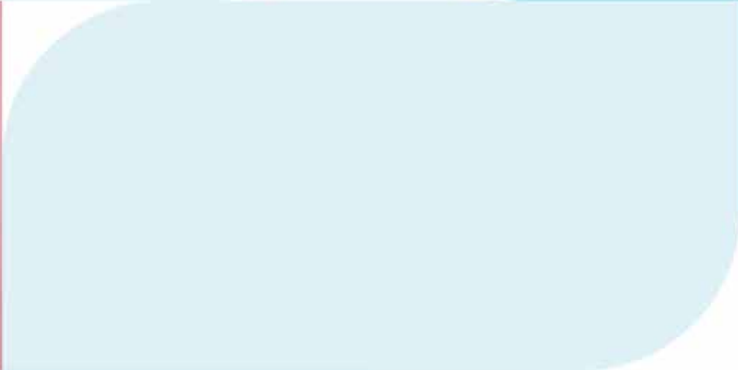




Test report



At-home test



# Food Intolerance 40 items

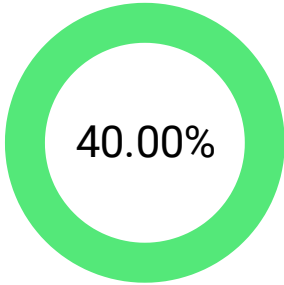
Lab test

Blood

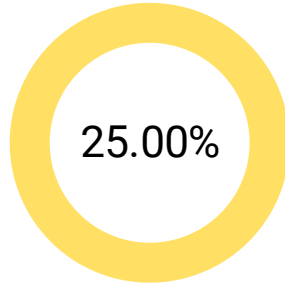
Name: **Sample Report**    Date of test: **11/27/2023**    Analysis-ID: **DUMMY-65**

## Food Intolerance Test - Results

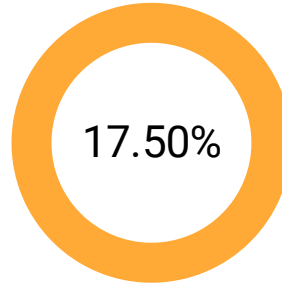
### Test results summary (IgG)



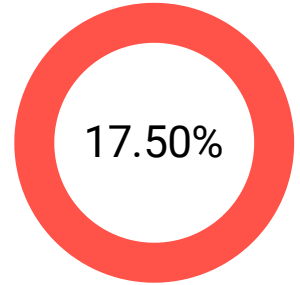
40.00% of items tested showed no reaction.



25.00% of items tested showed weak reaction.



17.50% of items tested showed mild reaction.



17.50% of items tested showed strong reaction.

### Briefly about your test results

Our lab has tested whether your blood sample showed any signs of IgG sensitization to 40 different foods by measuring the concentration of IgG immunoglobulins in your blood. An elevated IgG concentration indicates a burden on the immune system. Food intolerances often lead to the body being overexposed and can make the immune system become stressed and activated. As long as the intestinal barrier is intact, you should not have any reactions. This means that your results may show an elevated concentration of IgG without you experiencing any symptoms.

Changes in 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, get into the blood and then lead to antibodies, which can cause a variety of inflammation-like symptoms.

The symptoms of food intolerances can sometimes be difficult to link to the food you have eaten, since reactions can appear anywhere from a few hours to several days after ingestion and often develop gradually over time. Regular consumption of a food that you react to can thus lead to consistent 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**









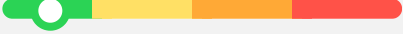





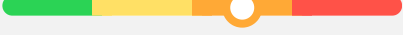





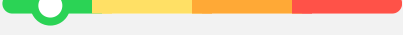

















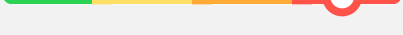











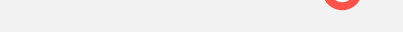





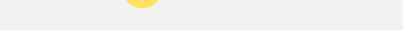



**CLASS 3-4: Moderate sensitization**

**CLASS 5-6: Strong sensitization**

## Your test results - Food intolerance (1/2)

Name	Your value	Class	Scale
Almonds	31.17	4	
Amaranth	42.11	4	
Apple	<0.35	0	
Banana	<0.35	0	
Beef	2.06	2	
Buckwheat	1.48	2	
Cabbage	<0.35	0	
Carrot	<0.35	0	
Celery	<0.35	0	
Chicken	5.86	3	
Cod	1.28	2	
Corn	<0.35	0	
Cow's milk	100.00	6	
Cucumber	0.69	1	
Egg white	46.22	4	
Egg yolk	3.49	2	
Garlic	<0.35	0	
Goat's milk	89.98	5	
Green peas	8.21	3	
Haricots verts	100.00	6	

## Your test results - Food intolerance (2/2)

Name	Your value	Class	Scale
Hazelnuts	 <0.35	 0	
Herring	 <0.35	 0	
Kiwi	 <0.35	 0	
Mussels	 0.99	 2	
Mustard	 12.33	 3	
Oats	 5.86	 3	
Onion	 <0.35	 0	
Orange	 2.16	 2	
Peanuts	 <0.35	 0	
Pork	 <0.35	 0	
Potato	 <0.35	 0	
Rice	 <0.35	 0	
Rye	 100.00	 6	
Salmon	 3.13	 2	
Sheep's milk	 64.73	 5	
Shrimp	 0.35	 1	
Soy	 73.14	 5	
Tomato	 <0.35	 0	
Walnuts	 2.06	 2	
Wheat	 100.00	 6	

## Next steps - what to do now?

In the case of elevated levels in combination with symptoms, one may suspect a disturbance in the intestine/liver or a difficulty breaking down the food properly. To reduce or completely improve the symptoms, we can recommend a rotation diet or an elimination diet in combination with supplements that support digestion and healing of the gut lining.

A rotation or elimination diet should be carried out for 1-6 months depending on the type of reaction, and to give the gut time to recover. If no symptoms are present despite the results of the test, you do not need to change your diet.

## At normal values but showing symptoms

In some cases people may experience symptoms even though the test shows normal values. It can be due to a number of different reasons. One reason could be that instead of a food intolerance, it is an allergy or an allergic intolerance. It may also be the case that you instead react to specific substances such as biogenic amines (histamine, tyramine, serotonin, dopamine, phenylethylamine). If this is not the case, you can investigate further whether it is gluten or lactose intolerance causing your symptoms, or also merely from an intolerance to lipoproteins.

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

Food intolerance is a secondary problem that primarily comes from gut permeability/intolerance. To find and eliminate the underlying cause is always the most important thing to give the gut a break and to enable healing. If you suspect weaknesses in digestion, you can support with digestive enzymes, hydrochloric acid or bitter herbs.

## How to use your results

- You can continue to eat foods from class 1 to 3 unless you show a reaction to them. In that case you should eat them less often (rotation diet).
- Foods in class 4 or 5 and to which you show some kind of reaction, you should eat less often (rotation diet).
- Foods in class 6 or 7 and to which you show a strong reaction, you should eliminate from your diet for 1-6 months.

If you also did an allergy test and got a reaction to foods there, these should also be excluded. Keep in mind that if you exclude many food items, you can get nutritional deficiencies. Get help from a dietician or nutritional therapist in that case.

## 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 four days, in some cases even less often. It makes it easier if you have a set diet plan for what you eat each day by day. For day 1, you eat the foods you eat on day 1 again. If you choose a four-day rotation diet. When you change your diet, keep in mind that a lag can happen in the body. For example, you may experience that the symptoms worsen initially - or that new symptoms appear for a while.

## Reintroduction of foods

When it's time for you to reintroduce the foods you've completely eliminated, make sure to do it gradually. Start with the ones that give you the least symptoms and preferably wait four days or a week before introducing the next food to see how you react.

This test does not replace medical consultation. Always seek medical attention if you experience severe symptoms.

