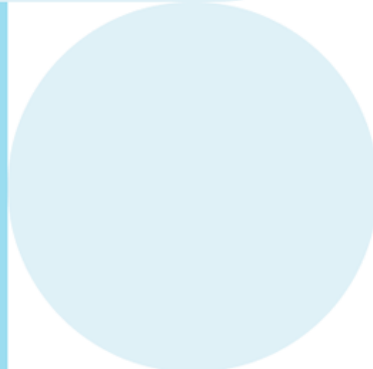
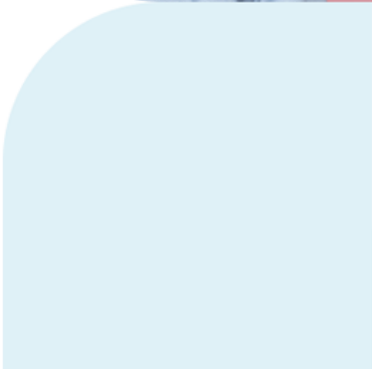
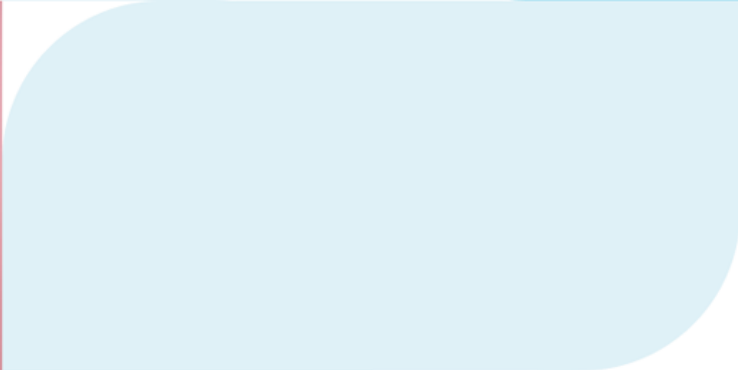




Test report



At-home test



Fructose intolerance






Lab test






Breath

Name: **Sample Report** Date of test: **06/30/2023** Analysis-ID: **DUMMY-23**

Your test results - Fructose intolerance

Our lab has tested your breath sample for the concentration of hydrogen gas (H₂) and methane gas (CH₄) to detect a possible fructose intolerance. In case of fructose intolerance, you have more hydrogen and/or methane gas in the exhaled air after drinking the solution with fructose.

Name	Your value	Reference value
Fructose, Hydrogen gas	 27.90 ppm	< 10 ppm
Fructose, Hydrogen gas, 30 min	 15.70 ppm	< 10 ppm
Fructose, Hydrogen gas, 1h	 15.40 ppm	< 10 ppm
Fructose, Hydrogen gas, 2h	 10.10 ppm	< 10 ppm
Fructose, Hydrogen gas, 3h	 16.00 ppm	< 10 ppm

Name	Your value	Reference value
Fructose, Methane	 8.00 ppm	< 10 ppm
Fructose, Methane, 30 min	 8.00 ppm	< 10 ppm
Fructose, Methane, 1h	 8.00 ppm	< 10 ppm
Fructose, Methane, 2h	 8.00 ppm	< 10 ppm
Fructose, Methane, 3h	 8.00 ppm	< 10 ppm

If your test answer exceeds the following values, it indicates that you suffer from fructose intolerance:

Hydrogen above 20 ppm

Methane gas above 12 ppm

(ppm = parts per million)

Fructose intolerance

Fructose is a form of carbohydrate that is found in various processed sugar products. When fructose cannot be broken down, absorbed through the intestinal wall, or absorbed more slowly in the small intestine, intestinal and stomach problems, fructose intolerance, also called fructose malabsorption, may occur. You have fructose intolerance if the body has a hard time breaking down fructose into its digestible parts. In most cases, it is a hereditary disease caused by a change in the gene for the enzyme sucrase-isomaltase (SI). Fructose is from sucrose and other compounds you get from table sugar, including other compounds with other sugars such as high fructose corn syrup.

Symptoms of fructose intolerance

The symptoms of fructose intolerance vary, but signs are the intake of energy, weight gain and gain in the stomach and diarrhea. Children with fructose intolerance may have fructose malabsorption and the signs of fructose intolerance gain in the blood. If you suffer from fructose intolerance and/or the signs include the body for a long time with fructose you can damage to the liver and kidneys. You should also be aware of other symptoms such as nausea, diarrhea, abdominal discomfort and bloating. More people with fructose intolerance experience the symptoms of the disease only after they have had an infection with a stomach. There is often a reaction of antibodies although the natural levels of fructose in their blood are probably less than they are children.

Cause of fructose intolerance

Fructose is a chemical energy-rich sugar, a so-called monosaccharide that consists of only one sugar molecule. Sucrose is often encountered as table sugar (granulated sugar or brown sugar), which is a disaccharide that consists of one sugar molecule, a fructose molecule and one glucose molecule. In order for fructose to be absorbed in the intestine, it must be converted by a specific enzyme called fructose 1-fructophosphatase (6P). In the case of fructose intolerance, there are the signs of the enzyme which normally breaks down fructose, which leads to fructose accumulating in the body instead. This can have a harmful effect on the liver, kidneys and stomach.

Fructose intolerance is a hereditary disease in the breakdown of fructose in the body and they are usually passed into the group.

Essential fructosuria

Essential fructosuria is a mild form of fructose intolerance that does not require treatment after the discovery in the urine of fructose.

Congenital fructose intolerance

If you suffer from fructose intolerance from birth, you have a severe disease. The signs of the enzyme fructose 1-fructophosphatase from the intestine are absent. If left untreated, the condition can be life-threatening for some.

Treatment of fructose intolerance

Increased fructose intolerance is a common condition. The condition occurs due to a deficiency of fructose and the intolerance of fructose intolerance has been found to be increased. The condition occurs in both healthy people and people with other health conditions. Fructose is a natural sugar that is commonly found in a variety of foods, including fruits, honey, and other foods. When fructose levels are low, it can lead to an increase in blood sugar, but the intolerance is a condition that is not related to the glucose and fructose being digested. People with fructose intolerance have a difficulty breaking down fructose containing different types of sugar. It is a condition that is not related to the sugar and fructose being digested.

People with fructose intolerance may be advised to avoid the consumption of any sugar. This is because a condition that is not related to the sugar and fructose being digested. It is a condition that is not related to the sugar and fructose being digested.

There are many different types of fructose intolerance. Some are mild and some are severe. It is a condition that is not related to the sugar and fructose being digested.

