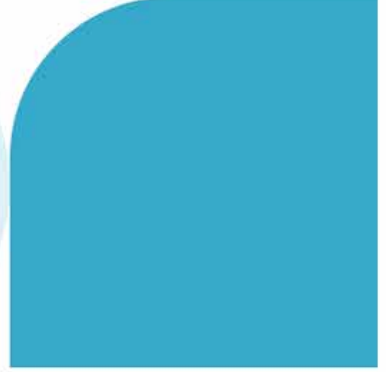
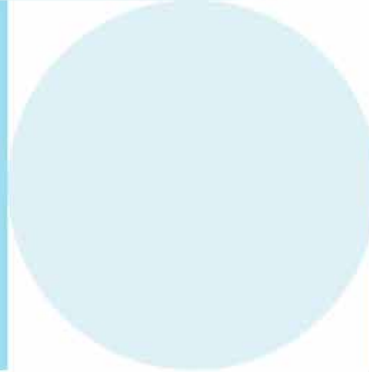
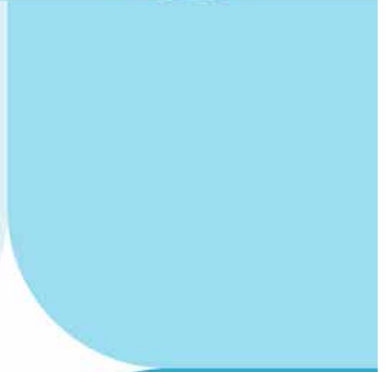
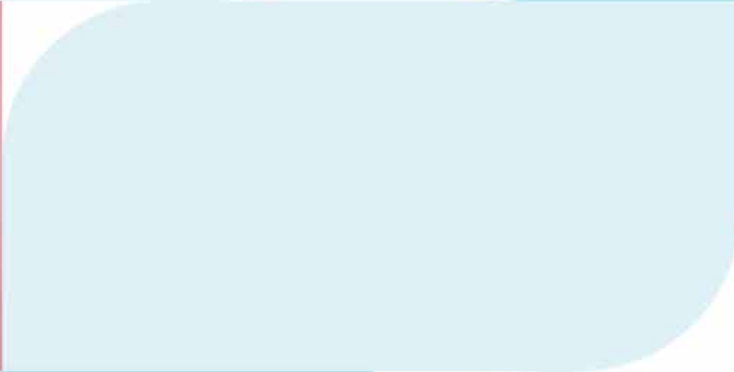




Test report



At-home test



Sorbitol test

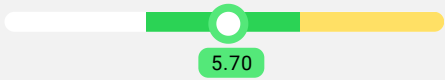



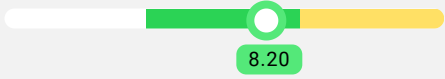
Lab test

Breath

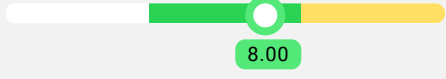

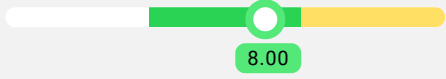
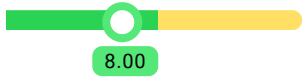
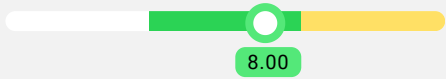
Name: **Sample Report** Date of test: **09/21/2023** Analysis-ID: **DUMMY-71**

Sorbitol Intolerance - Your test results

Sorbitol Hydrogen

Name	Your value	Reference value	Scale
Sorbitol Test 0 mins	● 5.70 ppm	< 10 ppm	
Sorbitol Test 30 mins	○ 38.70 ppm	< 10 ppm	
Sorbitol Test 60 mins	○ 26.80 ppm	< 10 ppm	
Sorbitol Test 120 mins	● 3.90 ppm	< 10 ppm	
Sorbitol Test 180 mins	● 8.20 ppm	< 10 ppm	

Sorbitol Methane

Name	Your value	Reference value	Scale
Sorbitol Test 0 mins - Methane	● 8.00 ppm	< 10 ppm	
Sorbitol Test 30 mins - Methane	● 8.00 ppm	< 10 ppm	
Sorbitol Test 60 mins - Methane	● 8.00 ppm	< 10 ppm	
Sorbitol Test 120 mins - Methane	● 8.00 ppm	< 10 ppm	
Sorbitol Test 180 mins - Methane	● 8.00 ppm	< 10 ppm	

What is sorbitol?

Sorbitol is a sugar alcohol that occurs naturally in apples, pears, plums, cherries, raspberries, peaches, apricots, grapes, strawberries, raspberries and blueberries. Sorbitol is also found in fruit preserves and in dried fruit. Even many diet/light products contain sorbitol as a sweetener. It has a laxative effect if consumed in high amounts and is used in the food industry as both a sweetener, thickener and consistency agent. This is because sorbitol can add sweetness to products without adding a large amount of calories. Sorbitol is not energy-free, but many people replace sugar with sorbitol in order to avoid excess calories. As a sweetener, sorbitol is used in, among other things, chewing gum, sugar-free or energy-reduced desserts, ice cream, fruit macerated, confectionery and breakfast cereals. It is also used in ready-made soups, mustard and slimming products.

Symptoms of sorbitol intolerance

People suffering from sorbitol intolerance may experience different symptoms. Even people without the diagnosis can experience the same symptoms and only tolerate a limited amount of sorbitol. Just as the symptoms vary, so does how mild and severe the symptoms are from person to person. The most common symptoms are:

- Abdominal pain and cramping
- Bloating and swelling
- Flatulence/gas
- Upper stomach
- Diarrhea

If you suffer from sorbitol intolerance, you must exclude certain foods from your diet such as certain fruits, processed foods and chewing gum.

Causes of sorbitol intolerance

Sorbitol intolerance is caused by a lack of the enzyme **sorbitolase (SUCR2)** in the intestine. The body's inability to absorb sorbitol means that it is instead fermented by bacteria in the colon, which gives rise to a variety of symptoms. The result is a large amount of free hydrogen in the body. This hydrogen can be measured in a breath test.

We usually talk about two different types of sorbitol intolerance:

Primary sorbitol intolerance

Primary sorbitol intolerance is caused by the **absence** of the sorbitol transporter (SUCR2).

Secondary sorbitol intolerance

Secondary sorbitol intolerance occurs after intestinal disease, for example celiac disease, gastritis or other **inflammatory** intestinal diseases that damage the mucosa in the intestine (intestines temporarily or permanently).

Treatment of sorbitol intolerance

If you suffer from sorbitol intolerance, you need to limit your intake of sorbitol from your diet. Sorbitol is a sugar alcohol that occurs naturally in apples, pears, plums, cherries, raspberries, peaches, apricots, grapes, strawberries, raspberries and blueberries. Sorbitol is also found in fruit preserves and in dried fruit. Even many diet/light products contain sorbitol as a sweetener. As a sweetener, sorbitol is also used in, among other things, chewing gum, sugar-free or sugar-reduced desserts, ice cream, jam/jelly, mints, confectionery and breakfast cereals. It is also used in ready-made medicines, mustard and cleaning products.

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

