Test Results

Please find your TEST RESULTS REPORT within this document. We would ask you to read all of the report first of all to help you understand the results fully.

Within this report you will find the following:

Food Intolerances

Non-Food Intolerances

Nutritional Deficiencies

Metals Toxicity

Gut Biome

Hormone Imbalance

Digestive Health & Metabolism Analysis

To help you understand your report, the headers in each section will explain how your sample has been tested. All of the items listed in your report will have an explanation of further details on where the items are found, or the compositions. Please note that if you have no results in the Gut Biome or Hormone Imbalance sections, it's because your body is showing no anomalies here.

At the end of your report, we have suggested a full plan of action on removing the food and non-food items from your diet, as well as how you can change the foods you eat to give your body what is needed.

Kind Regards,

Test Results

Food Intolerances

These are the items which your sample has shown you will potentially have a reaction to, and therefore are a food intolerance. To further help you understand these items, each food item will have an explanation next to it to show you where it can be found.

All items which are listed in your report have an intolerance level of over 85% as you will see from the percentage levels listed on the right-hand side. The reason we only report items above this threshold is because 85% is the point at which you would expect to start experiencing symptoms of an intolerance.

Acai Berry A superfood that can be eaten whole or juiced	●	31%
Ale A type of beer - usually sweeter in taste and brewed without hops.	●	99%
Almond An edible nut, oval in shape with a woody shell. Often used in cooking / baking	●	61%
Almond milk Almond milk is a dairy-free alternative to milk made from almond seeds.	●	38%
Anchovy A small fish. Preserved in salt and oil.	●	0%
Apple Juice Juice made by squeezing the fruit.	●	60%
Apples A fruit - numerous different species. Colours are usually green and red.	●	61%
Apricots A juicy, soft fruit. Often orange-yellow in colour.	●	24%
Artichoke (Cooked) A variety of thistle, cultivated for eating	●	98%
Ascorbic acid (Vitamin C) Ascorbic acid also known as Vitamin C, essential for growth, healthy teeth, gums, bones, skin and blood vessels and aiding the absorption of iron, is found naturally in many fresh fruits and vegetables. Signs of deficiency - Easy bruising, dry skin, slow metabolism	●	22%
Asparagus The young shoots of an Eurasian plant. Eaten as a vegetable.	●	7%
Aubergine Purple egg shaped fruit (Also known as an Eggplant). Often eaten as a vegetable.	●	54%
Avocado A pear shaped fruit, with rough skin and oily edible flesh. Often eaten in salads, dips and cooking.	●	82%
Bacon A meat produced from the pig	●	38%
Banana A long, curved fruit with edible flesh and yellow skin.	●	22%
Barley A major cultivated cereal grain. Often in beer.	●	72%
Basil An aromatic herb from the mint family.	●	18%
Bay Leaf A dried herb that is often used in cooking.	●	19%
Beansprouts Common vegetable ingredient - used in Eastern Asian cuisine	●	75%

Beef The flesh of a cow, bull or ox.	●	19%
Beer An alcoholic drink made from yeast-fermented malt flavoured with hops	●	49%
Beets (beetroot) A dark red, rounded vegetable	●	12%
Bilberries (Raw) Very small, almost black berries.	●	40%
Black Beans Small, shiny variety of the common bean.	●	44%
Black eyed peas Black eyed peas are creamy beans with a black mark. This is the point that the bean was attached to the pod.	●	12%
Blackberries (Cooked) Edible soft fruit. Often purple-black	●	61%
Blueberries Blueberry is a small, sweet berry that in grows in clusters.	●	0%
Blueberry A small sweet fruit. Often blue or black in colour.	●	62%
Boron	●	15%
Brazil nut A large, three-sided South American nut	●	90%
Bread - Rye Bread made with flour from the rye grain.	●	25%
Broad bean Large, flat edible green bean. Eaten without the pod.	●	84%
Broccoli Broccoli is a variety of cabbage which has heads of green flower buds.	●	0%
Brown bread A type of bread, made using whole wheat flour.	●	29%
Brussels sprout Small, compact bud of the cabbage family. Eaten as a vegetable.	●	58%
Buckwheat Derived from the seeds of a flowering plant.	●	54%
Bulgar wheat Bulgar is a cereal food made from while wheat. It is partially boiled and then dried and is used often in vegetarian and vegan dishes.	●	15%
Butter A dairy product, made with the natural fat found in milk (milk fat)	●	10%
Buttermilk Buttermilk is the liquid left behind after churning butter out of cream.	●	84%
Butternut Butternut is a pear-shaped squash with a yellowish skin and an orange flesh.	●	0%
Button mushroom The most common type of mushroom	●	85%
Cabbage - Green Common vegetable. This type being green in colour	●	74%
Canola oil Canola oil is a vegetable oil that is derived from rapeseed.	●	14%

Cantaloupe Cantaloupe is a variety of melon with an orange flesh and bumpy skin.	●	13%
Carambola Star fruit.	●	51%
Caraway Seeds from a plant in the parsley family. Used in cooking/oils/seeds.	●	68%
Carrot Orange coloured, tapering root vegetable	●	50%
Cashew nut Edible kidney shaped nut. Rich in oil and protein	●	62%
Cauliflower Edible variety of cabbage. Has a large white head and green leaves.	●	96%
Cauliflower (cooked) The flower head of the cauliflower eaten as a vegetable	●	44%
Cayenne Pepper Moderately hot chili pepper used to flavor dishes.	●	6%
Celery Vegetable used in salads/cooking.	●	51%
Champagne A sparkling wine made with grapes from the Champagne region of France.	●	0%
Cheddar A relatively hard cheese that can differ in taste and texture.	●	32%
Cherries A small stone fruit, usually red in colour.	●	0%
Chestnut Edible, hard, brown nut. Often eaten roasted.	●	82%
Chestnut Mushroom Similar to the button mushroom, but have a brown top and more flavourful.	●	32%
Chia seed Chia seeds are tiny black seeds that are taken from the Hispanica plant which is a member of the mint family.	●	50%
Chicken Most common type of poultry.	●	11%
Chickpea Cultivated legume. High in protein.	●	42%
Chimichurri Sauce Uncooked sauce used for grilled meat.	●	29%
Cilantro Herb used in cooking.	●	76%
Cinnamon Aromatic spice. Used in cooking/baking	●	0%
Clove Used in Indian and Mexican dishes.	●	18%
Coconut Large seed with edible flesh. Used in cooking/ juices/ flavourings.	●	11%
Coconut oil An edible oil extracted from the coconut	●	67%
Coconut Water The clear liquid inside coconuts.	●	0%

Cod A large edible marine fish.	●	78%
Cod liver oil Cod liver oil is a dietary supplement derived from liver of cod fish. As with most fish oils, it contains the omega-3 fatty acids, eicosapentaenoic acid and docosahexaenoic acid.	●	98%
Coffee Popular hot beverage made from ground coffee beans.	●	81%
Cola A brown carbonated drink that is flavoured with an extract of cola nuts, or with a similar flavouring.	●	84%
Coriander An aromatic culinary herb.	●	7%
Corn Also known as maize, a cereal grain	●	0%
Cornflakes A breakfast cereal made with toasted flakes of corn. This does not include all maize/corn products, it is the cereal only.	●	43%
Cornflour Starch derived from the corn grain.	●	66%
Cornstarch Cornstarch (AKA cornflour) is a finely ground maize flour and can be use as a thickener for sauces.	●	100%
Crab A crustacean with edible flesh.	●	69%
Cranberries Very small, red coloured fruit.	●	59%
Cranberry juice Juice made by squeezing the fruit	●	16%
Crayfish Freshwater crustacean resembling a small lobster.	●	20%
Cream Cream is a dairy product composed of the higher-butterfat layer skimmed from the top of milk.	●	76%
Cress Fast growing, edible herb	●	52%
Cucumber Cucumber is a long fruit with watery flesh and green skin. It is commonly found in salads.	●	0%
Dates A small round edible fruit.	●	68%
Douban Jiang Spicy, salty paste made from fermented broad beans, soybeans, salt, rice, and various spices.	●	11%
Duck A water bird, known for its short legs and webbed feet.	●	60%
E 100 Curcumin Food colour, whose colour ranges from yellow to red, depending on pH (acidity).	●	43%
E 101 Riboflavin Yellow food colouring. Used in various products.	●	0%
E 102 Tartrazine Yellow food colouring.	●	5%
E 104 Quinoline yellow A synthetic 'coal tar' dye varying in colour between a dull yellow and greenish-yellow. Found in ices, scotch eggs and smoked haddock.	●	0%

E 110 Sunset yellow FCF. A synthetic 'coal tar' and yellow dye used in fermented foods which must be heat treated. Orange squash, orange jelly, marzipan, Swiss roll, apricot jam, citrus marmalade, lemon curd.	🟢	82%
E 1105 Lysozyme Preservative; it degrades the cell wall of bacteria. Lysozyme acts as a natural preservative. Used to prevent spoilage of food by inhibiting or preventing the growth of bacteria, fungi and other microorganisms. It is mainly used in the cheese industry in the maturation of European cheeses, by preventing the growth of Clostridium tyrobutyricum spores which cause butyric acid fermentation.	🟢	5%
E 120 Cochineal, carminic acid, carmine Red colouring made from the beetle. Found in alcoholic drinks, bakery products and toppings, biscuits, desserts, drinks, icings, pie fillings.	🟢	23%
E 1200 Polydextrose Thickening agent and filling agent. Binds water and protects against freeze damage.	🟢	56%
E 122 Carmoisine Red food colour - in blancmange, marzipan, Swiss roll, jams and preserves, sweets, brown sauce, flavoured yogurts, packet soups, jellies.	🟢	62%
E 123 Amaranth Food additive derived from the herbaceous plant	🟢	34%
E 124 Ponceau 4R Red food colour.	🟢	52%
E 127 Erythrosine A cherry-pink/red synthetic coal tar dye found in cocktail, glacé and tinned cherries, canned fruit, sweets, dressed crab, salmon spread and packet trifle mix.	🟢	72%
E 128 Rot 2 G Red food colour. Restricted use in confectionery and meat products.	🟢	0%
E 129 Allura red AC Red food colour. Restricted use in confectionery and meat products.	🟢	16%
E 131 Patent blue V Blue food colouring.	🟢	29%
E 132 Indigo Carmine Blue food colour.	🟢	79%
E 133 Brilliant blue FCF Blue food colouring. Ice cream and a few other food products, but mostly in cosmetics.	🟠	86%
E 140 Chlorophylls and chlorophyllins Green food colour.	🟢	24%
E 1404 Oxidierte starch Thickening agent and stabiliser	🟢	41%
E 141 Chlorophylls Green food colour. Typical products that include Chlorophyll's are preserved green fruits and vegetables, parsley sauce mixes, soups, ice cream, sweets, cheese, chewing gum.	🟢	0%
E 1410 Monostarch phosphate (modified starch) Thickening agent and stabiliser in many products. Used in baby food, jelly type sweets, wine gums, batter mixes - wide range of foods.	🟢	2%
E 1412 Di-starch phosphate (modified starch) Thickening agent in many products. Used in baby food, jelly type sweets, wine gums, batter mixes - wide range of foods.	🟢	74%
E 1413 Phosphatised di-starch p. (modified starch) Thickening agent in many products. Used in baby food, jelly type sweets, wine gums, batter mixes - wide range of foods.	🟢	64%
E 1414 Acetylised di-starch phosphate (modified starch) Thickening agent in many products	🟠	90%

E 142 Green A green synthetic coal tar dye found in desserts, gravy granules, ice cream, mint sauce, sweets, packet breadcrumbs, cake mixes and tinned peas.	🟢	61%
E 1420 Acetylised starch (modified starch) Thickening agent in many products	🟢	1%
E 1422 Acetylised di-starch adipate (modified starch) Thickening agent in many products	🟢	15%
E 1440 Hydroxypropyl starch (modified starch) Thickening agent in many products	🟢	0%
E 1442 Hydroxypropyl di-starch phosphate (modified starch) Thickening agent in many products. Used in baby food, jelly type sweets, wine gums, iced lollies, confectionary, yogurts, egg white mix, fruit flavoured fillings, batter mixes - wide range of foods.	🟢	64%
E 1450 Starch sodium octenylsuccinate (modified starch) Thickening agent in many products. Used in baby food, jelly type sweets, wine gums, iced lollies, confectionary, yogurts, egg white mix, fruit flavoured fillings, batter mixes - wide range of foods.	🟠	87%
E 150 b Sulphite lye Caramel Brown to black in colour. In brown bread, buns, chocolate, biscuits, brandy, chocolate flavoured flour based confectionery, coatings, decorations, fillings and toppings, crisps, fish spreads, frozen desserts, pickles, sauces and dressings, cola drinks, sweets, vinegar, whisky	🟢	0%
E 150 c Ammoniac Caramel Brown to black colouring - found in brown food items.	🟢	17%
E 150 Caramel Brown to black in colour. Found in brown foods.	🟠	87%
E 150 d Ammonium sulphite Caramel Brown to black in colour. Found in brown foods.	🟢	15%
E 1505 Triethyl citrate Flavour component in many products; is used as a whipping aid, thickener, vegetable gum for flavoured and sports drinks, egg white liquid or dried.	🟠	92%
E 151 Brilliant black BN, black PN Used in decorations and coatings, desserts, fish paste, flavoured milk drinks, ice cream, mustard, red fruit jams, sauces, savoury snacks, soft drinks, soups and sweets.	🟢	44%
E 1518 Glycerine triacetate (Triacetin) It is used as a solvent for flavours; it also has some anti-fungal activity.	🟢	62%
E 153 Vegetable carbon Black colour. Many products, but limited use due to insolubility in water.	🟢	47%
E 154 Brown FK Brown food colouring. Restricted use - in some fish products.	🟢	58%
E 155 Brown Typical products which include Brown HT are foods where a chocolate colour is required, e.g. cakes and biscuits and food mixes.	🟠	87%
E 160 a Carotene (mixed carotene, Beta-Carotene) Dark red colour flavour.	🟢	14%
E 160 b Annatto, Bixin, Norbixin Food colour whose colour ranges from red to brown depending on the solvent used for extraction.	🟢	0%
E 160 c Capsanthin, Capsorubin Used widely in poultry feed to deepen the colour of egg yolks it can also be found in cheese slices and chicken pies.	🟢	20%
E 160 e Beta - (Carotinoid) Dark red food colour.	🟢	22%
E 160 f Ethyl ester of enoicbeta - apo - 8‘ – Carot acid	🟢	81%

E 160 Lycopene Dark red food colouring.	🟢	55%
E 161 b Lutein Yellow food colouring. Rarely used. If used only in soups and alcoholic beverages.	🟡	93%
E 161 g Canthaxanthin Orange food colour. Slightly soluble in water. Widely used, also in tanning pills.	🟢	5%
E 162 Beetroot red (betanin) A widely used red food pigment	🟢	12%
E 163 Anthocyanins Found in black cherry yogurt, dairy products, glacé cherries, ice cream, jellies, pickles, soft drinks, tomato, carrot or vegetable soups and sweets.	🟢	42%
E 170 Calcium carbonate White colour for surface coating; anti-caking agent, filling agent (pharmaceuticals), stabiliser in canned fruit.	🟢	35%
E 171 Titanium dioxide White colour for surface coating, used to separate layers in products; whitening agent in toothpaste.	🔴	99%
E 172 Iron oxides, iron hydroxides Can be found in cake and dessert mixes, meat paste, salmon and shrimp paste.	🟢	27%
E 173 Aluminium As a food additive it is used solely for external decoration of sugar-coated flour confectionery, in cake decorations and to give a silvery finish to pills and tablets.	🟢	78%
E 174 Silver Silver grey colour. Only used for surface coating. Rarely used.	🟢	24%
E 175 Gold Golden colour. Only used for surface coating.	🟢	59%
E 180 Lithol rubine Red colour. Only used for surface coating of cheese.	🔴	98%
E 200 Sorbic acid Found in candied peel, cider, dessert sauces, fillings and toppings, fermented milks, frozen pizzas.	🟢	0%
E 202 Potassium sorbate, sorbic acid It can be found in candied peel, cheese, cider, concentrated fruit juice, dessert sauces, dried apricots, fillings and toppings, fermented milks, frozen pizzas.	🟢	78%
E 203 Calciumcorbat, sorbic acid It can be found in candied peel, cheese, cider, concentrated fruit juice, dessert sauces, dried apricots, fillings and toppings, fermented milks, frozen pizzas, fruit salads, gelatin capsules, margarine, processed cheese spreads.	🟡	90%
E 210 Benzoic acid Can be found in beer, coffee essence, dessert sauces, soft drinks, flavouring syrups, fruit juice, pulp and purée, jam, margarine, marinated herring	🟢	77%
E 211 Sodium benzoate, benzoic acid Found in barbecue sauce, caviar, cheesecake mix, fruit pies, margarine, pickled cucumbers, pineapple juice, prawns, preserves, salad dressing, soya sauce, sweets and table olives.	🟢	15%
E 213 Calcium benzoate, benzoic acid Used as a preservative, both antibacterial and antifungal. Can be found in concentrated pineapple juice.	🟢	66%
E 214 Ethyl-para-hydroxybenzoate (PHB-Ester) Preservative found in soft drinks, condiments, baked goods, cheese, ice creams, alcoholic drinks, relishes, margarine, salad dressings, medicines and other products.	🟢	47%
E 215 Sodium ethyl-para-hydroxybenzoate (PHB-Ester) It is used as an antifungal preservative.	🟢	55%
E 217 Sodiumpropyl-para-hydroxybenzoate (PHB-Ester) Preservative	🟢	0%

E 218 Methyl-para-hydroxbenzoate (PHB-Ester) Preservative.	●	10%
E 219 Sodium methyl-para-hydroxybenzoate (PHB-Ester) Preservative	●	66%
E 220 Sulphur dioxide Typically found in beers, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products.	●	16%
E 221 Sodium sulphite (Sulphur dioxide) Used as a decontaminating agent in fresh orange juice, and during sugar refining.	●	47%
E 222 Sodium hydrogen sulphite (Sulphur dioxide) Preservative. May cause an allergic reaction in some people, especially asthmatics. Destroys vitamins B1 and E. Typical products includes beer, wine, fruit juices and sauces, frozen shellfish.	●	12%
E 223 Sodium metabisulphite (Sulphur dioxide) Preservative. Typical products are beer, wine, fruit and diluting juices and sauces, frozen shellfish, jams, pickles.	●	85%
E 224 Potassium metabisulphite (Sulphur dioxide) Preservative.	●	0%
E 226 Calcium sulphite (Sulphur dioxide) Preservative. May cause asthma. A gastric irritant. Destroys vitamins B and E.	●	17%
E 227 Calcium hydrogen sulphite (Sulphur dioxide) Preservative.	●	13%
E 228 Potassium hydrogen sulphite (Sulphur dioxide) Preservative.	●	0%
E 233 Thiabendazole Banned in some countries, it is typically applied to citrus fruits, apples, pears, potatoes, bananas, mushrooms, meat, and milk .	●	9%
E 234 Nisin Nisin is a natural antimicrobial agent, derived from controlled fermentation of the naturally occurring bacteria Streptococcus lactis, found in milk.	●	31%
E 239 Hexamethylene-tetramine Used as a preservative against fungi in food products such as Caviar, cheese, herring and preserved fish.	●	7%
E 242 Dimethyl dicarbonate Used in wine, carbonated drinks and flavoured waters.	●	21%
E 249 Potassium nitrite A colour fixing and curing agent for meat.	●	94%
E 250 Sodium nitrite Used for curing(preserving) meat and fish products	●	69%
E 251 Sodium nitrate Sodium nitrate is a salt used extensively as a preservative and colour fixative of processed meats	●	23%
E 252 Potassium nitrate Used in the preservation of meat products,	●	24%
E 260 Acetic acid It can be found in beer, bread, cheese, chutney, horseradish cream, pickles, salad cream, brown sauce, fruit sauce, mint sauce and jelly	●	16%
E 261 Potassium acetate, salt of acetic acid Typically found in such products as sauces and pickles.	●	10%
E 262 Sodium acetate, salt of acetic acid Typical use in food products include bouillon's. Used as a preservative in liquorice, as a pickling agent and as a flavour-enhancing additive in meat and poultry. A frequent use is to impart a salt and vinegar flavour to potato crisps.	●	87%

E 263 Calcium acetate, salt of acetic acid Used to make acetic acid (vinegar), to control the acidity of food during processing, as a thickening agent in cake mixes, packet desserts and puddings	●	53%
E 270 Lactic acid Found in many different products; fermented milk products such as sour milk, cheese, and buttermilk. Also used in carbonated drinks, jams, jellies, soft margarine, marmalade, infant milks and cereals, pickled red cabbage, salad dressings, sweets, tartare sauce and many tinned products, such as baby foods, mackerel, pears, sardines, strawberries and tomatoes.	●	49%
E 280 Propionic acid Commonly used in bread and flour products.	●	73%
E 281 Sodium propionate, propionic acid Typical products are flour products, where it is used as a mould inhibitor, and a means of reducing the yeast content of bread.	●	31%
E 282 Calcium propionate, propionic acid Typical products are flour products, where it is used as a mould inhibitor, and a means of reducing the yeast content of bread.	●	15%
E 283 Potassium propionate, propionic acid Typical products are flour products, where it is used as a mould inhibitor, and a means of reducing the yeast content of bread.	●	52%
E 296 Malic acid Typical products include non alcoholic beverages, chewing gum, gelatins, puddings, and fillings, hard and soft sweets, jams and jellies, processed fruits and fruit juices.	●	52%
E 297 Fumaric acid Typical products include bread, fruit drinks, pie fillings, poultry, wine, jams, jelly.	●	94%
E 301 Sodium L-ascorbate (Ascorbic acid) Typical products include bread, fruit drinks, pie fillings, poultry, wine, jams, jelly.	●	18%
E 302 Calcium L-ascorbate (Ascorbic acid) Used as an antioxidant, a colour preservative and as a vitamin supplement. It can be found in bouillons, consommés, scotch eggs and other food products.	●	45%
E 304 Ascorbyl palmitate/Ascorbyl stearate It can be found in baby formula, chicken stock cubes, pork pies, sausages, scotch eggs and tinned baby food.	●	12%
E 306 Natural tocopherols An antioxidant for polyunsaturated fatty acids in tissue fats and is used in meat pies, desert toppings and vegetable oils as well as a vitamin supplement.	●	71%
E 307 Alpha-tocopherol (Tocopherol) An antioxidant and is used in pork pies and sausages as well as a vitamin supplement.	●	59%
E 308 Gamma-tocopherol (Tocopherol) E308 is an antioxidant and is used in pork pies and sausages as well as a vitamin supplement, also whole grain cereals.	●	20%
E 309 Delta-tocopherol (Tocopherol) Found in most foods, it is abundant in, whole grain cereals, corn and cottonseed oils, egg yolks, meat and milk.	●	61%
E 310 Propyl gallate (Gallate) Used in oils, margarine, lard and salad dressings, sometimes used in packaging.	●	0%
E 311 Octyl gallate (Gallate) A food additive - Used in oils, margarine, lard and salad dressings.	●	3%
E 312 Dodecyl gallate (Gallate) Used in oils and fats, margarine, soups.	●	79%
E 315 Isoascorbic acid Used in dairy-based drinks, processed cheeses, fat spreads, processed fruit, canned vegetables, cereals, sweeteners, vinegars, and mustards.	●	88%

E 316 Sodium isoascorbate An anti-oxidant used in meats, poultry, and soft drinks.	🟠	88%
E 320 Butylated hydroxyanisole (BHA) Anti-oxidant in fats and fatty products to prevent rancidity.	🟢	18%
E 321 Butylated hydroxytoluene Used in vegetable oils, shortening, lard, fat, margarine, carbonated drinks, cheese spreads, chewing gum, ice cream, dry breakfast cereal.	🟢	77%
E 325 Sodium lactate (salts from lactic acid) Found in cheese, confectionery, ice cream, fruit jellies, soups, canned fruits.	🟢	51%
E 326 Potassium lactate (salts from lactic acid) Found in cheese, confectionery, ice cream, fruit jellies, soups, canned fruits.	🟢	64%
E 327 Calcium lactate (salts from lactic acid) Can be found in cream, cheese, ice-cream, soup, baking powder.	🟢	8%
E 330 Citric acid It is food acid. It is used in biscuits, canned fish, cheese and processed cheese products, infant formulas, cake and soup mixes, rye bread, soft drinks, fermented meat products.	🟢	15%
E 331 Monosodium citrate, Disodium, Trisodium. Large concentrations are found in citrus fruits, kiwi, strawberries and many other fruits.	🟢	5%
E 332 Monopotassium citrate, Tripotassium. Found in a wide range of products, especially for sodium-free (salt-free) products. Typical products include gelatine products, ice cream, wine, carbonated beverages, sweets, jams, evaporated and condensed milk, tinned vegetables, milk powder, processed cheeses.	🟢	45%
E 333 Monocalcium citrate, Dicalcium, Tricalcium . Typical products include gelatine products, ice cream, wine, carbonated beverages, sweets, jams, evaporated and condensed milk, tinned vegetables, milk powder, processed cheeses.	🟢	64%
E 334 tartaric acid (L+), tartaric acid Found in many products, mainly confectionery, soft drinks, wine, and marmalade.	🟢	69%
E 335 Monosodium tartrate, Disodium tartrate In many products, mainly confectionery, marmalade and sausages.	🟢	61%
E 336 Monopotassium tartrate, Dipotassium tartrate Found in many products, mainly confectionery and bakery products.	🟢	31%
E 337 Sodium potassium tartrate (salts from tartaric acid) In many products, mainly meat and cheese products.	🟢	11%
E 338 Orthophosphoric acid, Phosphoric acid Found in many products, mainly cola, meat and cheese products.	🟢	40%
E 339 Monosodium phosphate, Disodium, Trisodium It is added to powdered milk to prevent gelation. Typical products include processed meat products, processed cheese products, powdered milk.	🟢	6%
E 340 Monopotassium phosphate. It prevents desiccation and is used as an acid stabiliser in powder. Typical products include sauce and dessert mixes, jelly products, cooked and other cured meats, milk and cream powders, drinking chocolate.	🟢	13%
E 341 Monocalcium phosphate, Dicalcium, Tricalcium. In many different products, mainly bakery products.	🟢	44%
E 350 Sodium malate, sodium hydrogen malate This food additive is used as a buffer and flavouring in soft drinks, confectionery and other foods	🟢	48%
E 351 Potassium malate (salts from malic acid) Potassium malate is used as a buffer and flavouring. Ice cream, fried products.	🟢	80%
E 352 Calcium malate Used as a thickener and flavouring. Found in Ice cream, fried products, marmalade, etc.	🔴	98%
E 353 Metatartaric acid Found in wine, fruit juices.	🟢	77%

E 354 Calcium tartrate (salts from malic acid) Found in fish and fruit preserves, seaweed products, pharmaceuticals.	🔴	96%
E 355 Adipic acid Used in mainly confectionery, marmalade and sausages.	🟢	38%
E 356 Sodium adipate Sodium salt of adipic acid, a natural acid present in beets and sugar cane (juice).	🟢	80%
E 357 Potassium adipate Potassium salt of adipic acid, a natural acid present in beets and sugar cane (juice).	🟢	40%
E 363 Succinic acid It is a flavour enhancer and acidity regulator. It is used in powdered drinks, puddings and soups, confectionery, bakery products, etc.	🟡	94%
E 380 Triammonium citrate (salts from citric acid) Found in chocolate confectionery, cheese spreads.	🟢	44%
E 400 Alginic acid, Alginate Thickening agent and emulsifier.	🟢	51%
E 401 Sodium alginate, Alginate Thickening agent and stabiliser in many products	🟡	93%
E 402 Potassium alginate, Alginate Many different products, mainly for low-salt/sodium products.	🟢	56%
E 403 Ammonium alginate, Alginate Soft drinks, food colours, icings, etc.	🟢	0%
E 404 Calcium alginate, Alginate Ice cream and frozen bakery products.	🟢	65%
E 405 Propylene glycol alginate, Alginate Ice cream, confectionery, dressings, etc.	🟡	89%
E 406 Agar Thickening agent and stabiliser in many products	🟢	44%
E 407 a Eucheuma algae, treated A type of red seaweed. Can be used as a thickening agent in cosmetics and some foods.	🟢	15%
E 407 Carrageenan Thickening agent, stabiliser and emulsifier in many different products	🟢	34%
E 410 Locust bean gum, carob gum Thickening agent, stabiliser and emulsifier.	🟢	23%
E 412 Guar gum Thickening agent in many products	🟢	5%
E 414 Gum arabic Additive used in soft drinks and gummy sweets such as marshmallow, M&M's and gumdrops.	🔴	96%
E 415 Xanthan gum Thickening agent, stabiliser and emulsifier in many different products	🟢	41%
E 417 Tara meal Thickening agent in many products	🟢	0%
E 418 Gellane Dairy products, dressings, juices, etc.	🟢	46%
E 420 Sorbit, Sorbit syrup Many bakery and confectionery products.	🟢	24%
E 421 Mannite Anti-caking agent, low-calorie sweetener, bulking agent, etc.	🟢	7%
E 422 Glycerine Bakery and confectionery products.	🟢	25%

E 432 Polyoxyethylene-sorbitan-monolaurate (Polysorbate 20) Widely used as an emulsifier or solubiliser in a variety of foods including bakery products. Can be found in cosmetics also.	🟢	70%
E 433 Polyoxyethylene-sorbitan-mono-oleate (Polysorbate 80) Various purposes such as to disperse flavours and colours, to make essential oils and vitamins soluble and to improve volume and texture in bakery products.	🟢	42%
E 434 Polyoxyethylene-sorbitan-monopalmitate (Polysorbate 40) Found in desserts, sugar confectionery.	🟢	33%
E 435 Polyoxyethylene-sorbitan-monostearate (Polysorbate 60) Various purposes such as to disperse flavours and colours, to make essential oils and vitamins soluble and to improve volume and texture in bakery products.	🟢	11%
E 436 Polyoxyethylene-sorbitan-tristearate (Polysorbate 65) It is commonly used in cake fillings, cake mixes, cakes, frozen custard, frozen desserts, ice cream, and cream substitutes for coffee.	🟠	88%
E 440 Pectin, amidated pectin Uses include confectionery, high-sugar jellies, jams, preserves, marmalades and acid milk drinks.	🟢	79%
E 442 Ammonium phosphatides Found in cocoa and chocolate products. It is the emulsifier found in Cadbury's Dairy Milk chocolate.	🟢	26%
E 444 Sucrose-acetate-isobutyrate A synthetic compound derived from cane sugar. Stabilizes the emulsions of flavouring oils used in non-alcoholic flavoured cloudy drinks.	🟢	27%
E 445 Glycerine ester of root resin/colophonester An emulsifier and stabiliser used in the soft drinks industry.	🟢	64%
E 450 Diphosphate, Phosphate Found in many different products. Various diphosphates are used as emulsifiers, stabilisers, acidity regulators, raising agents, sequestrants, and water retention agents in food processing.	🟢	40%
E 451 Triphosphate, Phosphate Emulsifier found in numerous products. Used in ham and processed meats	🟢	51%
E 452 Polyphosphate In many products.	🟢	39%
E 452 Polyphosphate Origin: Salts of sodium/potassium/calcium/ammonium with phosphates. All are produced synthetically from the respective carbonates and phosphoric acid. Function & characteristics: Sequestrants (metal binders), stabiliser and emulsifiers. Also used to retain water during processing and storage.	🟢	0%
E 460 Cellulose, microcrystalline cellulose, cellulose powder Found in sauces, soups, breads, biscuits and cakes, frozen desserts, margarine, spreads, jams, chocolate, quick-setting deserts and milk shakes.	🔴	96%
E 461 Methylcellulose Found in sterilised, pasteurised and UHT cream, low-calorie cream and pasteurised low-fat cream, laxatives, sun creams and amongst other things, wallpaper paste.	🟢	27%
E 463 Hydroxypropylcellulose Found in sterilised, pasteurised and UHT cream, low-calorie cream and pasteurised low-fat cream.	🟢	0%
E 464 Hydroxypropylmethylcellulose Mainly used as a thickening agent in many different products. It is found in sterilised, pasteurised and UHT cream, low-calorie cream and pasteurised low-fat cream, bakery products and in reduced fat products and in pharmaceuticals.	🟢	50%
E 465 Ethylmethylcellulose It is found in sterilised, pasteurised and UHT cream, low-calorie cream and pasteurised low-fat cream, bakery products and in reduced fat products. Also used as a tobacco additive.	🟢	0%
E 466 Carboxymethylcellulose, sodium carboxymethyl c Used in drink flavourings, cordials, flavoured toppings, breakfast cereals, snack bars, infant formula, frozen cakes and many other products.	🟢	72%

E 470 b Magnesium salts of edible fatty acids Used in cake mixes and oven ready chips. Also used extensively in bread and wheat based bakery goods, which give the home baked taste.	🟢	53%
E 471 Mono- and diglyceride It is used in cake mixes and oven ready chips. For use in baked goods, including extensive use in bread and all types of dairy foods, margarine and ice cream. Also used extensively in bread and wheat based bakery goods, which give the home baked taste.	🟢	48%
E 472 a Acetic acid esters of mono and diglycerides Improves aeration properties of high fat recipes and produces a stable foam in whipped products by collecting together the fat globules.	🟢	37%
E 472 b Lactic acid esters of mono and diglycerides Used as a stabiliser - Found in things such as mousse deserts, Trifle and some yoghurts	🟢	84%
E 472 c Citric acid esters of mono and diglycerides Permitted for use in infant formula and follow-on milk and other foods for infants and young children.	🟢	66%
E 472 d Tartaric acid esters of mono and diglycerides Used in high fat bread, edible fats, whipped fats and meat products.	🟢	84%
E 472 e Mono- and diacetyltartaric acid esters It is used in crusty breads, such as rye bread with a springy, chewy texture, as well as biscuits, coffee whiteners, ice cream, and salad dressings.	🟢	6%
E 472 Mixed acetic and tartaric acid esters Found in processed bread and some other products.	🟢	0%
E 473 Sucrose esters Used to stabilise margarine, mayonnaise, soups and dairy desserts. Modify swelled starch in noodles and baked goods.	🟢	0%
E 474 Sucroglycerides Used as an emulsifier, stabiliser and thickener - found in many different products.	🟢	37%
E 475 Polyglycerol esters of fatty acids Extensively used in icings, toppings and cake mixes, ice cream, other desserts, bakery and pastry products.	🔴	97%
E 476 Polyglycerol polyricinoleate Mainly used in icings, toppings and in cake mixes.	🟢	3%
E 477 Propane-1,2-diol esters of fatty acids Used in bakery products in cakes and whipped toppings as emulsifiers and aerating agents, soft drinks, ice-cream, and processed meats.	🟢	6%
E 479 Thermo-oxidised soya oil Found in margarine and similar fat emulsions for frying purposes.	🟠	91%
E 481 Sodium stearoyl-2-lactylate Emulsifier and stabiliser. Found in bakery products, chewing gum, puddings and gravy.	🟢	60%
E 482 Calcium stearyol-2-lactylat Used as a conditioner in dehydrated potatoes (instant mashed potatoes) and helps to prevent staling in bread.	🟠	92%
E 483 Stearyl tartrate Used as a dough strengthening agent.	🟢	73%
E 492 Sorbitan tristearate Food additive found in many different products, e.g. in oil toppings, cake mixes, and in compounded chocolate.	🟢	61%
E 493 Sorbitan monolaurate Found in many products.	🟢	4%
E 494 Sorbitan mono-oleate Emulsifier and stabiliser - found in numerous different products.	🟢	45%
E 495 Sorbitan monopalmitate Found in many products.	🟢	32%

E 941 Nitrogen Propellant in spray cans.	●	48%
E 950 Acesulfame K, Acesulfame Artificial sweetener.	●	46%
E 951 Aspartame Artificial sweetener	●	51%
E 952 Cyclamate, Cyclohexane sulphamide acid Sodium cyclamate is an artificial sweetener.	●	85%
E 953 Isomalt Sweetener found in boiled sweets, toffee, lollipops, fudge, wafers, cough drops, throat lozenges, and a wide variety of other products.	●	65%
E 954 Saccharin Most widely used sugar substitute	●	62%
E 957 Thaumatin Thaumatin is a low-calorie sweetener and flavour modifier	●	76%
E 959 Neohesperidin DC Artificial sweetener	●	8%
E 965 Maltite, Maltite syrup Maltitol is a sugar alcohol (a polyol) used as a sugar substitute.	●	93%
E 966 Lactite Low-calorie sweetener.	●	92%
E 967 Xylitol Low-calorie sweetener.	●	66%
E322 Lecithin (E322) Emulsifier and stabiliser of water-oil/fat mixtures. Used to soften chocolate.	●	45%
E470 Sodium, potassium and calcium salts Used in cake mixes and oven ready chips.	●	0%
Earl Grey Tea A tea flavoured with oil of bergamot	●	35%
Edamame beans The immature soya bean - usually steamed in pod and eaten directly from the pod.	●	70%
Eel Edible slender fish.	●	39%
Egg The whole egg - including white and yolk.	●	86%
Endive Edible, bitter plant used in salads.	●	0%
Farro Farro is an ancient wholegrain that is derived from wheat.	●	7%
Fennel Fresh Aromatic flavourful herb often used in cooking.	●	39%
Fermented Black Beans Fermented and salted black soybean.	●	28%
Fig Fresh or dried - soft, sweet dark fruit.	●	15%
Fish Sauce Condiment made from fish coated in salt and fermented	●	29%
Five Spice Spice mixture of five or more spices used in cooking.	●	60%

Flaxseed Also known as linseed – used in oils and baking.	●	45%
Garlic Pungent bulb, used in cooking and medicines.	●	0%
Garlic (cooked) Pungent bulb, used in cooking and medicines.	●	28%
Gin Liquor made from the juniper berry.	●	27%
Ginger Hot, fragrant spice. Used as a flavouring mainly but can be found chopped, powdered, preserved or candied.	●	55%
Gluten Gluten. Present in wheat, rye, and barley.	●	72%
Glycine It is the simplest possible amino acid.	●	14%
Goat A domesticated animal. The flesh of this animal can be eaten.	●	14%
Goat's Milk Milk from the animal.	●	0%
Goose A species of duck. The flesh of the bird is widely eaten.	●	78%
Gooseberries (raw) Small and firm but sometimes ribbed and translucent, gooseberries are a unique little plant-based food growing on relatively small, thorny bushes	●	72%
Grains	●	47%
Granary Bread A type of bread made with malted wheat flakes - this gives the bread a noticeable texture	●	37%
Grapefruit (Pink) Large, round citrus fruit with edible flesh.	●	31%
Guava A common tropical fruit.	●	76%
Halibut Northern marine fish, eaten worldwide.	●	18%
Hare Also known as jackrabbits. A larger animal within the rabbit family.	●	5%
Hazelnuts Small, brown edible nut from the hazel tree.	●	98%
Hemp Milk Hemp is a dairy-free alternative to milk made from hemp seeds	●	36%
Hemp seed Hemp seeds are small, brown seeds taken from the Cannabis Sativa plant.	●	78%
Honey Sweet, sticky liquid made from nectar regurgitated by bees.	●	71%
Hops A stabilising agent in Beer, also used in some deodorants, used in herbal remedies.	●	16%
Horse Flesh from a horse.	●	77%
Horse radish Root vegetable used as a spice, most commonly used as a sauce	●	20%

Iceberg lettuce A type of lettuce	🔴	100%
Iron (Ferr.)	🟢	33%
Jasmine Tea A tea thought to help boost the immune system	🟢	23%
Kale A nutrient dense member of the cabbage family	🟢	44%
Kamut Kamut is a grain that was discovered in the ancient Egyptian tombs.	🟢	46%
Karaya gum (E 416) Thickening agent, stabiliser and emulsifier.	🟠	89%
Kiwis Edible fruit with hairy skin and green flesh.	🟢	58%
Lactose This indicates intolerance to lactose found within dairy milk.	🟢	30%
Lager Type of beer usually pale and golden in colour.	🟢	5%
Lamb Flesh of a young sheep.	🟢	43%
Lamb's liver The liver of the animal. Widely eaten.	🟢	22%
Leek Edible plant, eaten as a vegetable.	🟢	37%
Lemonade A variety of sweetened drink, characterised by its lemon flavour. This does NOT mean that you need to avoid lemons, as you are intolerant to the additives used when making lemonade.	🟢	84%
Lemons Yellow citrus fruit with fragrant acidic juice. Edible flesh.	🟢	0%
Lentils High protein pulse.	🟢	7%
Lime Hybrid citrus fruit, which is typically round and green in colour.	🔴	98%
Lithium	🟢	60%
Lobster Large crustacean, flesh eaten cooked.	🟢	84%
Lychee Small rounded fruit with sweet white scented flesh, a large central stone, and a thin rough skin.	🔴	100%
Macadamia Nuts Edible nut from the macadamia tree.	🟢	76%
Mackerel Frequently eaten fish. Greenish-blue in colour.	🟢	59%
Maize Also known as corn. A cereal grain	🟢	23%
Maize This is corn. It is used in products such as; corn flakes, polenta, tortillas.	🟢	11%
Mango Fruit with edible flesh. Often eaten and used in cooking.	🟢	37%

Maple Syrup Maple syrup is a syrup usually made from the xylem sap of sugar maple, red maple, or black maple trees, although it can also be made from other maple species.	🟢	84%
Marshmallow Tea A tea that is thought to help ease digestive complaints.	🟢	0%
Milk Dairy Milk is a nutrient-rich, white liquid food produced by the mammary glands of mammals. This does include all items that are made from milk including cheese, yoghurt and butter.	🟢	40%
Milk Chocolate Please avoid milk chocolate in particular. You are fine with any other chocolate (dark, white).	🟢	0%
Miso A traditional seasoning made with fermented soy beans	🟡	87%
Molasses Molasses, or black treacle, is a viscous by-product of refining sugarcane or sugar beets into sugar.	🟢	74%
Mozzerella A type of cheese, made from buffalo milk	🔴	99%
Multi-Minerals	🟢	58%
Multi-Vitamins	🔴	96%
Mushrooms A fungi frequently used in cooking.	🟢	78%
Mustard Hot tasting yellow paste. Eaten and used in cooking.	🟢	0%
Mustard (green) Dark leafy green vegetable.	🟢	22%
Mutton Flesh of a full grown sheep.	🟢	16%
Nectarines a nectarine belongs to the peach family and has a smooth yellowish skin and a firm flesh.	🟢	65%
Nutmeg A very common spice, related to mace.	🟢	32%
Oat milk Oat milk is a vegan alternative to airy milks made pre-soaked oat groats.	🟡	92%
Oats Cereal grain, grown for it's seeds	🟢	5%
Oats (porridge) Also known as Oatmeal in the United States. Commonly eaten for breakfast.	🟢	25%
Okra A vegetable also known as ladies fingers. Part of the mallow family.	🟢	60%
Olive Oil A liquid fat obtained from olives.	🟢	4%
Olives (Black) Small, edible fruit. Used for oils and in cooking.	🟢	47%
Olives (Green) Small, edible fruit. Used for oils and in cooking.	🟢	1%
Onion Pungent vegetable. Very commonly used in cooking. This intolerance does mean ALL onions should be cut out of your diet.	🟢	0%
Oolong tea A traditional Chinese Herbal tea, used by people as a alternative remedy	🟢	39%

Orange juice Juice made by squeezing the fruit	🔴	98%
Oranges A citrus fruit. Round with orange skin and edible flesh.	🟢	22%
Ovaltine A brand of milk flavouring product made with malt extract.	🟢	74%
Ox liver The liver of the animal. Widely eaten.	🔴	97%
Oyster Edible mollusc with rough, hard shell.	🟢	78%
Oyster mushroom A commonly eaten wild mushroom	🟢	53%
Pak Choi A type of cabbage	🔴	96%
Papaya Tropical fruit with edible orange flesh.	🟢	33%
Paprika Red powdered spice used in cooking.	🟠	92%
Parmesan A type of cheese	🟢	36%
Parsley Plant used as a cooking herb or garnish for food.	🟢	3%
Passionfruit A fruit that is known to be low in calories and high in nutrients	🟢	1%
Peaches Round stone fruit with juicy flesh - this is the fruit cooked.	🟢	51%
Peanuts Very commonly eaten nut. Eaten raw, also used in cooking.	🟢	76%
Pears A sweet fruit.	🟢	49%
Peas Small, round and green seed. Eaten as a vegetable.	🟢	63%
Pecan nuts Edible, smooth brown nut from the pecan tree.	🟠	89%
Pepper (Black) Dried fruit from the pepper vine family of Piperaceae. Used whole as peppercorns or ground and used in cooking for spice / flavour.	🟢	38%
Peppermint oil An essential oil, known for giving a cool feel and calming effect on the body	🟢	82%
Pheasant Flesh from the bird. A natural, lean, hearty meat from this game bird, typically eaten in Britain.	🟢	5%
Pig's liver The liver of the animal. Widely eaten.	🟢	38%
Pine Nut The edible seed from various pine trees.	🟢	27%
Pineapple Large, juicy fruit with hard skin and edible yellow flesh.	🟢	60%
Pineapple juice Juice made by squeezing the fruit	🟢	52%

Pisco Colorless or yellowish-to-amber colored brandy	🟢	29%
Plaice Large, flat fish. Widely eaten.	🟠	87%
Plantain A starchy, unsweet variety of banana. Also known as 'the cooking banana'	🟢	56%
Plums Oval, fleshy stone fruit. Small and often red or purple in colour.	🟠	85%
Plums, damsons Dark blue skin, with a sour taste. In the plum family.	🟢	56%
Pomegranate juice Juice made by squeezing the fruit	🟢	78%
Pomegranates A medium size fruit that contains many small red seeds that can be eaten.	🟢	42%
Poppy Seed Small seed from the poppy flower. Often used in cooking and baking.	🟢	49%
Pork Flesh of a pig.	🔴	98%
Portobello Mushroom The largest type of mushroom.	🟠	88%
Potatoes Starchy plant. Very common food.	🟢	2%
Prawns A seafood which resembles a large shrimp	🟢	75%
Pringles Crisps	🟢	59%
Prosecco An Italian sparkling wine.	🟢	44%
Prunes A prune is a dried plum.	🟢	53%
Prunes (raw) A prune is a dried plum.	🟢	0%
Pumpkin Large orange fruit. Flesh used for cooking.	🟢	63%
Pumpkin Seed The seed of a pumpkin.	🟢	78%
Quince Similar to the pear in appearance, usually golden-yellow when mature.	🟢	33%
Quinoa Cultivated crop with starchy seeds.	🟢	61%
Rabbit Small plant-eating animal.	🟢	48%
Radish Pungent tasting root. Often eaten raw in salads.	🟢	52%
Raisins A partially dried grape.	🟢	33%
Raspberries An edible soft fruit related to the blackberry, consisting of a cluster of reddish-pink drupelets.	🔴	100%

Red Kidney Bean Small bean, deep red in colour.	●	44%
Red Wine Wine made with red grapes.	●	29%
Rice - Brown Small brown grains	●	59%
Rice milk Rice milk is a grain milk that is unsweetened and made from rice.	●	49%
Rice vinegar Rice vinegar is a vinegar made from fermented rice.	●	52%
Rocket (Arugula) Salad leaf with a strong, peppery flavour.	●	86%
Rooibos tea A red tea with a mild, aromatic taste	●	0%
Rosemary A perennial herb - used for flavouring	●	0%
Rum Rum is a distilled alcoholic beverage made from sugarcane byproducts by a process of fermentation and distillation.	●	6%
Runner beans Bean with long, flat and edible pods.	●	10%
Rye A grass grown extensively as a grain, foods containing rye, include bread and crackers	●	96%
Sage Aromatic herb used in cooking.	●	32%
Sake Japanese rice wine.	●	0%
Salmon Large, usually pink fish. Very popular food.	●	92%
Salt A mineral commonly used for flavour	●	33%
Sambuca Italian in origin, an alcoholic drink with an intense anise flavour.	●	0%
Sardine Young pilchard, widely eaten.	●	47%
Sesame Oil Edible vegetable oil derived from sesame seeds.	●	72%
Sesame seed Oil rich seeds from the sesame plant.	●	0%
Sesame Seed Oil-rich seeds from sesame plant.	●	70%
Shaoxing Wine Widely used as both a beverage and a cooking wine in Chinese cuisine.	●	76%
Sheep's Milk Milk from the Sheep.	●	59%
Shellfish Some crustaceans commonly eaten are shrimp, lobsters, crayfish, and crabs.	●	75%
Shitake mushroom A type of mushroom high in vitamin B & D	●	54%

Shrimp Small crustacean, often eaten.	🔴	95%
Silicon	🟢	77%
Smoked herring Whole fish cold-smoked	🟢	34%
Sole Edible flat fish.	🟢	22%
Soy sauce A Chinese condiment made with soybeans	🔴	100%
Soya Includes all products made with the soya bean.	🟢	56%
Soya Bean Bean of the soya plant. Very high in protein.	🟢	18%
Spelt A type of wheat, also known as dinkel wheat.	🟢	69%
Spinach A dark green leafy vegetable that'll make you stronger!	🟢	28%
Star Anise A spice used in cooking.	🟠	88%
Stevia Stevia is a sugar substitute that is used to sweeten beverages made from steviol glycosides.	🟢	51%
Stilton A blue-veined cheese known for its strong smell and taste.	🟢	44%
Strawberries Edible, sweet fruit. Red with seed studded skin.	🟢	8%
Sugar Granulated sugar.	🟢	60%
Sunflower oil Oil extracted by pressing the seeds of a sunflower	🟢	44%
Swede Large, yellow fleshed root vegetable.	🟢	58%
Sweet Potato A type of potato - sweet in taste and orange in colour	🟢	0%
Sweetbreads The culinary name for the thymus or the pancreas	🟢	73%
Tamrind Used as flavouring in cooking	🟢	60%
Tea (Black) Black tea made from the tea leaf	🟢	68%
Tequila An alcoholic drink made from the blue agave plant.	🟢	32%
Thyme An aromatic evergreen herb	🟢	0%
Tomato Red fruit. Eaten as a vegetable in salads and used in cooking.	🟢	80%
Tomato Red fruit. Eaten as a vegetable in salads and used in cooking.	🟢	44%

Tuna A commonly eaten type of fish. a sub group of the mackerel family	●	99%
Turmeric Aromatic powder used in cooking.	●	54%
Turnip A root vegetable, purple and white in colour.	●	67%
Vanilla Substance from vanilla pods, often used as flavouring.	●	9%
Veal Flesh of a baby calf.	●	71%
Venison Flesh from a deer.	●	43%
Vermouth Aromatized, fortified wine flavored with various botanicals.	●	71%
Vitamin A Sources - Apricot, Broccoli, Brussels sprouts, Butternut squash, Cantaloupe melon, Carrots, Chilli peppers & dark leafy greens Signs of deficiency - Poor night vision, Cloudy, dry eyes, Thick skin and rashes	●	39%
Vitamin A1 A form of vitamin A found in fish liver oils. The vitamin is needed for healthy vision and skin epithelium.	●	14%
Vitamin A2 An alternative form of vitamin A found in the tissues of freshwater fish	●	38%
Vitamin B1 Sources - Asparagus, sunflower seeds, green peas, flaxseeds, Brussel sprouts, spinach, cabbage, aubergine, romaine lettuce, navy beans, black beans, barley, lentils Signs of deficiency - Headache, Nausea, Fatigue, Irritability	●	75%
Vitamin B13 Vitamin B13 is found in milk, dairy products, liver, yeast, roots and plants. Vitamin B13 has a beneficial effect on liver function and improves its performance.	●	47%
Vitamin B17 Vitamin B17 is found in Apricot seeds, prunes, pears, peaches, cherries, apples and nuts.	●	67%
Vitamin B2 (Riboflavin) Sources - Spinach, crimini mushrooms, asparagus, sea vegetables, eggs, cows milk, broccoli, swiss chard, green beans, kale, bell peppers, soy beans Signs of deficiency - Slow metabolism, Mouth or lip sores, Skin inflammation, Sore throat	●	36%
Vitamin B3 (Niacin) Sources - Tuna, chicken, turkey, salmon, lamb, beef, asparagus, tomato, bell peppers, sardines, shrimp, brown rice, sweet potato, sunflower seeds, barley, green peas Signs of deficiency - Indigestion, Fatigue, Vomiting, Depression	●	14%
Vitamin B-complex Referred to as vitamin B complex, the eight B vitamins — play an important role in keeping our bodies running like well-oiled machines. These essential nutrients help convert our food into fuel, allowing us to stay energized throughout the day.	●	22%
Vitamin B-Complex Referred to as vitamin B complex, the eight B vitamins — play an important role in keeping our bodies running like well-oiled machines. These essential nutrients help convert our food into fuel, allowing us to stay energized throughout the day.	●	32%
Vitamin D1	●	8%
Vitamin D2 Vitamin D2 is produced by plants.	●	21%
Vitamin D3 Vitamin D3 is produced by animal-sourced foods.	●	41%

Vitamin D4	🟢	0%
Vitamin F Vitamin F, Perhaps also known as linoleic acid, an omega-6 essential fatty acid is found in oil, nuts and seeds and animal products. It aids brain function, normal growth, skin and hair regeneration, bone health, and metabolic function.	🟢	51%
Vitamin G	🟢	46%
Vitamin H (Biotin) Sources - Almonds, Artichoke, Avocado, Banana, Black eyed peas, Brazil nuts, Onion, Peanuts, Pecans, Raspberries, Soy, Strawberries, Sweet potato Signs of deficiency - Hair loss, Dry scaly skin, Cracking in corner of the mouth	🟢	74%
Vitamin K1	🔴	96%
Vitamin K2 Vitamin K2 is found in animal products and fermented foods.	🟢	73%
Vitamin P Sources - Apples, Cranberries, Blackberries, Lemon, Lime, Oranges, Grapefruit, Peaches, Plums, Broccoli, Kale, Onion, Red pepper, chilli peppers, spinach, celery, okra, cinnamon, green tea Signs of deficiency - Bruising, fragile capiliaries, Nose bleeds, Varicose veins	🟢	13%
Vitamin T	🟢	47%
Vodka A distilled alcoholic beverage.	🟢	67%
Walnuts Edible seed eaten raw or used in cooking / baking.	🔴	95%
Watercress A salad leaf.	🟢	67%
Watermelon Edible variety of melon with green skin and red flesh.	🟢	80%
Wheat A cereal grain.	🟢	61%
Wheat flour Wheat flour is a powder made from the grinding of wheat	🟢	79%
Whisky A spirit distilled from malted grain, especially barley or rye.	🟡	87%
White pepper Spice made from white peppercorns.	🟢	16%
White wine Wine made with white grapes.	🟢	68%
Whitefish Common name for several species of fish - including cod, haddock, hake and pollock.	🟢	31%
Winkles Small edible sea snail.	🔴	98%
Yams Cultivated for the consumption of their starchy tubers in many temperate and subtropical world regions	🟢	25%
Yeast Type of fungus used in making alcohol and baking.	🟢	12%
Yttrium (Y) Used in the red colouring in television tubes	🟢	37%

Non-Food Intolerances

These items are classed as Non-Food Items, meaning they are not typically edible. The non-food items could be causing a reaction by being close to your skin via inhalation.

All the items listed below are non-food items you have shown a reaction to which is classed as 85%. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

Adenine A vitamin compound found in tea	🟢	29%
Alder (Alnus glutinosa) A tree of the beech genus.	🟠	94%
Ampicilloyl Used in penicillin based drugs.	🟢	83%
Anisakis A parasitic worm found in fish.	🟢	79%
Antimony An alloy used for batteries, low friction metals, type metal and cable sheathing	🟢	12%
Apple Tree Trees that produce fruits.	🟢	22%
Artemisia Salina Fish food	🟢	55%
Ascaris A round worm parasite This does not indicate that the parasite is in the body - it means that if the body were to come into contact with it more pronounced symptoms would be noticed.	🟠	92%
Ash (Fraxinus excelsior) Known as the ash, or European ash or common ash to distinguish it from other types of ash	🟢	0%
Aspen (Populus tremula) Tree native to Europe and Asia	🟢	8%
Aspergillus Fumigatus Fungus that is widespread in nature, typically found in soil and decaying organic matter such as compost heaps.	🟢	58%
Aspergillus Niger Black mould that appears on fruit, vegetables and nuts.	🟢	6%
Aster A type of flower.	🟢	79%
Barium (Ba) A soft metal that is given to patients suffering with digestive disorders "a barium meal"	🟢	77%
Barley (Hordeum vulgare) A major cultivated cereal grain. Often in beer.	🟢	37%
Bee Bees are flying insects closely related to wasps and ants, known for their role in pollination.	🟠	92%
Beech (Fagus silvatica) A deciduous tree belonging to the beech family. Known as common beech or European beech tree.	🟢	65%
Bermuda grass A creeping grass found in warmer climates	🟢	68%
Birch A thin leaved, hardwood tree	🟢	59%
Blackberry bush This intolerance refers to the pollens and spores given from the plant	🟠	93%

Boron (Bo) A trace metal found in food supplements	●	15%
Bovines An animal of the cattle group, which also includes buffaloes and bison.	●	0%
Brassica Napus (Rapeseed) Plant harvested for its seeds. Yellow when flowering.	●	78%
Bromine (Br) Used in swimming pools as an alternative to chlorine.	●	33%
Buckwheat This refers to the pollens and spores given from the plant	●	61%
Budgerigars Small bird, often kept as a pet	●	51%
Buttercup (Ranunculus spp.) Small flower with shiny yellow petals.	●	71%
Caesium (Cs) A rare white metal used in electronics	●	4%
Calcium (Ca) An alkaline earth metal found in cement	●	35%
Calluna A type of heather plant	●	50%
Canaries Small species of bird, most commonly yellow in colour.	●	85%
Cats Common house pet	●	20%
Chamomile (Matricaria chamomilla) Plant, often used for medicinal purposes. Very often used to make a tea.	●	57%
Cherry tree Tree which produces the fruit	●	44%
Chicken Feathers Feathers from the chicken species of bird.	●	39%
Chile Pine (Monkey Puzzle) An evergreen tree	●	40%
Chrysanthemum (C. morifolium) A perennial plant.	●	27%
Clover (Triofolium spp.) A flower usually found in fields and dry pastures	●	99%
Colonial bent grass (Agrostis tenuis) Grass that grows in moistlands and grasslands.	●	83%
Currant bush Plant which produces small currants - both red and black	●	99%
Dahlia (Dahlia hybrida) Dahlia is a genus of bushy, tuberous, herbaceous perennial plants native to Mexico.	●	10%
Dandelion (Taraxum duplidens) A weed of the daisy flower. Known for its big, yellow flower.	●	28%
Dead nettle Flowering plant	●	50%
Deer Epithelium Epithelium is skin or cells.	●	58%
Dock (Rumex acetosa) Common garden weed. Also known as sorrel or rumex.	●	49%

Dogs Common household pet	●	59%
Downy birch (Betula verrico) Downy birch is a deciduous broadleaf tree native to the UK	●	73%
Duck feathers Feathers from the bird.	●	87%
Dust Consists of particles from the atmosphere and environment, such as soil.	●	23%
E 1201 Polyvinylpyrrolidone Flavours and fragrances, pharmaceuticals	●	50%
E 1202 Polyvinyl polypyrrolidone Wine, beer, pharmaceuticals	●	53%
E 212 Potassium benzoate, benzoic acid Used as a preservative, both antibacterial and anti-fungal. Can be found in margarine, pickled cucumbers, pineapple juice and table olives.	●	35%
E 216 Propyl-para-hydroxybenzoate (PHB Ester) It is a preservative typically found in many water-based cosmetics, such as creams, lotions, shampoos and bath products.	●	10%
E 230 Biphenyl, Diphenyl Used for agricultural purposes (an aromatic fungicide), it is a skin and eye irritant.	●	16%
E 231 Orthophenylphenol Anti fungal agent used for agricultural purposes. Products such as pears, carrots, peaches, plums, prunes, sweet potatoes, citrus fruits, pineapple, tomatoes, peppers, cherries, and nectarines are typically treated post harvest.	●	40%
E 232 Sodium orthophenylphenate, Orthophenylphenol Preservative.	●	90%
E 235 Natamycine Natamycin (Pimaricin) is an antimyotic food additive used to protect cheese from mould and yeast growth.	●	20%
E 284 Boric acid An acidity regulator. Boric acid is best known for being an antiseptic, it is also used in creams and ointments, insecticides, leather finishing, paints.	●	83%
E 285 Sodium tetraborate, Boric acid Uses including as an added ingredient in washing powder, water softeners and soaps.	●	42%
E 290 Carbon dioxide, carbonic acid Typical products include fizzy drinks, carton fruit juice, wine.	●	89%
E 385 Calcium sodium ethylene diamine tetra-acetate (EDTA) EDTA is used in canned soft drink, tinned white potatoes, salad dressings, egg products, oleomargarine, potato salad, lima beans, mushrooms, pecan pie filling, sandwich spreads	●	25%
E 491 Sorbitan monostearate Used in fine bakery wares, anusol pile cream and cream for dry and sensitive skins. Has been known to cause irritant effects.	●	10%
E 939 Helium Natural insert gas in canned products.	●	2%
E 942 Di-nitrogen monoxide Most common uses are in aerosol whipped cream canisters, cooking sprays, and as an inert gas used to displace oxygen, to inhibit bacterial growth, when filling packages of potato chips and other similar snack foods.	●	8%
E 948 Oxygen Used in modified atmosphere packaging as preservative.	●	61%
E 999 Quillaja extract Foaming agent. It is used in the production of foam on non-alcoholic beverages.	●	29%

E413 Tragacanth A natural gum, used in leather work and paints.	🟢	42%
Elder (Sambucus nigra) The plant that produces the elderberry.	🟢	40%
Elm (Ulmus glabra) The most common of the Elm tree family	🟢	0%
European beech A running tree belonging to the birch family.	🟢	43%
European lime (Tilia europea) Generally known as the common lime (British Isles) or common linden	🟢	82%
False acacia (Robinia pseudacacia) A species of tree	🟢	60%
Fescues Festuca is a genus of flowering plants belonging to the grass family, Poaceae. They are evergreen or herbaceous perennial tufted grasses.	🟢	9%
Fireweed/Great willow herb (Epilobium angustifolium) Commonly known in North America as fire-weed, in some parts of Canada as great willow herb, and in Britain as rose-bay willow herb	🟢	58%
Flowering plants The flowering plants, also known as Angiospermae or Magnoliophyta, are the most diverse group of land plants	🟢	34%
Fox Epithelium Epithelium is skin or cells.	🔴	100%
Fungus Including moulds, mushrooms, and toadstools.	🟢	54%
Gallium (Ga) Used in medical thermometers and electrical equipment	🟢	60%
Glaskraut (Parietaria officinalis) No stinging plant. The plant grows on rubbish and on walls, hence the name.	🟢	10%
Glatthafer Tall false-oat grass, usually found in meadows.	🟢	43%
Goats Domesticated animal	🟠	91%
Goldenrod (Solidago virgaurea) Solidago virgaurea is an herbaceous perennial plant of the family Asteraceae	🟢	39%
Goose feathers Feathers from this species of bird. Often used in household furniture.	🔴	99%
Grasses/Herbs Wild grasses found in nature	🟢	54%
Hafnium (Hf) Very rare element found in plasma welding equipment	🟢	16%
Hamsters Small animal, often kept as a pet.	🟢	54%
Hawthorn (Crataegus spp.) Trees that produce small white-pink flowers and red berries	🟢	55%
Hazel (Corylus avellana) The common hazel tree	🟢	66%
Hop (Humulus lupulus) A flowering plant - used for beer production	🟢	77%
Hornbeam (Carpinus betulus) A hardwood tree	🟢	6%

Horse Bot Fly Type of fly which very often causes irritation to horses.	🟢	0%
Horse chestnut (Aesculus hippocastanum) Aesculus hippocastanum is a species of flowering plant in the soapberry and lychee family Sapindaceae.	🟢	0%
Horses A large, four-legged mammal.	🟢	20%
House dust mite One of the biggest causes of allergies, lives in soft furnishings, mattresses, pillows, carpets etc.	🟢	83%
Hyacinth (Endymion non scriptus) Hyacinthus is a small genus of bulbous, fragrant flowering plants	🟠	89%
Indium (In) Can be found in common electrical components	🟢	45%
Iridium (Ir) The main use of iridium is as a hardening agent in platinum alloys and compass bearings	🟢	0%
Iron (Ferrous) (Fe) Used in the construction industry - the most common element on earth	🟢	36%
Jacaranda Tree Flowering tree native to tropical and subtropical regions.	🟢	53%
Japanese Cedar A tree.	🟢	23%
Japanese Millet A grass.	🟢	15%
Jasmine (Philadelphus spp.) Plant with white flowers and strong fragrance	🟢	61%
Juniper bush The plant which produces the juniper berry. Distinctive fragrance unlike most bushes.	🟢	25%
Kammgras (Cynosurus cristatus) Also known as crested dog's tail - characterised by a seed head that is flat on one side	🟢	0%
Kentucky bluegrass (Poa pratensis) Common, smooth meadow grass.	🟢	31%
Laburnum (Laburnum anagyroides) Laburnum anagyroides, the common laburnum, golden chain or golden rain, is a species in the subfamily Faboideae, and genus Laburnum.	🟢	65%
Larch A coniferous tree with bunches of deciduous bright green needles, found in cool regions of the northern hemisphere. It is grown for its tough timber and its resin (which yields turpentine).	🔴	99%
Lilac (Syringa vulgaris) A violet coloured flower	🟢	21%
Linden Tree Also known as lime tree.	🟢	36%
Lithium (Li) Commonly found in household battery operated equipment	🟢	43%
Lupine (Lupinus polyphyllus) Lupinus polyphyllus is a species of lupine native to western North America from southern Alaska and British Columbia east to Quebec	🟢	3%
Maize (Zea mays) A plant - known also as corn.	🟢	0%
Manganese (Mn) Used in drinks cans	🟢	0%

Mangrove Tropical shrub or tree	●	41%
Marguerite (Leucanthemum vulgare) A type of daisy flower. Also known as the Oxeye daisy.	●	87%
Meadow fescue (Festuca pratensis) Tall, loosely tuffed grass with long flat leaves.	●	0%
Meadow fox tail (Alopecurus prat.) A common type of grass	●	60%
Melde (Atriplex spp.) A bush type plant. Also known as saltbush.	●	14%
Mice A small rodent, characterised by small pointy nose and small rounded ears.	●	5%
Mink Epithelium Epithelium is skin or cells.	●	79%
Misteltoe Common name for the plant which produces small white berries. Traditionally used to decorate the house during the festive period.	●	83%
Molybdenum (Mo) Usually mixed with other alloys for use in many different products.	●	13%
Mosquito Flying insect which bites humans and animals.	●	66%
Mugwort (Artemisia vulgaris) Aromatic plant. Occasionally used in food and beer.	●	76%
Mulberry Small tree which bears dark purple fruit.	●	15%
Narcissus (Narcissus spp.) A genus of predominantly spring perennial plants.	●	0%
New Belgian Aster A species of daisy	●	9%
Niobium (Nb) Often used in pipeline construction. Also found in jet engines and heat resistant equipment	●	85%
Oak (Quercus robur) Large tree. Native to Europe.	●	38%
Oats (Avena sativa) The common oat - a cultivated cereal grain, also known as general oats.	●	66%
Orchard grass (Dactylis glomerata) Also known as cocks foot grass.	●	61%
Osmium (Os) Used in surgical implants including pacemakers and heart valve replacements	●	0%
Parrot Feathers Feathers from the parrot species of bird.	●	43%
Pear tree Type of tree which produces the fruit	●	21%
Perennial ryegrass (Lolium perenne) Also known as English ryegrass.	●	12%
Pigeons A small species of bird, known to populate urban areas.	●	78%
Pigweed (Chenopodium album) A plant of the amaranth family.	●	71%

Pine (Pinus spp.) A conifer tree	●	23%
Pine, Scottish (Pinus sylvestris) Species of pine tree. also known as Scot's pine	●	83%
Plane tree (Platanus acerifolia) A tall tree. Actually a hybrid tree.	●	64%
Plantain (Plantago major) Common plant. Known for its broad, shell shaped leaf.	●	67%
Pollen I Pollen is a fine to coarse powdery substance comprising pollen grains which are male microgametophytes of seed plants	●	88%
Polonium (Po) Uncommon. Can be found in photographic films.	●	43%
Poplar (Populus spp.) Deciduous flowering tree	●	5%
Primrose (Primulus) A widely spread woodland flower	●	61%
Privet (Ligustrum spp.) Heavily scented shrub with poisonous black berries.	●	14%
Prosopis spp. Prosopis is a genus of flowering plants in the pea family, Fabaceae. It contains around 45 species of spiny trees and shrubs	●	0%
Qack grass (Agropyron repens) Very common perennial grass. Also known as couch grass.	●	66%
Rabbits Small plant eating animal.	●	90%
Radium (Ra) Commercially sourced in the art of colouring glass	●	43%
Ragweed (Ambrosia elatior) A plant. A major cause of hay-fever.	●	40%
Rats Rodent, commonly known as a pest in urban environments.	●	44%
Red fescue (Festuca rubra) Common, tall grass - red in colour	●	29%
Ribwort (Plantago lanceolata) Common weed also known as Lamb's tongue.	●	0%
Rose (Rosa spp.) A rose is a woody perennial flowering plant of the genus Rosa	●	42%
Rubber Tree The rubber tree or rubber plant, is a tree belonging to the family Euphorbiaceae	●	97%
Rubidium (Rb) Commercially used in fireworks	●	0%
Ruthenium (Ru) Used as a strengthening agent in electrical equipment, can also be found in some jewellery	●	68%
Rye A grass grown extensively as a grain. This intolerance refers to the pollens and spores given from the plant	●	77%
Scandium (Sc) Found commercially in baseball bats and bicycles	●	46%

Scotch heather (Calluna vulgaris) An evergreen plant.	🟢	78%
Shrubs A type of plant.	🟢	38%
Spelt A type of wheat, also known as dinkel wheat.	🟢	43%
Spruce (Picea abies) A coniferous evergreen tree	🟢	0%
Stinging nettle (Urtica dioica) A plant, that if touched stings the skin.	🟢	12%
Storage Mite Linked to house dust mite normally found in more agricultural surroundings.	🟢	3%
Strawberry Edible, sweet fruit. Red with seed studded skin. This intolerance refers to the strawberry plant and its pollen	🟢	3%
Sweet vernal grass (Anthoxanthum odoratum) Sweet scented grass. Grown in meadows as hay grass.	🟢	0%
Tall oat grass (Arrhenaterium elatius) Tall grass found meadows	🟢	79%
Tamarisk (Myrica sp.) Species of flowering plant.	🟢	5%
Tansy ragwort (Senecio jacobaea) Grows in woodlands and dry open places, yellow flowers.	🟠	94%
Tantalum (Ta) This metal is used in dental and surgical equipment and implants	🟢	10%
Thallium (Th) Used in the electronics and glass industry	🔴	97%
Thistle Common name of a group of flowering plants characterised by leaves with sharp prickles on the margins - usually purple in colour.	🟢	0%
Timothy grass (Phleum pratense) A grass widely grown in the UK, thought to be a trigger of asthma.	🟢	11%
Trespe (Bromus mollis) Tall common grass. Known for its spiky and seedy top.	🟢	72%
Tulip The tulip is a Eurasian and North African genus of perennial, bulbous plants in the lily family	🟢	38%
Tumbleweed A plant which habitually breaks away from its roots in the autumn.	🟢	75%
Velvet grass (Holcus lanatus) A tall grass.	🟠	87%
Wallflower (Cheiranthus cheiri) A widely cultivated flowering plant.	🟠	93%
Walnut tree This intolerance refers to the pollens and spores given from the plant	🟢	64%
Wasp A social insect, known for its tendency to sting. Typically black and yellow.	🟢	22%
Water reed (Phragmites communis) A tall grass found in reed beds.	🟢	0%
Wheat (Triticum aestivum) A cereal grain, grown in fields. This intolerance refers to the pollen and spores give off from the plant. The grain can still be eaten.	🟢	6%

Wild oat (Avena fatua) A species of grass from the oat family.	🔴	95%
Willow Type of tree.	🟢	0%
Wormwood (Artemisia absinthium) A plant and herb. Used in absinthe, also used as a flavouring for some wines and spirits.	🟢	76%

Nutritional Deficiencies

Everything listed on your report has a nutritional deficiency which means that all the items listed are deficient within your system. However, we can assure you that your hair sample has been tested against all 80 nutrients.

You should simply try and add in one or two of the recommended food items to your diet each day. Although it may be easier to use a vitamin supplement, it is always better to get your nutrients from a fresh source, as this will enter your body much faster. The nutritional information found next to each nutrient is important, as a well-balanced diet along with a healthy lifestyle can boost the immune system and also reduce your intolerance levels. The nutrients that have been highlighted as deficient in your system can easily be improved.

Biotin Biotin is necessary for cell growth, the production of fatty acids, and the metabolism of fats and amino acids. Biotin assists in various metabolic reactions	●	50%
Calcium Sources - Dark leafy greens, oranges, broccoli, almonds, tofu. Signs of deficiency - dry skin, tooth loss, dry & splitting hair. Body use - In addition to building bones, calcium helps or blood clot, nerves send messages and muscles contract. Approx. 99% of the calcium in our bodies is in our bones and teeth	●	99%
Choline Choline is a vitamin-like compound with important roles in neurotransmitter synthesis, cell membrane signalling, lipid transport and methyl group metabolism. More importantly, it may help decrease inflammation in the body and heart disease. Sources - soy milk, tofu, quinoa, and broccoli, Hearts, Egg Yolks and Fresh Milk	●	66%
Choline Choline is a compound like vitamins. It can help reduce inflammation in the body and heart disease. Source - Soy milk, tofu, quinoa, and broccoli, Hearts, Egg Yolks and Fresh Milk	●	0%
Chromium Sources - Bread, Brown rice, Meat, Broccoli, Mushrooms, Green beans Signs of deficiency - Anxiety, low energy levels, chronic fatigue, muscle weakness, mood swings. Body use - It is an essential part of metabolic processes that regulate blood sugar and helps insulin transport glucose into cells, where it can be used for energy	●	29%
Copper Sources - Seafood, raw kale, mushrooms, sesame seeds, cashew nuts. Signs of deficiency - Fatigue, Arthritis, Osteoarthritis. Copper is responsible for producing red blood cells, which transport oxygen throughout the bloodtream	●	20%
Copper Sources - Seafood, raw kale, mushrooms, sesame seeds, cashew nuts Signs of deficiency - Fatigue, Arthritis, Osteoarthritis, Paleness, always cold	●	71%
Germanium (Ge) Used in the semi conductor industry, mainly electronics	●	29%
Glutamine Sources - Poultry, Organ meat – liver, kidney, heart, Eggs. Signs of deficiency - Weight loss, Bowel changes, Low energy levels. Minimises breakdown of muscle and improves protein metabolism	●	34%
Iodine	●	52%
Iron Sources - Dark leafy greens, beans, olives, navy beans, kidney beans, black beans, pinto beans, tofu, pumpkin. Signs of deficiency - General fatigue, Weakness, Pale skin, Shortness of breath, Dizziness. Haemoglobin represents about two-thirds of the body's iron. If you don't have enough iron, your body can't make enough healthy oxygen-carrying red blood cells.	●	4%

Lecithin Sources - Eggs, Soy beans, Kidney, Liver, Whole grains, Milk Signs of deficiency - Low energy levels, Memory loss, Muscle aches, Nerve damage, Mood changes.	●	42%
Magnesium	●	54%
Manganese	●	27%
Melatonin Melatonin deficiency could lead to fatigue and lethargy. Sources - Red Meat, Grains, Root Vegetables.	●	36%
Molybdenum	●	84%
Potassium A mineral that your body needs to work properly. It is a type of electrolyte.	●	52%
Potassium Sources - avocado, spinach, sweet potatoes, yoghurt, white beans, banana, dried apricots, mushrooms, almonds, beetroot, paranuts, broccoli, brown rice flakes - dry skin, weakness and fatigue,	●	68%
Potassium	●	28%
Selenium Sources - Tuna, shrimp, sardines, salmon, cod, asparagus, turkey, chicken, lamb, scallops, beef, barley, tofu, brown rice, sunflower seeds, sesame seeds. Signs of deficiency - Hair loss, Discolouration fingernails. It is believed that selenium can benefit heart health once again, by its ability to fight inflammation, increase blood flow, reduce free radical oxidative stress, and help with antioxidant activity	●	59%
Silica Sources - Whole grain, pasta, brown rice, banana, mango, green beans, spinach, strawberries. A healthy level of Silica can improve collagen formations and skin elasticity. It can also improve the health of hair and nails. Signs of deficiency - Dry skin, Brittle hair and finger nails, Weak teeth and gums	●	1%
Sodium Naturally occurring sodium is in foods such as celery, beets and milk. One of the health benefits of sodium is the pivotal role it plays in enzyme operations and muscle contraction. It is very important for osmoregulation and fluid maintenance within the human body.	●	66%
Vitamin A Sources - Apricot, Broccoli, Brussels sprouts, Butternut squash, Cantaloupe melon, Carrots, Chilli peppers & dark leafy greens Signs of deficiency - Poor night vision, Cloudy, dry eyes, Thick skin and rashes	●	65%
Vitamin B1 Sources -Spargel, sunflower seeds, green peas, linseed, rosé cabbage, spinach, cabbage, eggplant, Roman lettuce, white beans, black beans, barley, lentils Symptoms - headache, nausea, fatigue, slightly irritated	●	17%
Vitamin B12 Helps maintain energy levels. Sources; eggs, cows milk., almond milk, coconut milk, fish and meat. Symptoms - pale skin, tiredness, lethargy	●	38%
Vitamin B12 A form of vitamin found in animal products such as meat, fish, milk and eggs. Vitamin B12 is essential for the formation of red blood cells and the development and normal functioning of the brain and nervous system.	●	38%
Vitamin B2 Sources - Spinach, crimini mushrooms, asparagus, sea vegetables, eggs, cows milk, broccoli, swiss chard, green beans, kale, bell peppers, soy beans Signs of deficiency - Slow metabolism, Mouth or lip sores, Skin inflammation, Sore throat	●	95%

Vitamin B3 Sources - Tuna, chicken, turkey, salmon, lamb, beef, asparagus, tomato, bell peppers, sardines, shrimp, brown rice, sweet potato, sunflower seeds, barley, green peas Signs of deficiency - Blotchy skin, Indigestion, Fatigue, Vomiting, Depression	●	29%
Vitamin B5 Sources - Cauliflower, sweet potato, broccoli, beet greens, asparagus, bell peppers, cucumber, celery, avocado, lentils, chicken, turkey, yogurt, salmon. Signs of deficiency - Acne or Blemished skin, Fatigue, Depression, Irritability, Insomnia	●	80%
Vitamin B5 Sources - Cauliflower, sweet potato, broccoli, beet greens, asparagus, bell peppers, cucumber, celery, avocado, lentils, chicken, turkey, yogurt, salmon Signs of deficiency - Fatigue, Depression, Irritability, Insomnia, Stomach pains	●	11%
Vitamin B6 The richest sources of vitamin B6 include fish, beef liver and other organ meats, potatoes and other starchy vegetables, and fruit (other than citrus) Plays an important role in converting food into energy and helping the body metabolise fats and proteins	●	33%
Vitamin B6 Vitamin B6 is widely distributed in foods in both its free and bound forms	●	47%
Vitamin C Sources - Papaya, bell peppers, broccoli, Brussel sprouts, strawberries, pineapple, orange, kiwi, cantaloupe, cauliflower, kale, cabbage, bok choy, grapefruit, parsley, raspberries, swiss chard. Signs of deficiency - Tiredness, Weakness, Muscle and joint pains, Spots that look like red blue bruises on skin, Dry skin	●	2%
Vitamin C Sources - Papaya, bell peppers, broccoli, Brussel sprouts, strawberries, pineapple, orange, kiwi, cantaloupe, cauliflower, kale, cabbage, bok choy, grapefruit, parsley, raspberries, swiss chard Signs of deficiency - Damaged Hair and Skin, Tiredness, Weakness, Muscle and joint pains	●	95%
Vitamin D Sources - Salmon, sardines, cows milk, tuna, eggs, shiitake mushrooms, mushrooms, sunflower seeds, sweet potato, dates Signs of deficiency - Difficulty thinking clearly, Bone pain, Muscle weakness, Unexplained fatigue	●	0%
Vitamin E Sources - Almonds, Seeds, Spinach, Kale and Plant oils. Signs of deficiency - Muscle weakness, lack of co-ordination	●	41%
Vitamin E Sources - Almonds, Seeds, Spinach, Kale and Plant oils Signs of deficiency - Brittle or loss of Hair, Muscle weakness, lack of coordination	●	19%
Vitamin K Sources - Kale, spinach, parsley, broccoli, Brussel sprouts, romaine lettuce, asparagus, basil, cabbage, celery, kiwi, leeks, coriander, sage, green beans, cauliflower, cucumber Signs of deficiency - Tooth decay, Weakened bones, Bleeding and bruising easiliy	●	66%
Zinc	●	0%

Metals Toxicity Results

These are the heavy metals you have shown a sensitivity after being exposed to. The important thing to note is that you do not need to panic, there are a few simple steps to take to manage these results accordingly.

Firstly, look at areas where you could be exposing yourself to these metals. It could be in your work environment, as this is a place that you frequently attend. Secondly, you will also need to look at your diet and see if there are a group of foods that you consume regularly that contain high levels of these particular metals.

If you find that when in close proximity of a particular metal that you begin to experience any symptoms (such as itchiness, swelling, nausea, headaches, etc.), then you will know that it is this particular metal that is causing you to react like this. The more severe the symptoms, the more action you will need to take to reduce your exposure to this metal.

If no results are reported in this section of your test, then please do not worry, it means that we have not identified any deficiencies or intolerances in our analysis.

Aluminium (Al) A light silvery metal used for cans, foils, kitchen utensils, window frames, beer kegs	●	39%
Aluminium (Al) A light silvery metal used for cans, foils, kitchen utensils, window frames, beer kegs	●	24%
Arsenic (As) A well known compound used for rat poisons and insecticides	●	62%
Beryllium (Be) An alloy used for springs, electrical contacts, spot-welding electrodes	●	83%
Bismuth (Bi) A brittle metal, usually mixed with other metals	●	52%
Cadmium (Cd) A poisonous metal, can be used in re-chargeable batteries	●	32%
Chromium (Cr) It is a steely-grey, lustrous, hard and brittle metal which takes a high polish, resists tarnishing, and has a high melting point.	●	0%
Cobalt (Co) Cobalt are used to make high-speed and high temperature cutting tools and dyes - it is an alloy	●	83%
Copper (Cu) Because it is such a good conductor of electricity, copper is mostly used in electrical generators and motors	●	29%
Gold (Au) In its purest form, it is a bright, slightly reddish yellow, dense, soft, malleable, and ductile metal. Commonly found in jewellery	●	0%
Lead (Pb) Most important commercial use of lead is in the manufacture of lead-acid storage batteries and to line roofs	●	72%
Magnesium (Mg) It is added to cattle feed and fertilisers. Magnesium hydroxide (milk of magnesia), sulfate (Epsom salts), chloride and citrate are all used in medicine. Magnesium is an essential element in both plant and animal life.	●	17%
Mercury (Hg) It is commonly used in batteries, fluorescent lights, felt production, thermometers and barometers	●	6%
Metal Control Element - Internal Metal Control - This is used for testing consistency and has no impact on your results.	●	95%

Nickel (Ni) An alloy, used for producing stainless steel.	●	29%
Palladium (Pd) Mainly used in car exhaust manufacture, but can be found in dental fillings and jewellery.	●	65%
Platinum (Pt) Platinum is used in jewellery, decoration and dental work	●	62%
Rhodium (Rh) Hard and corrosive resistant, used on windings and electrodes	●	55%
Silver (Ag) Used for jewellery and traditional silverware	●	59%
Tin (Sn) (from canned food) Usually combined with steel or aluminium to create storage for food	●	48%
Titanium (Ti) Titanium is as strong as steel but much less dense. Used as an alloying metal.	●	87%
Tungsten (W) Used to make bullets and turbine blades	●	29%
Vanadium (V) Used as an alloying metal and in manufacturing tools and engines	●	34%
Vanadium (V) Vanadium is a trace mineral found in a wide variety of foods.	●	54%
Zinc (Zn) Used in alloys such as brass, nickel or silver. Zinc oxide is widely used in products such as paints, rubber, cosmetics, pharmaceuticals, plastics and soaps.	●	52%
Zinc (Zn) Used in alloys such as brass, nickel or silver. Zinc oxide is widely used in products such as paints, rubber, cosmetics, pharmaceuticals, plastics and soaps.	●	20%

Gut Biome Test

These are the good bacteria found within your gut microbiome. These bacteria can affect your health, minimise illness and the synthesis of vitamins depending on the different levels. Vitamins are not only obtained through foods, they are also produced in the gut by bacteria.

Any items on this list are found at 15% or under and it is recommended you increase the levels through consumption of the items listed, much like the nutritional deficiencies on the test above.

If no results are reported in this section of your test, then please do not worry, it means that we have not identified any deficiencies or intolerances in our analysis.

Acidophilus Bifidus Produces lactic acid and hydrogen peroxide. Reduces cholesterol prevents the growth of hostile yeasts. Cleanses the bloodstream by removing toxins and boosting the immune system. Sources: Whole grains like oats and barley. Fermented foods like yoghurt and kimchi.	●	31%
Bacillus Coagulans Useful in the treatment of gastrointestinal disorders, such as diarrhoea. Sources: Fermented foods like sauerkraut, kimchi and yoghurt.	●	87%
Bifidobacterium Bifidum Used to repair stomach ulcers and helps to stops constipation. Sources: Whole grains like oats and barley. Fermented foods like yoghurt and kimchi.	●	3%
Lactobacillus Reuteri Strengthens the intestines and helps to fight inflammation. Sources: Milk products like yoghurt and cheese.	●	34%
Streptococcus Thermophilus Helps to prevent diarrhoea by maintaining the health of the digestive system. Sources: Dairy products like yoghurt.	●	77%

Hormonal Imbalance

Testing your hair sample can show any hormonal imbalances that are currently present in your body. Not everyone has an imbalance, so don't worry if only a small number of results are presented here.

These imbalances can be caused by a large number of factors including: stress, overactive/underactive thyroid, poor diet, being overweight, medication, food intolerances, chemotherapy, puberty, menstruation, pregnancy and menopause.

Any items listed here are showing an imbalance and can be alleviated with natural remedies like: maintaining a healthy body weight, exercise and reducing stress.

If no results are reported in this section of your test, then please do not worry, it means that we have not identified any deficiencies or intolerances in our analysis.

Oestradiol This is a steroid hormone made from cholesterol and is the strongest of the three naturally produced oestrogens. It is involved in the regulation of the oestrous and menstrual female reproductive cycles	●	0%
Thyroid Stimulating Hormone Thyroid stimulating hormone is produced by the pituitary gland. Its role is to regulate the production of hormones by the thyroid gland.	●	64%
Triiodothyronine (T3) Triiodothyronine is a thyroid hormone that plays vital roles in the body's metabolic rate, heart and digestive functions, muscle control, brain development and function, and the maintenance of bones.	●	86%

Digestive Health and Metabolism Analysis

Our bodies are very good at self-regulating the enzymes used in digestion; However, when we are sick or regularly surrounded by food and non-food intolerances, we can become unbalanced. This can affect our metabolism and our weight by causing us to store higher levels of fat or by storing fewer elements, which causes less absorption of vitamins and minerals.

We have tested your sample against a variety of enzymes and proteins to verify levels in your system. Everything shown below is currently unbalanced and will adversely affect your digestive health. Exercise, a healthy diet and living in an environment of reduced stress will help you self-regulate again.

If no results are reported in this section of your test, do not worry, it means that we have not identified deficiencies or intolerances in our analysis.

Amylase Amylase breaks down carbohydrates (starches) into simpler sugars. Irregular levels can affect the pancreas.	●	30%
Bile Salts Bile salts are increased during pregnancy, and other times of extreme body stress. It affects the liver and irregular levels can cause bile acid concentrations.	●	36%
Enterokinase Enterokinase is a sequence-specific protease found within the intestinal tract.	●	81%
Lipase Lipase along with bile from the gallbladder, breaks down fats into glycerol and fatty acids.	●	66%
Pepsin Pepsin is the enzyme responsible for the digestion of protein. More specifically, pepsin is a protease originating from pepsinogen secreted into gastric juice from chief cells. An imbalance can cause acid reflux.	●	0%
Trypsin & Chymotrypsin These two are proteolytic enzymes. Their job is to digest protein in the small intestine.	●	42%

What do I do now?

Don't Panic!

Firstly, please do not panic after reading your report. Seeing your test results may initially seem daunting but you should not panic. There may be some items listed in your report that you have never eaten or come into contact with, but this is quite normal so do not worry.

There will be items on the list that you often eat or are exposed to on a regular basis. These are the items that you are going to need to focus on eliminating from your diet and environment.

Symptoms

Your symptoms can change depending on your diet and environment, meaning that an item that you have never had problems with before could suddenly be causing your symptoms.

This is because if you are eating something or have come into contact with it, your body will try to assimilate it. If your immune system is low or you have overindulged on certain food items, then your body will struggle to assimilate the food item and you will suffer from various symptoms. These intolerance symptoms include, (but are not limited to) bloating, headaches, and fatigue.

What should I do now?

The foods and items that have shown up as an intolerance need to be taken out of your diet. We recommend that you eliminate these items from your diet for the recommended period of four weeks to get the most benefit from your report. You should try and eliminate all of the listed items at the same time, and although we understand that this can be difficult if they are eaten on a regular basis. The sooner you eliminate them the sooner you will begin to feel better.

It is important that you follow the 4-week elimination diet because food intolerances do not show up immediately, and the symptoms can appear up to 72 hours after you have ingested the food.

Most of the time, an intolerance will disappear following the diet but there are occasions when your body simply does not want to accept something back into the system. This means that you most likely developed a lifetime intolerance. Although this may seem difficult to deal with, it is something that you will get used to fairly quickly, especially if you are not suffering from associated symptoms anymore.

What about my pets?

If you have pets and have shown an intolerance to dog or cat hair, then do not despair. This simply means that you need to be more aware of where your pet goes in your home. Make sure you try and limit their access to bedrooms and keep them well-groomed to avoid excess hair and dander on your floors and soft furnishings.