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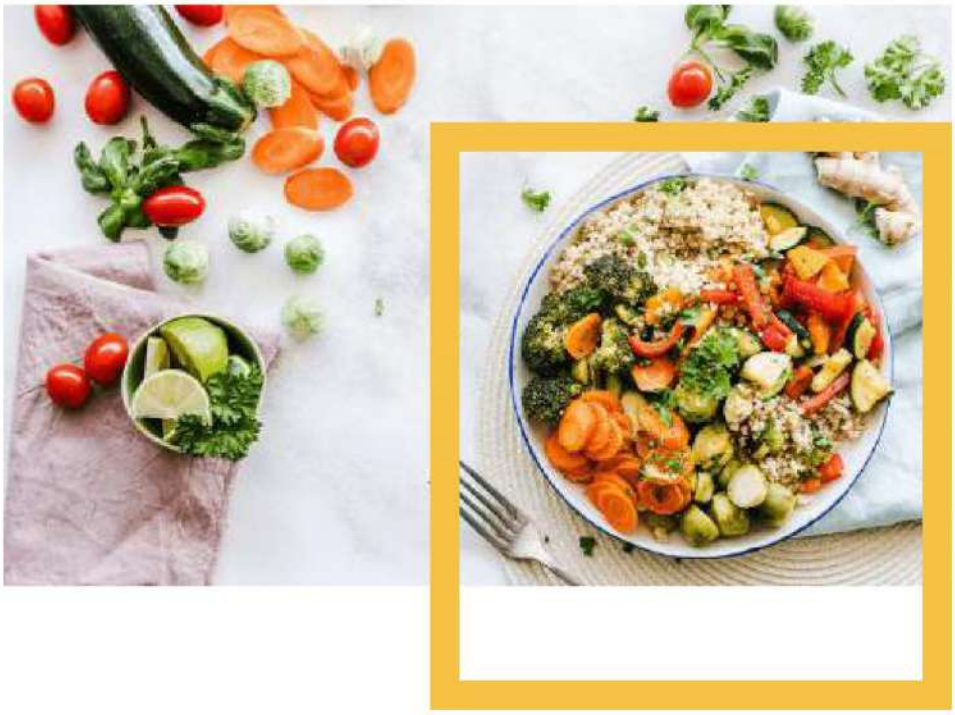
Your Solution Starts Here



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Dear Test Test,

We are delighted to present your test results!

Your Results

Your results are divided into sections by the type of items tested. Within each section you'll find an overview page, this is to ensure your results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you. You can see the full list of items tested in the detailed analysis page.

Your results report is designed to provide the utmost clarity on your results and the actions we would recommend.

We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your daily diet and environment.

In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthful and happy.

If you have any further questions please do not hesitate to get in touch with us.

Healthy regards,

The Getchecked Team
enquiries@getcheckedclinic.com

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Your Results Explained

A sensitivity test is not an allergy test

It is important to reiterate that this test is NOT for allergy. It is easy to confuse allergy and sensitivity or intolerance as the different terms are often used interchangeably, which leads to misinterpretation. Allergy and sensitivity are not the same. Of course if someone is allergic to a food item it could be described as being 'sensitive' however as a health condition allergy is different from sensitivity or intolerance.

There are a couple of fundamental differences between allergy and sensitivity; having food sensitivity may be uncomfortable and cause symptoms that, whilst annoying, embarrassing or even debilitating, do not have the potential to be life-threatening like those caused by food allergy; food sensitivity can also change over time, it can often be overcome through implementation of a food elimination diet and/or improving gut health, however food allergy tends to be lifelong. The physiological process, which takes place in the body during an allergic reaction, is also entirely different to that of sensitivity. An allergic reaction involves the immune system and cells called antibodies, whereas this is not involved in sensitivity. Hair testing does not test antibody levels therefore this is why it cannot be used to test for allergy.

Known Allergies

You may have a known allergy so let's help you to interpret sensitivity results to this item.

Case A

The item you are allergic to shows as a Mild or Sensitive Reaction item.

This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

Case B

The item you are allergic to shows as a No Reaction item.

This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergy.

Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel. Be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.

Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.

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Customer Testimonials

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We take great pride in helping our customers.

This test changed my life ★★★★★

Who would have thought that strawberries caused my belly to ache. Glad I took this intolerance test. I now eat strawberries in moderation and feel much more healthy. This sensitivity hair test did the trick! Thank you.
- Cynthia

Amazing how much we have learned ★★★★

Honestly, this test is getting better and better as we learn more about it. we do test our family on a regular base to see if we actually get better (we feel better but we also like to see the numbers), and we are getting healthier. We would also like to say thank you to all your staff. This is simply unbelievable!
- Emma & Marc

The brutal truth indeed ★★★★★

If you aren't sure about your sensitivity or intolerance, always go for this hair Intolerance Test. These results give you the brutal truth indeed as it shows you what foods or other items to avoid. I never knew that skipping on lentils and tomatoes would make me feel so much healthier. Very easy to use and clear results.
- Williams Family

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Food Sensitivities Analysis

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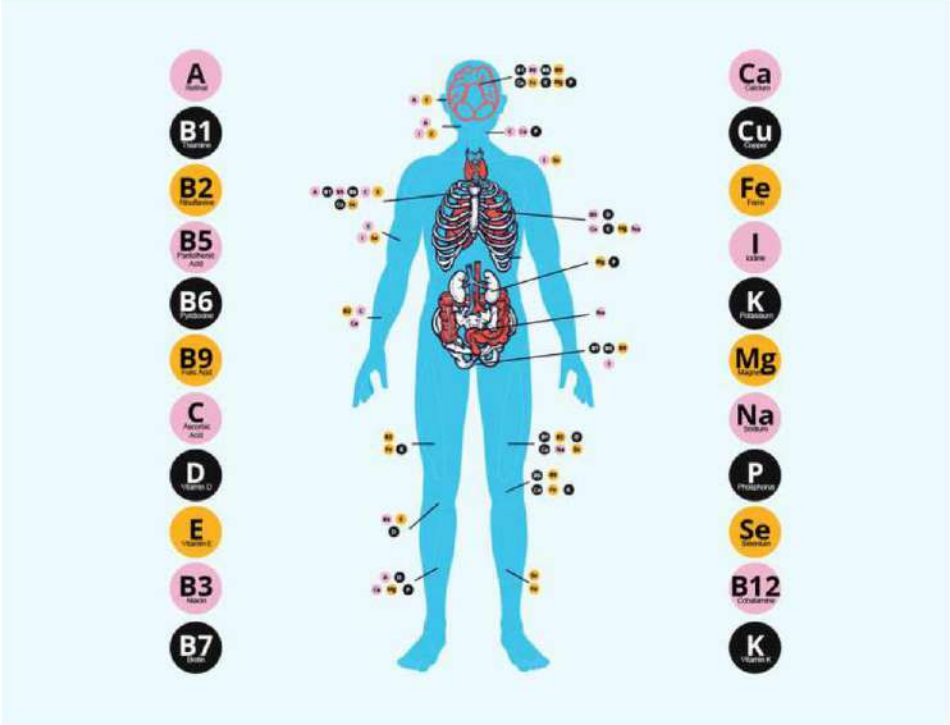
The role of food types

As well as providing energy for the body food also contains nutrients in the form of vitamins and minerals. Vitamins and minerals are considered essential as they enable the body to complete literally hundreds of tasks, which are vital for day-to-day function, health and wellbeing. To name a few vitamins and minerals facilitate energy production, hormone production, wound healing, immune system function, blood clotting and foetal development.

The diagram below gives an overview of a few of the richest sources of each nutrient. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.



Water-soluble vitamins

B Vitamins
Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean lour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

B12
Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, eggs, yogurt, Swiss cheese, fortified products.

Vitamin C
Red peppers, guavas, kale, kiwi, broccoli, Brussels sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

Fat-soluble vitamins

Beta Carotene (precursor to vitamin A)
Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers, tuna fish, mackerel, butter.

Vitamin A
(Retinol) Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, paté, goat's cheese, eggs, cheddar, cream cheese, butter.

Vitamin D
Salmon, trout, swordfish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortified products.

Vitamin E
Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunflowers seeds, prawn/shrimp, crayfish, salmon, smoked salmon, swordfish, herring, trout, olive oil, sunflower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

Vitamin K
Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussels sprouts, cabbage, chili powder, paprika, fennel, leeks.

Minerals

Calcium
Watercress, kale, broccoli, low fat mozzarella, low fat cheddar, yogurt, pak choi, tofu, sugar snap peas, almonds, tinned sardines in oil with bones, tinned pink salmon.

Copper
Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, liver, spirulina, dark chocolate, collard greens, Swiss chard, spinach, kale.

Iron
Rye, whole wheat, pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, Swiss chard, kale, dark chocolate.

Magnesium
Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, Brazil nuts, peanuts, walnuts, tofu, coconut, soy beans, figs, apricots, dates, prawns, corn, avocado, spinach, kale, broccoli, swiss chard, turnip greens, collards.

Manganese
Rye, oats, brown rice, barley, mussels, hazelnuts, pine nuts, pecans, lima beans, chickpeas, aduki beans, lentils, pumpkin seeds, sesame seeds, sunflower seeds, pineapple, spinach, kale, tofu, soybeans, sweet potato, blueberries, raspberries, strawberries.

Phosphorus
Brown rice, oats, rye, whole wheat, chicken, turkey, pork, liver, sardines, scallops, salmon, mackerel, crab, milk, yogurt, cottage cheese, sunflower seeds, pumpkin seeds, Brazil nuts, pine nuts, almonds, pistachios, cashews.

Potassium
Dried apricots, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, butternut squash, spinach, mushrooms, bananas, potatoes, low fat yogurt.

Selenium
Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower, liver, eggs, beef, turkey, cottage cheese.

Zinc
Rye, spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms.

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What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.

What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Sensitive Reaction	Mild Reaction	No Reaction
These are the food items that our testing shows you have sensitivity to.	These are the food items that our testing shows you could potentially have sensitivity to.	These are the food items that our testing shows you do not have sensitivity to.

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Your Food Sensitivities: Overview

Sensitive Reaction

- Cassava
- Chia seed
- Fish oil
- Gooseberries
- Ground oats
- Mackerel flake
- Milk from cows
- Parsnips
- Pepper-black
- Pigeon
- Pilchards
- Sorghum flour
- Soy sauce
- Stuffing
- Tea-earl grey

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet.

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Your Food Sensitivities: Overview contd.

Mild Reaction

- Artificial cheese flavour
- Avocado
- Blackcurrants
- Blueberries
- Buckwheat
- Cayenne pepper
- Cheddar Cheese
- Rose wine

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the removal of Mild Reaction items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of Mild Reaction items in the same meal or day may lead to symptoms due to an accumulative effect. See details on how to implement an effective elimination diet on page 59.

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Your Food Sensitivities: Detailed Analysis

Cheese

- Blue Cheese
- Brie
- Cheddar Cheese
- Cottage cheese
- Goat's cheese
- Red Leicester

Dairy and Egg

- A-lactalbumin
- Artificial cheese flavour
- Butter
- Condensed milk
- Duck egg
- Egg white
- Egg yolk
- Ice cream
- Lactose
- Mayonnaise
- Milk from cows
- Milk from goats
- Milk from sheep
- Milk protein
- Pasturised milk
- Pasturised skimmed milk
- Soy milk

Drinks

- Almond milk
- Apple juice
- Beer
- Brandy
- Cashew milk
- Coconut water
- Coffee
- Cranberry juice
- Hazelnut milk
- Hemp milk
- Hot chocolate
- Lemonade
- Pineapple juice
- Pisco
- Rose wine
- Rum
- Sake
- Sambucca
- Shaoxing wine
- Stout
- Tea
- Tea-earl grey
- Tea-green
- Tea-jasmine
- Tea-oolong
- Tea-rooibos
- Tea-white
- Tea-yerba mate
- Tomato juice
- Vermouth
- Vodka
- White wine

Fruit

- Acai berry
- Apples
- Apples-Braeburn
- Apricots
- Avocado
- Bilberries
- Blackcurrants
- Blueberries
- Carambola (Star Fruit)
- Cherries
- Durian Fruit
- Figs
- Galia Melon
- Gooseberries
- Grapefruit
- Grapes (red)
- Grapes (white)
- Hawthorn Fruit
- Jack Fruit
- Jujube Fruit
- Lime
- Melon
- Mulberry
- Oranges
- Passionfruit
- Peaches
- Pears
- Pineapple
- Pink Grapefruit
- Plums, damsons
- Pomegranates
- Prunes
- Raspberries
- Strawberries
- Tomato
- Water-melons

Gluten-containing-Cereals and Grains

- Bread
- Bread-granary
- Bread-rye
- Buckwheat
- Corn
- Corn gluten
- Cornflour
- Gluten
- Ground oats
- Ground wheat
- Kamut
- Oatmeal
- Pasta
- Porridge oats
- Rice
- Rye
- Spelt
- Wafer
- Wheat
- White bread

Gluten-free Cereals and Grains

- Almond flour
- Arrowroot flour
- Rice-wild
- Sorghum flour
- Soy

Herbs and Spices

- Cayenne pepper
- Cinnamon
- Clove
- Garlic
- Ginger
- Oregano
- Pepper-black
- Pepper-green
- Pepper-red
- Pepper-white
- Salt
- Tamarind

Legumes and Pulses

- Black eyed pea
- Chickpea
- Edamame bean
- Lentil
- Navy bean
- Pea
- Soya bean
- Tofu

Meat

- Beef bone
- Beef flavour
- Beef-dried
- Chicken fat
- Corned beef
- Duck flavour
- Duck-domestic
- Goat
- Ground beef
- Ground chicken
- Ground duck
- Ground lamb
- Ground turkey
- Grouse
- Lamb bones
- Mutton
- Partridge
- Pheasant meat
- Pig liver

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Your Food Sensitivities: Detailed Analysis contd.

- Pigs ear
- Pork sausages
- Pork scratchings
- Rabbit
- Raw hide
- Sparrow
- Sweetbreads
- Tripe
- Turkey flavour
- Turkey-hen
- Veal

Miscellaneous

- Acidophilius
- Apple cider vinegar
- Baobab
- Bark
- Barleygrass
- Butylated Hydroxyaniside (BHA)
- Butylated Hydroxycoluene (BHT)
- Corn syrup
- Crisps
- Fructooligosaccharides
- Marmite
- Noodles
- Popcorn
- Sodium Acid Phosphate
- Spirulina
- Stuffing
- Vegemite
- Yeast

Nuts and Seeds

- Almond nut
- Artificial peanut butter
- Chia seed
- Flaxseed
- Macadamia nut
- Pine nut

Oils and Condiments

- Balsamic vinegar
- Brown sauce
- Canola oil
- Coconut oil
- Fish oil
- Fish sauce
- Honey
- Mustard
- Palm oil
- Salad cream
- Sardine oil
- Soy sauce
- Sunflower oil
- Tomato sauce
- Vegetable oil

Seafood and Fish

- Crayfish
- Fish broth
- Fish powder
- Fish stock
- Haddock
- Herring
- John Dory
- Mackerel
- Mackerel flake
- Monkfish
- Octopus
- Pacific Whitening Fish
- Pilchards
- Pollock
- Prawn
- Salmon
- Salmon (freeze dried)
- Salmon (smoked)
- Salmon liver (freeze dried)
- Salmon skin
- Salmon stock (dried)
- Sea bass
- Sea bream
- Smoked herring Bloater
- Trout-sea
- Winkles

Vegetables

- Aji pepper
- Asparagus
- Aubergine
- Brocolli
- Butter lettuce
- Cabbage
- Capsicum-yellow
- Carob
- Cassava
- Chestnut mushroom
- Courgette
- Cucumber
- Ground corn
- Leek
- Maize/corn
- Mustard-green
- Okra
- Oyster mushroom
- Pak choi
- Parsley
- Parsnips
- Pumpkin
- Romaine lettuce
- Runner beans
- Shitake mushroom
- Sweet Potato
- Sweet potato

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Non-food Sensitivities Analysis

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What is a non-food sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Sensitive Reaction	Mild Reaction	No Reaction
These are the non-food items that our testing shows you have sensitivity to.	These are the non-food items that our testing shows you could potentially have sensitivity to.	These are the non-food items that our testing shows you do not have sensitivity to.

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Your Non-food Sensitivities: Overview

Sensitive Reaction

- Alder
- Barley Crop
- Bovines
- Canaries
- Clover
- Dandelion
- Dust
- European Lime (Tilia Europea)
- Kentucky Bluegrass
- Melde (Artiplex spp.)
- Mint
- Moss
- Pine, Scottish (Pinus Sylvestris)
- Strawberry Plant
- Trees
- Velvet

Mild Reaction

- Dock (Rumex Acetosa)
- Dogs
- Golden Hamsters
- Goldenrod (Solidago Virgaurea)
- Leather
- Lupine (Lupinus Polyphyllus)
- Plantain (Plantago Major)
- Scotch Heather

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the avoidance of Mild Reaction items thereafter.
It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of Mild Reaction items in the same day may lead to symptoms due to an accumulative effect.

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Your Non-food Sensitivities: Detailed Analysis

- Alder
- Algae
- Ampicilloyl
- Animal Epithelia
- Anisakis
- Apple Tree
- Ascaris
- Ash Tree
- Aspen Tree
- Aspergillus Fumigatus
- Aspergillus Niger
- Aster
- Bamboo
- Bark
- Barley Crop
- Bee
- Bee Pollen
- Beech Tree
- Bermuda Grass
- Bifidobacterium Animalis
- Blackberry Bush
- Bovines
- Buckwheat
- Budgerigars
- Buttercup Flower
- Calluna
- Canaries
- Catnip
- Cats
- Chamomile (Matricaria Chamomilla)
- Cherry Tree
- Chicken Droppings
- Chicken Feathers
- Chlorine
- Chrysanthemum
- Clover
- Corn plant
- Cotton Crop
- Currant Bush
- Dahlia (Dahlia Hybrida)
- Dandelion
- Dead Nettle
- Deer Epithelium
- Dock (Rumex Acetosa)
- Dog Serum Albumin
- Dogs
- Downy Birch (Betula Verrico)
- Duck Feathers
- Dust
- Elder Plant
- Elm (Ulmus Glabra)
- European Beech Tree
- European Lime (Tilia Europea)
- False Acacia (Robinia Pseudacacia)
- Ferret Epithelium
- Fireweed/Great Willow Herb (Epilobium Angustifolium)
- Fox Epithelium
- Fungus/Mould (Household)
- Golden Hamsters
- Goldenrod (Solidago Virgaurea)
- Goose Feathers
- Grass
- Guinea Pigs
- Hawthorn Tree
- Hazel Tree
- Hornbeam (Carpinus Betulus)
- Horse Bot Fly
- Horse Chestnut Plant
- Horses
- House Dust Mite
- Hyacinth (Endymion Non Scriptus)
- Jacaranda Tree
- Japanese Cedar
- Japanese Millet
- Juniper Bush
- Kammgras (Cynosurus Cristatus)
- Kentucky Bluegrass
- Larch
- Latex
- Leather
- Lilac (Syringa Vulgaris)
- Linden Tree
- Lupine (Lupinus Polyphyllus)
- Lycra
- Maize (Zea Mays)
- Mangrove Tree
- Marguerite (Leucanthemum Vulgare)
- Marigold flowers
- Meadow Fescue (Festuca Pratensis)
- Meadow Fox Tail Grass
- Melde (Artiplex spp.)
- Mice
- Mink Epithelium
- Mint
- Misteltoe Plant
- Moss
- Mouse Urine Proteins
- Mulberry Bush
- Narcissus (Narcissus spp.)
- New Belgian Aster (Aster Novi Belgii)
- Nylon
- Oak Tree
- Oats (Avena Sativa)
- Orchard Grass (Dactylis Glomerata)
- Palm oil
- Pampass grass
- Parrot Feathers
- Pear Tree
- Penicillioyl
- Perfume
- Pigeon Droppings
- Pigeons
- Pigweed (Chenopodium Album)
- Pine Tree
- Pine, Scottish (Pinus Sylvestris)
- Plane Tree (Platanus Acerifolia)
- Plantain (Plantago Major)
- Pollen
- Poplar Tree
- Primrose (Primulus)
- Privet (Ligustrum spp.)
- Prosopis spp
- Rabbit Urine Proteins
- Rabbits
- Ragweed Plant

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Your Non-food Sensitivities: Detailed Analysis contd.

- Red Fescue (Festuca Rubra)
- Ribwort (Plantago Lanceolata)
- Rosehips
- Rubber Tree
- Rye
- Scotch Heather
- Seaweed
- Shrubs
- Spelt
- Squirrel
- Stinging Nettle
- Storage Mite
- Strawberry Plant
- Sweet Vernal Grass (Anthoxanthum Odoratum)
- Tall Oat Grass (Arrhenaterium Elatius)
- Tamarisk (Myrica sp.)
- Tansy Ragwort (Senecio Jacobaea)
- Thistle Plant
- Timothy Grass
- Trees
- Trespe (Bromus Mollis)
- Tulip
- Tumbleweed
- Velvet
- Velvet Grass
- Wallflower (Cheranthus Cheiri)
- Walnut Tree
- Wasp
- Water Reed (Phragmites Communis)
- Wheat (Triticum Aestivum)
- Wood
- Wool
- Wormwood (Artemisia Absinthium)

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Hormonal Balance Analysis

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What is hormonal balance?

Hormonal imbalance is one of the most common causes of feeling unwell. So, there are many reasons for poor hormone health - poor diet, chronic stress, poor gut health, poor immune health, sedentary lifestyle, genetics, and increased exposure to endocrine-disrupting chemicals all play a role. All of these factors can cause hormonal imbalance by negatively influencing our steroidogenic pathway.

Due to our modern ways of living (think: poor diet, chronic stress, toxic environment), conditions such as PCOS, endometriosis, infertility, declining testosterone, and hormone sensitive cancers are becoming more common. Most of us are struggling with some sort of hormonal imbalance, however because it's become so common, we're often told symptoms are normal.

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

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your hormonal balance results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Out Of Balance or In Balance, in the overview section you will see only those items, which tested as Out Of Balance. The In Balance items can be found in the detailed analysis section.

Out Of Balance

The level of hormones in your body are out of balance according to our testing parameters.

In Balance

The level of hormones in your body are in balance according to our testing parameters.

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Your Hormonal Balance: Overview

Out Of Balance

No items have been identified as Out Of Balance according to our testing parameters.

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.

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Your Hormonal Balance: Detailed Analysis

- Follicle Stimulating Hormone
- Luteinizing Hormone
- Oestradiol
- Testosterone
- Thyroid Stimulating Hormone
- Thyroxine (T4)
- Triiodothyronine (T3)

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Your Hormonal Balance: Explained

Follicle Stimulating Hormone
Follicle stimulating hormone is produced by the pituitary gland. It regulates the functions of both the ovaries and testes. Lack or insufficiency of it can cause infertility or subfertility both in men and women.

Luteinizing Hormone
This is produced by the pituitary gland and is one that control the reproductive system.

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.

Testosterone
Testosterone is a hormone that is responsible for many of the physical characteristics specific to adult males. It plays a key role in reproduction and the maintenance of bone and muscle strength.

Thyroid Stimulating Hormone
Thyroid stimulating hormone is produced by the pituitary gland. It's role is to regulate the production of hormones by the thyroid gland.

Thyroxine (T4)
Thyroxine is the main hormone secreted into the bloodstream by the thyroid gland. It plays vital roles in digestion, heart and muscle function, brain development and maintenance of bones.

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.

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Gut Biome Analysis

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What is gut biome?

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 this test, then please do not worry, it means that we have not identified any deficiencies in our analysis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your gut biome results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Out Of Balance or In Balance, in the overview section you will see only those items, which tested as Out Of Balance. The In Balance items can be found in the detailed analysis section.

Out Of Balance

The level of good bacteria in your body are out of balance according to our testing parameters.

In Balance

The level of good bacteria in your body are in balance according to our testing parameters.

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Your Gut Biome: Overview

Out Of Balance

No items have been identified as Out Of Balance according to our testing parameters.

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.

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Your Gut Biome: Detailed Analysis

- ALactobaccillus
- Acidophilus
- Acidophilus bifidus
- Bifidobacterium Bifidum
- Escherichia Coli
- Lactobacillus Reuteri
- Streptococcus
- Streptococcus Faecium
- Streptomyces
- Thermophilus

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Your Gut Biome: Explained

Lactobacillus Acidophilus
Found in the small intestines, this bacteria is very important as it creates Vitamin K and infection fighting agents.

Sources: Fermented vegetables, sauerkraut, miso, fermented cheese, kefir, yogurt, tempeh, pickles, kimchi, green olives, wine, and sourdough bread.

Streptomyces
Utilised to make antifungal agents and to treat infections.

Bifidobacterium Bifidum
Used to repair stomach ulcers and helps to stop constipation.

Sources: Whole grains like oats and barley. Fermented foods like yoghurt and kimchi.

Bacillus Coagulans
Useful in the treatment of gastrointestinal disorders, such as diarrhoea.

Sources: Fermented foods like sauerkraut, kimchi and yoghurt.

Lactobacillus Reuteri
Strengthens the breast's intestines and helps to fight inflammation.

Sources: Milk products like yoghurt and cheese.

Escherichia Coli
Found in the intestines, helps to treat bowel diseases like Crohn's Disease, Constipation, Irritable bowel Syndrome, etc. Does not cause food poisoning in its natural surroundings.

Acidophilus Bifidus
Produces lactic acid and hydrogen peroxide. Reduces cholesterol and 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.

Streptococcus Thermophilus
Helps to prevent diarrhoea by maintaining the health of the digestive system.

Sources: Dairy products like yoghurt.

Streptococcus Faecium
Found in the intestines. Helps to alleviate the symptoms of nasal cavity infections, irritable bowel symptoms and baby colic.

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Digestive Health and Metabolism Analysis

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What is digestive health and metabolism?

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.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your metabolism results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Out Of Balance or In Balance, in the overview section you will see only those items, which tested as Out Of Balance. The In Balance items can be found in the detailed analysis section.

Out Of Balance

The level of enzymes in your body are out of balance according to our testing parameters.

In Balance

The level of enzymes in your body are in balance according to our testing parameters.

getchecked

Digestive Health and Metabolism: Overview

Out Of Balance

No items have been identified as Out Of Balance according to our testing parameters.

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 above 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.

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Digestive Health and Metabolism: Detailed Analysis

- Amylase
- Bile Salts
- Enterokinase
- Lipase
- Pepsin
- Trypsin and Chymotrypsin

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Digestive Health and Metabolism: Explained

Amylase
Amylase breaks down carbohydrates (starches) into simpler sugars. Irregular levels can affect the pancreas.

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.

Enterokinase
Enterokinase is a sequence-specific protease found within the intestinal tract.

Lipase
Lipase along with bile from the gallbladder, breaks down fats into glycerol and fatty acids.

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.

Trypsin & Chymotrypsin
These two are proteolytic enzymes. Their job is to digest protein in the small intestine.

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Metal Sensitivities Analysis

What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium.

Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of leadbased paints.

Symptoms vary between the different types of heavy metals.

What to do if you have high levels of exposure?

It is important to look at lowering your day-to-day level of exposure.

Consider your environment, the foods you eat, water, cosmetics and cleaning products. The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones.

You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

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Potential sources in your environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

Food - Pesticides, insecticides and herbicides used on crops can lead to contaminated food produce. Contaminated water can result in fish and seafood containing heavy metals.

Water - Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your water.

Air - Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

Cosmetics - Lead, arsenic, mercury, aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

Cleaning products - Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.

Your results explained

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.
Ideally the metals will show No Reaction in testing. If however there are metals identified as Mild or Sensitive Reaction do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

Sensitive Reaction	Mild Reaction	No Reaction
These are the metals that our testing shows are at a level that could lead to toxicity.	These are the metals that our testing shows risk being at a level that may lead to toxicity.	These are the metals that our testing shows are not at a level that could lead to toxicity.

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Your Metal Sensitivities: Overview

Sensitive Reaction

- Indium (In)

Mild Reaction

- Chlorine (Cl)
- Molybdenum (Mo)

These metals have been identified as ones to which you should monitor your exposure. It is also recommended that you aid your body's natural detoxification processes by ensuring you drink plenty of filtered water, eat a diet that is rich in wholefoods (particularly fruits and vegetables), avoid processed foods, reduce caffeine and/or alcohol intake, lower nicotine usage and exercise regularly.

No Reaction

- Antimony (Sb)
- Arsenic (As)
- Beryllium (Be)
- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Calcium (C)
- Cobalt (Co)
- Dysprosium (Dy)
- Gadolinium (Gd)
- Germanium (Ge)
- Hafnium (Hf)
- Iodine (Ie)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Palladium (Pd)
- Phosphorus (P)
- Potassium (K)
- Radium (Ra)
- Rhodium (Rh)
- Ruthenium (Ru)
- Silicon (Si)
- Sodium (Na)
- Strontium (Sr)
- Tantalum (Ta)
- Titanium (Ti)
- Zinc (Zn)

These metals have been identified as being at a low or No Reaction level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.

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Your Metal Sensitivities: Detailed Analysis

- Antimony (Sb)
- Arsenic (As)
- Beryllium (Be)
- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Calcium (C)
- Chlorine (Cl)
- Cobalt (Co)
- Dysprosium (Dy)
- Gadolinium (Gd)
- Germanium (Ge)
- Hafnium (Hf)
- Indium (In)
- Iodine (Ie)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Molybdenum (Mo)
- Palladium (Pd)
- Phosphorus (P)
- Potassium (K)
- Radium (Ra)
- Rhodium (Rh)
- Ruthenium (Ru)
- Silicon (Si)
- Sodium (Na)
- Strontium (Sr)
- Tantalum (Ta)
- Titanium (Ti)
- Zinc (Zn)

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Minerals and Nutrients Analysis

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Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications. Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What are phytonutrients?

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section. Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional. Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Out Of Balance

The level of the mineral or other nutrients in your body are out of balance according to our testing parameters.

In Balance

The level of the mineral or other nutrients in your body are balanced according to our testing parameters.

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Your Minerals and Nutrients: Overview

Out Of Balance

- Asparagine
- Chromium
- Fibre
- Homocysteine
- Iodine
- Iso-Flavonoids
- Lignans

These minerals and/or other nutrients have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see 'The role of food types' in the Food Sensitivity section.

In Balance

- Adenine
- Alpha Lipoic Acid
- Anthocyanidins
- Arginine
- Ascorbic Acid
- Betain
- Betakaroten
- Biotin
- Bromelain
- Calcium
- Carotenoids
- Citrus Bio-Flavonoids
- Co Q 10
- Copper
- Creatin
- Cysteine
- Docosahexaenoic Acid
- Eicosapentaenoic Acid
- Ellagic Acid
- Flavonoids
- Folate
- Folic Acid
- Gallic Acid
- Genistein
- Germanium
- Glutamin
- Glutathione
- Glycine
- Histidine
- Inositol
- Iron
- Isoleucine
- L-Carnitine
- L-Glutamine
- Lecithin
- Leucine
- Lutein
- Lycopene
- Magnesium
- Manganese
- Melatonin
- Molybden
- Niacin
- Omega 3
- Omega 6
- Phenylalanine
- Potassium
- Riboflavin
- Sodium

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.

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Your Minerals and Nutrients: Detailed Analysis

- Adenine
- Alpha Lipoic Acid
- Anthocyanidins
- Arginine
- Ascorbic Acid
- Asparagine
- Betain
- Betakaroten
- Biotin
- Bromelain
- Calcium
- Carotenoids
- Chromium
- Citrus Bio-Flavonoids
- Co Q 10
- Copper
- Creatin
- Cysteine
- Docosahexaenoic Acid
- Eicosapentaenoic Acid
- Ellagic Acid
- Fibre
- Flavonoids
- Folate
- Folic Acid
- Gallic Acid
- Genistein
- Germanium
- Glutamin
- Glutathione
- Glycine
- Histidine
- Homocysteine
- Inositol
- Iodine
- Iron
- Iso-Flavonoids
- Isoleucine
- L-Carnitine
- Lecithin
- Leucine
- Lignans
- Lutein
- Lycopene
- Magnesium
- Manganese
- Melatonin
- Molybden
- Niacin
- Omega 3
- Omega 6
- Phenylalanine
- Potassium
- Riboflavin
- Sodium

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Vitamins Analysis

Low vitamin levels

There are recommended daily amounts of each vitamin that should be consumed on a daily basis. However vitamin requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low vitamin levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What should you do if you have low vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most natural and best way of improving intake. Vitamins come from a variety of sources, the richest sources being unrefined choices. For guidance on specific vitamins and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional. Should you suspect that you could have a vitamin deficiency please seek the advice of your physician.

Your results explained

Outside Range

The level of the vitamin in your body falls below the normal range according to our testing parameters.

Within Range

The level of the vitamin in your body falls within the normal range according to our testing parameters.

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Your Vitamins: Overview

Outside Range

- Vit. B12
- Vit. D

These vitamins have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds, good quality meat, fish, eggs and dairy produce. For more specific guidance on the best sources of each vitamin please see 'The role of food types' in the Food Sensitivity section.

Within Range

- Vit. A
- Vit. B1
- Vit. B2
- Vit. B3
- Vit. B5
- Vit. B6
- Vit. B7
- Vit. K
- Vitamin B9

These vitamins have been identified as falling within the normal range. Keep up the good work, ensuring a nutrient-rich daily diet to ensure your vitamin levels remain consistent.

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Your Vitamins: Detailed Analysis

- Vit. A
- Vit. B1
- Vit. B12
- Vit. B2
- Vit. B3
- Vit. B5
- Vit. B6
- Vit. B7
- Vit. D
- Vit. K
- Vitamin B9

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Additives Analysis

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What are additives?

Additives are substances, which are added to food for a specific reason such as; to improve the look or taste of a food, to preserve a food and make it last longer on the shelf, to aid food processing and manufacturing, to stabilise a food and keep it safe to eat.

The main types of additives are colourings, flavour enhancers, sweeteners, antioxidants, emulsifiers, stabilisers and preservatives. They can be natural, man-made but nature identical or artificial.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your additives results. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction.

Sensitive Reaction	Mild Reaction	No Reaction
These are the additives that our testing shows you have sensitivity to.	These are the additives that our testing shows you could potentially have sensitivity to.	These are the additives that our testing shows you do not have sensitivity to.

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Your Additives: Overview

Sensitive Reaction

- E 150 d
- E 155
- E 160 d
- E 180
- E 331
- E 354
- E 417
- E 473
- E 493
- E 527
- E 625
- E 628

These additives have been identified as those, which may be causing or contributing to physical symptoms. We would recommend the removal of these additives from your daily diet as far as possible.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

Mild Reaction

- E 150 c
- E 161 g
- E 220
- E 224
- E 250
- E 252
- E 333
- E 336
- E 356
- E 404
- E 406
- E 410
- E 414
- E 472 d
- E 472 f
- E 492
- E 514
- E 528
- E 623
- E 626
- E 633
- E 903
- E 904
- E 927

These additives have been identified as those, which may have the potential to cause or contribute to physical symptoms. We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the avoidance of Mild Reaction items thereafter.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce andlow in processed foods will enable the removal of many additives from your daily diet. It is also worth considering that having these items in isolation may not cause symptoms, however having contact with a number of Mild Reaction items in the same day may lead to symptoms due to an accumulative effect.

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Your Additives: Overview contd.

No Reaction

You can see the full breakdown of additives showing no reaction in the additives detailed analysis section.

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Your Additives: Overview contd.

If you would like further information on a particular additive we have set out a variety of different sources you can use. In the appendix you will find details of the full name of each additive. *Please note not all of these additives are on the test.*

This website gives the names of branded products, which contain a given additive. Search the database using the full name of the additive rather than the number. For example under 'search for a product' put aspartame rather than E951.

This website gives a good level of detail on an extensive list of additives.

- E100-E200
- E200-E300
- E300-E400
- E400-E500
- E500-E600
- E600-E700
- E900-E1000
- E1000-E1300
- E1400-E1500
- E1500-E1525

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Your Additives: Detailed Analysis

Antioxidants

- E 300
- E 321
- E 322
- E 325
- E 326
- E 327
- E 330
- E 331
- E 332
- E 333
- E 334
- E 335
- E 336
- E 337
- E 338
- E 339
- E 340
- E 341
- E 350
- E 351
- E 352
- E 353
- E 354
- E 355
- E 356
- E 357
- E 363
- E 380
- E 385

Colourings

- E 150 c
- E 150 d
- E 151
- E 153
- E 154
- E 155
- E 160 a
- E 160 b
- E 160 c
- E 160 d
- E 160 e
- E 160 f
- E 161 g
- E 162
- E 163
- E 170
- E 171
- E 172
- E 173
- E 174
- E 175
- E 180

Emulsifiers

- E 472 a
- E 472 b
- E 472 c
- E 472 d
- E 472 e
- E 472 f
- E 473
- E 474
- E 475
- E 476
- E 477
- E 479
- E 481
- E 482
- E 483
- E 491
- E 492
- E 493
- E 494
- E 495

Flavour enhancers

- E 620
- E 621
- E 622
- E 623
- E 624
- E 625
- E 626
- E 627
- E 628
- E 629
- E 630
- E 632
- E 633
- E 634
- E 635
- E 640
- E 900
- E 901
- E 902
- E 903
- E 904
- E 912
- E 914
- E 927
- E 938

Miscellaneous additives

- E 500
- E 501
- E 503
- E 504
- E 507
- E 508
- E 509
- E 511
- E 512
- E 513
- E 514
- E 515
- E 516
- E 517
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- E 551
- E 552
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- E 553 b
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- E 558
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- E 570
- E 574
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- E 577
- E 578
- E 579
- E 585

Preservatives

- E 218
- E 219
- E 220
- E 221
- E 222
- E 223
- E 224
- E 226
- E 227
- E 228
- E 230
- E 231
- E 232
- E 233
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- E 235
- E 239
- E 242
- E 249
- E 250
- E 251
- E 252
- E 260
- E 261

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Your Additives: Detailed Analysis contd.

- E 263
- E 270
- E 280
- E 281
- E 282
- E 283
- E 284
- E 285
- E 290
- E 296
- E 297

Thickening, Setting and Moisturising Agents

- E 400
- E 401
- E 402
- E 403
- E 404
- E 405
- E 406
- E 407
- E 407 a
- E 410
- E 412
- E 413
- E 414
- E 415
- E 417
- E 418
- E 420
- E 421

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What can you do next?

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This is where your journey to a healthier life begins

You have read through all of your results, so what now?
As we said at the beginning of the report we believe that these test results can be the start of your journey towards a healthier life.

The next step we would recommend is the completion of an elimination diet. This entails the removal of all reactive foods for a period of time followed by reintroduction. The elimination diet is a powerful tool, which provides much clarity for individuals on which foods work for them and which do not.

Aims and objectives
Before you embark upon any new project, venture or undertaking, in this case making positive dietary changes, it is always good to write down your aims and objectives. You can refer back to these notes in times of doubt or to reflect on whether you achieved your objectives.

You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for the elimination diet and beyond.

We advise you to read and follow the advice contained in this report.

Sometimes all you need is a little push in the right direction. This report is designed to help you on the journey to a healthier and happier lifestyle.

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E-Numbers Explained

Additives

- **E 300** Ascorbic acid (L-) (vitamin C)
- **E 301** Sodium L-ascorbate (ascorbic acid)
- **E 302** Calcium L-ascorbate (ascorbic acid)
- **E 304** Ascorbyl palmitate / ascorbyl stearate
- **E 306** Natural tocopherols (vitamin E)
- **E 307** Synthetic alpha-tocopherol (tocopherol)
- **E 308** Synthetic gamma-tocopherol (tocopherol)
- **E 309** Synthetic delta-tocopherol (tocopherol)
- **E 310** Propyl gallate (gallate)
- **E 311** Octyl gallate (gallate)
- **E 312** Dodecyl gallate (gallate)
- **E 315** Isoascorbic acid
- **E 316** Sodium isoascorbate
- **E 320** Butylated hydroxyanisole (BHA)
- **E 321** Butylated hydroxytoluene
- **E 322** Lecithins
- **E 325** Sodium lactate (salts from lactic acid)
- **E 326** Potassium lactate (salts from lactic acid)
- **E 327** Calcium lactate (salts from lactic acid)
- **E 330** Citric acid
- **E 331** Monosodium citrate, disodium c., trisodium c
- **E 332** Monopotassium citrate, tripotassium c.
- **E 333** Monocalcium citrate, dicalcium c., tricalcium c.
- **E 334** Tartaric acid (L+), tartaric acid
- **E 335** Monosodium tartrate, disodium tartrate
- **E 336** Monopotassium tartrate, dipotassium tartrate
- **E 337** Sodium potassium tartrate (salts from tartaric acid)
- **E 338** Orthophosphoric acid, phosphoric acid
- **E 339** Monosodium phosphate, disodium p., trisodium p.
- **E 340** Monopotassium phosphate, dipotassium p. tripotassium p.
- **E 341** Monocalcium phosphate, dicalcium p., tricalcium p.
- **E 350** Sodium malate, sodium hydrogen malate
- **E 351** Potassium malate (salts from malic acid)
- **E 352** Calcium malate, calcium hydrogen malate
- **E 353** Metatartaric acid
- **E 354** Calcium tartrate (salts from malic acid)
- **E 355** Adipic acid
- **E 356** Sodium adipate
- **E 357** Potassium adipate
- **E 363** Succinic acid
- **E 380** Triammonium citrate (salts from citric acid)
- **E 385** Calcium sodium ethylene diamine tetra-acetate (EDTA)

Colours

- **E 100** Curcumin
- **E 101** Riboflavin (vit. B2), riboflavin-5'-phosphate
- **E 102** Tartrazine
- **E 104** Quinoline yellow
- **E 110** Sunset yellow FCF, orange yellow S
- **E 120** Cochineal, carminic acid, carmines
- **E 122** Carmoisine
- **E 123** Amaranth
- **E 124** Ponceau 4R
- **E 127** Erythrosine
- **E 128** Red 2 G
- **E 129** Allura red AC
- **E 131** Patent blue V
- **E 132** Indigo carmine
- **E 133** Brilliant blue FCF
- **E 140** Chlorophylls and chlorophyllins
- **E 141** Chlorophyllins (Cu complexes)
- **E 142** Green S
- **E 150 a** Caramel
- **E 150 b** Caustic sulphite caramel
- **E 150 c** Ammonia caramel
- **E 150 d** Ammonia sulphite caramel
- **E 151** Brilliant black BN, black PN
- **E 153** Vegetable carbon
- **E 154** Brown FK
- **E 155** Brown HT
- **E 160 a** Carotene (mixed carotenes, beta-carotenes)
- **E 160 b** Annatto, bixin, norbixin
- **E 160 c** Capsanthin, capsorubin
- **E 160 d** Lycopene
- **E 160 e** Beta-apo-8'-carotenal, (carotinoid)
- **E 160 f** Ethyl ester of beta-apo-8'-carotenoic acid
- **E 161 b** Lutein
- **E 161 g** Canthaxanthin
- **E 162** Beetroot red (betanin)
- **E 163** Anthocyanins
- **E 170** Calcium carbonate
- **E 171** Titanium dioxide
- **E 172** Iron oxides, iron hydroxides
- **E 173** Aluminium
- **E 174** Silver
- **E 175** Gold
- **E 180** Lithol rubine BK

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E-Numbers Explained contd.

Emulsifiers

- **E 432** Polyoxyethylenesorbitan-monolaurate (polysorbate 20)
- **E 433** Polyoxyethylenesorbitan-monooleate (polysorbate 80)
- **E 434** Polyoxyethylenesorbitan-monopalmitate (polysorbate 40)
- **E 435** Polyoxyethylenesorbitan-monostearate (polysorbate 60)
- **E 436** Polyoxyethylene-sorbitantristearate (polysorbate 65)
- **E 440** Pectin, amidated pectin
- **E 442** Ammonium phosphatides
- **E 444** Sucrose-acetate-isobutyrate
- **E 445** Glycerol esters of wood resin
- **E 450** Potassium and sodium diphosphates
- **E 451** Potassium and sodium triphosphates
- **E 452** Polyphosphates
- **E 460** Cellulose, microcrystalline cellulose, cellulose powder
- **E 461** Methylcellulose
- **E 463** Hydroxypropylcellulose
- **E 464** Hydroxypropylmethylcellulose
- **E 465** Methylethylcellulose
- **E 466** Carboxymethylcellulose
- **E 470 a** Sodium-, potassium- and calcium salts
- **E 470 b** Magnesium salts of fatty acids
- **E 471** Mono- and diglycerides
- **E 472 a** Acetic acid esters of mono- and diglycerides
- **E 472 b** Lactic acid esters of mono- and diglycerides
- **E 472 c** Citric acid esters of mono- and diglycerides
- **E 472 d** Tartaric acid esters of mono- and diglycerides
- **E 472 e** Diacetyltartaric acid esters of mono- and diglycerides
- **E 472 f** Mixed esters of mono- and diglycerides
- **E 473** Sucrose esters of mono- and diglycerides
- **E 474** Sucroglycerides
- **E 475** Polyglycerol esters of fatty acids
- **E 476** Polyglycerol polyricinoleate
- **E 477** Propylene glycol esters of fatty acids
- **E 479** Thermo-oxidised soya oil
- **E 481** Sodium stearoyl-2-lactylate
- **E 482** Calcium stearyol-2-lactylate
- **E 483** Stearyl tartrate
- **E 491** Sorbitan monostearate
- **E 492** Sorbitan tristearate
- **E 493** Sorbitan monolaurate
- **E 494** Sorbitan monooleate
- **E 495** Sorbitan monopalmitate

Flavour enhancers

- **E 620** Glutamic acid
- **E 621** Monosodium glutamate, sodium glutamate
- **E 622** Monopotassium glutamate, potassium glutamat
- **E 623** Calcium diglutamate, calcium glutamate
- **E 624** Monoammonium glutamate, ammonium glutamate
- **E 625** Magnesium diglutamate, magnesium glutamate
- **E 626** Guanylic acid, guanylate
- **E 627** Disodium guanylate, guanylate
- **E 628** Dipotassium guanylate, guanylate
- **E 629** Calcium guanylate, guanylate
- **E 630** Inosinic acid, ionisate
- **E 631** Disodium ionisate, ionisate
- **E 632** Dipotassium ionisate, ionisate
- **E 633** Dicalcium ionisate
- **E 634** Calcium ribonucleotides
- **E 635** Disodium ribonucleotides
- **E 640** Glycine and its sodium salts
- **E 900** Dimethylpolysiloxane
- **E 901** Bees wax, white and yellow
- **E 902** Candelilla wax
- **E 903** Carnauba wax
- **E 904** Shellac
- **E 912** Montanic acid ester
- **E 914** Polyethylene wax oxidates
- **E 927 b** Carbamide
- **E 938** Argon

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E-Numbers Explained contd.

Miscellaneous additives

- **E 500** Sodium carbonate, sodium hydrogen carbonate, sodium sesquicarbonate
- **E 501** Potassium carbonate, potassium hydrogen carbonate
- **E 503** Ammonium carbonate, A.-hydrogen carbonate
- **E 504** Magnesium carbonate, M.-hydrogen carbonate
- **E 507** Hydrochloric acid
- **E 508** Potassium chloride
- **E 509** Calcium chloride
- **E 511** Magnesium chloride
- **E 513** Sulphuric acid
- **E 514** Sodium sulphate, sodium, hydrogen sulphate
- **E 515** Potassium sulphate, potassium hydrogen sulphate
- **E 516** Calcium sulphate
- **E 517** Ammonium sulphate
- **E 520** Aluminium sulphate
- **E 521** Aluminium sodium sulphate
- **E 522** Aluminium potassium sulphate
- **E 523** Aluminium ammonium sulphate
- **E 524** Sodium hydroxide
- **E 525** Potassium hydroxide
- **E 526** Calcium hydroxide
- **E 527** Ammonium hydroxide
- **E 528** Magnesium hydroxide
- **E 529** Calcium oxide
- **E 530** Magnesium oxide
- **E 535** Sodium ferrocyanide
- **E 536** Potassium ferrocyanide
- **E 538** Calcium ferrocyanide
- **E 541** Sodium aluminium phosphate, acidic
- **E 551** Silicon dioxide (silica)
- **E 552** Calcium silicate
- **E 553 a** Magnesium silicate, magnesium trisilicate
- **E 553 b** Talc
- **E 554** Aluminium sodium silicate
- **E 555** Aluminium potassium silicate
- **E 556** Aluminium calcium silicate
- **E 558** Bentonite
- **E 559** Aluminium silicate (kaolin)
- **E 570** Stearic acid (fatty acids)
- **E 574** Gluconic acid
- **E 575** Glucono-delta-lactone
- **E 576** Sodium gluconate
- **E 577** Potassium gluconate
- **E 578** Calcium gluconate
- **E 579** Iron-II-gluconate
- **E 585** Iron-II-lactate

Preservatives

- **E 200** Sorbic acid
- **E 202** Potassium sorbate, sorbic acid
- **E 203** Calcium sorbate, sorbic acid
- **E 210** Benzoic acid
- **E 211** Sodium benzoate, benzoic acid
- **E 212** Potassium benzoate, benzoic acid
- **E 213** Calcium benzoate, benzoic acid
- **E 214** Ethyl-para-hydroxybenzoate (PHB-ester)
- **E 215** Sodium ethyl-para-hydroxy benzoate (PHB-ester)
- **E 216** Propyl-para-hydroxybenzoate (PHB ester)
- **E 217** Sodiumpropyl-para-hydroxy benzoate (PHB-ester)
- **E 218** Methyl-para-hydroxbenzoate (PHB-ester)
- **E 219** Sodium methyl-para-hydroxy benzoate (PHB-ester)
- **E 220** Sulphur dioxide
- **E 221** Sodium sulphite (sulphur dioxide)
- **E 222** Sodium hydrogen sulphite (sulphur dioxide
- **E 223** Sodium metabisulphite (sulphur dioxide)
- **E 224** Potassium metabisulphite (sulphur dioxide)
- **E 226** Calcium sulphite (sulphur dioxide)
- **E 227** Calcium hydrogen sulphite (sulphur dioxide)
- **E 228** Potassium hydrogen sulphite (sulphur dioxide)
- **E 230** Biphenyl, diphenyl
- **E 231** Orthophenylphenol
- **E 232** Sodium orthophenylphenate, orthophenylphenol
- **E 233** Thiabendazole
- **E 234** Nisin
- **E 235** Natamycine
- **E 239** Hexamethylene-tetramine
- **E 242** Dimethyl dicarbonate
- **E 249** Potassium nitrite
- **E 250** Sodium nitrite
- **E 251** Sodium nitrate
- **E 252** Potassium nitrate
- **E 260** Acetic acid
- **E 261** Potassium acetate, salt of acetic acid
- **E 262** Sodium acetate, salt of acetic acid
- **E 263** Calcium acetate, salt of acetic acid
- **E 270** Lactic acid
- **E 280** Propionic acid
- **E 281** Sodium propionate, propionic acid
- **E 282** Calcium propionate, propionic acid
- **E 283** Potassium propionate, propionic acid
- **E 284** Boric acid
- **E 285** Sodium tetraborate, boric acid
- **E 290** Carbon dioxide, carbonic acid
- **E 296** Malic acid
- **E 297** Fumaric acid

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E-Numbers Explained contd.

Sweeteners

- **E 939** Helium
- **E 941** Nitrogen
- **E 942** Nitrous oxide
- **E 948** Oxygen
- **E 950**Acesulfame K, acesulfame
- **E 951** Aspartame
- **E 952** Cyclamate, cyclohexane sulphamide acid
- **E 953** Isomalt
- **E 954** Saccharin
- **E 957** Thaumatin
- **E 959** Neohesperidin DC
- **E 965** Maltitol, maltitol syrup
- **E 966** Lactitol
- **E 967** Xylitol
- **E 999** Quillaia extract
- **E 1105** Lysozyme
- **E 1200** Polydextrose
- **E 1201** Polyvinylpyrrolidone
- **E 1202** Polyvinyl polypyrrolidone
- **E 1404** Oxidised starch
- **E 1410** Monostarch phosphate (modified starch)
- **E 1412** Di-starch phosphate (modified starch)
- **E 1413** Phosphatised di-starch phosphate (modified starch)
- **E 1414** Acetylised di-starch phosphate (modified starch)
- **E 1420** Acetylised starch (modified starch)
- **E 1422** Acetylised di-starch adipate (modified starch)
- **E 1440** Hydroxypropyl starch (modified starch)
- **E 1442** Hydroxypropyl di-starch phosphate (modified starch)
- **E 1450** Starch sodium octenylsuccinate (modified starch)
- **E 1505** Triethyl citrate
- **E 1518** Glycerine triacetate (triacetin)

Thickening, setting and moisturising agents

- **E 400** Alginic acid, alginate
- **E 401** Sodium alginate, alginate
- **E 402** Potassium alginate, alginate
- **E 403** Ammonium alginate, alginate
- **E 404** Calcium alginate, alginate
- **E 405** Propylene glycol alginate, alginate
- **E 406** Agar
- **E 407** Carrageenan
- **E 407 a** Eucheuma algae, treated
- **E 410** Locust bean gum, carob gum
- **E 412** Gua gum
- **E 413** Tragacanth
- **E 414** Gum arabic
- **E 415** Xanthan gum
- **E 417** Tara meal
- **E 418** Gellane
- **E 420** Sorbit, sorbit syrup
- **E 421** Mannite
- **E 422** Glycerine

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Metal Potential Sources

Aluminium
Can be found in: Cans, foils, kitchen utensils, window frames and beer kegs

Antimony
Can be found in: Batteries, low friction metals and cable sheathing

Argon
Can be found in: Welding and light bulbs

Arsenic
Can be found in: Rat poisons and insecticides

Barium
Can be found in: Paints, fireworks, some medicines and the process of making glass

Beryllium
Can be found in: Springs, electrical contacts and spot-welding electrodes

Bismuth
Can be found in: Usually mixed with other metals

Boron
Can be found in: Clay pots, detergent, glass, flares and fibreglass

Bromine
Can be found in: Flame-retardants, water purification systems and dyes

Cadmium
Can be found in: Re-chargeable batteries

Caesium
Can be found in: Atomic clocks and photoelectric cells

Cerium
Can be found in: Air conditioners, computer and ovens

Chlorine
Can be found in: Bleach, papermaking, swimming pools

Chromium
Can be found in: Stainless steel cutlery, wood preservatives, dyes and pigments

Cobalt
Can be found in: Cutting tools and dyes

Copper
Can be found in: Electrical generators and motors

Dysprosium
Can be found in: Lasers and many alloys

Fluorine
Can be found in: Toothpaste and etched glass

Gadolinium
Can be found in: Many alloys

Gallium
Can be found in: Electronics, alloys and thermometers

Germanium
Can be found in: Glass lenses, fluorescent lights, electronics and many alloys

Gold
Can be found in: Jewellery

Hafnium
Can be found in: Many alloys

Holmium
Can be found in: Lasers

Indium
Can be found in: Electronics and mirrors

Iridium
Can be found in: Alloys and materials that need to withstand high temperatures

Lead
Can be found in: Lead-acid storage batteries

Lithium
Can be found in: Rechargeable and nonrechargeable batteries, some medications and alloys

Mercury
Can be found in: Batteries, fluorescent lights, felt production, thermometers and barometers

Molybdenum
Can be found in: Many alloys

Nickel
Can be found in: Stainless steel

Palladium
Can be found in: Car exhaust manufacture, dental fillings and jewellery

Platinum
Can be found in: Jewellery, decoration and dental work

Radium
Can be found in: Some medicines and glowing paints

Rhenium
Can be found in: Many alloys and flash photography

Rhodium
Can be found in: Spark plugs and highly reflective materials

Rubidium
Can be found in: Many alloys and amalgams

Ruthenium
Can be found in: Many alloys and corrosion resistant metals

Samarium
Can be found in: Many alloys and audio equipment

Silicon
Can be found in: Glass, pottery, computer chips and bricks

Silver
Can be found in: Jewellery

Strontium
Can be found in: Firework production, tin cans (food)

Sulphur
Can be found in: Medicines, fertilisers, fireworks and matches

Tantalum
Can be found in: Surgical equipment and camera lenses

Tin
Can be found in: Alloying metal

Titanium
Can be found in: Alloying metal

Vanadium
Can be found in: Alloying metal

Zinc
Can be found in: Many alloys, paint, fluorescent lights and the process of making plastic

Zirconium
Can be found in: Corrosion resistant alloys, magnets and some gem stones

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Contact us:

If you have any questions please get in touch with the team

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