ALTOGETHER HEALTHIER

health beings.

Your Supertest results are here

SAMPLE

SAMPLE REPORT

Report Date: Jul 2, 2024

Bioresonance test results

We are delighted to present you with your test results report!

Your results have been created by our state of the art bioresonance testing machine by our technician Emma.

Personal Details
Jean Anaya

Testing information
Sample tested by: Emma
Testing date: Jun 4 2024

Complementary Alternative Medicine (CAMS)

Our food sensitivity tests are carried out using bioresonance therapy and is categorised under Complementary and Alternative Medicines (CAMs) which covers a wide range of therapies that fall outside mainstream medicine. Tests and related information provided do not make a medical diagnosis nor is it intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your doctor or other qualified health provider if you have a medical condition or with any questions you may have regarding a medical condition and/or medical symptoms.

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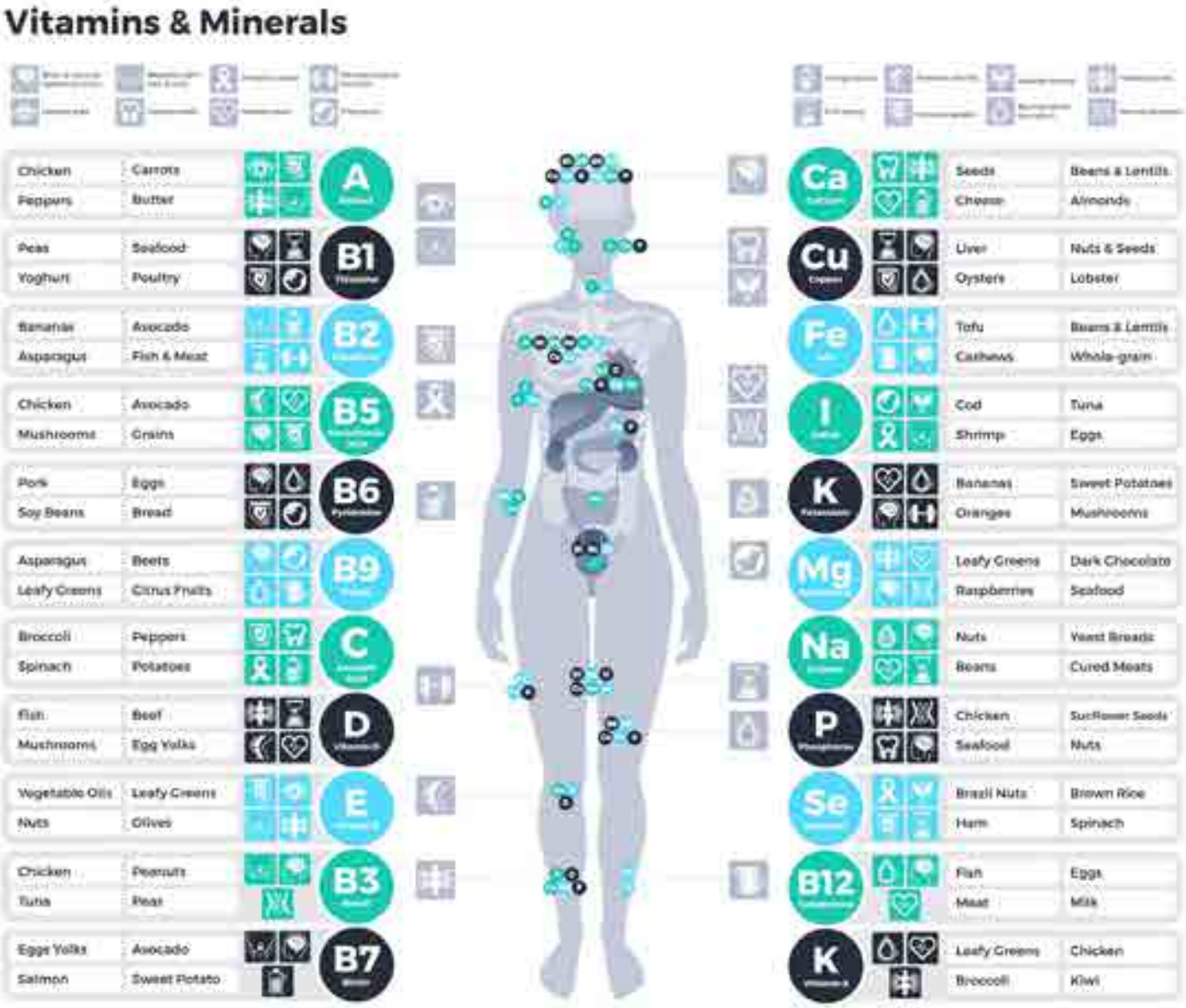
Food & drink sensitivities analysis

01.

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 and some of the functions it performs within the body. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.



Sources of vitamins

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, fortiied products.

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

Fat-soluable vitamins

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

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 ish, mackerel, butter.

Vitamin D
Salmon, trout, swordish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortiied products.

Vitamin E
Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunlowers seeds, prawn/shrimp, crayish, salmon, smoked salmon, swordish, herring, trout, olive oil, sunlower 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, Brussel sprouts, cabbage, chilli 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.

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

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

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.

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.

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.

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,

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 seeds, liver, eggs, beef, turkey, cottage cheese.

Food sensitivities analysis

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. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician.

Interpreting your results

Interpreting 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 high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

These are the food items that our testing shows you have sensitivity to.

Moderate Reactivity

These are the food items that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the food items that our testing shows you do not have sensitivity to.

Your food sensitivities overview

High Reactivity

- Bread-brown
- Bread-granary
- Bread-white
- Bulgar wheat
- Butter
- Buttermilk
- Celery
- Cheddar
- Chickpea
- Chickpea flour
- Condensed milk
- Cottage cheese
- Cream
- Dry roasted peanut
- Edam
- Evaporated milk
- Farro
- Freekeh
- Garbanzo flour
- Gin
- Goat's cheese
- Gouda
- Gruyere
- Halloumi
- Hot chocolate
- Hummus
- Ice cream
- Kamut
- Kefir
- Manchego
- Milk chocolate
- Milk from cows
- Milk from goats
- Milk from sheep
- Mozzarella
- Noodles-wheat
- Oat milk
- Parmesan
- Peanut
- Peanut oil
- Pinto bean
- Red Leicester
- Sesame oil
- Sesame seed
- Soft cheese
- Sour cream
- Spelt
- Stilton
- Tahini
- Wheat
- Wheatgrass
- Yogurt

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.

Moderate Reactivity

- Apple cider vinegar
- Apple juice
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Barbecue sauce
- Brandy
- Cider
- Hoisin sauce
- Matsutake
- Orange
- Orange juice
- Tomato
- Tomato juice
- Tomato ketchup

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 high reactivity items first and then considering the removal of moderate reactivity items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect.

Food & drink detailed analysis

Gluten-containing Cereals and Grains

- Barley
- Bread-brown
- Bread-granary
- Bread-rye
- Bread-white
- Bulgar wheat
- Farro
- Freekeh
- Kamut
- Noodles-wheat
- Rye
- Sourdough
- Spelt
- Wheat

Gluten-free Cereals and Grains

- Almond flour
- Amaranth
- Arrowroot flour
- Buckwheat
- Chickpea flour
- Coconut flour
- Cornflakes
- Corn tortilla
- Egg noodle
- Garbanzo flour
- Hops
- Maize/corn flour
- Millet
- Oats
- Potato flour
- Quinoa
- Rice-brown
- Rice noodle (fermented)
- Rice noodle (fresh)
- Rice-white
- Rice-wild
- Sorghum flour
- Soya flour
- Taco shells (corn)
- Teff flour
- Vermicelli

Cheese

- Cheddar
- Cottage cheese
- Edam
- Goat's cheese
- Gouda
- Gruyere
- Halloumi
- Manchego
- Mozzarella
- Parmesan
- Red Leicester
- Soft cheese
- Stilton

Dairy and Egg

- Butter
- Buttermilk
- Condensed milk
- Cream
- Egg
- Evaporated milk
- Ice cream
- Kefir
- Milk from cows
- Milk from goats
- Milk from sheep
- Sour cream
- Yogurt

Drinks

- Ale
- Almond milk
- Apple juice
- Beer
- Brandy
- Cashew milk
- Champagne
- Cider
- Coconut milk
- Coconut water
- Coffee-barley substitute
- Coffee-black
- Cola
- Cranberry juice
- Gin
- Hazelnut milk
- Hemp milk
- Hot chocolate
- Lager
- Lemonade
- Oat milk
- Orange juice
- Ovaltine
- Pineapple juice
- Pisco
- Pomegranate juice
- Prosecco
- Red wine
- Rice milk
- Rose wine
- Rum
- Sake
- Sambucca
- Shaoxing wine
- Soya milk
- Tea-black
- Tea-chamomile
- Tea-earl grey
- Tea-green
- Tea-jasmine
- Tea-marshmallow
- Tea-oolong
- Tea-rooibos
- Tea-white
- Tea-yerba mate
- Tequila
- Tomato juice
- Vermouth
- Vodka
- Whisky
- White wine

Fruit

- Acai berry
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Apricot
- Avocado
- Banana
- Banana blossom
- Bilberry
- Blackberry
- Blueberry
- Cantaloupe melon
- Carambola
- Cherry
- Cranberry
- Currants-red, black
- Custard apple
- Date
- Dragon Fruit
- Durian
- Fig
- Galia melon

Food sensitivities detailed analysis

- Goji berry
- Gooseberry
- Gooseberry-Chinese
- Grapefruit
- Grapes-black
- Grapes-green
- Grapes-red
- Guava
- Honeydew melon
- Jackfruit
- Kiwi
- Lemon
- Lime
- Longan
- Lychee
- Mango
- Mangosteen
- Nectarines
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Pineapple
- Plum
- Plums-damson
- Pomegranate
- Pomelo
- Prune
- Quince
- Raisin
- Rambutan
- Raspberry
- Sapodilla
- Snake fruit
- Water melon

Herbs and Spices

- Allspice
- Aniseed
- Aquafaba
- Arrow root
- Basil
- Bay leaf
- Cajun spice
- Caraway
- Cardamom
- Cayenne pepper
- Chervil
- Chicory
- Chinese horse radish
- Cilantro
- Cinnamon
- Clove
- Coriander
- Culantro
- Cumin
- Curry leaves
- Curry powder
- Dill
- Douban jiang
- Fenugreek
- Fingerroot
- Five spice
- Galangal
- Ginger
- Horse radish
- Kaffir lime leaves
- Lemongrass
- Lovage seed
- Mace
- Marjoram
- Mint-fresh
- Miso
- Mustard
- Nutmeg
- Oregano
- Pandan
- Paprika
- Pepper-black
- Pepper-green
- Pepper-red
- Pepper-white
- Rosemary
- Saffron
- Sage
- Salt
- Star anise
- Sumac
- Tamarind
- Tarragon
- Thyme
- Turmeric

Legumes and Pulses

- Black beans
- Black eyed pea
- Bortolli bean
- Broad bean
- Cannellini bean
- Chickpea
- Edamame bean
- Fermented black bean
- Field pea
- Flageolet bean
- Green bean
- Hummus
- Kidney beans
- Lentil
- Lentil - beluga
- Lentil - brown
- Lentil - green
- Lentil - puy
- Lentil - red
- Lentil - yellow
- Lima bean
- Navy bean
- Pea
- Pinto bean
- Scarlet runner bean
- Soya bean
- Tofu

Meat

- Bacon
- Beef
- Beef-dried
- Buffalo
- Chicken
- Chicken-capon
- Chicken Heart
- Chicken Liver
- Croccodile
- Duck
- Duck-domestic
- Duck-wild
- Emu
- Fermented pork
- Goat
- Goose
- Hare
- Horse
- Kangaroo
- Lamb
- Liver-lamb
- Liver-ox
- Liver-pig
- Mutton
- Pig-intestine
- Pork
- Pork sausages
- Rabbit
- Roe-deer
- Sweetbreads
- Turkey-cock
- Turkey-hen
- Veal

Food sensitivities detailed analysis

- Venison

Miscellaneous

- Apple cider vinegar
- Baobab
- Chlorella
- Dark chocolate
- Liquorice
- Marmite
- Milk chocolate
- Monosodium glutamate
- Penicillin
- Popcorn
- Potato chips
- Spirulina
- Vegemite
- Vinegar-clear
- Vinegar-malt
- Wheatgrass

Nuts and Seeds

- Aflatoxin
- Almond
- Brazil nut
- Cashew nut
- Chestnut
- Chia seed
- Coconut
- Dry roasted peanut
- Flaxseed
- Hazelnut
- Hemp seed
- Macadamia nut
- Peanut
- Pecan nut
- Pine nut
- Pistachio nut
- Poppy seed
- Pumpkin seed
- Sesame seed
- Sunflower seed
- Tahini
- Walnut
- Water chestnut

Oils and Condiments

- Almond oil
- Balsamic vinegar
- Barbecue sauce
- Canola oil
- Coconut oil
- Cod liver oil
- Curry paste
- Fermented fish (Pla ra)
- Fish sauce
- Hoisin sauce
- Olive oil
- Oyster sauce
- Peanut oil
- Peppermint oil
- Rapeseed oil
- Sesame oil
- Shrimp paste
- Soy sauce
- Sriracha sauce
- Sunflower oil
- Tomato ketchup
- Vegetable oil

Seafood and Fish

- Abalone
- Anchovy
- Barramundi
- Calamari
- Catfish
- Clams
- Cod
- Crab
- Crayfish
- Cuttlefish
- Eel
- Fish fingers
- Fish maw
- Haddock
- Halibut
- Herring
- Herring-red
- John Dory
- Lobster
- Mackerel
- Mussels-general
- Oyster
- Plaice
- Pollock
- Prawn
- Salmon
- Sardine
- Seabass
- Shark
- Shrimp
- Smoked herring - bloater
- Snapper
- Sole
- Squid
- Tilapia
- Trout-brown
- Trout-sea
- Tuna
- Whitefish
- Winkles

Vegetables

- Acacia Pennata
- Aji pepper
- Artichoke
- Asparagus
- Aubergine
- Bamboo shoots
- Beansprout
- Beets
- Broccoli
- Brussels sprout
- Butter lettuce
- Butternut squash
- Button mushroom
- Cabbage
- Capsicum-green
- Capsicum-red
- Capsicum-yellow
- Carrots
- Cassava
- Cauliflower
- Celery
- Chestnut mushroom
- Chicory lettuce
- Cress
- Cucumber
- Daikon
- Eggplant
- Endive
- Escarole lettuce
- Fennel
- Garlic
- Head lettuce
- Iceberg lettuce
- Kale
- Kohl rabi
- Leek
- Maize/corn
- Matsutake
- Morning Glory
- Mushroom
- Mustard-green
- Okra
- Olives-black
- Olives-green
- Onion
- Oyster mushroom

Food sensitivities detailed analysis

- Pak choi
- Parsley
- Parsnips
- Plantain
- Portobello mushroom
- Potato
- Pumpkin
- Radish
- Rocket
- Romaine lettuce
- Shallots
- Shitake mushroom
- Spinach
- Stink bean/Bitter bean
- Swede
- Sweet Potato
- Tomato
- Turnip
- Watercress
- Winged bean
- Yams
- Yardlong bean
- Zucchini

Vegan sensitivities analysis

02.

What is a vegan diet?

A vegan diet is plant-based and contains no animal produce, including meat, fish, eggs and dairy. Some strict vegans do also avoid honey. Reasons for adopting the vegan diet are varied and include environmental awareness and sustainability, cultural or religious beliefs and concern for animal welfare. Whatever the reasoning behind taking to a vegan diet the large demand for vegan produce means that specialist products are now widely available and restaurants/ cafes are offering more and more vegan choices on their menus.

Which foods can I eat on a vegan diet?

A plant-based diet includes pulses and legumes, grains, nuts and seeds, vegetables, salad and fruit. The variety of vegan recipes and cook books is extensive, with many delicious and simple ideas for making vegan meals.

What are the advantages of the vegan diet?

From scientific studies it appears that the vegan diet enhances levels of protective bacteria strains such as F. praunsnitzii and reduces the levels of pathogenic strains such as enterobacteriacea. This change in gut bacteria in the vegan diet is thought to have protective health benefits in the form of reducing inflammation. Further health benefits from the vegan diet appear to stem from a marked increase in dietary fibre from pulses, grains and vegetables.

What do I need to be aware of nutritionally if I adopt a vegan diet?

In following a vegan diet the source of certain nutrients in your daily diet does need to be considered. Vitamin B12, vitamin A and D as well as iodine and calcium are most readily available in meat, fish, dairy and eggs however can be consumed in a well-thought out vegan diet.

- Vitamin B12 is only found in meat and dairy products however many products are now fortified with the vitamin, including plantbased milk drinks, nutritional yeast, breakfast cereals and marmite.
- Vitamin A is also found in meat, fish and dairy products, however the body can convert beta carotene to retinol which is the biologically active form of vitamin A. Beta carotene rich foods include green leafy vegetables, orange, red and yellow fruits and vegetables. Considerably more beta carotene is required than vitamin A to convert to retinol.
- Vitamin D is found in oily fish and some dairy products, but is also found in mushrooms, fortified products such as breakfast cereals and of course absorbed through the from the sun. In the winter it can hard to reach optimum vitamin D levels therefore supplementation may be a consideration.
- Calcium is found in dairy products therefore a diet free of these means calcium needs to come from sources such as tofu, green vegetables like kale, watercress, broccoli, sugar snap peas, pak choi and almonds.
- Iodine is found in dairy products, fish and eggs, but is also found in seaweed, iodized salt, lima beans and prunes. Supplementation may be a consideration for you however if these aren't items you would eat on a day-to-day basis

Vegan food sensitivities analysis

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. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician.

Interpreting your results

Interpreting 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 high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

These are the food items that our testing shows you have sensitivity to.

Moderate Reactivity

These are the food items that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the food items that our testing shows you do not have sensitivity to.

Your vegan food sensitivities overview

High Reactivity

- Falafel
- Seitan

These vegan 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.

Moderate Reactivity

No food items have been identified as moderate reactivity according to our testing parameters.

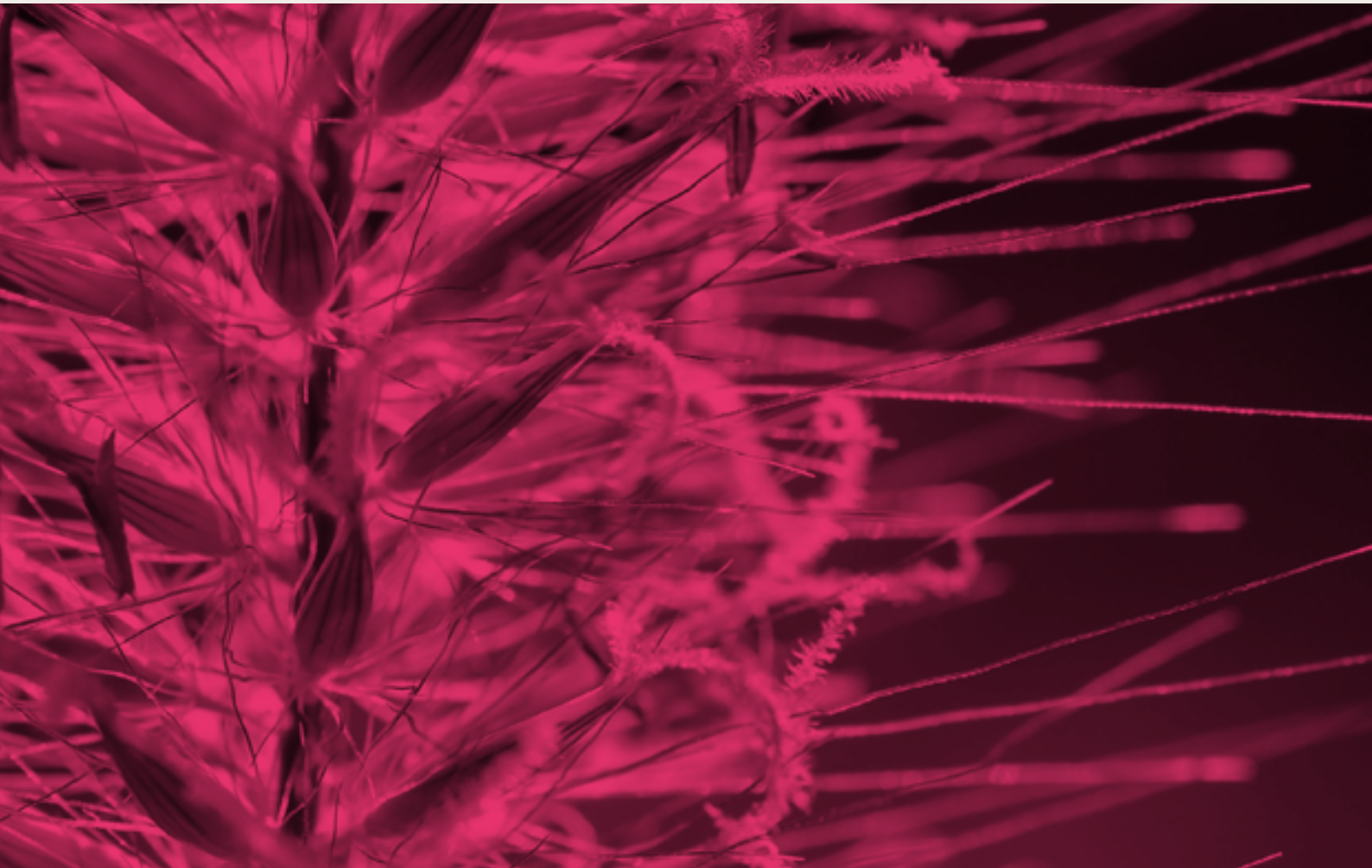
Vegan food sensitivities detailed analysis

Vegan food sensitivities

- Falafel
- Kimchi
- Kombucha
- Natto
- Nutritional yeast
- Polenta
- Sauerkraut
- Seaweed
- Seitan
- Tempeh
- Vegan cheese
- Vegan egg

Non-food sensitivities analysis

03.



Non-food sensitivities analysis

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.

Interpreting your results

Interpreting 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 high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

These are the non-food items that our testing shows you have sensitivity to.

Moderate Reactivity

These are the non-food items that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the non-food items that our testing shows you do not have sensitivity to.

Your non-food sensitivities overview

High Reactivity

- Dock
- Narcissus
- Plantain

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

We would recommend the avoidance of these items in your daily life, as far as possible.

Moderate Reactivity

- Cadosporium herbarum
- Curvularia geniculata
- Elm
- Emericella nidulans
- Hornbeam
- Linden tree
- Poplar
- Reindeer hair
- Tall oat grass

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 high reactivity items first and then considering the avoidance of moderate reactivity 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 moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.

Non-food sensitivities detailed analysis

Animals & Insects

- Aspergillus Fumigatus
- Bee
- Budgie (Parakeet) feathers
- Canary feathers
- Cat hair
- Chinchilla hair
- Cow hide
- Deer skin
- Dermatophagoides farinae (House Dust Mite)
- Dog Dander
- Dove feathers
- Duck Feathers
- Dust
- Farina secalis cerealis
- Ferret fur
- Finch feather
- Fox fur
- Fungus
- Gerbil hair
- Glycyphagus domesticus
- Goat hair
- Goose feathers
- Guinea pig hair
- Hamster hair
- Horse bot fly
- Horse dander
- House dust mite
- Mink skin
- Mosquito
- Parrot feather
- Penicilloyl
- Pigeon droppings
- Pig skin
- Rabbit hair
- Rat hair
- Reindeer hair
- Sheep (wool)
- Storage mite
- Wasp
- Weevil eggs

Flowering plants

- Aster
- Cannabis
- Chamomile
- Chrysanthemum
- Clover
- Dahlia
- Fireweed/great willow herb
- Goldenrod
- Hyacinth
- Lupine
- Marguerite
- Mulberry
- Narcissus
- New Belgian aster
- Primrose
- Rape
- Rose
- Scotch heather
- Tulip
- Wallflower

Grasses and Herbs

- Bahia grass
- Barley grass
- Bermuda grass
- Bistort grass
- Bluegrass
- Blue Oats grass
- Brome Grass
- Buttercup
- Canary grass
- Cocksfoot grass
- Colonial bent grass
- Crested dog's-tail grass
- Dandelion
- Dead nettle
- Distichlis spicata (Seasaw saltgrass)
- Dock
- Dogtooth grass
- Feather Reed grass
- Herd's grass (Timothy)
- Honey grass
- Hop
- Kentucky bluegrass
- Lambsquarters weed
- Linden grass
- Maize
- Meadow fescue
- Meadow fox tail
- Mugwort grass
- Orchard grass / Cocksfoot grass
- Pasture grass
- Perennial ryegrass
- Pigweed
- Plantain
- Qack grass or couch grass
- Ragweed (Ambrosia genuine)
- Red fescue
- Ribwort
- Rush grass
- Ryegrass
- Saltbush
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Thistle
- Velvet grass
- Water reed
- Wild oat
- Wormwood

Materials

- Cotton
- Leather
- Lycra
- Nylon
- Rubber
- Synthetic materials
- Velvet
- Wool

Molds & Fungus

- Absidia corymbifera
- Acremonium murorum
- Acremonium strictum
- Alternaria alternata
- Aspergillus niger
- Aspergillus ochraceus
- Aspergillus penicillioides
- Aspergillus sydowii
- Aspergillus tamarii
- Aspergillus ustus
- Aspergillus wentii
- Aureobasidium pullulans
- Beauveria bassiana
- Byssochlamys nivea
- Cadosporium herbarum
- Chrysonilia crassa
- Chrysonilia sitophila
- Chrysosporium see
- Cladosporium herbarum
- Cladosporium sphaerospermum
- Curvularia geniculata
- Emericella nidulans

Non-food sensitivities detailed analysis

- Eurotium amstelodami
- Eurotium chevalieri
- Eurotium herbariorum
- Eurotium rubrum
- Fusarium culmorum
- Fusarium oxysporum
- Fusarium solani
- Memnoniella echinata
- Mucor rascemosus
- Oidiodendron griseum
- Paecilomyces variotii
- Penicillinum chrysogenum
- Penicillium aurantiogriseum
- Penicillium brevicompactum
- Penicillium corylophilum
- Penicillium digitatum
- Penicillium funiculosum
- Penicillium griseofulvum
- Penicillium olsonii
- Penicillium purpurogenum
- Penicillium roquefortii
- Phoma glomerata
- Phoma macrostoma
- racemosum
- Rhizopus stolonifer
- Rhodotorula
- Scopulariopsis
- Scopulariopsis fusca
- Stachybotrys chartarum
- Stemphylium botryosum
- Syncephalastrum
- Trichoderma harzianum
- Trichoderma viride
- Verticillium lecanii
- Verticillium luteoalbum
- Yeast

Organic compounds

- Alpha lipoic acid
- Ascorbic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Flavonoids
- Folate
- Folic acid
- Formic acid
- Gallic acid
- Iso-flavonoids
- L-Carnitine
- Lignans
- Lutein
- Lycopene
- Mallic acid
- Nicotinic acid
- Nucleic acid
- Omega 3
- Omega 6
- Oxalic acid
- Pantothenic acids
- Para Aminobenzoic acid
- Phytosterols
- Polyphenols
- Pro-anthocyanidins
- Pyridoxine
- Salicylic acid
- Saponins
- Sulforphane
- Tannins
- Tartaric acid
- Uric acid
- Zeaxanthin

Shrubs

- Blackberry
- Blueberry
- Currant bush
- Elder
- Hawthorn
- Hazel
- Jasmine
- Juniper
- Lilac
- Mangrove
- Privet
- Strawberry
- Tamarisk
- Tumbleweed
- Willow

Trees

- Alder
- Apple tree
- Ash
- Aspen
- Beech
- Betula verrico
- Birch
- Cherry tree
- Elm
- European beech
- European lime
- False acacia
- Hornbeam
- Horse chestnut
- Japanese cedar
- Japanese millet
- Laburnum
- Larch
- Linden tree
- Maple
- Misteltoe
- Oak
- Pear tree
- Pine
- Pine-Scottish
- Plane tree
- Poplar
- Spruce
- Walnut

Metal sensitivities analysis

04.

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 lead-based 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.

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.

Interpreting your results

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 high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

Ideally the metals will show no reactivity in testing. If however there are metals identified as moderate or high reactivity do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

High Reactivity

These are the metals that our testing shows are at a level that could lead to toxicity.

Moderate Reactivity

These are the metals that our testing shows risk being at a level that may lead to toxicity.

No Reactivity

These are the metals that our testing shows are not at a level that could lead to toxicity.

Your metal sensitivities overview

High Reactivity

No metals have been identified as high reactivity according to our testing parameters.

Moderate Reactivity

- Bismuth (Bi)
- Caesium (Cs)
- Cobalt (Co)
- Titanium (Ti)

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.

Metal sensitivities detailed analysis

- Aluminium (Al)
- Antimony (Sb)
- Argon (A)
- Arsenic (As)
- Barium (Ba)
- Beryllium (Be)
- Bismuth (Bi)
- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Caesium (Cs)
- Calcium (C)
- Cerium (Ce)
- Chlorine (Cl)
- Chromium (Cr)
- Cobalt (Co)
- Copper (Cu)
- Dysprosium (Dy)
- Fluorine (F)
- Gadolinium (Gd)
- Gallium (Ga)
- Germanium (Ge)
- Gold (Au)
- Hafnium (Hf)
- Holmium (Ho)
- Indium (In)
- Iodine (Ie)
- Iridium (Ir)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lithium (Li)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Mercury (Hg)
- Molybdenum (Mo)
- Nickel (Ni)
- Palladium (Pd)
- Phosphorus (P)
- Platinum (Pt)
- Potassium (K)
- Radium (Ra)
- Rhenium (Re)
- Rhodium (Rh)
- Rubidium (Rb)
- Ruthenium (Ru)
- Samarium (Sm)
- Selenium (Se)
- Silicon (Si)
- Silver (Ag)
- Sodium (Na)
- Strontium (Sr)
- Sulphur (S)
- Tantalum (Ta)
- Tin (Sn)
- Titanium (Ti)
- Vanadium (V)
- Zinc (Zn)
- Zirconium (Zr)

Mineral and other nutrient analysis

05.

Mineral and other nutrient analysis

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 phyto nutrients?

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.

Interpreting your results

Outside Range

The level of the mineral or other nutrient in your body falls below the normal range according to our testing parameters.

Within Range

The level of the mineral or other nutrient in your body falls within the normal range according to our testing parameters.

Your mineral and other nutrient overview

Outside Range

- Beta-carotene
- Iron

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.

Mineral and other nutrient detailed analysis

Amino Acids

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine

Minerals

- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Manganese
- Phosphorus
- Potassium
- Selenium
- Silica
- Sodium
- Zinc

Phyto- and other nutrients

- Allium
- Anthocyanidins
- Beta-carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol

Vitamin A-K analysis

06.

Vitamins A-K analysis

Low mineral 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.

Interpreting your results

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.

Your vitamins A-K overview

Outside Range

• Vitamin B5

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.

Vitamins A-K detailed analysis

- Choline
- Vitamin A
- Vitamin B1
- Vitamin B12
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B7
- Vitamin B9
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K

Additives analysis

07.

Additives analysis

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.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your digestive results.

High Reactivity

These are the additives that our testing shows you have sensitivity to.

Moderate Reactivity

These are the additives that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the additives that our testing shows you do not have sensitivity to.

Your additives overview

High Reactivity

- E150a Plain caramel
- E175 Gold
- E221 Sodium sulphite
- E322 Lecithins
- E624 Monoammonium glutamate

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.

Moderate Reactivity

- E132 Indigotine; Indigo Carmine
- E142 Green S
- E230 Biphenyl; diphenyl
- E250 Sodium nitrite
- E400 Alginic acid
- E406 Agar
- E472b Lactic acid esters of mono- and diglycerides of fatty acids
- E509 Calcium chloride
- E628 Dipotassium guanylate
- E901 Beeswax, white and yellow
- E959 Neohesperidine DC
- Vanilla

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 high reactivity items first and then considering the avoidance of moderate reactivity items thereafter. 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.

It is also worth considering that having these items in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.

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.

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

Additives detailed analysis

Antioxidants

- E300 Ascorbic acid
- E301 Sodium ascorbate
- E302 Calcium ascorbate
- E304 Fatty acid esters of ascorbic acid
- E306 Tocopherols
- E307 Alpha-tocopherol
- E308 Gamma-tocopherol
- E309 Delta-tocopherol
- E310 Propyl gallate
- E311 Octyl gallate
- E312 Dodecyl gallate
- E315 Erythorbic acid
- E316 Sodium erythorbate
- E320 Butylated hydroxyanisole (BHA)
- E321 Butylated hydroxytoluene (BHT)
- E322 Lecithins
- E325 Sodium lactate
- E326 Potassium lactate
- E327 Calcium lactate
- E330 Citric acid
- E331 Sodium citrates
- E332 Potassium citrates
- E333 Calcium citrates
- E334 Tartaric acid (L-(+))
- E335 Sodium tartrates
- E336 Potassium tartrates
- E337 Sodium potassium tartrate
- E338 Phosphoric acid
- E339 Sodium phosphates
- E340 Potassium phosphates
- E341 Calcium phosphates
- E350 Sodium malates
- E351 Potassium malate
- E352 Calcium malates
- E353 Metatartaric acid
- E354 Calcium tartrate
- E355 Adipic acid
- E356 Sodium adipate
- E357 Potassium adipate
- E363 Succinic acid
- E380 Triammonium citrate
- E385 Calcium disodium ethylene diamine tetra-acetate; calcium disodium EDTA

Colourings

- E100 Curcumin
- E101 Riboflavin
- E102 Tartrazine
- E104 Quinoline yellow
- E110 Sunset Yellow FCF; Orange Yellow S
- E120 Cochineal; Carminic acid; Carmines
- E122 Azorubine; Carmoisine
- E123 Amaranth
- E124 Ponceau 4R; Cochineal Red A
- E127 Erythrosine
- E128 Red 2G
- E129 Allura Red AC
- E131 Patent Blue V
- E132 Indigotine; Indigo Carmine
- E133 Brilliant Blue FCF
- E140 Chlorophylls and chlorophyllins
- E141 Copper complexes of chlorophyll and chlorophyllins
- E142 Green S
- E150a Plain caramel
- E150b Caustic sulphite caramel
- E150c Ammonia caramel
- E150d Sulphite ammonia caramel
- E151 Brilliant Black BN; Black PN
- E153 Vegetable carbon
- E154 Brown FK
- E155 Brown HT
- E160a Carotenes
- E160b Annatto; Bixin; Norbixin
- E160c Paprika extract; Capsanthian; Capsorubin
- E160d Lycopene
- E160e Beta-apo-8'-carotenal (C30)
- E160f Ethyl ester of beta-apo-8'-carotenoic acid (C30)
- E161b Lutein
- E161g Canthaxanthin
- E162 Beetroot Red; Betanin
- E163 Anthocyanins
- E170 Calcium carbonate
- E172 Iron oxides and hydroxides
- E173 Aluminium
- E174 Silver
- E175 Gold
- E180 Litholrubine BK

Emulsifiers

- E432 Polyoxyethylene sorbitan monolaurate; Polysorbate 20
- E433 Polyoxyethylene sorbitan mono-oleate; Polysorbate 80
- E434 Polyoxyethylene sorbitan monopalmitate; Polysorbate 40
- E435 Polyoxyethylene sorbitan monostearate; Polysorbate 60
- E436 Polyoxyethylene sorbitan tristearate; Polysorbate 65
- E440 Pectins
- E442 Ammonium phosphatides
- E444 Sucrose acetate isobutyrate
- E445 Glycerol esters of wood rosins
- E450 Diphosphates
- E451 Triphosphates
- E452 Polyphosphates
- E460 Cellulose
- E461 Methyl cellulose
- E463 Hydroxypropyl cellulose
- E464 Hydroxypropyl methyl cellulose
- E465 Ethyl methyl cellulose
- E466 Carboxy methyl cellulose
- E470a Sodium, potassium and calcium salts of fatty Acids
- E470b Magnesium salts of fatty acids
- E471 Mono- and diglycerides of fatty acids
- E472a Acetic acid esters of mono- and diglycerides of fatty acids
- E472b Lactic acid esters of mono- and diglycerides of fatty acids
- E472c Citric acid esters of mono- and diglycerides of fatty acids
- E472d Tartaric acid esters of mono- and diglycerides of fatty acids
- E472e Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids
- E472f Mixed acetic and tartaric acid esters of mono- and diglycerides of fatty acids
- E473 Sucrose esters of fatty acids
- E474 Sucroglycerides
- E475 Polyglycerol esters of fatty acids
- E476 Polyglycerol polyricinoleate
- E477 Propane-1,2-diol esters of fatty acids

Additives detailed analysis

- E479b Thermally oxidised soya bean oil interacted with mono and diglycerides of fatty acids
- E481 Sodium stearoyl-2-lactylate
- E482 Calcium stearoyl-2-lactylate
- E483 Stearyl tartrate
- E491 Sorbitan monostearate
- E492 Sorbitan tristearate
- E493 Sorbitan monolaurate
- E494 Sorbitan monooleate
- E495 Sorbitan monopalmitate

Flavour enhancers

- E620 Glutamic acid
- E621 Monosodium glutamate
- E622 Monopotassium glutamate
- E623 Calcium diglutamate
- E624 Monoammonium glutamate
- E625 Magnesium diglutamate
- E626 Guanylic acid
- E627 Disodium guanylate
- E628 Dipotassium guanylate
- E629 Calcium guanylate
- E630 Inosinic acid
- E631 Disodium inosinate
- E632 Dipotassium inosinate
- E633 Calcium inosinate
- E634 Calcium 5'-ribonucleotides
- E635 Disodium 5'-ribonucieotides
- E640 Glycine and its sodium salt
- E900 Dimethylpolysiloxane
- E901 Beeswax, white and yellow
- E902 Candelilla wax
- E903 Carnauba wax
- E904 Shellac
- E912 Montan acid esters
- E914 Oxidised Polyethylene wax
- E927b Carbamide
- E938 Argon

Miscellaneous additives

- E500 Sodium carbonates
- E501 Potassium carbonates
- E503 Ammonium carbonates
- E504 Magnesium carbonates
- E507 Hydrochloric acid
- E508 Potassium chloride
- E509 Calcium chloride
- E511 Magnesium chloride
- E512 Stannous chloride
- E513 Sulphuric acid
- E514 Sodium sulphates
- E515 Potassium sulphates
- E516 Calcium sulphate
- E517 Ammonium sulphate
- E520 Aluminium sulphate
- E521 Aluminium sodium sulphate
- E522 Aluminium potassium sulphate
- E523 Aluminium ammonium sulphate
- E524 Sodium hydroxide
- E525 Potassium hydroxide
- E526 Calcium hydroxide
- E527 Ammonium hydroxide
- E528 Magnesium hydroxide
- E529 Calcium oxide
- E530 Magnesium oxide
- E535 Sodium ferrocyanide
- E536 Potassium ferrocyanide
- E538 Calcium ferrocyanide
- E541 Sodium aluminium phosphate
- E551 Silicon dioxide
- E552 Calcium silicate
- E553a Magnesium silicate
- E553b Talc
- E554 Sodium aluminium silicate
- E555 Potassium aluminium silicate
- E556 Aluminium calcium silicate
- E558 Bentonite
- E559 Aluminium silicate; Kaolin
- E570 Fatty acids
- E574 Gluconic acid
- E575 Glucono delta-lactone
- E576 Sodium gluconate
- E577 Potassium gluconate
- E578 Calcium gluconate
- E579 Ferrous gluconate
- E585 Ferrous lactate

Preservatives

- E1105 Lysozyme
- E200 Sorbic acid
- E202 Potassium sorbate
- E203 Calcium sorbate
- E210 Benzoic acid
- E211 Sodium benzoate
- E212 Potassium benzoate
- E213 Calcium benzoate
- E214 Ethyl p-hydroxybenzoate
- E215 Sodium ethyl p-hydroxybenzoate
- E216 Propyl p-hydroxybenzoate
- E217 Sodium propyl p-hydroxybenzoate
- E218 Methyl p-hydroxybenzoate
- E219 Sodium methyl p-hydroxybenzoate
- E220 Sulphur dioxide
- E221 Sodium sulphite
- E222 Sodium hydrogen sulphite
- E223 Sodium metabisuiphite
- E224 Potassium metabisulphite
- E226 Calcium sulphite
- E227 Calcium hydrogen sulphite
- E228 Potassium hydrogen sulphite
- E230 Biphenyl; diphenyl
- E231 Orthophenyl phenol
- E232 Sodium orthophenyl phenol
- E233 Thiabendazole
- E234 Nisin
- E235 Natamycin
- E239 Hexamethylene tetramine
- E242 Dimethyl dicarbonate
- E249 Potassium nitrite
- E250 Sodium nitrite
- E251 Sodium nitrate
- E252 Potassium nitrate
- E260 Acetic acid
- E261 Potassium acetate
- E262 Sodium acetate
- E263 Calcium acetate
- E270 Lactic acid
- E280 Propionic acid

Additives detailed analysis

- E281 Sodium propionate
- E282 Calcium propionate
- E283 Potassium propionate
- E284 Boric acid
- E285 Sodium tetraborate; borax
- E290 Carbon dioxide
- E296 Malic acid
- E297 Fumaric acid
- Whey protein

Stimulant

- Caffeine

Sweetners

- E1200 Polydextrose
- E1201 Polyvinylpyrrolidone
- E1202 Polyvinylpolypyrrolidone
- E1404 Oxidised starch
- E1410 Monostarch phosphate
- E1412 Distarch phosphate
- E1413 Phosphated distarch phosphate
- E1414 Acetylated starch
- E1420 Acetylated Starch
- E1422 Acetylated distarch adipate
- E1440 Hydroxyl propyl starch
- E1442 Hydroxy propyl distarch phosphate
- E1450 Starch sodium octenyl succinate
- E1505 Triethyl citrate
- E1518 Glyceryl triacetate; triacetin
- E939 Helium
- E941 Nitrogen
- E942 Nitrous oxide
- E948 Oxygen
- E950 Acesulfame K
- E951 Aspartame
- E952 Cyclamic acid and its Na and Ca salts
- E953 Isomalt
- E954 Saccharin and its Na, K and Ca salts
- E957 Thaumatin
- E959 Neohesperidine DC
- E965 Maltitol
- E966 Lactitol
- E967 Xylitol
- E999 Quillaia extract
- Gelatin
- Honey
- Molasses
- Stevia
- Sugar
- Sweet freedom
- Vanilla

Thickening, Setting and Moisturising Agents

- E400 Alginic acid
- E401 Sodium alginate
- E402 Potassium alginate
- E403 Ammonium alginate
- E404 Calcium alginate
- E405 Propane-1,2-diol alginate
- E406 Agar
- E407a Processed eucheuma seaweed
- E407 Carrageenan
- E410 Locust bean gum; carob gum
- E412 Guar gum
- E413 Tragacanth
- E414 Acacia gum; gum arabic
- E415 Xanthan gum
- E417 Tara gum
- E418 Gellan gum
- E420 Sorbitol
- E421 Mannitol
- E422 Glycerol

Hormone imbalances analysis

08.

Hormone imbalances analysis

What is the thyroid?

The thyroid is a gland found in the neck. It has two main functions; to control metabolism and to control growth in early life. There are certain hormones produced by the thyroid, which enable it to carry out its functions effectively in the body; thyroxine (T4) and triiodothyronine (T3).

T4 is an inactive hormone and requires conversion to become bioactive.
T3 is the active hormone, converted from T4, which can then be used by the body to regulate metabolism.

Thyroid function

Problems with the thyroid are more common in women than men and can occur in two different ways; hyperthyroidism, which is an overactive thyroid; and hypothyroidism, which is an underactive thyroid. The two thyroid issues have different types of symptoms.

To test for thyroid problems levels of the hormones produced by the thyroid are tested; T4 and T3, along with the hormone, which stimulates the thyroid gland; thyroid stimulating hormone (TSH). TSH is produced by the pituitary gland and acts to stimulate the thyroid to produce thyroid hormones.

The thyroid and daily diet

The daily diet has an important role to play in the healthy function of the thyroid gland:

Iodine

The thyroid requires this to make thyroid hormone. It is found in shellfish, cereals, grains, vegetables and cow's milk.

Protein

Protein is made up of building blocks called amino acids. Certain amino acids are required for the body to produce thyroid hormone. Of particular importance is tyrosine, this is found in soy, chicken, turkey, fish, peanuts, almonds, avocado, banana, milk, cheese, yogurt, lima beans, pumpkin seeds and sesame seeds.

Selenium

This is required for the conversion of T4 to T3. It is found in meat, fish and nuts.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your thyroid results. This test gives an average daily level and could differ from blood test results. If you suspect that you may be experiencing symptoms of over or underactive thyroid please see your physician.

Outside Range

The level of the thyroid hormone in your body falls outside of the normal range according to our testing parameters.

Normal range

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

Your hormone imbalances overview

Outside Range

- Estrogen
- Oestradiol
- Progesterone

These hormones have been identified as falling outside the normal range.

Please see your physician for further investigation, this is particularly important if you are experiencing symptoms of over or underactive thyroid. Additionally ensure that your daily diet supports thyroid function.

Hormone imbalances detailed analysis

- Estrogen
- Luteinizing Hormone
- Lymphatic Follicles
- Oestradiol
- Progesterone
- Thyrotropin TSH
- Thyroxin (T4)
- TriiodoThyronine (T3) D6

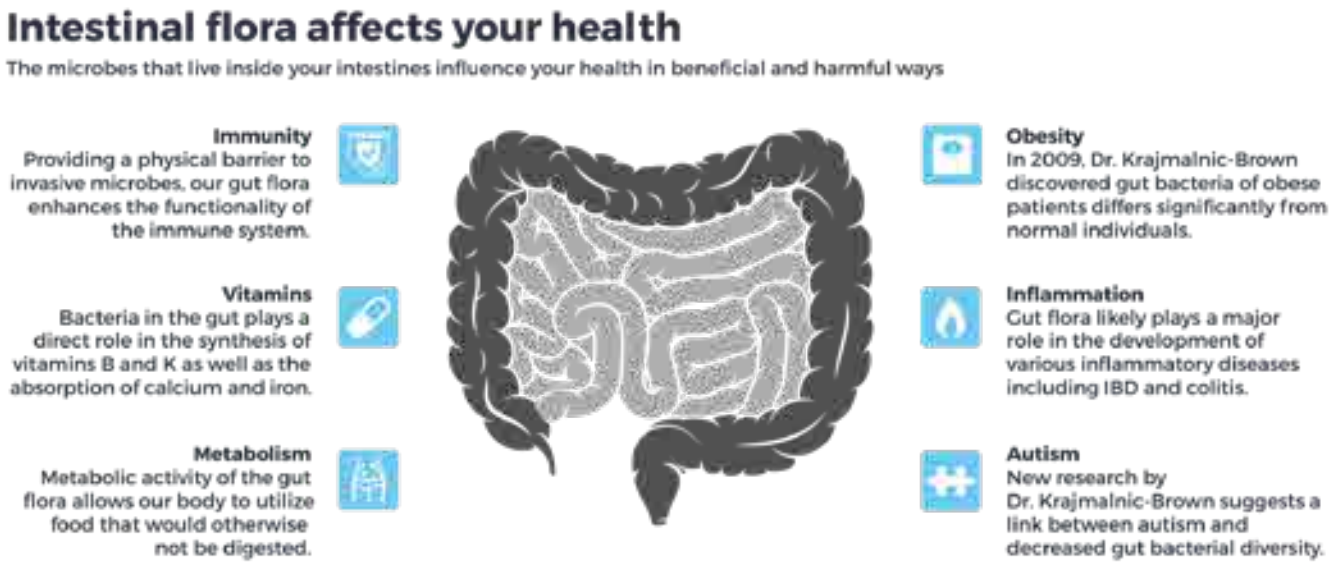
Gut health analysis

09.

Gut health analysis

Why is gut health important?

Each person has their own unique combination of bacteria, which is established and develops through their environment but also, and importantly, the food choices made. The presence and balance of bacteria within the gut is now known to be of great importance for our health and wellbeing. Factors such as elevated stress levels, a diet low fibre and/or high in sugar and the usage of antibiotics can greatly affect our levels and balance of bacteria.



What can be done to improve gut health?

The food choices we make have great impact on the levels of beneficial bacteria in our guts. Probiotic foods are those that contain live microorganisms and can positively affect the levels of bacteria in the gut. Probiotic foods are those such as good quality live yogurt, kefir, sauerkraut, miso, tempeh, kimchi, goat's cheese, olives, good quality dark chocolate and spirulina.

Bacteria need to feed on insoluble fibre foods, known as prebiotic foods, from our diet in order to flourish. Prebiotic foods include onion, garlic, leeks, cabbage, asparagus, chicory, artichoke, banana, apple, wheat bran, flaxseed and root vegetables.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your gut bacteria results.

Outside Range

These strains of bacteria have been identified as falling outside the normal range according to our testing parameters.

Within Range

These strains of bacteria have been identified as falling within the normal range according to our testing parameters.

Your gut health overview

Outside Range

- Bifidobacterium infantis
- Escherichia Coli
- Lactobacillus acidophilus
- Lactobacillus reuteri
- Streptococcus Faecium

These strains of bacteria have been identified as falling outside the normal range. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut.

Gut health detailed analysis

- Acidophilus Bifidus
- Bacillus coagulans
- Bifidobacterium bifidum
- Bifidobacterium infantis
- Escherichia Coli
- Lactobacillus acidophilus
- Lactobacillus reuteri
- Streptococcus Faecium
- Streptococcus Thermophilus

Digestion analysis

10.

Digestion

Digestive health

In order to benefit from the nutrients and energy in our food we need to break it down and absorb it. The digestive process enables this to happen by releasing enzymes in the mouth, stomach and small intestine. The enzymes we release are able to break down different parts of our food; amylase breaks down carbohydrate, lipase breaks down fat and there are a number of different proteases, which break down proteins.

If levels of a certain digestive enzyme decreases digestion of that particular part of your food becomes less effective. For example a decrease in lipase may mean that fats are not being broken down as effectively and this could lead to malabsorption as well as possible symptoms, such as bloating or flatulence.

Digestive health and the daily diet

Certain foods naturally contain enzymes, which can aid digestion such as pineapple, papaya, kiwi, bananas, mango, kefir, good quality natural yogurt, sauerkraut, kimchi, miso, soy sauce, tempeh and avocado. Adding such items into the diet can help the digestive process. Natural digestive enzyme supplements, based on pineapple and payaya are also available. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your digestive results.

Low

These digestive enzymes have been identified as falling below the normal range according to our testing parameters.

Normal

These digestive enzymes have been identified as falling within the normal range according to our testing parameters.

Your digestion overview

Low

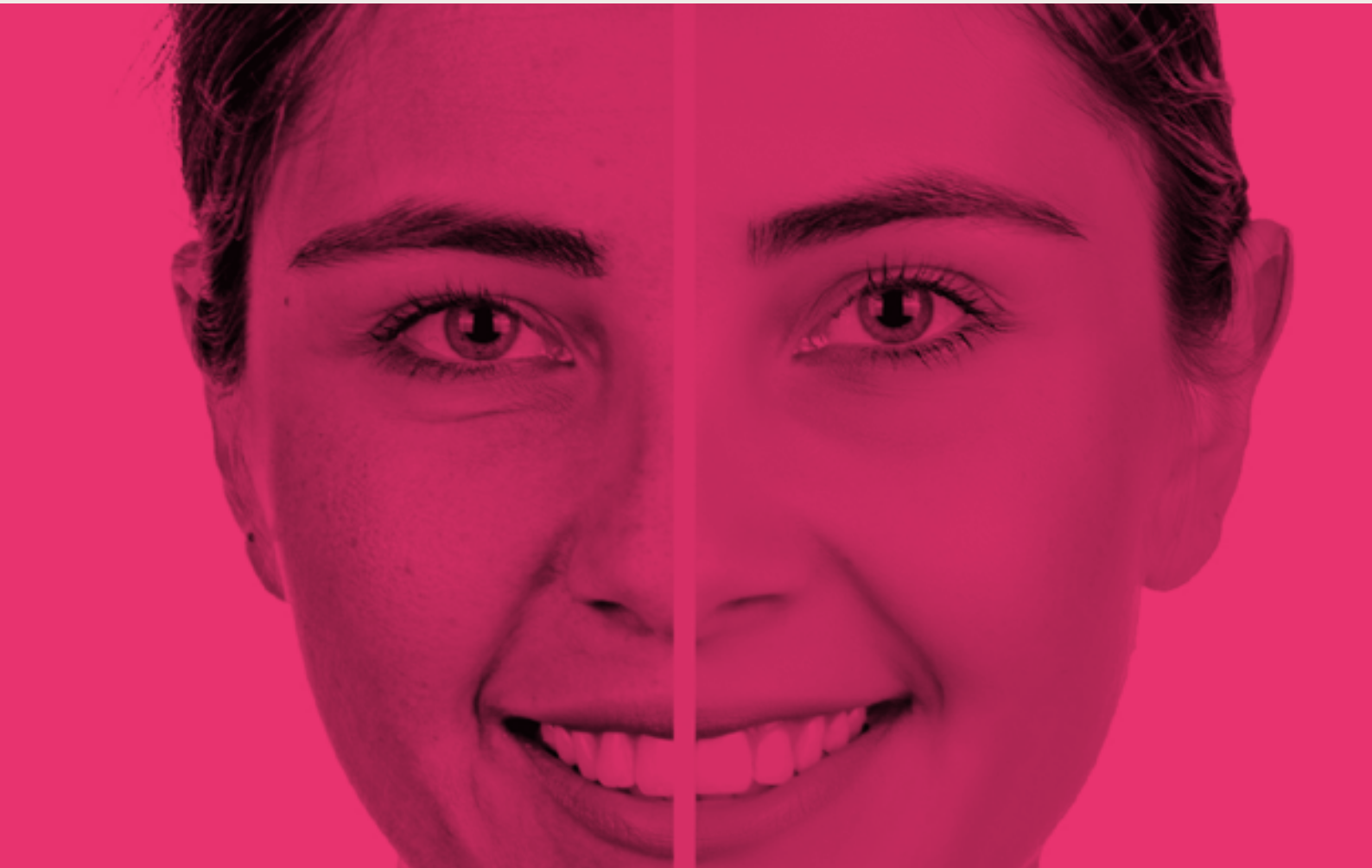
No digestive enzymes have been identified as low according to our testing parameters.

Digestion detailed analysis

- Amylase
- Enterokinase
- Lipase
- Pepsin
- Trypsin & Chymotrypsin

Anti-aging analysis

11.



Anti-aging analysis

Understanding the aging process

The aging process affects the skin in various ways and leads to visible changes in its appearance, texture, and function. These changes are influenced by genetics and natural aging as well as lifestyle and environmental exposures.

As we age we produce less collagen and elastin, these are proteins that provide support and elasticity to the skin. We also have decreased levels of hyaluronic acid, which keeps the skin hydrated. The combination of reduced collagen, elastin, and hyaluronic acid, can lead to a loss of skin firmness and elasticity, the development of fine lines and wrinkles, and dry, less youthful looking skin.

Adopting a comprehensive skincare routine can minimise the impact of the aging on the skin. This may include using sunscreen to protect the skin from UV damage, moisturising to maintain hydration and incorporating products with antioxidants and anti-aging ingredients. Healthy lifestyle choices, such as a balanced diet, regular exercise and avoiding smoking, can greatly contribute to maintaining skin health. Working with a dermatologist can provide personalised advice and treatment options.

Interpreting your results

Your reactivity ratings for anti-aging will be broken down into either outside range or within optimal range. These ratings will help you focus on specific reactivities, along with the relevant actions to take.

Outside Range

These anti-aging item levels fall outside the optimal range.

Normal range

These anti-aging item levels fall within the optimal range.

Your anti-aging overview

Outside Range

No anti-aging items have been indentified as outside range according to our testing parameters.

Anti-aging detailed analysis

- Collagen
- Hyaluronic Acid

Sleep hormone analysis

12.

Sleep hormone analysis

Low melatonin levels

A low level of melatonin is associated with sleep issues like finding it difficult to fall asleep, frequent waking or the inability to stay asleep, and waking early and not being able to fall back to sleep. Low melatonin levels also play a role in mood and stress disorders.

There are many factors that can affect sleep including:

- Stress, anxiety, and depression
- Certain medications
- Physical discomfort (chronic pain or restless leg syndrome)
- Blue light from screens before bed
- Lack of daylight exposure
- Too much caffeine or sugar in the diet
- Aging
- Alcohol intake
- Lack of sleep hygiene (too much light or noise or no regular bedtime)

What is melatonin?

Melatonin is a hormone naturally produced by the pineal gland, a small peasized gland located in the brain. It plays a vital role in regulating the sleepwake cycle, also known as the circadian rhythm. Melatonin levels in the body increase in the evening and remain elevated throughout the night, promoting sleep and relaxation, and decrease in the morning, helping the body to awaken and maintain wakefulness during the day. The natural production of melatonin is influenced by exposure to light with darkness stimulating the release of melatonin, signaling the body to prepare for sleep. Exposure to light, especially blue light emitted by electronic devices and certain light sources, can suppress melatonin production and interfere with the sleep-wake cycle. In addition to its role in sleep regulation, melatonin also acts as an antioxidant, helping to protect cells from oxidative stress and damage, and is involved in the regulation of immune function, blood pressure, body temperature, and hormone production.

Interpreting your results

Your reactivity ratings for sleep hormone will be broken down into either outside range or within optimal range. These ratings will help you focus on specific reactivities, along with the relevant actions to take.

Outside Range

These sleep hormone items levels fall outside the optimal range.

Normal range

These sleep hormone items levels fall within the optimal range.

Your sleep hormone overview

Outside Range

No sleep items have been indentified as outside range according to our testing parameters.

Sleep hormone detailed analysis

- Melatonin

Stress & inflammation analysis

13.

Stress & inflammation analysis

Elevated stress levels

Stress is a physiological response that happens in the body when faced with challenges, demands, or changes that require adaptation or adjustment. It is a natural and automatic reaction that prepares the body to cope with various situations. Stress can be triggered by both external factors, such as work demands, relationships, or environmental changes, and internal factors, such as thoughts and emotions.

Whilst acute stress is short term, manageable and can be motivating for some, chronic stress can lead to chronically elevated cortisol levels, internal inflammation, and have negative effects on health. Stress and inflammation are closely related through complex biological pathways. Chronic stress can dysregulate the normal inflammatory response leading to prolonged and harmful inflammation.

What is cortisol?

Cortisol is a steroid hormone produced by the adrenal glands, which are located on top of each kidney. Cortisol is often referred to as the stress hormone as it is released in response to acute stress as part of a normal and adaptive response. It also plays a crucial role in various other physiological processes within the body such as blood sugar regulation, metabolism, blood pressure regulation, and immune system function.

Chronic or prolonged elevated cortisol levels due to chronic stress or medical conditions can have negative effects on health such as a weakened immune system, weight gain, cardiovascular issues, digestive issues and it can impact mental health. Managing stress through healthy lifestyle habits, relaxation techniques, and seeking support when needed is crucial for maintaining balanced cortisol levels and overall well-being.

Interpreting your results

Your reactivity ratings for stress will be broken down into either outside range or within optimal range. These ratings will help you focus on specific reactivities, along with the relevant actions to take.

Outside Range

These stress & inflammation item levels fall outside the optimal range.

Normal range

These stress & inflammation item levels fall within the optimal range.

Your stress & inflammation overview

Outside Range

- Cortisol
- Joints
- Liver

Your stress & inflammation levels are assessed as outside of the normal range, it's essential to work closely with a healthcare professional to determine the underlying cause and develop an appropriate treatment plan.

1. Exercise regularly
Engage in activities like walking, jogging, yoga, or cycling to release stress-reducing endorphins.

2. Practice mindfulness
Try techniques like meditation, deep breathing, or guided imagery to stay present and reduce stress.

3. Maintain a healthy diet
Eat a balanced diet with fruits, veggies, lean proteins, and whole grains while minimizing caffeine and sugary foods.

4. Prioritise quality sleep
Aim for 7-9 hours of consistent, restful sleep to manage stress effectively.

5. Use healthy coping methods
Talk to a friend, write in a journal, enjoy a hobby, or spend time in nature to cope with stress positively.

It's important to note that managing stress is a personal journey, and different strategies work for different people. Experiment with various approaches to find what works best for you. If your stress levels are significantly impacting your daily life and well-being, consulting with a healthcare professional or mental health provider is advisable. They can help assess your situation, provide guidance, and, if necessary, explore additional interventions.

Stress & inflammation detailed analysis

Inflammation

- Digestive system
- Joints
- Kidneys
- Liver
- Stomach

Stress

- Cortisol

Skin health analysis

14.

Skin health analysis

What is skin sensitivity ?

Items, such as those containing fragrances, can cause the body to react, which can lead 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 cosmetic allergies you know you have may or may not come up in this test

Interpreting your results

Your skin sensitivity ratings will be broken down into either high, moderate or no reactivity ratings. These ratings will help you focus on specific reactivities, along with the relevant actions to take.

High Reactivity

These are the skin sensitivity items that our testing shows you are most likely to have a sensitivity to or that fall outside of range. We would recommend the removal of these items for 6-8 weeks.

Moderate Reactivity

These are the skin sensitivity items that our testing shows you may have a sensitivity to. We would recommend the removal of these items from your daily diet for 4-6 weeks.

No Reactivity

These are the skin sensitivity items that our testing shows you do not have sensitivity to or are within optimal range.

Your skin health overview

High Reactivity

- Diesel
- Formaldehyde
- Formalin
- Myrrh
- Petrol
- Thiomersal
- Tuberose

These cosmetic and fragrance products have been identified as potential contributors to your symptoms. We recommend the avoidance of these items to mitigate and alleviate any adverse reactions. Implementing a structured elimination approach can aid in identifying specific triggers and improving your overall well-being.

Moderate Reactivity

- Sunscreen (Titanium dioxide)

These cosmetic and fragrance products have been identified as potential contributors to your symptoms. We would always recommend prioritising the removal of the high reactivity items first and then consider the removal of moderate reactivity items thereafter. Implementing a structured elimination approach can aid in identifying specific triggers and improving your overall well-being.

Skin health detailed analysis

Cosmetics

- Alpha-hydroxyacid
- Benzyl-parahydroxybenzoate
- Butylparaben
- Butyl-parahydroxybenzoate
- Cobalt
- Ethylparaben
- Ethyl-parahydroxybenzoate
- Farnesol
- g-Methylionone
- Imidazolidinyl urea
- Lilial
- Linalool
- Methyl 2-octynoate
- Methylisothiazolinone
- Methylparaben
- Methyl-parahydroxybenzoate
- Morbicid acid
- Paraphenylenediamine
- Propylparaben
- Propyl-parahydroxybenzoate
- Quaternium-15
- Rosin (colophony)
- Sunscreen (Oxybenzone)
- Sunscreen (Titanium dioxide)

Fragrances

- Amylcinnamyl alcohol
- Anisyl alcohol
- Benzaldehyde
- Benzoin
- Benzyl alcohol
- Benzyl salicylate
- Bergamot orange
- Cinnamaldehyde
- Cinnamyl alcohol
- Citral
- Citronellol
- Coumarin
- d-Limonene
- Ethyl acetate
- Frankincense
- Geraniol
- Guaiac Wood
- Hexyl cinnamaladehyde
- Hydroxycitronellal
- Isoeugenol
- Labdanum
- Lyral
- Methyl dihydrojasmonate
- Methylene chloride
- Muskmallow
- Myrrh
- Neroli
- Oak moss extract
- Orris root
- Oud
- Patchouli
- Tree moss extract
- Tuberose

Household Chemicals

- Bleach
- Chlorine
- Detergent bio (Pectatelyase)
- Detergent non-bio (Sodium Percarbonate)
- Detergent non-bio (Zeolite)
- Diesel
- Fertilizer (molybdenum)
- Formaldehyde
- Formalin
- Fungicide (captan)
- Herbicide (glyphosate)
- Isothiazolinone mix
- Nicotine
- Oxymethylene
- Pesticide (molluscicides)
- Petrol
- Propane
- Propolis
- Thiomersal
- Turpentine

Toiletries

- Benzyl benzoate
- Benzyl cinnamate
- Bubble bath (Sodium Laureth Sulfate)
- Coconut diethanolamide
- Conditioner (Glyceryl Stearate)
- Deodorant (common)
- Eugenol
- Glyceryl monothioglycolate
- Lanolin
- Liquid soap (Sodium Hydroxide)
- Methyldibromoglutaronitrile
- Mineral oil
- Nail polish (Nitrocellulose)
- Nail polish remover (Dibutyl Phthalate)
- Nail polish remover (Toluene)
- Shampoo / Shower gel (Cocamidopropyl Betaine)
- Sun cream (Oxybenzone)
- Vaseline

Your next steps

15.

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.

E-number explainer

Colourings

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

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	alcium 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	examethylene-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

E-number explainer continued...

Antioxidants

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 m.
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)

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

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

E-number explainer continued...

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 512	Tin II 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

Flavour enhancers

E 620	Glutamic acid
E 621	Monosodium glutamate, sodium glutamate
E 622	Monopotassium glutamate, potassium glutamate
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 5'-ribonucleotide
E 635	Disodium 5'-ribonucleotide
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	Carbanide
E 938	Argon

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)

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 nonre-chargeable batteries, some medica-tions 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

1200 item Supertest items tested

Food & drink sensitivities

Gluten-containing Cereals and Grains

Barley
Bread-brown
Bread-granary
Bread-rye
Bread-white
Bulgar wheat
Farro
Freekeh
Kamut
Noodles-wheat
Rye
Sourdough
Spelt
Wheat

Gluten-free Cereals and Grains

Almond flour
Amaranth
Arrowroot flour
Buckwheat
Chickpea flour
Coconut flour
Corn tortilla
Cornflakes
Egg noodle
Garbanzo flour
Hops
Maize/corn flour
Millet
Oats
Potato flour
Quinoa
Rice noodle (fermented)
Rice noodle (fresh)
Rice-brown
Rice-white
Rice-wild
Sorghum flour
Soya flour
Taco shells (corn)
Teff flou
Vermicelli

Cheese

Cheddar
Cottage cheese
Edam
Goat's cheese
Gouda
Gruyere
Halloumi
Manchego
Mozzarella
Parmesan
Red Leicester
Soft cheese
Stilton

Dairy and Egg

Butter
Buttermilk
Condensed milk
Cream
Egg
Evaporated milk
Ice cream
Kefir
Milk from cows
Milk from goats
Milk from sheep
Rennet
Sour cream
Yogurt

Drinks

Ale
Almond milk
Apple juice
Beer
Brandy
Cashew milk
Champagne
Cider
Coconut milk
Coconut water
Coffee-barley substitute
Coffee-black
Cola
Cranberry juice
Gin
Hazelnut milk
Hemp milk
Hot chocolate
Lager
Lemonade
Oat milk
Orange juice
Ovaltine
Pineapple juice
Pisco
Pomegranate juice
Prosecco
Red wine
Rice milk
Rose wine
Rum
Sake
Sambucca
Shaoxing wine
Soya milk
Tea-black
Tea-chamomile
Tea-earl grey
Tea-green
Tea-jasmine
Tea-marshmallow
Tea-oolong
Tea-rooibos
Tea-white
Tea-yerba mate
Tequila
Tomato juice
Vermouth
Vodka
Whisky
White wine

Fruit

Acai berry
Apples-Braeburn
Apples-Fuji
Apples-Gala
Apples-Golden Delicious
Apples-Granny Smith
Apples-Jazz
Apples-Pink Lady
Apricot
Avocado
Banana
Banana blossom
Bilberry
Blackberry
Blueberry
Cantaloupe melon
Carambola
Cherry
Cranberry
Currants-red, black
Custard apple
Date
Dragon Fruit
Durian
Fig
Galia melon
Goji berry
Gooseberry
Gooseberry-Chinese
Grapefruit
Grapes-black
Grapes-green
Grapes-red
Guava
Honeydew melon
Jackfruit
Kiwi
Lemon
Lime
Longan
Lychee
Mango
Mangosteen
Nectarines
Orange
Papaya
Passionfruit
Peach
Pear
Pineapple
Plum
Plums-damson
Pomegranate
Pomelo
Prune
Quince
Raisin
Rambutan
Raspberry
Sapodilla
Snake fruit
Strawberry
Water melon

Herbs and Spices

Allspice
Aniseed
Aquafaba
Arrow root
Basil
Bay leaf
Cajun spice
Caraway
Cardamom
Cayenne pepper
Chervil
Chicory
Chinese horse radish
Cilantro
Cinnamon
Clove
Coriander
Culantro
Cumin
Curry leaves
Curry powder
Dill
Douban jiang
Fenugreek
Fingerroot
Five spice
Galangal
Ginger
Horse radish
Kaffir lime leaves
Lemongrass
Lovage seed
Mace
Marjoram
Mint-fresh
Miso
Mustard
Nutmeg
Oregano
Pandan
Paprika
Pepper-black
Pepper-green
Pepper-red
Pepper-white
Rosemary
Saffron
Sage

1200 item Supertest items tested continued...

Salt
Star anise
Sumac
Tamarind
Tarragon
Thyme
Turmeric

Legumes and Pulses
Black beans
Black eyed pea
Bortolli bean
Broad bean
Cannellini bean
Chickpea
Edamame bean
Fermented black bean
Field pea
Flageolet bean
Green bean
Hummus
Kidney beans
Lentil
Lentil - beluga
Lentil - brown
Lentil - green
Lentil - puy
Lentil - red
Lentil - yellow
Lima bean
Navy bean
Pea
Pinto bean
Scarlet runner bean
Soya bean
Tofu

Meat
Bacon
Beef
Beef-dried
Buffalo
Chicken
Chicken heart
Chicken liver
Chicken-capon
Croccodile
Duck
Duck-domestic
Duck-wild
Emu
Fermented pork
Goat
Goose
Hare
Horse
Kangaroo
Lamb
Liver-lamb
Liver-ox
Liver-pig
Mutton
Pig-intestine
Pork
Pork sausages
Rabbit
Roe-deer
Sweetbreads
Turkey-cock
Turkey-hen
Veal
Venison

Nuts and Seeds
Aflatoxin
Almond
Brazil nut
Cashew nut
Chestnut
Chia seed
Coconut
Dry roasted peanut
Flaxseed
Hazelnut
Hemp seed
Macadamia nut
Peanut
Pecan nut
Pine nut
Pistachio nut
Poppy seed
Pumpkin seed
Sesame seed
Sunflower seed
Tahini
Walnut
Water chestnut

Oils and Condiments
Almond oil
Balsamic vinegar
Barbecue sauce
Canola oil
Coconut oil
Cod liver oil
Curry paste
Fermented fish (Pla ra)
Fish sauce
Hoisin sauce
Olive oil
Oyster sauce
Peanut oil
Peppermint oil
Rapeseed oil
Sesame oil
Shrimp paste
Soy sauce
Sriracha sauce
Sunflower oil
Tomato ketchup
Vegetable oil

Seafood and Fish
Abalone
Anchovy
Barramundi
Calamari
Catfish
Clams
Cod
Crab
Crayfish
Cuttlefish
Eel
Fish fingers
Fish maw
Haddock
Halibut
Herring
Herring-red
John Dory
Lobster
Mackerel
Mussels-general
Oyster
Plaice
Pollock
Prawn
Salmon
Sardine
Seabass
Shark
Shrimp
Smoked herring - bloater
Snapper
Sole
Squid
Tilapia
Trout-brown
Trout-sea
Tuna
Whitefish
Winkles

Vegetables
Acacia Pennata
Aji pepper
Artichoke
Asparagus
Aubergine
Bamboo shoots
Beansprout
Beets
Broccoli
Brussels sprout
Butter lettuce
Butternut squash
Button mushroom
Cabbage
Capsicum-green
Capsicum-red
Capsicum-yellow
Carrots
Cassava
Cauliflower
Celery
Chestnut mushroom
Chicory lettuce
Cress
Cucumber
Daikon
Eggplant
Endive
Escarole lettuce
Fennel
Garlic
Head lettuce
Iceberg lettuce
Kale
Kohl rabi
Kombu
Leek
Maize/corn
Matsutake
Morning Glory
Mushroom
Mustard-green
Okra
Olives-black
Olives-green
Onion
Oyster mushroom
Pak choi
Parsley
Parsnips
Plantain
Portobello mushroom
Potato
Pumpkin
Radish
Rocket
Romaine lettuce
Shallots
Shitake mushroom
Spinach
Stink bean/Bitter bean
Swede
Sweet Potato
Tomato
Turnip
Watercress
Winged bean
Yams
Yardlong bean
Zucchini

Miscellaneous
Apple cider vinegar
Baobab
Chlorella
Dark chocolate
Liquorice
Marmite
Milk chocolate
Monosodium glutamate

1200 item Supertest items tested continued...

Penicillin
Popcorn
Potato chips
Spirulina
Vegemite
Vinegar-clear
Vinegar-malt
Wheatgrass

Vegan sensitivities

Vegan food sensitivities

Falafel
Kimchi
Natto
Nutritional yeast
Polenta
Sauerkraut
Seaweed
Seitan
Tempeh
Vegan cheese
Vegan egg

Non-food sensitivities

Flowering plants

Aster
Cannabis
Chamomile
Chrysanthemum
Clover
Dahlia
Fireweed/Great willow herb
Goldenrod
Hyacinth
Lupine
Marguerite
Mulberry
Narcissus
New Belgian aster
Primrose
Rape
Rose
Scotch heather
Tulip
Wallflower

Grasses and Herbs

Bahia grass
Barley grass
Bermuda grass
Bistort grass
Blue Oats grass
Bluegrass
Brome grass
Buttercup
Canary grass
Cocksfoot grass
Colonial bent grass
Crested dog's-tail grass
Dandelion
Dead nettle
Distichlis spicata (Seasaw saltgrass)
Dock
Dogtooth grass
Feather Reed grass
Herd's grass (Timothy)
Honey grass
Hop
Kentucky bluegrass
Lambsquarters weed
Linden grass
Maize
Meadow fescue
Meadow fox tail
Mugwort grass
Orchard grass / Cocksfoot grass
Pasture grass
Perennial ryegrass
Pigweed
Plantain
Qack grass or Couch grass
Ragweed (Ambrosia genuine)
Red fescue
Ribwort
Rush grass
Ryegrass
Saltbush
Stinging nettle
Sweet vernal grass
Tall oat grass
Tansy ragwort
Thistle
Velvet grass
Water reed
Wild oat
Wormwood

Shrubs

Blackberry
Blueberry
Currant bush
Elder
Hawthorn
Hazel
Jasmine
Juniper
Lilac
Mangrove
Privet
Strawberry
Tamarisk
Tumbleweed
Willow

Molds & Fungus

Absidia corymbifera
Acremonium murorum
Acremonium strictum
Alternaria alternata
Aspergillus niger
Aspergillus ochraceus
Aspergillus penicillioides
Aspergillus sydowii
Aspergillus tamarii
Aspergillus ustus
Aspergillus wentii
Aureobasidium pullulans
Beauveria bassiana
Byssochlamys nivea
Cadosporium herbarum
Chrysonilia crassa
Chrysonilia sitophila
Chrysosporium see
Cladosporium herbarum
Cladosporium sphaerospermum
Curvularia geniculata
Emericella nidulans
Eurotium amstelodami
Eurotium chevalieri
Eurotium herbariorum
Eurotium rubrum
Fusarium culmorum
Fusarium oxysporum
Fusarium solani
Memnoniella echinata
Mucor rascemosus
Oidiodendron griseum
Paecilomyces variotii
Penicillinum chrysogenum
Penicillium aurantiogriseum
Penicillium brevicompactum
Penicillium corylophilum
Penicillium digitatum
Penicillium funiculosum
Penicillium griseofulvum
Penicillium olsonii
Penicillium purpurogenum
Penicillium roquefortii
Phoma glomerata
Phoma macrostoma
Rhizopus stolonifer
Rhodotorula
Scopulariopsis
Scopulariopsis fusca
Stachybotrys chartarum
Stemphylium botryosum
Syncephalastrum racemosum
Trichoderma harzianum
Trichoderma viride
Verticillium lecanii
Verticillium luteoalbum
Yeast

Trees

Alder
Apple tree
Ash
Aspen
Beech
Betula verrico
Birch
Cherry tree
Elm
European beech
European lime
False acacia
Hornbeam
Horse chestnut
Japanese cedar
Japanese millet
Laburnum
Larch
Linden tree
Maple
Misteltoe
Oak
Pear tree
Pine
Pine-Scottish
Plane tree
Poplar
Spruce
Walnut

Materials

Cotton
Leather
Lycra
Nylon
Rubber
Synthetic materials
Velvet
Wool

Organic compounds

Alpha lipoic acid
Ascorbic acid
Docosahexaenoic acid
Eicosapentaenoic acid
Ellagic acid
Flavonoids
Folate
Folic acid
Formic acid
Gallic acid
Iso-flavonoids
L-Carnitine
Lignans
Lutein
Lycopene
Mallic acid
Nicotinic acid
Nucleic acid
Omega 3
Omega 6
Oxalic acid
Pantothenic acids
Para Aminobenzoic acid
Phytosterols
Polyphenols
Pro-anthocyanidins
Pyridoxine

1200 item Supertest items tested continued...

Salicylic acid
Saponins
Sulforphane
Tannins
Tartaric acid
Uric acid
Zeaxanthin

Animals & Insects

Aspergillus fumigatus
Bee
Budgie (Parakeet) feathers
Canary feathers
Cat hair
Chinchilla hair
Cow hide
Deer skin
Dermatophagoides farinae (House Dust Mite)
Dog dander
Dove feathers
Duck feathers
Dust
Euroglyphus maynei (Mayne's house dust mite)
Farina secalis cerealis
Ferret fur
Finch feather
Fox fur
Fungus
Gerbil hair
Glycyphagus domesticus
Goat hair
Goose feathers
Guinea pig hair
Hamster hair
Horse bot fly
Horse dander
House dust mite
Mink skin
Mosquito
Parrot feather
Penicilloyl
Pig skin
Pigeon droppings
Rabbit hair
Rat hair
Reindeer hair
Sheep (wool)
Storage mite
Wasp
Weevil eggs

Metal sensitivities

Aluminium (Al)
Antimony (Sb)
Argon (A)
Arsenic (As)
Barium (Ba)
Beryllium (Be)
Bismuth (Bi)
Boron (Bo)
Bromine (Br)
Cadmium (Cd)
Caesium (Cs)
Calcium (C)
Cerium (Ce)
Chlorine (Cl)
Chromium (Cr)
Cobalt (Co)
Copper (Cu)
Dysprosium (Dy)
Fluorine (F)
Gadolinium (Gd)
Gallium (Ga)
Germanium (Ge)
Gold (Au)
Hafnium (Hf)
Holmium (Ho)
Indium (In)
Iodine (Ie)
Iridium (Ir)
Iron (Ferrous) (Fe)
Lead (Pb)
Lithium (Li)
Lutetium (Lu)
Magnesium (Mg)
Manganese (Mn)
Mercury (Hg)
Nickel (Ni)
Palladium (Pd)
Phosphorus (P)
Platinum (Pt)
Potassium (K)
Radium (Ra)
Rhenium (Re)
Rhodium (Rh)
Rubidium (Rb)
Ruthenium (Ru)
Samarium (Sm)
Selenium (Se)
Silicon (Si)
Silver (Ag)
Sodium (Na)
Strontium (Sr)
Sulphur (S)
Tantalum (Ta)
Tin (Sn)
Titanium (Ti)
Vanadium (V)
Zinc (Zn)
Zirconium (Zr)

Mineral and other nutrients

Minerals

Calcium
Chromium
Copper
Iodine
Iron
Magnesium
Manganese
Molybdenum
Phosphorus
Potassium
Selenium
Silica
Sodium
Zinc

Phyto- and other nutrients

Allium
Anthocyanidins
Beta-carotene
Betaine
Bio-flavonoids
Bromelain
Carotenoids
Citrus bio-flavonoids
Creatine
Genistein
Germanium
Inositol

Amino Acids

Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Threonine
Tryptophan
Valine

Vitamins A-K

Choline
Vitamin A
Vitamin B1
Vitamin B12
Vitamin B2
Vitamin B3
Vitamin B5
Vitamin B6
Vitamin B7
Vitamin C
Vitamin D
Vitamin E
Vitamin K
Vitamin B9

Additives

Antioxidants

E300 Ascorbic acid
E301 Sodium ascorbate
E302 Calcium ascorbate
E304 Fatty acid esters of ascorbic acid
E306 Tocopherols
E307 Alpha-tocopherol
E308 Gamma-tocopherol
E309 Delta-tocopherol
E310 Propyl gallate
E311 Octyl gallate
E312 Dodecyl gallate
E315 Erythorbic acid
E316 Sodium erythorbate
E320 Butylated hydroxyanisole (BHA)
E321 Butylated hydroxytoluene (BHT)
E322 Lecithins
E325 Sodium lactate
E326 Potassium lactate
E327 Calcium lactate
E330 Citric acid
E331 Sodium citrates
E332 Potassium citrates
E333 Calcium citrates
E334 Tartaric acid (L-(+))
E335 Sodium tartrates
E336 Potassium tartrates
E337 Sodium potassium tartrate
E338 Phosphoric acid
E339 Sodium phosphates
E340 Potassium phosphates
E341 Calcium phosphates
E350 Sodium malates
E351 Potassium malate
E352 Calcium malates
E353 Metatartaric acid
E354 Calcium tartrate
E355 Adipic acid
E356 Sodium adipate
E357 Potassium adipate
E363 Succinic acid
E380 Triammonium citrate
E385 Calcium disodium ethylene diamine tetra-acetate; calcium disodium EDTA

Colourings

E100 Curcumin
E101 Riboflavin
E102 Tartrazine
E104 Quinoline yellow
E110 Sunset Yellow FCF; Orange Yellow S
E120 Cochineal; Carminic acid; Carmines
E122 Azorubine; Carmoisine
E123 Amaranth
E124 Ponceau 4R; Cochineal Red A
E127 Erythrosine
E128 Red 2G
E129 Allura Red AC
E131 Patent Blue V
E132 Indigotine; Indigo Carmine

1200 item Supertest items tested continued...

E133 Brilliant Blue FCF
E140 Chlorophylls and chlorophyllins
E141 Copper complexes of chlorophyll and chlorophyllins
E142 Green S
E150a Plain caramel
E150b Caustic sulphite caramel
E150c Ammonia caramel
E150d Sulphite ammonia caramel
E151 Brilliant Black BN; Black PN
E153 Vegetable carbon
E154 Brown FK
E155 Brown HT
E160a Carotenes
E160b Annatto; Bixin; Norbixin
E160c Paprika extract; Capsanthian; Capsorubin
E160d Lycopene
E160e Beta-apo-8'-carotenal (C30)
E160f Ethyl ester of beta-apo-8'-carotenoic acid (C30)
E161b Lutein
E161g Canthaxanthin
E162 Beetroot Red; Betanin
E163 Anthocyanins
E170 Calcium carbonate
E172 Iron oxides and hydroxides
E173 Aluminium
E174 Silver
E175 Gold
E180 Litholrubine BK

Emulsifiers

E432 Polyoxyethylene sorbitan monolaurate; Polysorbate 20
E433 Polyoxyethylene sorbitan mono-oleate; Polysorbate 80
E434 Polyoxyethylene sorbitan monopalmitate; Polysorbate 40
E435 Polyoxyethylene sorbitan monostearate; Polysorbate 60
E436 Polyoxyethylene sorbitan tristearate; Polysorbate 65
E440 Pectins
E442 Ammonium phosphatides
E444 Sucrose acetate isobutyrate
E445 Glycerol esters of wood rosins
E450 Diphosphates
E451 Triphosphates
E452 Polyphosphates
E460 Cellulose
E461 Methyl cellulose
E463 Hydroxypropyl cellulose
E464 Hydroxypropyl methyl cellulose
E465 Ethyl methyl cellulose
E466 Carboxy methyl cellulose
E470a Sodium, potassium and calcium salts of fatty Acids
E470b Magnesium salts of fatty acids
E471 Mono- and diglycerides of fatty acids
E472a Acetic acid esters of mono- and diglycerides of fatty acids
E472b Lactic acid esters of mono- and diglycerides of fatty acids
E472c Citric acid esters of mono- and diglycerides of fatty acids
E472d Tartaric acid esters of mono- and diglycerides of fatty acids
E472e Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids
E472f Mixed acetic and tartaric acid esters of mono- and diglycerides of fatty acids
E473 Sucrose esters of fatty acids
E474 Sucroglycerides
E475 Polyglycerol esters of fatty acids
E476 Polyglycerol polyricinoleate
E477 Propane-1,2-diol esters of fatty acids
E479b Thermally oxidised soya bean oil interacted with mono and diglycerides of fatty acids
E481 Sodium stearoyl-2-lactylate
E482 Calcium stearoyl-2-lactylate
E483 Stearyl tartrate
E491 Sorbitan monostearate
E492 Sorbitan tristearate
E493 Sorbitan monolaurate
E494 Sorbitan monooleate
E495 Sorbitan monopalmitate

Flavour enhancers

E620 Glutamic acid
E621 Monosodium glutamate
E622 Monopotassium glutamate
E623 Calcium diglutamate
E624 Monoammonium glutamate
E625 Magnesium diglutamate
E626 Guanylic acid
E627 Disodium guanylate
E628 Dipotassium guanylate
E629 Calcium guanylate
E630 Inosinic acid
E631 Disodium inosinate
E632 Dipotassium inosinate
E633 Calcium inosinate
E634 Calcium 5'-ribonucleotides
E635 Disodium 5'-ribonucieotides
E640 Glycine and its sodium salt
E900 Dimethylpolysiloxane
E901 Beeswax, white and yellow
E902 Candelilla wax
E903 Carnauba wax
E904 Shellac
E912 Montan acid esters
E914 Oxidised Polyethylene wax
E927b Carbamide
E938 Argon

Preservatives

E200 Sorbic acid
E202 Potassium sorbate
E203 Calcium sorbate
E210 Benzoic acid
E211 Sodium benzoate
E212 Potassium benzoate
E213 Calcium benzoate
E214 Ethyl p-hydroxybenzoate
E215 Sodium ethyl p-hydroxybenzoate
E216 Propyl p-hydroxybenzoate
E217 Sodium propyl p-hydroxybenzoate
E218 Methyl p-hydroxybenzoate
E219 Sodium methyl p-hydroxybenzoate
E220 Sulphur dioxide
E221 Sodium sulphite
E222 Sodium hydrogen sulphite
E223 Sodium metabisuiphite
E224 Potassium metabisulphite
E226 Calcium sulphite
E227 Calcium hydrogen sulphite
E228 Potassium hydrogen sulphite
E230 Biphenyl; diphenyl
E231 Orthophenyl phenol
E232 Sodium orthophenyl phenol
E233 Thiabendazole
E234 Nisin
E235 Natamycin
E239 Hexamethylene tetramine
E242 Dimethyl dicarbonate
E249 Potassium nitrite
E250 Sodium nitrite
E251 Sodium nitrate
E252 Potassium nitrate
E260 Acetic acid
E261 Potassium acetate
E262 Sodium acetate
E263 Calcium acetate
E270 Lactic acid
E280 Propionic acid
E281 Sodium propionate
E282 Calcium propionate
E283 Potassium propionate
E284 Boric acid
E285 Sodium tetraborate; borax
E290 Carbon dioxide
E296 Malic acid
E297 Fumaric acid
E1105 Lysozyme
Whey protein

Stimulant

Caffeine

Sweetners

E1200 Polydextrose
E1201 Polyvinylpyrrolidone
E1202 Polyvinylpolypyrrolidone
E1404 Oxidised starch
E1410 Monostarch phosphate
E1412 Distarch phosphate
E1413 Phosphated distarch phosphate
E1414 Acetylated starch
E1420 Acetylated Starch
E1422 Acetylated distarch adipate
E1440 Hydroxyl propyl starch
E1442 Hydroxy propyl distarch phosphate
E1450 Starch sodium octenyl succinate
E1505 Triethyl citrate
E1518 Glyceryl triacetate; triacetin
E939 Helium
E941 Nitrogen
E942 Nitrous oxide
E948 Oxygen
E950 Acesulfame K
E951 Aspartame
E952 Cyclamic acid and its Na and Ca salts
E953 Isomalt
E954 Saccharin and its Na, K and Ca salts
E957 Thaumatin
E959 Neohesperidine DC
E965 Maltitol
E966 Lactitol
E967 Xylitol
E999 Quillaia extract
Gelatin
Honey
Molasses
Stevia

1200 item Supertest items tested continued...

Sugar
Sweet freedom
Vanilla

Thickening, Setting and Moisturising Agents
E400 Alginic acid
E401 Sodium alginate
E402 Potassium alginate
E403 Ammonium alginate
E404 Calcium alginate
E405 Propane-1,2-diol alginate
E406 Agar
E407 Carrageenan
E407a Processed eucheuma seaweed
E410 Locust bean gum; carob gum
E412 Guar gum
E413 Tragacanth
E414 Acacia gum; gum arabic
E415 Xanthan gum
E417 Tara gum
E418 Gellan gum
E420 Sorbitol
E421 Mannitol
E422 Glycerol

Miscellaneous additives
E500 Sodium carbonates
E501 Potassium carbonates
E503 Ammonium carbonates
E504 Magnesium carbonates
E507 Hydrochloric acid
E508 Potassium chloride
E509 Calcium chloride
E511 Magnesium chloride
E512 Stannous chloride
E513 Sulphuric acid
E514 Sodium sulphates
E515 Potassium sulphates
E516 Calcium sulphate
E517 Ammonium sulphate
E520 Aluminium sulphate
E521 Aluminium sodium sulphate
E522 Aluminium potassium sulphate
E523 Aluminium ammonium sulphate
E524 Sodium hydroxide
E525 Potassium hydroxide
E526 Calcium hydroxide
E527 Ammonium hydroxide
E528 Magnesium hydroxide
E529 Calcium oxide
E530 Magnesium oxide
E535 Sodium ferrocyanide
E536 Potassium ferrocyanide
E538 Calcium ferrocyanide
E541 Sodium aluminium phosphate
E551 Silicon dioxide
E552 Calcium silicate
E553a Magnesium silicate
E553b Talc
E554 Sodium aluminium silicate
E555 Potassium aluminium silicate
E556 Aluminium calcium silicate
E558 Bentonite
E559 Aluminium silicate; Kaolin
E570 Fatty acids
E574 Gluconic acid
E575 Glucono delta-lactone
E576 Sodium gluconate
E577 Potassium gluconate
E578 Calcium gluconate
E579 Ferrous gluconate
E585 Ferrous lactate

Hormone imbalances
Acidophilus Bifidus
Estrogen
Luteinizing Hormone
Lymphatic Follicles
Oestradiol
Progesterone
Thyrotropin TSH
Thyroxin (T4)
TriiodoThyronine (T3) D6

Gut health
Acidophilus Bifidus
Bacillus Coagulans
Bifidobacterium Bifidum
Bifidobacterium Infantis
Escherichia Coli
Lactobacillus acidophilus
Lactobacillus reuteri
Streptomyces
Streptococcus Faecium
Streptococcus Thermophilus

Digestion
Amylase
Enterokinase
Lipase
Pepsin
Trypsin & Chymotrypsin

Anti-aging
Hyaluronic Acid
Collagen

Sleep
Melatonin

Stress & Inflamation
Cortisol
Stress & Inflamation
Inflammation
Digestive system consists of the following allergens:
Gullet (Oesophagus)
Large intestine (Intestinum crassum)
Oral cavity (Cavum oris)
Pancreas
Small intestine
Joints
Kidneys
Liver
Stomach

Skin Health
Cosmetics
Alpha-hydroxyacid
Benzyl-parahydroxybenzoate
Butyl-parahydroxybenzoate
Butylparaben
Cobalt
Ethyl-parahydroxybenzoate
Ethylparaben
Farnesol
Lilial
g-Methylionone
Linalool
Imidazolidinyl urea
Methyl 2-octynoate
Methyl-parahydroxybenzoate
Methylisothiazolinone
Methylparaben
Morbicid acid
Paraphenylenediamine
Propyl-parahydroxybenzoate
Propylparaben
Quaternium-15
Rosin (colophony)
Sunscreen (Oxybenzone)
Sunscreen (Titanium dioxide)

Fragrances
Amylcinnamyl alcohol
Anisyl alcohol
Benzaldehyde
Benzoin
Benzyl alcohol
Benzyl salicylate
Bergamot orange
Cinnamaldehyde
Cinnamyl alcohol
Citral
Citronellol
Coumarin
d-Limonene
Ethyl acetate
Frankincense
Geraniol
Guaiac Wood
Hexyl cinnamaladehyde
Hydroxycitronellal
Isoeugenol
Labdanum
Lyral
Methyl dihydrojasmonate
Methylene chloride
Muskmallow
Myrrh
Neroli
Oak moss extract
Orris root
Oud
Patchouli
Tuberose
Tree moss extract

Household Chemicals
Bleach
Chlorine
Detergent bio (Pectatelyase)
Detergent non-bio (Sodium Percarbonate)
Detergent non-bio (Zeolite)
Diesel
Fertilizer (molybdenum)
Formaldehyde
Formalin
Fungicide (captan)
Herbicide (glyphosate)
Isothiazolinone mix
Nicotine
Oxymethylene
Pesticide (molluscicides)
Petrol
Propane
Propolis
Thiomersal
Turpentine

Toiletries
Benzyl benzoate
Benzyl cinnamate
Bubble bath (Sodium Laureth Sulfate)
Coconut diethanolamide
Conditioner (Glyceryl Stearate)
Deodorant (common)
Eugenol
Glyceryl monothioglycolate
Lanolin
Liquid soap (Sodium Hydroxide)
Methyldibromoglutaronitrile
Mineral oil
Nail polish (Nitrocellulose)
Nail polish remover (Dibutyl Phthalate)
Nail polish remover (Toluene)
Shampoo / Shower gel (Cocamidopropyl Betaine)
Sun cream (Oxybenzone)
Vaseline

certified practitioner program

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