

Premium Food Intolerance Test

Why is it important to take the test?

When food particles enter the bloodstream, your immune system can sometimes identify these food proteins as 'foreign' and produces IgG antibodies to 'attack' the particular food in question.

This response is your immune system's natural defence mechanism to ward off harmful invaders in the body which can create inflammation. This inflammation can then trigger troublesome symptoms, which may persist if they are neglected.



Take control
of your
health with



With support, people suffering from these types of symptoms have been helped by the Premium Food Intolerance test:

- Headaches
- Migraines
- Bloating
- Wind
- Abdominal pain
- Lethargy
- Tiredness
- Anxiety
- Depression
- Weight gain
- Diarrhoea
- Skin problems, like eczema, psoriasis, rashes, itchy skin & hives



How does it work and what are the benefits?

- Find out whether you have a sensitivity to over 200 food & drink ingredients
- Simply take a tiny finger-prick blood sample and return in our freepost envelope
- Optimise your diet & lifestyle knowing which foods you are reacting to
- Our test measures all four subtypes of food-specific IgG

What do the results show?

You'll receive clear and easy to understand results which with an accompanying guidebook and elimination diet diary.

NEW: All our tests now include Reactivity Values, 'scoring' your sensitivity to each of the food & drink ingredients tested, between 0 and 100 for each item.

 **Client Name:** Example Results
Test ID: 1000-0842
Results Date: 07/08/2021

Dear Example Results,

Please see below the results of your **Premium Food Intolerance Test**. This test analysed your blood sample for food-specific (IgG) reactions to over 200 food and drink ingredients.

Premium Food Intolerance Test

20-100% **HIGH REACTIVITY** 12-19 **BORDERLINE** 0-10 **NORMAL REACTIVITY**

Great news, upon testing your blood sample provided, the test results show that there are no **HIGH REACTIVITY** food-specific (IgG) reactions. However, there were some **BORDERLINE** results showing more moderate reactivity.

Your results are listed in order of most reactive to least reactive

Cream Milk	19
Egg White	15
Cust	15
Wheat	14
Coffee	13

All other foods and drinks tested, as listed below, gave **NORMAL REACTIVITY**

Green Tea 11, Lemongrass 11, Aubergine 8, Cardamom/Bay Leaf 8, Albino/Cuttlefish 7, Sheep's Milk 7, Papaya 6, Rosbosc 6, Sesame Seed 6, Bok Choi 5, Egg Yolk 5, Ginseng 5, Molucc Mix 5, Basil 4, Coriander / Curry / Dill 4, Garlic 4, Jasmine 4, Mulberry 4, Nettie Leaves 4, Papaya 4, Almond 3, Chamomile 3, Faf 3, Hazelnut 3, Hops 3, Okra 3, Phaeasant 3, Quinoa 3, Turmeric 3, Vanilla 3, Wheat 3, Whitegrain 3, Anise Seed 2, Anguria 2, Buckwheat 2, Cabernet Sauvignon 2, Camell 2, Chickpea 2, Cocoa Bean 2, Coconut 2, Corn (Maize) 2, Ginger 2, Guava (Elaeagn 2, Kidney Bean 2, Lentils 2, Mulberry 2, Mustard Seed 2, Oat 2, Peanut 2, Plantain 2, Rhubarb 2, Saweed 2, Soybean 2, Sunflower Seed 2, Tamarind 2, Tea 2, Beef 1, Bilberry 1, Blackcurrant 1, Cinnamon / Clove 1, Coffee 1, Cola Nut 1, Cranberry 1, Cucumber Mix 1, Curry Leaves/Curry Powder 1, Flax/linseed 1, Gogi Berry 1, Kale 1, Lettuce 1, Lotus Root 1, Malon Mix 1, Millet 1, Mustard Mix 1, Pig Fish Mix 1, Pea 1, Peas 1, Pork 1, Sugar Cane 1, Sweet Potato 1, Tapioca 1, Venetian 1, Walnut 1, Acai Berry 0, Agar Agar 0, Agave 0, Aloe Vera 0, Anchovy 0, Apple 0, Apricot 0, Asparagus 0, Avocado 0, Bamboo 0, Banana 0, Barley/Malt 0, Bean Sprouts 0, Beetroots 0, Blackberry 0, Blueberry 0, Boysenberry 0, Cantel 0, Cassia 0, Celery 0, Chardonnay 0, Cherry 0, Chia Seed 0, Chicken 0, Chili Pepper 0, Cloudberry 0, Cow's Milk 0, Cucumber 0, Dandelion Root/Burdock Root 0, Deer 0, Dinkel Flour 0, Duck 0, Elderberry/Elderflower Mix 0, Grape, Concord 0, Grapefruit 0, Guarana 0, Haricort Bean 0, Heavy Toast Oat 0, Hemp 0, Hibiscus 0, Juniper Berry 0, Kiwi 0, Lamb 0, Lemon 0, Lime 0, Lingonberry 0, Lychee 0, Malbec 0, Mango 0, Marlot 0, Mint Mix 0, Nutmeg / Peppercorn 0, Olive 0, Onion 0, Orange 0, Parsley 0, Parsnip 0, Pea 0, Peach 0, Peppers (Capsicum) / Paprika 0, Pineapple 0, Pood Goggo 0, Pood Hoo 0, Pissac/Salt 0, Plum 0, Pomegranate 0, Potato 0, Prawn 0, Pumpkin 0, Raspberry 0, Rice 0, Riesling 0, Rosehip 0, Saffron 0, Salmon/Trou 0, Sardines 0, Sauvignon Blanc 0, Spinach 0, Spirulina 0, Strawberry 0, String bean 0, Swede 0, Syrah/Shiraz 0, Tomato 0, Tuna 0, Turkey 0, Tump 0, Water Chestnut 0, White Fish Mix 0, White Zinfandel/Red Zinfandel Mix 0

HIGH REACTIVITY indicates you have raised IgG antibody levels to these food(s) and you should try to eliminate them completely from your diet. You may benefit from removing all these foods from your diet.

  

       

Normal

These ingredients can in general be eaten without restriction, unless you already know that they cause a reaction and you have been avoiding them, in which case you should continue to do so.

Borderline

Indicates a borderline reaction to these food and drink ingredient(s) and you may benefit by limiting their consumption.

High

Indicates raised IgG antibody levels to these food or drink ingredient(s) and you should try to eliminate them completely from your diet.

For more information on this test,
enquire with your Practitioner today!



*YorkTest food intolerance, allergy and other test results are provided for informational purposes only and are not a substitute for professional medical advice. The results cannot be used to diagnose, treat or cure medical or health conditions. If you are concerned about your symptoms then please contact your GP. Information on this website is for educational purposes only and you must never disregard professional medical advice or delay in seeking it based on the information provided. YorkTest define Food Intolerance as a food-specific IgG reaction

YT5813 v3