

# Your Supertest results are here

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Sample Report

**Report Date:** Jul 9 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  
X.

## Personal Details

Sample Report

## Testing information

Sample tested by: X

Testing date: Jul 9 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.



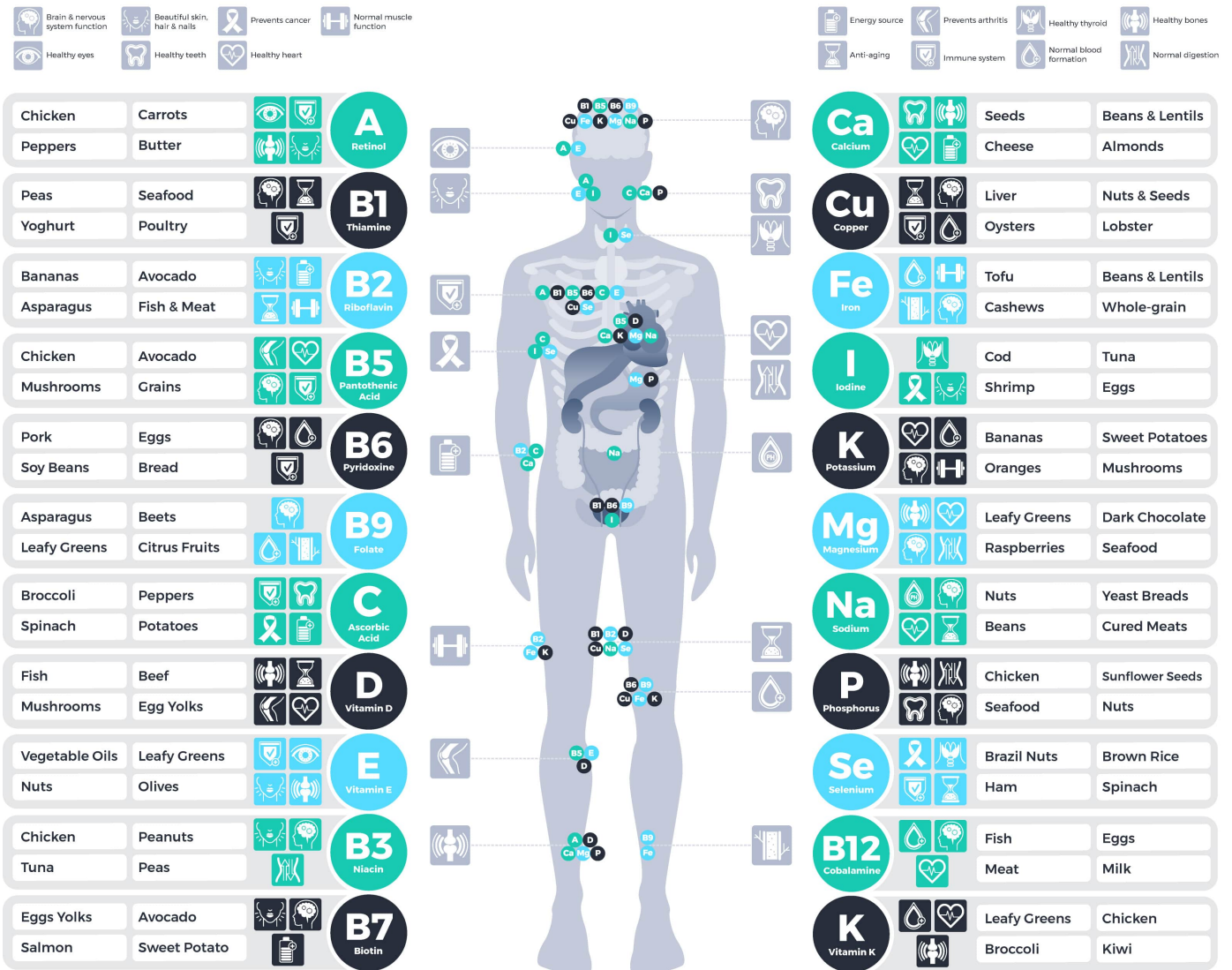


# The role of food types

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.

## Vitamins & Minerals



# Sources of vitamins

## Water-soluble vitamins

### B Vitamins

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

### B12

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

### Vitamin C

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

## Fat-soluble 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 fish, mackerel, butter.

### Vitamin D

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

### Vitamin E

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

### Vitamin K

Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, 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, pine nuts, almonds, pistachios, cashews.

### Potassium

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

### Selenium

Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower 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.

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## 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.

### 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

- Almond
- Almond flour
- Almond milk
- Almond oil
- Buffalo
- Button mushroom
- Chestnut mushroom
- Cod
- Cod liver oil
- Dry roasted peanut
- Fish fingers
- Haddock
- Mushroom
- Oyster mushroom
- Peanut
- Peanut oil
- Portobello mushroom
- Shitake mushroom
- Stink bean/Bitter bean
- Tilapia

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

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

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## Moderate Reactivity

---

- Apple cider vinegar
- Apple juice
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Bread-brown
- Bread-granary
- Bread-white
- Bulgar wheat
- Butter
- Buttermilk
- Cannellini bean
- Cheddar
- Cider
- Condensed milk
- Cottage cheese
- Cream
- Edam
- Evaporated milk
- Farro
- Freekeh
- Goat's cheese
- Gouda
- Gruyere
- Halloumi
- Hot chocolate
- Ice cream
- Kamut
- Kefir
- Lobster
- Manchego
- Milk chocolate
- Milk from cows
- Milk from goats
- Milk from sheep
- Mozzarella
- Noodles-wheat
- Parmesan
- Red Leicester
- Soft cheese
- Sour cream
- Spelt
- Stilton
- Wheat
- Wheatgrass
- Yogurt

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
- Bulgur 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
- Crocodile
- 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.**

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## 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 enterobacteriaceae. 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 plant-based 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.
- 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

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 sun. In the winter it can hard to reach optimum vitamin D levels therefore supplementation may be a consideration.





# 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 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.

### 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**

---

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

---

## **Moderate Reactivity**

---

- Seitan

These vegan 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.

# Vegan food sensitivities detailed analysis

## Vegan food sensitivities

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- 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.

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## 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.

### 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

- Bee
- Colonial bent grass
- European beech
- Budgie (Parakeet) feathers
- Dust

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

- Ferret fur
- Larch

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
- Byssoschlamys 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 ramosus
- Oidiodendron griseum
- Paecilomyces variotii
- Penicillium 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
- Sulforaphane
- 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

- Barium (Ba)
- Hafnium (Hf)
- Iridium (Ir)
- Zirconium (Zr)

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.

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## 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

- Genistein
- Phenylalanine

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

- Genistein
- Germanium
- Inositol

## 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

# 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.

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## 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

No vitamins have been identified as outside range according to our testing parameters.

# 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.

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## 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

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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

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- E1422 Acetylated distarch adipate
- E516 Calcium sulphate
- E528 Magnesium hydroxide

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

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- E129 Allura Red AC
- E1420 Acetylated Starch
- E162 Beetroot Red; Betanin
- E350 Sodium malates
- E407a Processed eucheuma seaweed
- E474 Sucroglycerides
- E630 Inosinic acid

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 tetraacetate; 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; Capsanthin; 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'-ribonucleotides
- 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 metabisulphite
- 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
- 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
- E420 Sorbitol
- E421 Mannitol
- E422 Glycerol

## Stimulant

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- 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

## Thickening, Setting and Moisturising Agents

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- 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

# 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**

---

- Progesterone
- Thyroxin (T4)

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
- 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.

## Intestinal flora affects your health


The microbes that live inside your intestines influence your health in beneficial and harmful ways




**Immunity**  
Providing a physical barrier to invasive microbes, our gut flora enhances the functionality of the immune system.




**Obesity**  
In 2009, Dr. Krajmalnic-Brown discovered gut bacteria of obese patients differs significantly from normal individuals.



**Vitamins**  
Bacteria in the gut plays a direct role in the synthesis of vitamins B and K as well as the absorption of calcium and iron.



**Inflammation**  
Gut flora likely plays a major role in the development of various inflammatory diseases including IBD and colitis.

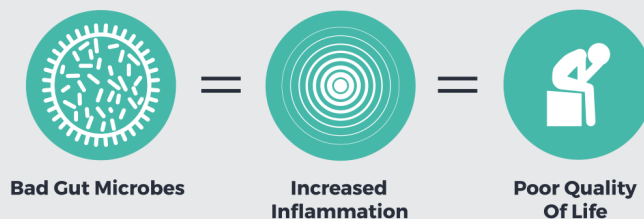


**Metabolism**  
Metabolic activity of the gut flora allows our body to utilize food that would otherwise not be digested.



**Autism**  
New research by Dr. Krajmalnic-Brown suggests a link between autism and decreased gut bacterial diversity.





## 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 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

---

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

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

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
- Lymphatic Follicles
- 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 papaya 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**

---

- Trypsin & Chymotrypsin

These digestive enzymes have been identified as falling below the normal range. Look to include foods, which aid digestion in your daily diet.

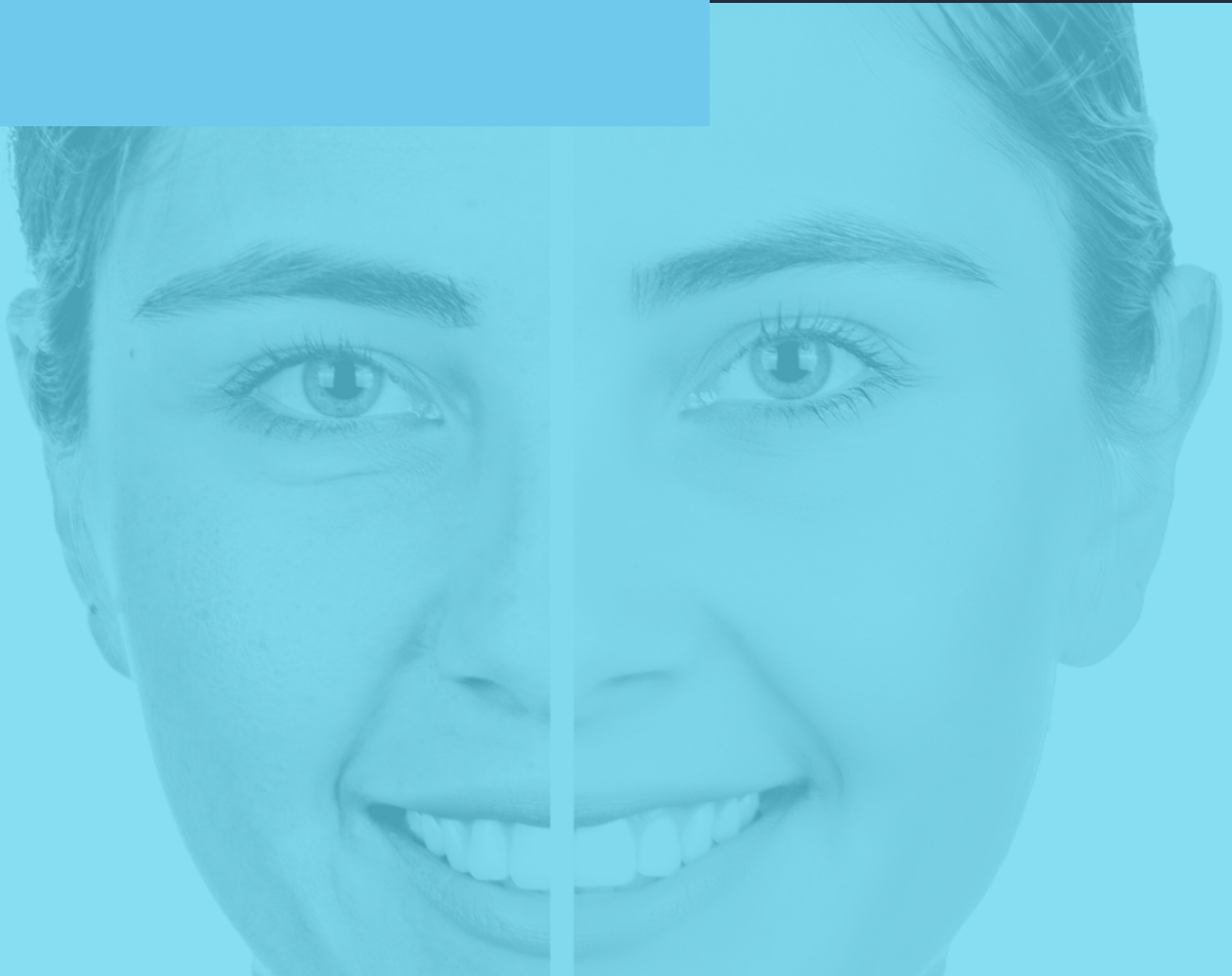


# Digestion detailed analysis

- 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

- Collagen

Your anti-aging levels fall outside the optimal range. Collagen and hyaluronic acid are important components of skin structure and are associated with skin elasticity and hydration.

Here are some general recommendations to improve your levels:

- Consult with a Healthcare Professional
- Collagen-Rich Diet
- Supplements
- Hyaluronic Acid Boosters
- Stay Hydrated
- Protect Your Skin
- Lifestyle Choices
- Topical Treatments

It's important to note that addressing skin health and aging is multifaceted, and lifestyle factors, genetics, and overall health play crucial roles. Anti-aging interventions are often a combination of various approaches, and individual responses may vary.

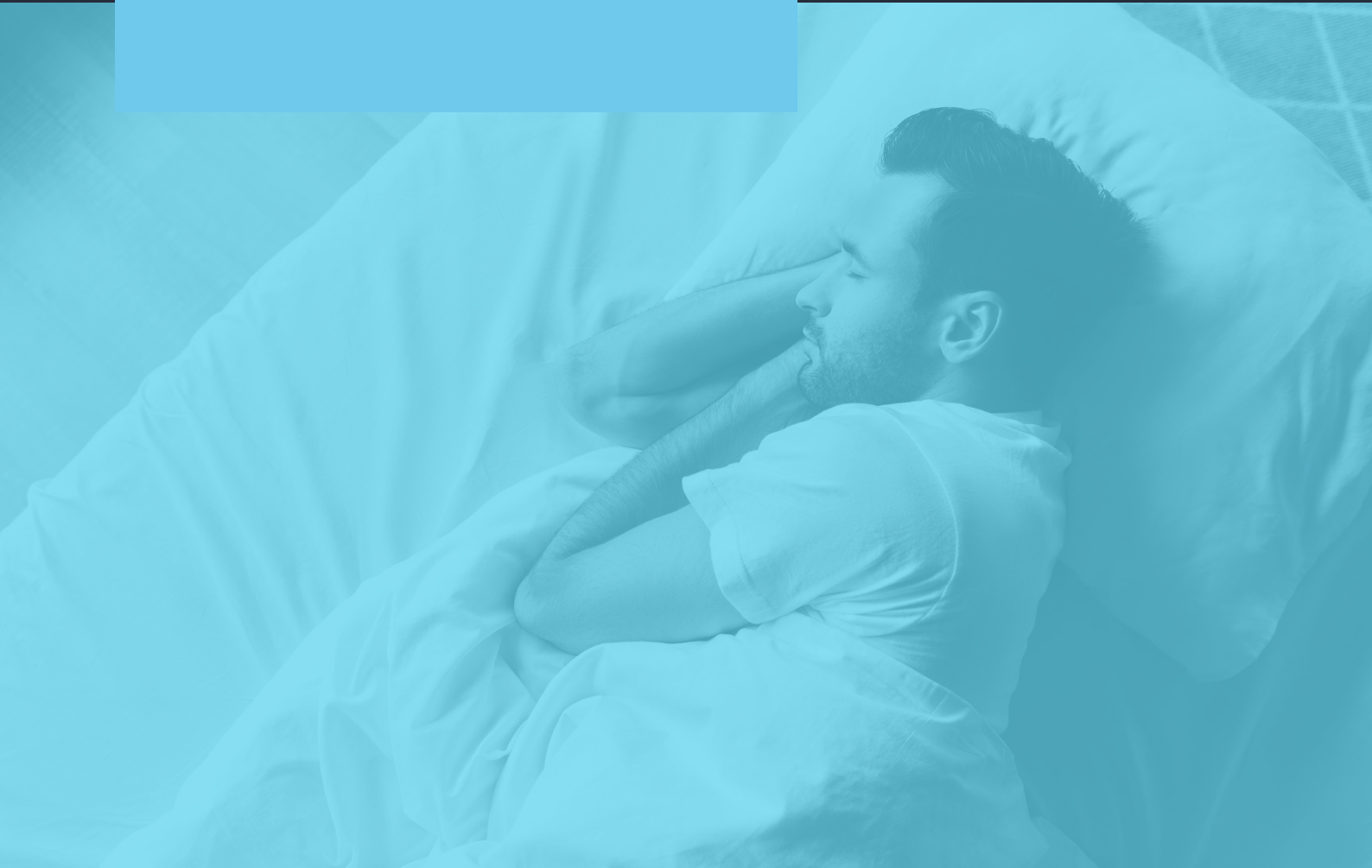
Always consult with a healthcare professional for guidance tailored to your specific situation.

# 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 pea-sized gland located in the brain. It plays a vital role in regulating the sleep-wake 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

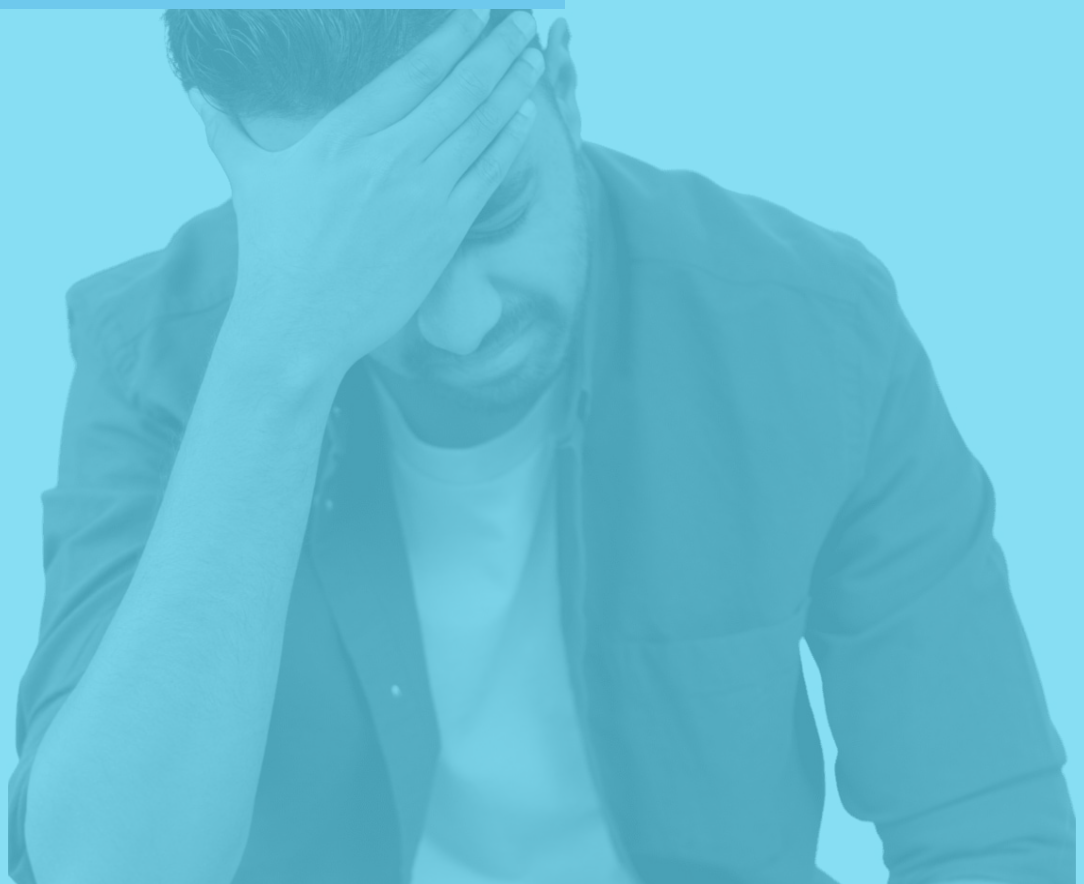
No sleep items have been identified as outside range according to our testing parameters.

# 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

• Stomach

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

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- 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**

---

- Benzyl salicylate
- Cinnamyl alcohol
- Citral
- Fungicide (captan)

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**

---

- Benzyl benzoate
- Farnesol
- Nicotine
- Petrol

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
- Morbicide 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 cinnamaldehyde
- Hydroxycitronellal
- Isoeugenol
- Labdanum
- Lylal
- 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)
- Methylidibromoglutaroni trile
- 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.





# E-number explainer

## Colourings

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

## Preservatives

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

# E-number explainer continued...

## Antioxidants

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

## Thickening, setting and moisturising agents

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

## Emulsifiers

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



# E-number explainer continued...

## Miscellaneous additives

<b>E 500</b>	Sodium carbonate, sodium hydrogen carbonate, sodium sesquicarbonate	<b>E 515</b>	Potassium sulphate, potassium hydrogen sulphate	<b>E 541</b>	Sodium aluminium phosphate, acidic
<b>E 501</b>	Potassium carbonate, potassium hydrogen carbonate	<b>E 516</b>	Calcium sulphate	<b>E 551</b>	Silicon dioxide (silica)
<b>E 503</b>	Ammonium carbonate, A.-hydrogen carbonate	<b>E 517</b>	Ammonium sulphate	<b>E 552</b>	Calcium silicate
<b>E 504</b>	Magnesium carbonate, M.-hydrogen carbonate	<b>E 520</b>	Aluminium sulphate	<b>E 553 a</b>	Magnesium silicate, magnesium trisilicate
<b>E 507</b>	Hydrochloric acid	<b>E 521</b>	Aluminium sodium sulphate	<b>E 553 b</b>	Talc
<b>E 508</b>	Potassium chloride	<b>E 522</b>	Aluminium potassium sulphate	<b>E 554</b>	Aluminium sodium silicate
<b>E 509</b>	Calcium chloride	<b>E 523</b>	Aluminium ammonium sulphate	<b>E 555</b>	Aluminium potassium silicate
<b>E 511</b>	Magnesium chloride	<b>E 524</b>	Sodium hydroxide	<b>E 556</b>	Aluminium calcium silicate
<b>E 512</b>	Tin II Chloride	<b>E 525</b>	Potassium hydroxide	<b>E 558</b>	Bentonite
<b>E 513</b>	Sulphuric acid	<b>E 526</b>	Calcium hydroxide	<b>E 559</b>	Aluminium silicate (kaolin)
<b>E 514</b>	Sodium sulphate, sodium, hydrogen sulphate	<b>E 527</b>	Ammonium hydroxide	<b>E 570</b>	Stearic acid (fatty acids)
		<b>E 528</b>	Magnesium hydroxide	<b>E 574</b>	Gluconic acid
		<b>E 529</b>	Calcium oxide	<b>E 575</b>	Glucono-delta-lactone
		<b>E 530</b>	Magnesium oxide	<b>E 576</b>	Sodium gluconate
		<b>E 535</b>	Sodium ferrocyanide	<b>E 577</b>	Potassium gluconate
		<b>E 536</b>	Potassium ferrocyanide	<b>E 578</b>	Calcium gluconate
		<b>E 538</b>	Calcium ferrocyanide	<b>E 579</b>	Iron-II-gluconate
				<b>E 585</b>	Iron-II-lactate

## Flavour enhancers

<b>E 620</b>	Glutamic acid	<b>E 626</b>	Guanylic acid, guanylate	<b>E 635</b>	Disodium 5'-ribonucleotide
<b>E 621</b>	Monosodium glutamate, sodium glutamate	<b>E 627</b>	Disodium guanylate, guanylate	<b>E 640</b>	Glycine and its sodium salts
<b>E 622</b>	Monopotassium glutamate, potassium glutamate	<b>E 628</b>	Dipotassium guanylate, guanylate	<b>E 900</b>	Dimethylpolysiloxane
<b>E 623</b>	Calcium diglutamate, calcium glutamate	<b>E 629</b>	Calcium guanylate, guanylate	<b>E 901</b>	Bees wax, white and yellow
<b>E 624</b>	Monoammonium glutamate, ammonium glutamate	<b>E 630</b>	Inosinic acid, ionisate	<b>E 902</b>	Candelilla wax
<b>E 625</b>	Magnesium diglutamate, magnesium glutamate	<b>E 631</b>	Disodium ionisate, ionisate	<b>E 903</b>	Carnauba wax
		<b>E 632</b>	Dipotassium ionisate, ionisate	<b>E 904</b>	Shellac
		<b>E 633</b>	Dicalcium ionisate	<b>E 912</b>	Montanic acid ester
		<b>E 634</b>	Calcium 5'-ribonucleotide	<b>E 914</b>	Polyethylene wax oxidates
				<b>E 927</b>	Carbanide
				<b>E 938</b>	Argon

## Sweeteners

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



# 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 non-rechargeable batteries, some medications and alloys

**Mercury**

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

**Molybdenum**

Can be found in: Many alloys

**Nickel**

Can be found in: Stainless steel

**Palladium**

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

**Platinum**

Can be found in: Jewellery, decoration and dental work

**Radium**

Can be found in: Some medicines and glowing paints

**Rhenium**

Can be found in: Many alloys and flash photography

**Rhodium**

Can be found in: Spark plugs and highly reflective materials

**Rubidium**

Can be found in: Many alloys and amalgams

**Ruthenium**

Can be found in: Many alloys and corrosion resistant metals

**Samarium**

Can be found in: Many alloys and audio equipment

**Silicon**

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

**Silver**

Can be found in: Jewellery

**Strontium**

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

**Sulphur**

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

**Tantalum**

Can be found in: Surgical equipment and camera lenses

**Tin**

Can be found in: Alloying metal

**Titanium**

Can be found in: Alloying metal

**Vanadium**

Can be found in: Alloying metal

**Zinc**

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

**Zirconium**

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



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