Health starts at home.

Food & Drink Intolerance Test

Home-to-lab

IgG Blood sample test

Sample Report

Date of birth: 01/01/95

Unique reference code: T4-2457-HS

Report date: 25/02/25

BIOMETRIX LABS
#THE INSIDE INFO

Dear,

Our laboratory has analysed your blood sample for a Food & Drink Intolerance Test.

This Food & Drink Intolerance Test analyses your reaction to 270 food intolerances to give you the most comprehensive picture of your body.

Your test report contains:

- An explanation of the test undertaken
- Your intolerance test results with a colour coded flag indicating the level of IgG reaction
- Results summary showing the items that produced a reaction and the recommended action
- Results explainer and guidance

Sincerely,

Dr Gareth James
Medical Director

If you have a known allergy to any particular item you have been tested for, please avoid from consuming this item entirely.

If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.

We would love to hear about your experience
Please like, share and leave us a review on Trustpilot.

Food Intolerance Analysis

IgG antibody testing measures the level of total IgG to food items. IgG food antibodies can result in a delayed response to a food. Circulating antibodies can affect each person differently. For some elevated antibody levels may not result in symptoms but for others they may lead to constipation, diarrhoea, changes in bowel movements, bloating, headaches and joint aches.

The amount of allergen-specific IgG antibodies are semi-quantitatively analysed as U/mL and the class of reaction is determined using the easy to follow colour-coding as below. The class of reaction ranges from Class 1 - Low reactivity, to Class 3 - Highly elevated reactivity.

Reaction classes:

Class 1	Low reactivity. You don't need to remove these from your diet unless these cause you discomfort.
Class 2	Medium reactivity. You may benefit from reducing the consumption of these items.
Class 3	Highly elevated reactivity. Consider eliminating items for 3-6 months.

Allergen-specific IgG reaction measurements

A reaction has taken place:

0 - 9,99	Low IgG level
10 - 19,99	Medium IgG level
≥ 20 µg/ml	Highly elevated IgG level

IgG antibody testing for food intolerance does not test for coeliac disease, lactose intolerance, histamine intolerance, food allergy (IgE reaction) or any other medical condition.

If you have any medical conditions, are pregnant, breast-feeding or below the age of 18 we recommend that any dietary changes are made under the supervision of a healthcare professional.

Your intolerance test results summary

Low reactivity (Class 1)	Medium reactivity (Class 2)	Highly elevated reactivity (Class 3)
172 out of 270	72 out of 270	26 out of 270

IgG category results summary

Here are your overall category ratings based on your test results. Each category rating reflects the highest-rated item within that group, providing a clear indication of which areas may require your immediate attention.
This overview allows you to quickly identify the categories that should be prioritised for further investigation

Vegetables	Class 3	Coffee & Tea	Class 3
Fish & Seafood	Class 2	Beans & Peas	Class 3
Fruits	Class 2	Fungi & Yeasts	Class 3
Spices	Class 3	Milk Proteins	Class 3
Grains & Seeds	Class 3	Sugars & Sweeteners	Class 2
Dairy & Eggs	Class 3	Superfoods & Novel Ingredients	Class 3
Meat	Class 3	Others	Class 3
Nuts	Class 3		

IgG Food Intolerance

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Vegetables	Value (U/mL)	Reaction
Artichoke	23.84	Class 3
Avocado	5.04	Class 1
Beetroot	12.06	Class 2
Broccoli	≤ 4.99	Class 1
Brussels sprout	≤ 4.99	Class 1
Cabbage	≤ 4.99	Class 1
Caper	21.99	Class 3
Carrot	≤ 4.99	Class 1
Cauliflower	≤ 4.99	Class 1
Celery	≤ 4.99	Class 1
Chard	≤ 4.99	Class 1
Chicory	10.35	Class 2
Chinese cabbage	5.02	Class 1
Chives	12.96	Class 2
Cucumber	≤ 4.99	Class 1
Eggplant	19.86	Class 2
Endive	24.74	Class 3
Fennel (bulb)	8.86	Class 1
Garlic	≤ 4.99	Class 1
Green cabbage	≤ 4.99	Class 1
Horseradish	5.46	Class 1
Kohlrabi	10.16	Class 2
Lamb's lettuce	11.92	Class 2
Leek	≤ 4.99	Class 1
Nettle leaves	21.48	Class 3
Olive	11.5	Class 2
Onion	≤ 4.99	Class 1
Pak-Choi	14.06	Class 2
Parsnip	8.88	Class 1
Potato	≤ 4.99	Class 1
Pumpkin (butternut)	≤ 4.99	Class 1
Radicchio	21.03	Class 3
Radish	≤ 4.99	Class 1
Red cabbage	≤ 4.99	Class 1
Rocket	8.64	Class 1
Romanesco	8.4	Class 1
Savoy	≤ 4.99	Class 1
Shallot	17.43	Class 2
Spinach	≤ 4.99	Class 1
Sweet potato	16.46	Class 2
Tomato	≤ 4.99	Class 1
Turnip	24.76	Class 3
Watercress	11.22	Class 2
White asparagus	8.56	Class 1
White cabbage	≤ 4.99	Class 1
Wild garlic	≤ 4.99	Class 1
Zucchini	≤ 4.99	Class 1

Fish & Seafood	Value (U/mL)	Reaction
Anchovy	11.4	Class 2
Bream	≤ 4.99	Class 1
Carp	7.08	Class 1
Caviar	≤ 4.99	Class 1
Clam	≤ 4.99	Class 1
Cockle	≤ 4.99	Class 1
Cod	≤ 4.99	Class 1
Common mussel	≤ 4.99	Class 1
Crab	≤ 4.99	Class 1
Crayfish	≤ 4.99	Class 1
Cuttlefish	≤ 4.99	Class 1
Eel	≤ 4.99	Class 1
Haddock	≤ 4.99	Class 1
Hake	≤ 4.99	Class 1
Herring	14.83	Class 2
Lobster	≤ 4.99	Class 1
Mackerel	≤ 4.99	Class 1
Monkfish	≤ 4.99	Class 1
Octopus	8.93	Class 1
Oyster	≤ 4.99	Class 1
Pike	5.66	Class 1
Pilchard	≤ 4.99	Class 1
Plaice	≤ 4.99	Class 1
Prawn	≤ 4.99	Class 1
Razor clam	≤ 4.99	Class 1
Redfish	≤ 4.99	Class 1

Salmon	≤ 4.99	Class 1
Scallop	≤ 4.99	Class 1
Shrimp mix	≤ 4.99	Class 1
Sole	≤ 4.99	Class 1
Squid	≤ 4.99	Class 1
Swordfish	≤ 4.99	Class 1
Trout	≤ 4.99	Class 1
Tuna	6.61	Class 1
Turbot	≤ 4.99	Class 1

Fruits	Value (U/mL)	Reaction
Apple	11.2	Class 2
Apricot	≤ 4.99	Class 1
Banana	≤ 4.99	Class 1
Blackberry	6.42	Class 1
Blueberry	7.36	Class 1
Cherry	11.28	Class 2
Coconut	≤ 4.99	Class 1
Coconut milk	≤ 4.99	Class 1
Cranberry	15.2	Class 2
Date	≤ 4.99	Class 1
Elderberry	≤ 4.99	Class 1
Fig	5.97	Class 1
Gooseberry	14.78	Class 2
Grape	≤ 4.99	Class 1
Grapefruit	6.52	Class 1
Kiwi	≤ 4.99	Class 1
Lemon	18.75	Class 2
Lime	12.97	Class 2
Lychee	17.34	Class 2
Mango	6.82	Class 1
Melon	11.62	Class 2
Mulberry	≤ 4.99	Class 1
Nectarine	≤ 4.99	Class 1
Orange	18.8	Class 2
Papaya	11.5	Class 2
Passion fruit	14.12	Class 2
Peach	≤ 4.99	Class 1
Pear	16.03	Class 2
Physalis	13.95	Class 2
Pineapple	5.1	Class 1
Plum	5.81	Class 1
Pomegranate	6.47	Class 1
Raisin	6.14	Class 1
Raspberry	≤ 4.99	Class 1
Red currant	13.59	Class 2
Strawberry	≤ 4.99	Class 1
Tangerine	≤ 4.99	Class 1
Watermelon	≤ 4.99	Class 1

Spices	Value (U/mL)	Reaction
Anise	≤ 4.99	Class 1
Basil	12.96	Class 2
Bay leaf	≤ 4.99	Class 1
Caraway	≤ 4.99	Class 1
Cardamom	6.31	Class 1
Cayenne pepper	12.9	Class 2
Chili (red)	26.45	Class 3
Cinnamon	21.22	Class 3
Clove	19.85	Class 2
Coriander	20.47	Class 3
Cumin	5.69	Class 1
Curry	≤ 4.99	Class 1
Dill	7.87	Class 1
Fenugreek	7.82	Class 1
Ginger	10.49	Class 2
Juniper berry	12.67	Class 2
Lemongrass	14.2	Class 2
Mint	15.07	Class 2
Mustard	≤ 4.99	Class 1
Nutmeg	14.52	Class 2
Oregano	13.08	Class 2
Paprika	≤ 4.99	Class 1
Parsley	14.46	Class 2
Pepper (black/white/green/red/yellow)	9.3	Class 1
Rosmary	21.98	Class 3
Sage	11.3	Class 2
Tarragon	≤ 4.99	Class 1
Thyme	20.19	Class 3
Turmeric	14.03	Class 2
Vanilla	20.1	Class 3

Grains & Seeds	Value (U/mL)	Reaction
Amaranth Grain	10.75	Class 2
Barley	5.19	Class 1

Buckwheat	≤ 4.99	Class 1
Corn	≤ 4.99	Class 1
Durum	6.92	Class 1
Einkorn	≤ 4.99	Class 1
Emmer	10.56	Class 2
Gluten	≤ 4.99	Class 1
Hempseed	≤ 4.99	Class 1
Linseed	≤ 4.99	Class 1
Lupine seed	≤ 4.99	Class 1
Malt (barley)	≤ 4.99	Class 1
Millet	6.51	Class 1
Oat	≤ 4.99	Class 1
Polish wheat	≤ 4.99	Class 1
Poppy seed	≤ 4.99	Class 1
Pumpkin seed	≤ 4.99	Class 1
Quinoa	≤ 4.99	Class 1
Rapeseed	≤ 4.99	Class 1
Rice	24.12	Class 3
Rye	≤ 4.99	Class 1
Sesame	≤ 4.99	Class 1
Spelt	≤ 4.99	Class 1
Sunflower	≤ 4.99	Class 1
Wheat	22.31	Class 3
Wheat bran	13.84	Class 2
Wheat gliadin	≤ 4.99	Class 1
Wheatgrass	≤ 4.99	Class 1

Dairy & Eggs	Value (U/mL)	Reaction
Buffalo milk	23.75	Class 3
Buttermilk	8.81	Class 1
Camembert	13.24	Class 2
Cottage cheese	12.11	Class 2
Cow's milk	24.29	Class 3
Egg white	≤ 4.99	Class 1
Egg yolk	≤ 4.99	Class 1
Emmental	19.58	Class 2
Goat cheese	≤ 4.99	Class 1
Goat milk	17.9	Class 2
Gouda	9.08	Class 1
Mozzarella	5.32	Class 1
Parmesan	≤ 4.99	Class 1
Quail egg	14.46	Class 2
Sheep cheese	≤ 4.99	Class 1
Sheep milk	≤ 4.99	Class 1

Meat	Value (U/mL)	Reaction
Beef	≤ 4.99	Class 1
Boar	≤ 4.99	Class 1
Chicken	≤ 4.99	Class 1
Duck	6.34	Class 1
Goat	≤ 4.99	Class 1
Lamb	28.73	Class 3
Pork	13.19	Class 2
Rabbit	≤ 4.99	Class 1
Stag	≤ 4.99	Class 1
Turkey	9.13	Class 1
Veal	≤ 4.99	Class 1
Venison	13.11	Class 2

Nuts	Value (U/mL)	Reaction
Almond	≤ 4.99	Class 1
Brazil nut	≤ 4.99	Class 1
Cashew	≤ 4.99	Class 1
Chestnut	16.45	Class 2
Hazelnut	≤ 4.99	Class 1
Kola nut	22.98	Class 3
Macadamia	≤ 4.99	Class 1
Pecan nut	≤ 4.99	Class 1
Pine nut	≤ 4.99	Class 1
Pistachio	9.12	Class 1
Tiger nut	21.35	Class 3
Walnut	≤ 4.99	Class 1

Coffee & Tea	Value (U/mL)	Reaction
Chamomile	16.45	Class 2
Cocoa	10.89	Class 2
Coffee	16.51	Class 2
Hibiscus	12.07	Class 2
Jasmine	14.39	Class 2
Peppermint	32.84	Class 3
Tea (black)	19.6	Class 2
Tea (green)	17.18	Class 2

Beans & Peas	Value (U/mL)	Reaction
Chickpea	5.53	Class 1
Green bean	14.01	Class 2
Lentil	21.53	Class 3

Mung bean	17.37	Class 2
Pea	≤ 4.99	Class 1
Peanut	≤ 4.99	Class 1
Soy	≤ 4.99	Class 1
Sugar snap peas	11.15	Class 2
Tamarind	≤ 4.99	Class 1
White bean	≤ 4.99	Class 1

Fungi & Yeasts	Value (U/mL)	Reaction
Baker's yeast	16.86	Class 2
Black Mold (Aspergillus niger)	8.55	Class 1
Boletus	12.28	Class 2
Brewer's yeast	≤ 4.99	Class 1
Chanterelle	24.24	Class 3
Enoki	18.13	Class 2
French horn mushroom	≤ 4.99	Class 1
Oyster mushroom	≤ 4.99	Class 1
White mushroom	≤ 4.99	Class 1

Milk Proteins	Value (U/mL)	Reaction
Cow Milk Protein (Alpha-lactalbumin)	11.93	Class 2
Cow Milk Protein (Beta-lactoglobulin)	36.7	Class 3
Cow Milk Protein (Casein)	9.81	Class 1

Sugars & Sweeteners	Value (U/mL)	Reaction
Honey	10.41	Class 2
Sugarcane	10.79	Class 2

Superfoods & Novel Ingredients	Value (U/mL)	Reaction
Almond milk	13.04	Class 2
Burdock Root	24.93	Class 3
Chia seed	6.01	Class 1
Chlorella	≤ 4.99	Class 1
Dandelion root	15.83	Class 2
Ginkgo	26.11	Class 3
Ginseng	≤ 4.99	Class 1
Guarana	18.18	Class 2
Maca root	≤ 4.99	Class 1
Nori	5.51	Class 1
Safflower oil	≤ 4.99	Class 1
Spirulina	≤ 4.99	Class 1
Tapioca	6.51	Class 1
Wakame	9.91	Class 1
Yacon	11.41	Class 2

Others	Value (U/mL)	Reaction
Agar	21.86	Class 3
Cross-Reactive Allergens (CCDs)	≤ 4.99	Class 1
Elderflower	18.35	Class 2
Food Protein Bonding Agent (M-Transglutaminase)	7.56	Class 1
Hops	19.85	Class 2

Managing Food Intolerances

Managing food intolerances involves identifying trigger foods and making dietary modifications to alleviate symptoms. Here are some ideas to help manage your food intolerances effectively:

Identify Trigger Foods: Keep a detailed food diary to track symptoms and identify patterns of intolerance. Eliminate suspected trigger foods from your diet one at a time and observe any changes in symptoms. Common trigger foods include dairy products, gluten-containing grains, certain fruits and vegetables, and processed foods with additives.

Read Food Labels: Learn to read food labels carefully to identify potential allergens or ingredients that may trigger intolerance reactions. Look for hidden sources of common allergens, such as milk, soy, wheat, nuts, and eggs, which may be listed under different names.

Experiment with Alternative Ingredients: Explore alternative ingredients and cooking methods to replace foods that trigger intolerance reactions. For example, individuals with lactose intolerance can try lactose-free dairy products or dairy alternatives like almond milk or coconut yogurt.

Cook from Scratch: Cooking meals from scratch using fresh, whole ingredients gives you better control over what you're consuming and allows you to avoid potential trigger foods or additives commonly found in processed foods.

Seek Support from Healthcare Professionals: Consult with a healthcare professional, such as a doctor or dietitian, for personalized advice and guidance on managing food intolerances. They can help you develop a customized meal plan, ensure nutritional adequacy, and address any concerns or questions you may have.

Practice Mindful Eating: Pay attention to how different foods make you feel and practice mindful eating techniques to tune into your body's signals of hunger and fullness. Eat slowly, chew food thoroughly, and savor each bite to aid digestion and reduce the risk of intolerance reactions.

Stay Hydrated: Drink plenty of water throughout the day to support digestion and help flush out toxins from your body. Limit the consumption of sugary drinks and caffeinated beverages, which can exacerbate symptoms of food intolerance.

Manage Stress: Stress can exacerbate symptoms of food intolerance, so it's essential to prioritize stress management techniques such as deep breathing, meditation, yoga, or regular exercise to promote overall well-being and reduce the likelihood of flare-ups.

Prevention Is Key

The best way to fight a food intolerance and avoid moderate and high reactions is to know what you are eating and try to avoid those foods that you are intolerance to. If you are experiencing mild symptoms that could be caused by a food intolerance, then we recommend that you exclude this food substance from your diet and see if your symptoms diminish. Your GP is unlikely to be concerned over mild symptoms.

It may be worth speaking with a nutritional therapist who will be able to offer tips for avoiding the foods that trigger your intolerances and ensuring that even if you exclude certain foods from your diet, you still get all the nutrients you need.

Find a nutritional therapist here: https://bant.org.uk/bant/jsp/practitionerSearch.faces