BIOMETRIX LABS
#THE INSIDE INFO

Your results are here

Sample Report

Report Date: Dec 23 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 Lois.

Personal Details
Sample report

Testing information
Sample tested by: Lois
Testing date: Dec 23 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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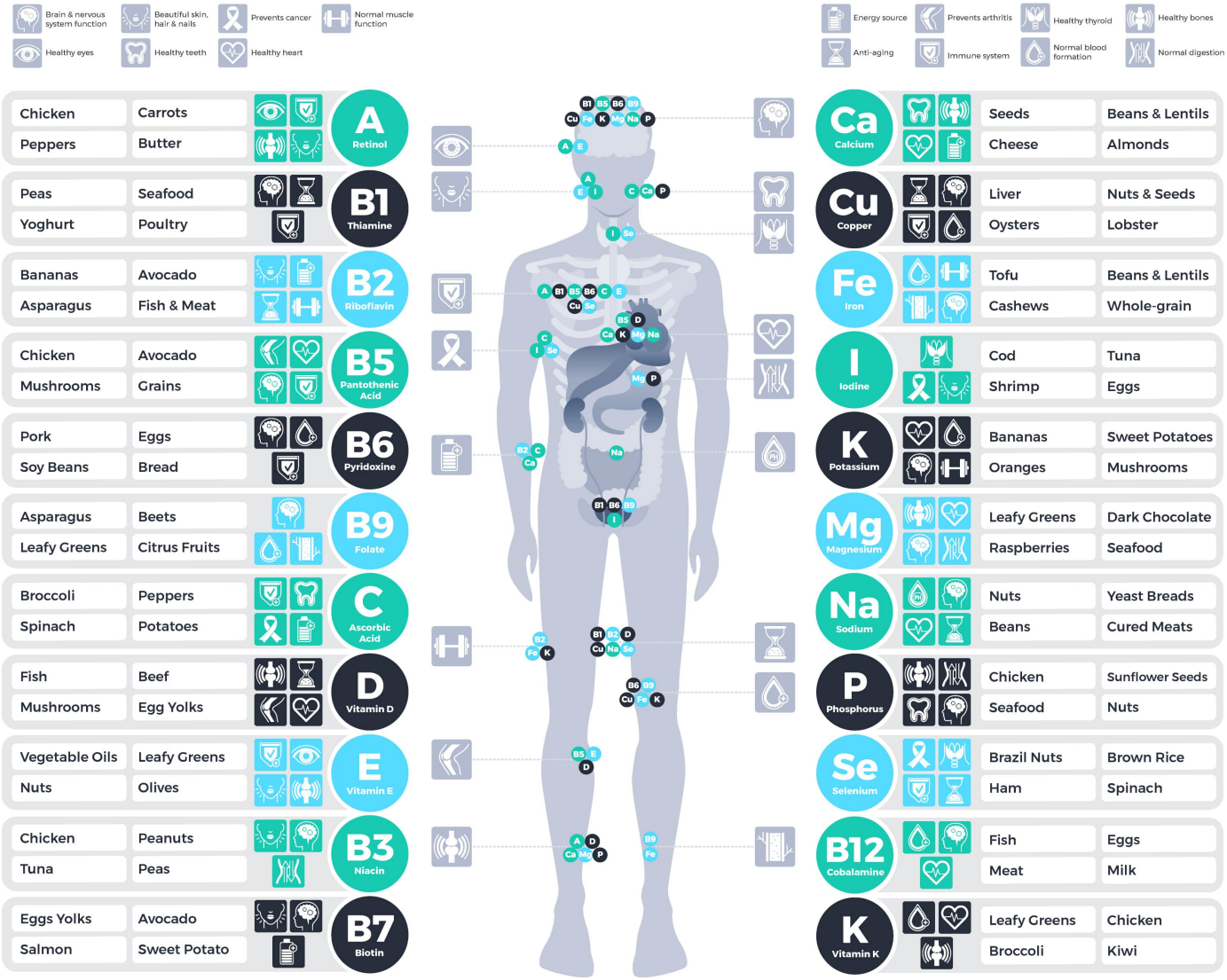
01.

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 lour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

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

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

Fat-soluable vitamins

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

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

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

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

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

Minerals

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

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

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

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

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

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

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

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

- Apple
- Apple cider vinegar
- Apple juice
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Banana
- Brazil nut
- Bread-brown
- Bread-granary
- Bread-rye
- Bread-white
- Bulgar wheat
- Chestnut
- Cider
- Dry roasted peanut
- Farro
- Freekeh
- Garlic
- Kamut
- Noodles-wheat
- Peanut
- Peanut oil
- Rye
- Sake
- Spelt
- Water chestnut
- Wheat
- Wheatgrass

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

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

Moderate Reactivity

- Edamame bean
- Miso
- Roe-deer
- Soy Flour
- Soy sauce
- Soya bean
- Soya milk
- Tofu
- Venison

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 sensitivities detailed analysis

Gluten-containing Cereals and Grains

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

Gluten-free Cereals and Grains

- Almond flour
- Amaranth
- Arrowroot flour
- Buckwheat
- Chickpea flour
- Cornflakes
- Corn tortilla
- Garbanzo flour
- Hops
- Maize/corn flour
- Millet
- Oats
- Potato flour
- Quinoa
- Rice-brown
- Rice-white
- Rice-wild
- Sorghum flour
- Soy Flour
- Taco shells (corn)
- Teff flour

Cheese

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

Dairy and Egg

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

Herbs and Spices

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

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

Food sensitivities detailed analysis

- 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

Oils and Condiments

- Almond oil
- Balsamic vinegar
- Barbecue sauce
- Canola oil
- Coconut oil
- Cod liver oil
- Fish sauce
- Olive oil
- Oyster sauce
- Peanut oil
- Peppermint oil
- Rapeseed oil
- Sesame oil
- Soy sauce
- Sunflower oil
- Tomato ketchup
- Vegetable fat
- Vegetable oil

Miscellaneous

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

Fruit

- Acai berry
- Apple
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Apricot
- Avocado
- Banana
- Bilberry
- Blackberry
- Blueberry
- Cantaloupe melon
- Carambola
- Cherry
- Cranberry
- Currants-red, black
- Date
- Fig
- Galia melon
- Goji berry
- Gooseberry
- Gooseberry-Chinese
- Grapefruit
- Grapes-black
- Grapes-green
- Grapes-red
- Guava
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarines
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Pineapple
- Plum
- Plum-damson
- Pomegranate
- Prune
- Quince
- Raisin
- Raspberry
- Strawberry
- Water melon

Meat

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

Nuts and Seeds

- Almond
- Brazil nut
- Cashew nut
- Chestnut
- Chia seed
- Coconut
- Dry roasted peanut
- Flaxseed
- Hazelnut
- Hemp seed
- Macadamia nut
- Peanut
- Pecan nut

Food sensitivities detailed analysis

- Pine nut
- Pistachio nut
- Poppy seed
- Pumpkin seed
- Sesame seed
- Sunflower seed
- Tahini
- Walnut
- Water chestnut

Seafood and Fish

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

Vegetables

- Aji pepper
- Artichoke
- Asparagus
- Aubergine
- 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
- Endive
- Escarole lettuce
- Fennel
- Garlic
- Head lettuce
- Iceberg lettuce
- Kale
- Kohl rabi
- Leek
- Maize/corn
- Mushroom
- Mustard-green
- Okra
- Olives-black
- Olives-green
- Onion
- Oyster mushroom
- Pak choi
- Parsley
- Parsnips
- Plantain
- Portobello mushroom
- Potato
- Pumpkin
- Radish
- Rocket
- Romaine lettuce
- Shitake mushroom
- Spinach
- Swede
- Sweet Potato
- Tomato
- Turnip
- Watercress
- Yams
- Zucchini

Legumes and Pulses

- Black beans
- Black eyed pea
- Bortolli bean
- Broad bean
- Cannellini bean
- Chickpea
- Edamame bean
- Fermented black bean
- Field pea
- Green bean
- Hummus
- Kidney beans
- 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

Seafood

- Tilapia

Vegan sensitivities analysis

02.

What is a vegan diet?

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

Which foods can I eat on a vegan diet?

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

What are the advantages of the vegan diet?

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

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

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

- Vitamin B12 is only found in meat and dairy products however many products are now fortified with the vitamin, including 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.

- Vitamin D is found in oily fish and some dairy products, but is also found in mushrooms, fortified products such as breakfast cereals and of course absorbed through the from the sun. In the winter it can hard to reach optimum vitamin D levels therefore supplementation may be a consideration.

- Calcium is found in dairy products therefore a diet free of these means calcium needs to come from sources such as tofu, green vegetables like kale, watercress, broccoli, sugar snap peas, pak choi and almonds.

- Iodine is found in dairy products, fish and eggs, but is also found in seaweed, iodized salt, lima beans and prunes. Supplementation may be a consideration for you however if these aren't items you would eat on a day-to-day basis

Vegan food sensitivities analysis

What is a food sensitivity?

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

What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician.

Interpreting your results

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

- Seitan

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

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

Moderate Reactivity

- Natto
- Tempeh
- Vegan cheese

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

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

Non-food sensitivities analysis

03.

Non-food sensitivities analysis

What is a non-food sensitivity?

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

Interpreting your results

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

- Cherry tree
- False acacia

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

- Tamarisk
- Wormwood

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

Organic compounds

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

Materials

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

Miscellaneous

- Ampicilloyl
- Anisakis
- Artemisia fish food
- Aspergillus fumigatus
- Aspergillus niger
- Dust
- Farina secalis cerealis
- Fungus
- Horse bot fly
- House dust mite
- Penicilloyl
- Pigeon droppings
- Storage mite

Flowering plants

- Aster
- 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

- Bermuda grass
- Buttercup
- Colonial bent grass
- Crested dog's-tail grass
- Dandelion
- Dead nettle
- Dock
- Herd's grass, timothy
- Hop
- Kentucky bluegrass
- Maize
- Meadow fescue
- Meadow fox tail
- Mugwort
- Orchard grass or cocksfoot grass
- Perennial ryegrass
- Pigweed
- Plantain
- Qack grass or couch grass
- Ragweed
- Red fescue
- Ribwort
- Saltbush
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Thistle
- Velvet grass
- Water reed
- Wild oat
- Wormwood

Insects

- Bee
- Mosquito
- Wasp

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

Non-food sensitivities detailed analysis

- 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

• Hafnium (Hf)

These metals have been identified as ones to which you should monitor your exposure.

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

No Reactivity

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

Metal sensitivities detailed analysis

Metal sensitivities

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

Mineral and other nutrient analysis

05.

Mineral and other nutrient analysis

Low mineral levels

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

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

What are phyto nutrients?

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

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

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

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Interpreting your results

Outside Range

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

Within Range

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

Your mineral and other nutrient overview

Outside Range

No minerals/other nutrients have been identified as outside range according to our testing parameters.

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.

Within Range

- Allium
- Anthocyanidins
- Beta-carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Calcium
- Carotenoids
- Chromium
- Citrus bio-flavonoids
- Copper
- Creatine
- Genistein
- Germanium
- Inositol
- Iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Silica
- Sodium
- Zinc

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

Mineral and other nutrient detailed analysis

Minerals

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

Phyto- and other nutrients

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

Vitamin A-K analysis

06.

Vitamins A-K analysis

Low mineral levels

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

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

What should you do if you have low vitamin levels?

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

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a vitamin deficiency please seek the advice of your physician.

Interpreting your results

Outside Range

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

Within Range

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

Your vitamins A-K overview

Outside Range

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

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

Within Range

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

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

Additives analysis

07.

Additives analysis

What are additives?

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

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

Interpreting your results

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

High Reactivity

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

Moderate Reactivity

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

No Reactivity

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

Your additives overview

High Reactivity

- E 1420
- E 173
- E 470 a
- E 482

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

- E 153
- E 160 f
- E 161 g
- E 212
- E 380
- E 445
- E 508
- E 631
- E 633
- E 903
- Sweet freedom

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.

No Reactivity

These additives have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of additives showing no reaction in the additives detailed analysis section.

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

E200-E300

E300-E400

E400-E500

E500-E600

E600-E700

E900-E1000

E1000-E1300

E1400-E1500

E1500-E1525

Additives detailed analysis

Colourings

- E 100
- E 101
- E 102
- E 104
- E 110
- E 120
- E 122
- E 123
- E 124
- E 127
- E 128
- E 129
- E 131
- E 132
- E 133
- E 140
- E 141
- E 142
- E 150 a
- E 150 b
- E 150 c
- E 150 d
- E 151
- E 153
- E 154
- E 155
- E 160 a
- E 160 b
- E 160 c
- E 160 d
- E 160 e
- E 160 f
- E 161 b
- E 161 g
- E 162
- E 163
- E 170
- E 171
- E 172
- E 173
- E 174
- E 175
- E 180

Emulsifiers

- E 432
- E 433
- E 434
- E 435
- E 436
- E 440
- E 442
- E 444
- E 445
- E 450
- E 451
- E 452
- E 460
- E 461
- E 463
- E 464
- E 465
- E 466
- E 470 a
- E 470 b
- E 471
- E 472 a
- E 472 b
- E 472 c
- E 472 d
- E 472 e
- E 472 f
- E 473
- E 474
- E 475
- E 476
- E 477
- E 479
- E 481
- E 482
- E 483
- E 491
- E 492
- E 493
- E 494
- E 495

Sweetners

- E 1200
- E 1201
- E 1202
- E 1404
- E 1410
- E 1412
- E 1413
- E 1414
- E 1420
- E 1422
- E 1440
- E 1442
- E 1450
- E 1505
- E 1518
- E 939
- E 941
- E 942
- E 948
- E 950
- E 951
- E 952
- E 953
- E 954
- E 957
- E 959
- E 965
- E 966
- E 967
- E 999
- Gelatin
- Honey
- Maple
- Molasses
- Stevia
- Sugar
- Sweet freedom
- Vanilla

Preservatives

- E 1105
- E 200
- E 202
- E 203
- E 210
- E 211
- E 212
- E 213
- E 214
- E 215
- E 216
- E 217
- E 218
- E 219
- E 220
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- E 252
- E 260
- E 261
- E 262
- E 263
- E 270

Additives detailed analysis

- E 280
- E 281
- E 282
- E 283
- E 284
- E 285
- E 290
- E 296
- E 297
- Whey protein

Antioxidants

- E 300
- E 301
- E 302
- E 304
- E 306
- E 307
- E 308
- E 309
- E 310
- E 311
- E 312
- E 315
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- E 356
- E 357
- E 363
- E 380
- E 385

Thickening, Setting and Moisturising Agents

- E 400
- E 401
- E 402
- E 403
- E 404
- E 405
- E 406
- E 407
- E 407 a
- E 410
- E 412
- E 413
- E 414
- E 415
- E 417
- E 418
- E 420
- E 421
- E 422

Miscellaneous additives

- E 500
- E 501
- E 503
- E 504
- E 507
- E 508
- E 509
- E 511
- E 512
- E 513
- E 514
- E 515
- E 516
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- E 530
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- E 541
- E 551
- E 552
- E 553 a
- E 553 b
- E 554
- E 555
- E 556
- E 558
- E 559
- E 570
- E 574
- E 575
- E 576
- E 577
- E 578
- E 579
- E 585

Flavour enhancers

- E 620
- E 621
- E 622
- E 623
- E 624
- E 625
- E 626
- E 627
- E 628
- E 629
- E 630
- E 631
- E 632
- E 633
- E 634
- E 635
- E 640
- E 900
- E 901
- E 902
- E 903
- E 904
- E 912
- E 914
- E 927
- E 938

Gut health analysis

08.

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.

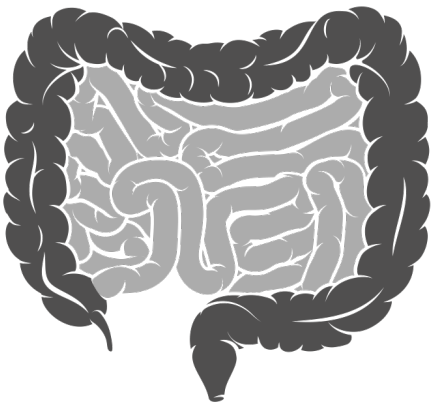
Intestinal flora affects your health

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.

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.

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



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

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

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

- Bacillus coagulans
- Bifidobacterium bifidum
- Escherichia Coli
- Lactobacillus acidophilus
- Lactobacillus reuteri
- Lymphatic Follicles
- Streptococcus Faecium
- Streptococcus thermo.
- Streptomyces

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.

Within Range

- Acidophilus Bifidus
- Bifidobacterium infantis

These strains of bacteria have been identified as falling within the normal range. Keep up the great work in providing your gut with lots of high fibre foods to keep the bacteria well nourished.

Digestion analysis

09.

Digestion

Digestive health

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

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

Digestive health and the daily diet

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

Interpreting your results

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

Low

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

Normal

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

Your digestion overview

Low

- Lipase

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

Normal

- Amylase
- Enterokinase
- Pepsin
- Trypsin & Chymotrypsin

These digestive enzymes have been identified as falling within the normal range.

Your next steps

10.

This is where your journey to a healthier life begins

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

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

Aims and objectives

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

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

E-number explainer

Colourings

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

Preservatives

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

E-number explainer continued...

Antioxidants

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

Thickening, setting and moisturising agents

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

Emulsifiers

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

E-number explainer continued...

Miscellaneous additives

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

Flavour enhancers

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

Sweeteners

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

Metal potential sources

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

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

Argon
Can be found in: Welding and light bulbs

Arsenic
Can be found in: Rat poisons and insecticides

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

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

Bismuth
Can be found in: Usually mixed with other metals

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

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

Cadmium
Can be found in: Re-chargeable batteries

Caesium
Can be found in: Atomic clocks and photoelectric cells

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

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

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

Cobalt
Can be found in: Cutting tools and dyes

Copper
Can be found in: Electrical generators and motors

Dysprosium
Can be found in: Lasers and many alloys

Fluorine
Can be found in: Toothpaste and etched glass

Gadolinium
Can be found in: Many alloys

Gallium
Can be found in: Electronics, alloys and thermometers

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

Gold
Can be found in: Jewellery

Hafnium
Can be found in: Many alloys

Holmium
Can be found in: Lasers

Indium
Can be found in: Electronics and mirrors

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

Lead
Can be found in: Lead-acid storage batteries

Lithium
Can be found in: Rechargeable 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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