

Health starts
at home.

Body Intolerance Test

Home-to-lab



Hair sample test

Dear Chloe,

We are delighted to present you
with your **Body Intolerance Test** results.

Your results have been created using our state of
the art bioresonance testing machines and your
sample has been analysed by our technician
Gemma.

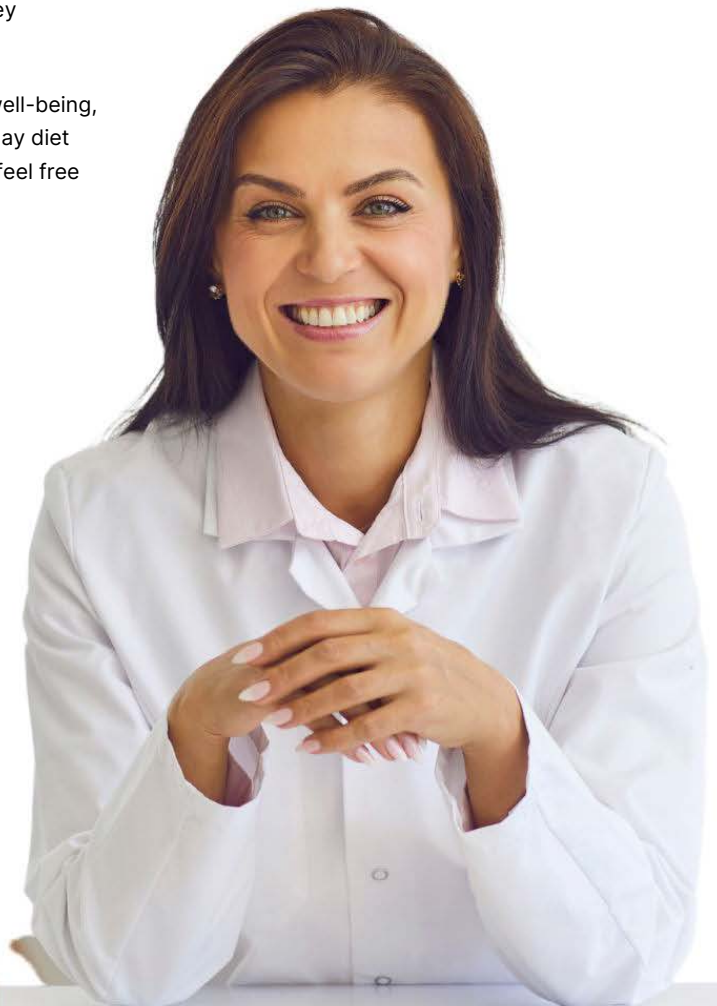
Your outcomes have been divided into sections based on the reactivity
rating attributed to each item. Within each section, you will discover every
item sorted into its primary testing category. We advise minimising your
consumption of high reactivity items as much as possible and slowly
reintroducing them one by one to gauge any potential discomfort they
may cause.

We view your report as the initial step on a path towards improved well-being,
empowering you to implement beneficial adjustments to your everyday diet
and surroundings. Should you require additional information, please feel free
to reach out to our dedicated care team.

Best of luck on your journey.

Ruby Saharan

Ruby Saharan, B.Sc., M.Sc., INHC



1,200+ individual items tested across 47 categories

The most advanced body intolerance test includes the following categories:



Food & Drink



Botanicals



Metals



Vitamins



Additives



Animals and insects



Gut Health



Digestion

Plus 5 brand new categories...



Anti-aging

We test **hyaluronic acid and collagen** to identify signs of anti-aging in skin, bones and joints.



Stress & Inflammation

We test for stress and inflammation by examining **cortisol** levels, which indicates stress and **inflammatory biomarkers** within the body.



Sleep hormones

To evaluate sleep quality, we analyse the **melatonin** hormone, responsible for the quality of sleep.



Skin health

Skin sensitivity testing evaluates how your skin reacts to **fragrances, household chemicals, and cosmetics**, assessing your skin's tolerance levels.



Nutrition

We measure nutritional levels by assessing the hormone **leptin**, known as the 'full' hormone and **ghrelin**, which is responsible for regulating hunger

Your results analysis

Every item tested is classified to one of the following three reactivity levels:



80
out of
1,200

High Reactivity / Outside Range

These are the items that our testing shows you are most likely to be sensitive to or fall outside of optimal range.

These may be causing or contributing to physical symptoms. We would recommend the removal of these items from your daily diet for 6-8 weeks using a structured elimination diet, followed by a gradual reintroduction.



29
out of
1,200

Moderate Reactivity

These are the items that our testing shows you may be sensitive to.

These 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 items for 4-6 weeks, and subsequent reintroduction.

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.



1,120
out of
1,200

No Reactivity / Within Range

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

High Reactivity / Outside Range

Food & Drink (high reactivity)

- | | | | |
|------------------|-------------------|-------------------|------------------|
| ● Butter | ● Buttermilk | ● Cashew milk | ● Cashew nut |
| ● Cheddar | ● Condensed milk | ● Cottage cheese | ● Cream |
| ● Edam | ● Evaporated milk | ● Goat's cheese | ● Gouda |
| ● Gruyere | ● Halloumi | ● Hot chocolate | ● Ice cream |
| ● Kefir | ● Lemon | ● Manchego | ● Milk chocolate |
| ● Milk from cows | ● Milk from goats | ● Milk from sheep | ● Mozzarella |
| ● Oat milk | ● Parmesan | ● Pecan nut | ● Pisco |
| ● Red Leicester | ● Soft cheese | ● Sour cream | ● Stilton |
| ● Yogurt | | | |

Botanicals (high reactivity)

- | | | | |
|-----------------------|-------------------------|------------------------|----------------------------|
| ● Acremonium strictum | ● Aspergillus tamarii | ● Beauveria bassiana | ● Blue Oats grass |
| ● Brome grass | ● Curvularia geniculata | ● Emericella nidulans | ● Fusarium culmorum |
| ● Fusarium solani | ● Kentucky bluegrass | ● Oidiodendron griseum | ● Penicillium purpurogenum |
| ● Rush grass | ● Stemphylium botryosum | ● racemosum | |

Metals (high reactivity)

- Germanium (Ge)

Additives (high reactivity)

- | | | | |
|-----------------------|---------------------|------------------------------------|----------------------------------|
| ● E150a Plain caramel | ● E297 Fumaric acid | ● E407a Processed eucheuma seaweed | ● E521 Aluminium sodium sulphate |
|-----------------------|---------------------|------------------------------------|----------------------------------|

Gut Health (out of range)

- | | | | |
|-----------------------|----------------------|---------------------------|--------------------|
| ● Acidophilus Bifidus | ● Bacillus Coagulans | ● Bifidobacterium Bifidum | ● Escherichia Coli |
|-----------------------|----------------------|---------------------------|--------------------|

WE TEST FOR SENSITIVITIES, **NOT** ALLERGIES.

High Reactivity / Outside Range

These are the 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 from your daily diet for 6-8 weeks, using a structured elimination diet, followed by a gradual reintroduction.



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.

Gut Health (out of range)

- Lactobacillus acidophilus
- Lactobacillus reuteri
- Streptococcus Faecium
- Streptococcus Thermophilus
- Streptomyces

Anti-Aging (out of range)

- Collagen
- Hyaluronic Acid

Stress & Inflammation (out of range)

- Liver

Skin Health (high reactivity)

- Benzyl alcohol
- Butylparaben
- Coumarin
- Formaldehyde
- Isothiazolinone mix
- Nicotine
- Oxymethylene
- Propolis
- Quaternium-15
- Thiomersal
- Tree moss extract
- Vaseline

Nutrition (out of range)

- Calcium
- Potassium
- Valine

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Moderate Reactivity

Food & Drink

- Aflatoxin
- Chestnut
- Clams
- Coconut flour
- Eggplant
- Lentil - puy
- Pandan
- Pistachio nut
- Snake fruit
- Sunflower oil
- Sunflower seed

Non-Food

- Horse bot fly

Botanicals

- Aspergillus niger
- Chrysonilia sitophila
- Eurotium amstelodami
- Fusarium oxysporum
- Paecilomyces variotii
- Wallflower
- Wild oat

Additives

- E1404 Oxidised starch
- E151 Brilliant Black BN; Black PN
- E320 Butylated hydroxyanisole (BHA)
- E322 Lecithins
- E354 Calcium tartrate
- E436 Polyoxyethylene sorbitan tristearate; Polysorbate 65
- E465 Ethyl methyl cellulose
- E503 Ammonium carbonates

Skin Health

- Anisyl alcohol
- Rosin (colophony)

WE TEST FOR SENSITIVITIES, **NOT** ALLERGIES.

Moderate Reactivity

These are the food 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 using a structured elimination diet.



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



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No Reactivity / Within Range

Food & Drink (no reactivity)

● Abalone	● Acacia Pennata	● Acai berry	● Aji pepper
● Ale	● Allspice	● Almond	● Almond flour
● Almond milk	● Almond oil	● Amaranth	● Anchovy
● Aniseed	● Apple cider vinegar	● Apple juice	● Apples-Braeburn
● Apples-Fuji	● Apples-Gala	● Apples-Golden Delicious	● Apples-Granny Smith
● Apples-Jazz	● Apples-Pink Lady	● Apricot	● Aquafaba
● Arrow root	● Arrowroot flour	● Artichoke	● Asparagus
● Avocado	● Bacon	● Balsamic vinegar	● Bamboo shoots
● Banana	● Banana blossom	● Baobab	● Barbecue sauce
● Barley	● Barramundi	● Basil	● Bay leaf
● Beansprout	● Beef	● Beef-dried	● Beer
● Beets	● Bilberry	● Black beans	● Black eyed pea
● Blackberry	● Blueberry	● Bortolli bean	● Brandy
● Brazil nut	● Bread-brown	● Bread-granary	● Bread-rye
● Bread-white	● Broad bean	● Broccoli	● Brussels sprout
● Buckwheat	● Buffalo	● Bulgar wheat	● Butter lettuce
● Butternut squash	● Button mushroom	● Cabbage	● Cajun spice
● Calamari	● Cannellini bean	● Canola oil	● Cantaloupe melon
● Capsicum-green	● Capsicum-red	● Capsicum-yellow	● Carambola
● Caraway	● Cardamom	● Carrots	● Cassava
● Catfish	● Cauliflower	● Cayenne pepper	● Celery
● Champagne	● Cherry	● Chervil	● Chestnut mushroom
● Chia seed	● Chicken	● Chicken heart	● Chicken liver
● Chicken-capon	● Chickpea	● Chickpea flour	● Chicory

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No Reactivity / Within Range

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Food & Drink (no reactivity)

● Chicory lettuce	● Chinese horse radish	● Chlorella	● Cider
● Cilantro	● Cinnamon	● Clove	● Coconut
● Coconut milk	● Coconut oil	● Coconut water	● Cod
● Cod liver oil	● Coffee-barley substitute	● Coffee-black	● Cola
● Coriander	● Corn tortilla	● Cornflakes	● Crab
● Cranberry	● Cranberry juice	● Crayfish	● Cress
● Crocodile	● Cucumber	● Culantro	● Cumin
● Currants-red black	● Curry leaves	● Curry paste	● Curry powder
● Custard apple	● Cuttlefish	● Daikon	● Dark chocolate
● Date	● Dill	● Douban jiang	● Dragon Fruit
● Dry roasted peanut	● Duck	● Duck-domestic	● Duck-wild
● Durian	● Edamame bean	● Eel	● Egg
● Egg noodle	● Emu	● Endive	● Escarole lettuce
● Falafel	● Farro	● Fennel	● Fenugreek
● Fermented black bean	● Fermented fish (Pla ra)	● Fermented pork	● Field pea
● Fig	● Fingerroot	● Fish fingers	● Fish maw
● Fish sauce	● Five spice	● Flageolet bean	● Flaxseed
● Freekeh	● Galangal	● Galia melon	● Garbanzo flour
● Garlic	● Gin	● Ginger	● Goat
● Goji berry	● Goose	● Gooseberry	● Gooseberry-Chinese
● Grapefruit	● Grapes-black	● Grapes-green	● Grapes-red
● Green bean	● Guava	● Haddock	● Halibut
● Hare	● Hazelnut	● Hazelnut milk	● Head lettuce
● Hemp milk	● Hemp seed	● Herring	● Herring-red
● Hoisin sauce	● Honeydew melon	● Hops	● Horse
● Horse radish	● Houmous	● Iceberg lettuce	● Jackfruit

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Food & Drink (no reactivity)

● John Dory	● Kaffir lime leaves	● Kale	● Kamut
● Kangaroo	● Kidney beans	● Kimchi	● Kiwi
● Kohl rabi	● Kombucha	● Lager	● Lamb
● Leek	● Lemonade	● Lemongrass	● Lentil - beluga
● Lentil - brown	● Lentil - green	● Lentil - red	● Lentil - yellow
● Lima bean	● Lime	● Liquorice	● Liver-lamb
● Liver-ox	● Liver-pig	● Lobster	● Longan
● Lovage seed	● Lychee	● Macadamia nut	● Mace
● Mackerel	● Maize/corn	● Maize/corn flour	● Mango
● Mangosteen	● Marjoram	● Marmite	● Matsutake
● Millet	● Mint-fresh	● Miso	● Monosodium glutamate
● Morning Glory	● Mushroom	● Mussels-general	● Mustard
● Mustard-green	● Mutton	● Natto	● Navy bean
● Nectarines	● Noodles-wheat	● Nutmeg	● Nutrition sensitivityal yeast
● Oats	● Okra	● Olive oil	● Olives-black
● Olives-green	● Onion	● Orange	● Orange juice
● Oregano	● Ovaltine	● Oyster	● Oyster mushroom
● Oyster sauce	● Pak choi	● Papaya	● Paprika
● Parsley	● Parsnips	● Passionfruit	● Pea
● Peach	● Peanut	● Peanut oil	● Pear
● Penicillin	● Pepper-black	● Pepper-green	● Pepper-red
● Pepper-white	● Peppermint oil	● Pig-intestine	● Pine nut
● Pineapple	● Pineapple juice	● Pinto bean	● Plaice
● Plantain	● Plum	● Plums-damson	● Polenta
● Pollock	● Pomegranate	● Pomegranate juice	● Pomelo
● Popcorn	● Poppy seed	● Pork	● Pork sausages

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Food & Drink (no reactivity)

● Portobello mushroom	● Potato	● Potato chips	● Potato flour
● Prawn	● Prosecco	● Prune	● Pumpkin
● Pumpkin seed	● Quince	● Quinoa	● Rabbit
● Radish	● Raisin	● Rambutan	● Rapeseed oil
● Raspberry	● Red wine	● Rice milk	● Rice noodle (fermented)
● Rice noodle (fresh)	● Rice-brown	● Rice-white	● Rice-wild
● Rocket	● Roe-deer	● Romaine lettuce	● Rose wine
● Rosemary	● Rum	● Rye	● Saffron
● Sage	● Sake	● Salmon	● Salt
● Sambucca	● Sapodilla	● Sardine	● Sauerkraut
● Scarlet runner bean	● Seabass	● Seaweed	● Seitan
● Sesame oil	● Sesame seed	● Shallots	● Shaoxing wine
● Shark	● Shitake mushroom	● Shrimp	● Shrimp paste
● Smoked herring - bloater	● Snapper	● Sole	● Sorghum flour
● Sourdough	● Soy sauce	● Soya bean	● Soya flour
● Soya milk	● Spelt	● Spinach	● Spirulina
● Squid	● Sriracha sauce	● Star anise	● Stink bean/Bitter bean
● Strawberry	● Sumac	● Swede	● Sweet Potato
● Sweetbreads	● Taco shells (corn)	● Tahini	● Tamarind
● Tarragon	● Tea-black	● Tea-chamomile	● Tea-earl grey
● Tea-green	● Tea-jasmine	● Tea-marshmallow	● Tea-oolong
● Tea-rooibos	● Tea-white	● Tea-yerba mate	● Teff flouf
● Tempeh	● Tequila	● Thyme	● Tilapia
● Tofu	● Tomato	● Tomato juice	● Tomato ketchup
● Trout-brown	● Trout-sea	● Tuna	● Turkey-cock

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Food & Drink (no reactivity)

- | | | | |
|----------------|--------------|-----------------|------------------|
| ● Turkey-hen | ● Turmeric | ● Turnip | ● Veal |
| ● Vegan cheese | ● Vegan egg | ● Vegemite | ● Vegetable oil |
| ● Venison | ● Vermicelli | ● Vermouth | ● Vinegar-clear |
| ● Vinegar-malt | ● Vodka | ● Walnut | ● Water chestnut |
| ● Water melon | ● Watercress | ● Wheat | ● Wheatgrass |
| ● Whisky | ● White wine | ● Whitefish | ● Winged bean |
| ● Winkles | ● Yams | ● Yardlong bean | ● Yeast |
| ● Zucchini | | | |

Non-Food (no reactivity)

- | | | | |
|------------------------------|-------------------------|-------------------------|--|
| ● Alpha lipoic acid | ● Ascorbic acid | ● Aspergillus fumigatus | ● Bee |
| ● Budgie (Parakeet) feathers | ● Canary feathers | ● Cat hair | ● Chinchilla hair |
| ● Cotton | ● Cow hide | ● Deer skin | ● Dermatophagoides farinae (House Dust Mite) |
| ● Docosahexaenoic acid | ● Dog dander | ● Dove feathers | ● Duck feathers |
| ● Dust | ● Eicosapentaenoic acid | ● Ellagic acid | ● Ferret fur |
| ● Finch feather | ● Flavonoids | ● Folate | ● Folic acid |
| ● Formic acid | ● Fox fur | ● Fungus | ● Gallic acid |
| ● Gerbil hair | ● Goat hair | ● Goose feathers | ● Guinea pig hair |
| ● Hamster hair | ● Horse dander | ● House dust mite | ● Iso-flavonoids |
| ● L-Carnitine | ● Leather | ● Lignans | ● Lutein |
| ● Lycopene | ● Lycra | ● Mallic acid | ● Mink skin |
| ● Mosquito | ● Nicotinic acid | ● Nucleic acid | ● Nylon |
| ● Omega 3 | ● Omega 6 | ● Oxalic acid | ● Pantothenic acids |
| ● Para Aminobenzoic acid | ● Parrot feather | ● Penicilloyl | ● Phytosterols |

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Non-Food (no reactivity)

- | | | | |
|-----------------|----------------------------|-----------------------|----------------------|
| ● Pig skin | ● Pigeon droppings | ● Polyphenols | ● Pro-anthocyanidins |
| ● Pyridoxine | ● Rabbit hair | ● Rat hair | ● Reindeer hair |
| ● Rubber | ● Salicylic acid | ● Saponins | ● Sheep (wool) |
| ● Storage mite | ● Sulforphane | ● Synthetic materials | ● Tannins |
| ● Tartaric acid | ● Tyrophagus Putrescentiae | ● Uric acid | ● Velvet |
| ● Wasp | ● Weevil eggs | ● Wool | ● Zeaxanthin |

Botanicals (no reactivity)

- | | | | |
|------------------------------|---|----------------------|-------------------------|
| ● Absidia corymbifera | ● Acremonium murorum | ● Alder | ● Alternaria alternata |
| ● Apple tree | ● Ash | ● Aspen | ● Aspergillus ochraceus |
| ● Aspergillus penicillioides | ● Aspergillus sydowii | ● Aspergillus ustus | ● Aspergillus wentii |
| ● Aster | ● Aureobasidium pullulans | ● Bahia grass | ● Barley grass |
| ● Beech | ● Bermuda grass | ● Betula verruco | ● Birch |
| ● Bistort grass | ● Bluegrass | ● Buttercup | ● Byssochlamys nivea |
| ● Cadosporium herbarum | ● Canary grass | ● Cannabis | ● Chamomile |
| ● Cherry tree | ● Chrysanthemum | ● Chrysonilia crassa | ● Chrysosporium see |
| ● Cladosporium herbarum | ● Cladosporium sphaerospermum | ● Clover | ● Colonial bent grass |
| ● Crested dog's-tail grass | ● Currant bush | ● Dahlia | ● Dandelion |
| ● Dead nettle | ● Distichlis spicata (Seasaw saltgrass) | ● Dock | ● Dogtooth grass |
| ● Elder | ● Elm | ● European beech | ● European lime |
| ● Eurotium chevalieri | ● Eurotium herbariorum | ● Eurotium rubrum | ● False acacia |
| ● Feather Reed grass | ● Fireweed/great willow | ● Goldenrod | ● Hawthorn |
| ● Hazel | ● Herd's grass (Timothy) | ● Honey grass | ● Hop |

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No Reactivity / Within Range

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Botanicals (no reactivity)

- | | | | |
|--------------------------------------|---------------------------------|--|------------------------------|
| ● Hornbeam | ● Horse chestnut | ● Hyacinth | ● Japanese cedar |
| ● Japanese millet | ● Jasmine | ● Juniper | ● Laburnum |
| ● Lambsquarters weed | ● Larch | ● Lilac | ● Linden grass |
| ● Linden tree | ● Lupine | ● Maize | ● Mangrove |
| ● Maple | ● Marguerite | ● Meadow fescue | ● Meadow fox tail |
| ● Memnoniella echinata | ● Misteltoe | ● Mucor ramosus | ● Mugwort grass |
| ● Mulberry | ● Narcissus | ● New Belgian aster | ● Oak |
| ● Orchard grass /
Cocksfoot grass | ● Pasture grass | ● Pear tree | ● Penicillium
chrysogenum |
| ● Penicillium
aurantiogriseum | ● Penicillium
brevicompactum | ● Penicillium
corylophilum | ● Penicillium digitatum |
| ● Penicillium funiculosum | ● Penicillium
griseofulvum | ● Penicillium olsonii | ● Penicillium roquefortii |
| ● Phoma glomerata | ● Phoma macrostoma | ● Pigweed | ● Pine |
| ● Pine-Scottish | ● Plane tree | ● Poplar | ● Primrose |
| ● Privet | ● Quack grass or Couch
grass | ● Ragweed
(Ambrosia artemisiifolia) | ● Rape |
| ● Red fescue | ● Rhizopus stolonifer | ● Rhodotorula | ● Ribwort |
| ● Rose | ● Ryegrass | ● Saltbush | ● Scopulariopsis |
| ● Scopulariopsis fusca | ● Scotch heather | ● Spruce | ● Stachybotrys
chartarum |
| ● Stinging nettle | ● Sweet vernal grass | ● Syncephalastrum | ● Tall oat grass |
| ● Tamarisk | ● Tansy ragwort | ● Thistle | ● Trichoderma
harzianum |
| ● Trichoderma viride | ● Tulip | ● Tumbleweed | ● Velvet grass |
| ● Verticillium lecanii | ● Verticillium luteoalbum | ● Water reed | ● Willow |
| ● Wormwood | | | |

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Metals (no reactivity)

- | | | | |
|-------------------|-------------------|-----------------------|------------------|
| ● 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) | ● Chromium (Cr) | ● Cobalt (Co) | ● Copper (Cu) |
| ● Dysprosium (Dy) | ● Fluorine (F) | ● Gadolinium (Gd) | ● Gallium (Ga) |
| ● 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) | | | |

Additives (no reactivity)

- | | | | |
|--|---|-----------------------------------|---|
| ● Caffeine | ● E100 Curcumin | ● E101 Riboflavin | ● E102 Tartrazine |
| ● E104 Quinoline yellow | ● E110 Sunset Yellow FCF; Orange Yellow S | ● E1105 Lysozyme | ● E120 Cochineal; Carminic acid; Carmines |
| ● E1200 Polydextrose | ● E1201 Polyvinylpyrrolidone | ● E1202 Polyvinylpyrrolidone | ● 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 | ● E1410 Monostarch phosphate | ● E1412 Distarch phosphate |

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Additives (no reactivity)

● E1413 Phosphated distarch phosphate	● E1414 Acetylated starch	● E142 Green S	● E1420 Acetylated Starch
● E1422 Acetylated distarch adipate	● E1440 Hydroxyl propyl starch	● E1442 Hydroxy propyl distarch phosphate	● E1450 Starch sodium octenyl succinate
● E1505 Triethyl citrate	● E150b Caustic sulphite caramel	● E150c Ammonia caramel	● E150d Sulphite ammonia caramel
● E1518 Glyceryl triacetate; triacetin	● 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	● E171 Titanium dioxide
● E172 Iron oxides and hydroxides	● E173 Aluminium	● E174 Silver	● E175 Gold
● E180 Litholrubine BK	● 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

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Additives (no reactivity)

● E251 Sodium nitrate	● E252 Potassium nitrate	● E260 Acetic acid	● E261 Potassium acetate
● E262 Sodium acetate	● E263 Calcium acetate	● E270 Lactic acid	● E280 Propionic acid
● E281 Sodium propionate	● E282 Calcium propionate	● E283 Potassium propionate	● E284 Boric acid
● E285 Sodium tetraborate; borax	● E290 Carbon dioxide	● E296 Malic acid	● 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
● E321 Butylated hydroxytoluene (BHT)	● 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
● E355 Adipic acid	● E356 Sodium adipate	● E357 Potassium adipate	● E363 Succinic acid
● E380 Triammonium citrate	● E385 Calcium disodium ethylene diamine tetra-acetate; calcium disodium EDTA	● E400 Alginate acid	● E401 Sodium alginate
● E402 Potassium alginate	● E403 Ammonium alginate	● E404 Calcium alginate	● E405 Propane-1,2-diol alginate
● E406 Agar	● E407 Carrageenan	● E410 Locust bean gum; carob gum	● E412 Guar gum
● E413 Tragacanth	● E414 Acacia gum; gum arabic	● E415 Xanthan gum	● E417 Tara gum

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Additives (no reactivity)

- | | | | |
|---|---|---|---|
| ● E418 Gellan gum | ● E420 Sorbitol | ● E421 Mannitol | ● E422 Glycerol |
| ● 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 |
| ● 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 | ● 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 and diglycerides of fatty acids | ● E473 Sucrose esters of fatty acids | ● E474 Sucroglycerides | ● E475 Polyglycerol esters of fatty acids |
| ● E476 Polyglycerol polyricinoleate | ● E477 Propane-1,2-diol esters of fatty acids | ● E479b Thermally oxidised soya bean oil interacted with mono and diglycerides of fatty acids | ● E481 Sodium stearoyl-2-lactylate |
| ● E482 Calcium stearoyl-2-lactylate | ● E483 Stearyl tartrate | ● E491 Sorbitan monostearate | ● E492 Sorbitan tristearate |
| ● E493 Sorbitan monolaurate | ● E494 Sorbitan monooleate | ● E495 Sorbitan monopalmitate | ● E500 Sodium carbonates |
| ● E501 Potassium 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 |

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Additives (no reactivity)

● E520 Aluminium 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	● 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	● E939 Helium	● E941 Nitrogen	● E942 Nitrous oxide
● E948 Oxygen	● E950 Acesulfame K	● E951 Aspartame	● E952 Cyclamic acid and its Na and Ca salts
● E953 Isomalt	● E954 Saccharin and its Na K and Ca salts	● E957 Thaumatin	● E959 Neohesperidine DC
● E965 Maltitol	● E966 Lactitol	● E967 Xylitol	● E999 Quillaia extract

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Additives (no reactivity)

- Gelatin
- Honey
- Molasses
- Stevia
- Sugar
- Sweet freedom
- Vanilla
- Whey protein

Gut Health (within range)

- Bifidobacterium Infantis

Digestion (within range)

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

Stress & Inflammation (within range)

- Cortisol
- Joints
- Kidneys
- Stomach
- Digestive system

Sleep (within range)

- Melatonin

Skin Health (no reactivity)

- Alpha-hydroxyacid
- Amylcinnamyl alcohol
- Benzyl benzoate
- Benzyl cinnamate
- Benzyl salicylate
- Benzyl-parahydroxybenzoate
- Bleach
- Butyl-parahydroxybenzoate
- Chlorine
- Cinnamaldehyde
- Cinnamyl alcohol
- Citral
- Citronellol
- Cobalt
- Coconut diethanolamide
- Diesel
- Ethyl-parahydroxybenzoate
- Ethylparaben
- Eugenol
- Farnesol
- Fertilizer
- Formalin
- Fungicide (captan)
- Geraniol
- Glyceryl monothioglycolate
- Herbicide (glyphosate)
- Hexyl cinnamaldehyde
- Hydroxycitronellal

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Skin Health (no reactivity)

- | | | | |
|--------------------------------|------------------------------|-----------------------------|------------------------------|
| ● Imidazolidinyl urea | ● Isoeugenol | ● Lanolin | ● Lilial |
| ● Linalool | ● Lyrall | ● Methyl 2-octynoate | ● Methyl-parahydroxybenzoate |
| ● Methylidibromoglutaronitrile | ● Methylisothiazolinone | ● Methylparaben | ● Morbicide acid |
| ● Oak moss extract | ● Paraphenylenediamine | ● Pesticide (molluscicides) | ● Petrol |
| ● Propane | ● Propyl-parahydroxybenzoate | ● Propylparaben | ● Sunscreen (Oxybenzone) |
| ● Sunscreen (Titanium dioxide) | ● Turpentine | ● d-Limonene | ● g-Methylionone |

Nutrition (within range)

- | | | | |
|------------------|-------------------------|-----------------|---------------|
| ● Allium | ● Anthocyanidins | ● Beta-carotene | ● Betaine |
| ● Bio-flavonoids | ● Bromelain | ● Carotenoids | ● Choline |
| ● Chromium | ● Citrus bio-flavonoids | ● Copper | ● Creatine |
| ● Genistein | ● Germanium | ● Ghrelin | ● Histidine |
| ● Inositol | ● Iodine | ● Iron | ● Isoleucine |
| ● Leptin | ● Leucine | ● Lysine | ● Magnesium |
| ● Manganese | ● Methionine | ● Phenylalanine | ● Phosphorus |
| ● Selenium | ● Silica | ● Sodium | ● Threonine |
| ● Tryptophane | ● Vitamin A | ● Vitamin B1 | ● Vitamin B12 |
| ● Vitamin B2 | ● Vitamin B5 | ● Vitamin B6 | ● Vitamin B7 |
| ● Vitamin B9 | ● Vitamin C | ● Vitamin D | ● Vitamin E |
| ● Vitamin K | ● Zinc | | |

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here**

Your sensitivity results guide

We firmly believe that your report, coupled with this guide, marks the beginning of a journey towards improved health and well-being.

This guide is designed to empower you, offering valuable insights for positive changes in your daily dietary choices and living environment.

Within this results guide, you will discover crucial guidance on what steps to take next. It outlines how to effectively utilise the elimination diet guide and provides a convenient food diary template to record the foods you eliminate from your diet and the corresponding symptoms you observe.

Furthermore, this guide offers comprehensive explanations about the various food types, providing a deeper understanding and analysis.

We encourage you to read this booklet in its entirety for a thorough understanding of your results and the actionable steps ahead.

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Ask the experts

Our health experts are here for you

With the Body Intolerance Test, you have the opportunity to submit a question about your results to our expert advisory board.

Whether you have an enquiry about your results or seek advice on how to navigate your health journey, our board of health professionals are here to provide informed and personalised answers, ensuring you have the support you need to make informed decisions about your health & well-being.

Complete a question submission and we will connect you with our advisory board members to provide your answer.

Submit a question here

Please note: The responses provided by our advisory board are intended for informational purposes only. It is crucial to consult your own doctor, physician or healthcare professional before making any decisions related to nutrition plans or diet programs. You are responsible for assessing your own medical and physical condition, or that of your clients, and should independently determine whether to implement, use, or modify any information or content presented in this report or on our website. Always prioritise your health and well-being by seeking professional medical advice for accurate guidance.



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Jaci Salley
Certified Nutrition Therapy
Practitioner

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