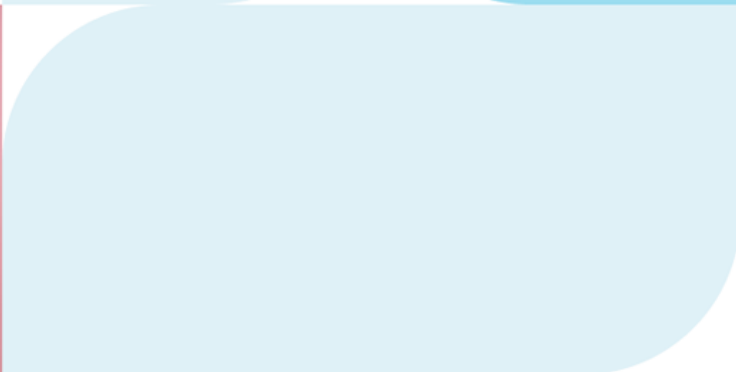




Test report



At-home test



Allergy & Food Intolerance Test

 Lab test

 Blood

Name: **Sample Report** Date of test: **03/11/2024** Analysis-ID: **DUMMY-60**

About your test results

Thank you for choosing Get Tested International AB as your supplier of health analyzes. Your results report is divided into two parts:

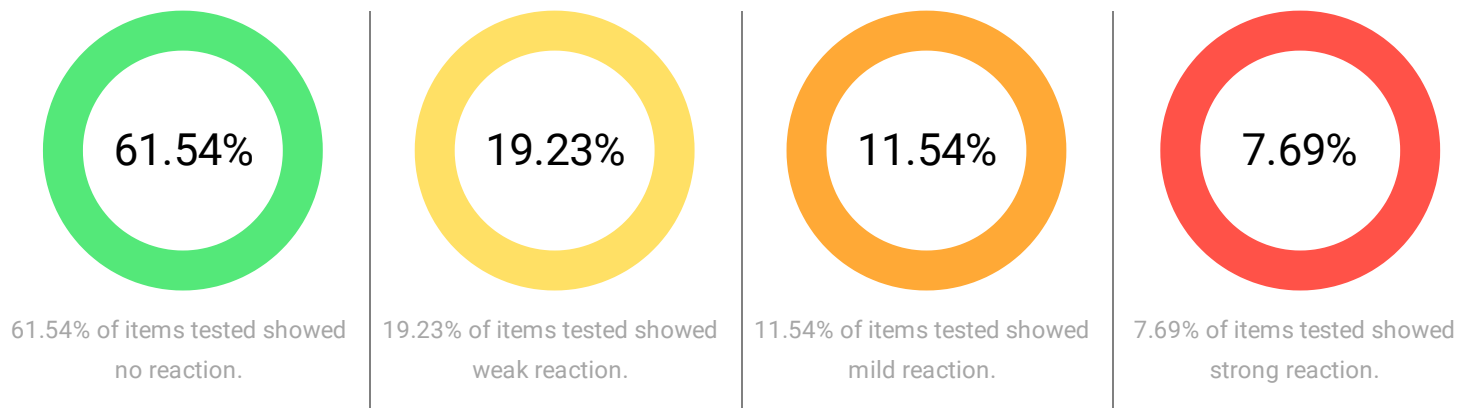
Part I: Results of your Allergy Test (IgE)

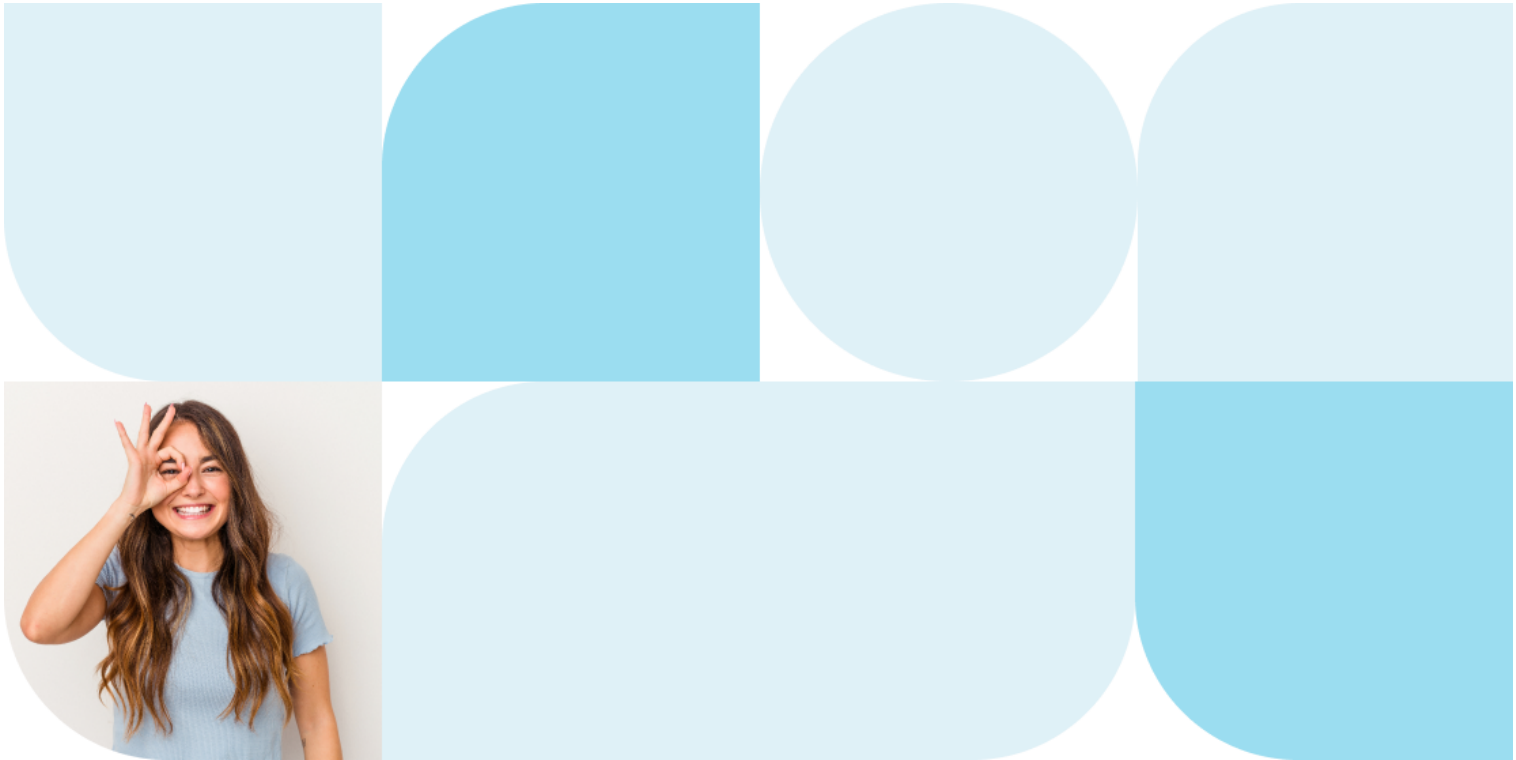
Part II: Results of your Intolerance Test (IgG)

Before your results are presented for each section, we describe how you should interpret your results. After your results for each section, there is an explanatory section.

Test result summary (Allergy + Intolerances)

Below you see an overview of how the 78 different substances that are tested are distributed in accordance to sensitization based on your test results.





Allergy Test

Part I: Allergy Test

About your test result

Our lab has tested whether your blood sample showed any signs of IgE sensitization to 38 different substances by measuring the concentration of IgE immunoglobulins in your blood. In an IgE-mediated response, the immune system responds by producing IgE antibodies when it comes in contact with the allergen. The higher the concentration of IgE antibodies, the greater the chance that the food will trigger allergic symptoms.

An allergy test can give a result/reaction even though the individual does not experience any symptoms. That is, an elevated IgE alone is not enough to diagnose allergies. It may be that the person being tested is only hypersensitive to a food instead of allergic, and then the analysis does not show it.

How to interpret your test results

Your test results shows on a scale from 1-6 how strong sensitization your body has reacted with, for each substance.

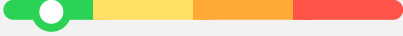
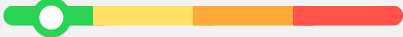
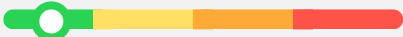
CLASS 0: No reaction

CLASS 1-2: Weak sensitization

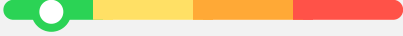
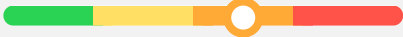
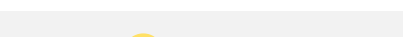
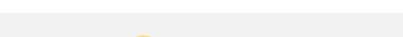
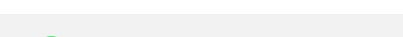
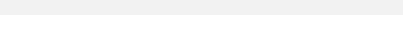
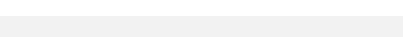
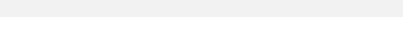
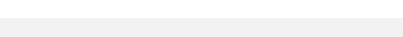
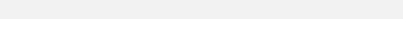
CLASS 3-4: Moderate sensitization

CLASS 5-6: Strong sensitization

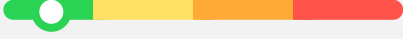
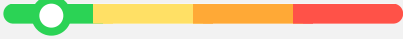
Your test result - Different types of pollen

Name	Your value	Class	Scale
Ash (pollen)	 <0.35	 0	
Bahia grass (pollen)	 <0.35	 0	
Bermuda grass (pollen)	 <0.35	 0	
Birch (pollen)	 <0.35	 0	
Cypress (pollen)	 <0.35	 0	
Hazelnut (pollen)	 8.04	 3	
Mugwort (pollen)	 <0.35	 0	
Olive (pollen)	 <0.35	 0	
Rye (pollen)	 <0.35	 0	
Ribwort plantain (pollen)	 <0.35	 0	
Timothy grass (pollen)	 <0.35	 0	
Wormwood Ambrosia (pollen)	 <0.35	 0	

Your test results - Foods

Name	Your value	Class	Scale
Almonds	 <0.35	 0	
Apple	 <0.35	 0	
Carrot	 <0.35	 0	
Cod	 <0.35	 0	
Cow's milk	 0.97	 2	
Crayfish	 2.28	 2	
Egg white	 18.72	 4	
Hazelnuts	 37.35	 4	
Meat (pork, beef, chicken, lamb)	 2.90	 2	
Orange	 0.56	 1	
Peach	 0.46	 1	
Peanuts	 0.38	 1	
Potato	 1.59	 2	
Rice	 <0.35	 0	
Salmon	 <0.35	 0	
Shrimp	 <0.35	 0	
Soy	 0.53	 1	
Strawberry	 <0.35	 0	
Tomato	 <0.35	 0	
Wheat	 17.49	 3	

Your test results - Non-Foods

Name	Your value	Class	Scale
Cat	 <0.35		
Cockroach	 <0.35		
Dog	 <0.35		
Horse	 67.46		
Mite	 <0.35		
Mold (Cladosporium herbarum)	 <0.35		

Interpret the results

Normal values - but show symptoms?

In some cases, people may experience symptoms even though the test shows normal values. It could be due to a number of different reasons. For example, you may be the victim of an allergy, it could be due to your food intolerances (e.g. lactose), it may also be the case that antibodies may be present in the blood, but do not react to the antigen when the reaction takes place. The appearance of the reaction may be due to a reaction to a specific allergen. Another reason may be that it is a false allergy. Sometimes you may observe that you react with symptoms, but no allergen being found in antibodies. If you are sensitive to things like stress, hormones, infections, parasites, anaemia, phorbol, etc., you may experience symptoms without an allergy.

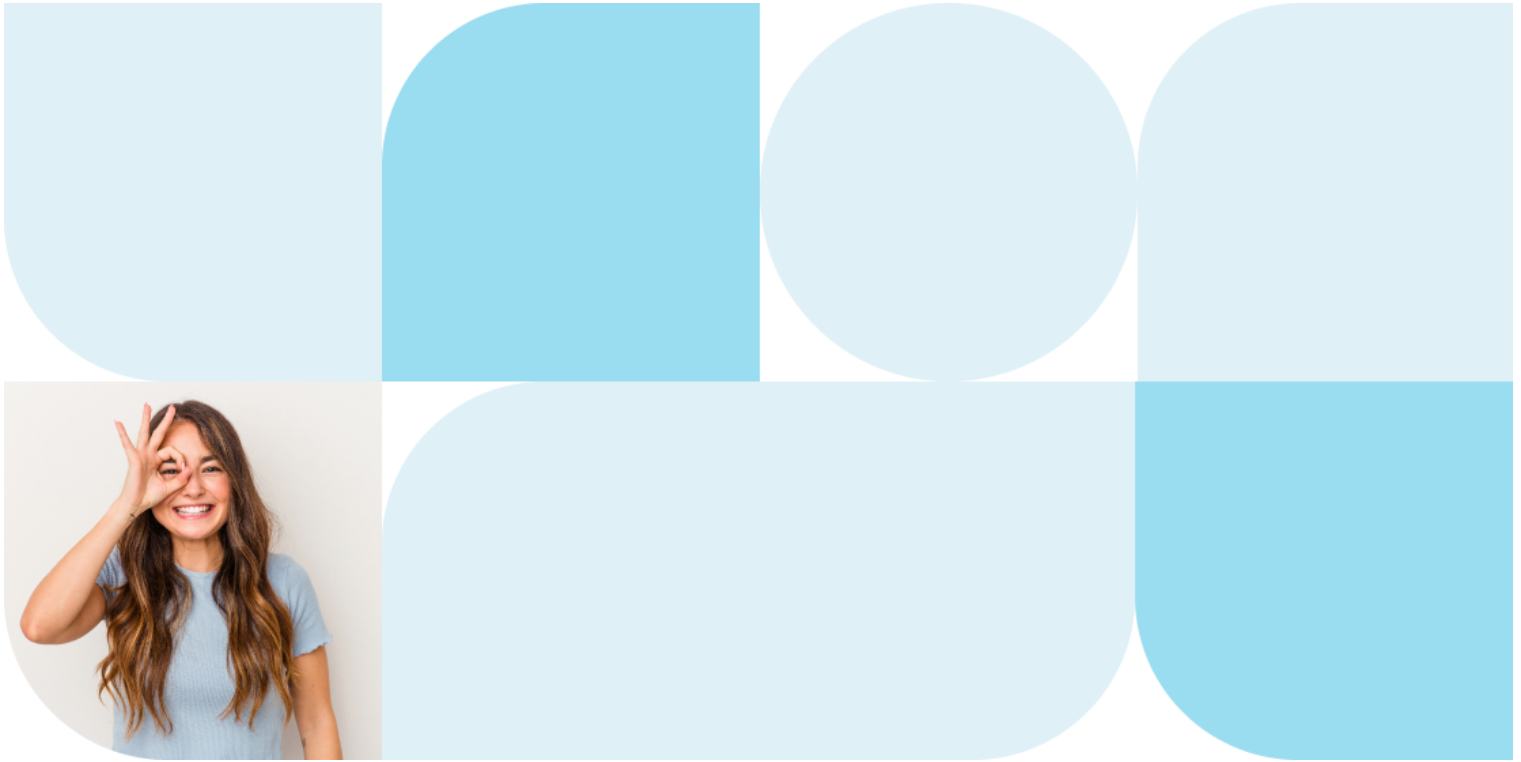
Cross-reactions - reaction despite no symptoms?

If an antibody test result is positive but there are no symptoms, it may be a cross-reaction. This may be especially true if you have high antibodies but without symptoms. However, you may also have symptoms due to a cross-reaction. Some allergen proteins are so similar to non-allergen substances (such as food) that they can be mistaken for each other. Some substances are different from those that trigger the allergic reaction but still have a similar structure to other substances with proteins that have similar structures, even though they do not belong to the same food family.

General

While with food intolerances, we do not recommend that you take any substances that you have an allergy sensitivity to, including symptoms.

It is not recommended that you take any substances that you have an allergy sensitivity to, including symptoms.



Food intolerance Test

Part II: Food intolerance Test

Briefly about your test results

The test measured if your blood has elevated levels of IgG antibodies to all different foods by measuring the concentration of IgG antibodies in your blood. An elevated IgG concentration indicates that in the immune system, food molecules (other factors in the body being investigated) which cause the immune system to become elevated and activated. As long as the immune system is active, you should not get any reaction. This means that your body may release an elevated concentration of IgG without you experiencing any symptoms.

It is very hard to see the immune system in other available "tests" as the immune system becomes more permeable, increased antibodies, then get into the immune system, into the blood stream, and then back to antibodies, which increases levels of different or unknown symptoms.

The symptoms of food intolerance are sometimes hard to detect with the food intolerance test. Sometimes, food intolerance is caused by the immune system and other factors, such as the immune system, and then back to antibodies, which increases levels of different or unknown symptoms.

How to interpret the test results

Your test results show you have a level of 1-2, which means you have strong sensitization your body has reacted with the food substances.

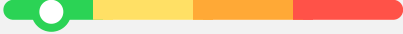
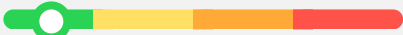
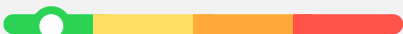
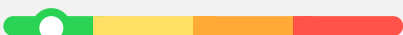
CLASS 0: No reaction

CLASS 1-2: Weak sensitization

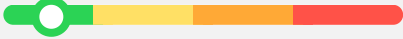
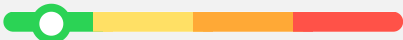
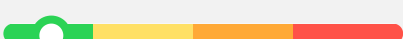
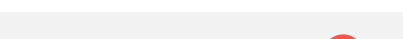
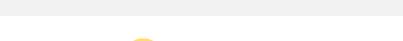
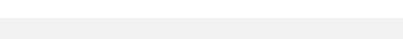
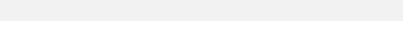
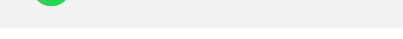
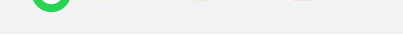
CLASS 3-4: Moderate sensitization

CLASS 5-6: Strong sensitization

Your test results - Food Intolerances (1/2)

Name	Your value	Class	Scale
Almonds	 <0.35	 0	
Amaranth	 <0.35	 0	
Apple	 <0.35	 0	
Banana	 <0.35	 0	
Beef	 100.00	 6	
Buckwheat	 0.56	 1	
Carrots	 <0.35	 0	
Celery	 <0.35	 0	
Chicken	 13.08	 3	
Cod	 1.73	 2	
Corn	 <0.35	 0	
Cow's milk	 2.04	 2	
Cucumber	 2.04	 2	
Egg white	 100.00	 6	
Egg yolk	 33.63	 4	
Garlic	 <0.35	 0	
Goat milk	 <0.35	 0	
Green peas	 1.10	 2	
Haricot verts	 <0.35	 0	
Hazelnuts	 <0.35	 0	

Your test results - Food Intolerances (2/2)

Name	Your value	Class	Scale
Herring	 <0.35	 0	
Kale	 2.25	 2	
Kiwi	 <0.35	 0	
Mussel	 <0.35	 0	
Mustard	 <0.35	 0	
Oats	 12.12	 3	
Onion	 <0.35	 0	
Orange	 79.10	 5	
Peanuts	 24.73	 4	
Pork	 <0.35	 0	
Potato	 <0.35	 0	
Rice	 <0.35	 0	
Rye	 100.00	 6	
Salmon	 3.31	 2	
Sheep's milk	 13.56	 3	
Shrimp	 <0.35	 0	
Soy	 <0.35	 0	
Tomato	 <0.35	 0	
Walnuts	 <0.35	 0	
Wheat	 100.00	 6	

Reintroduction of foods

When starting to reintroduce foods, it is recommended to start with small amounts and gradually increase the portion size. It is also recommended to keep a food diary to track any symptoms that may occur. If you experience any symptoms, it is recommended to stop eating the food and consult with your healthcare provider.

This report does not replace medical consultation. Always seek medical attention if you experience severe symptoms.

