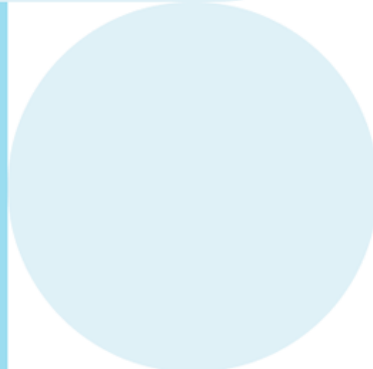
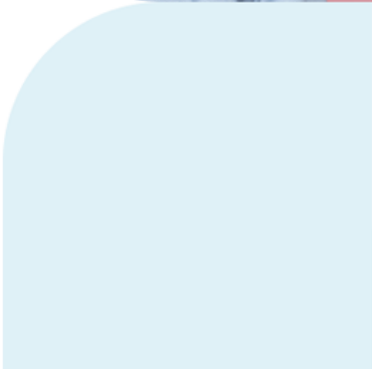
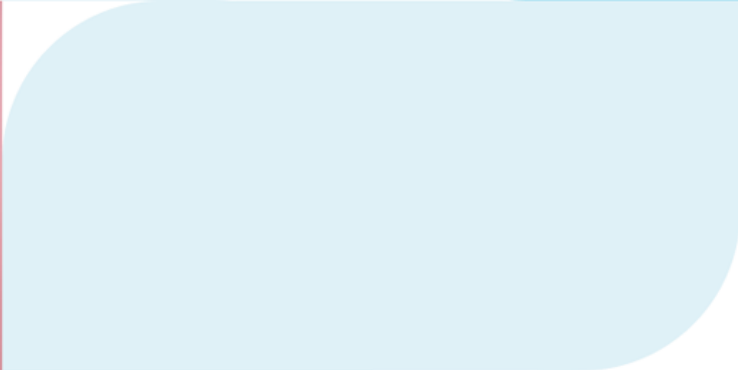




Test report



At-home test



Food Intolerance 80 items

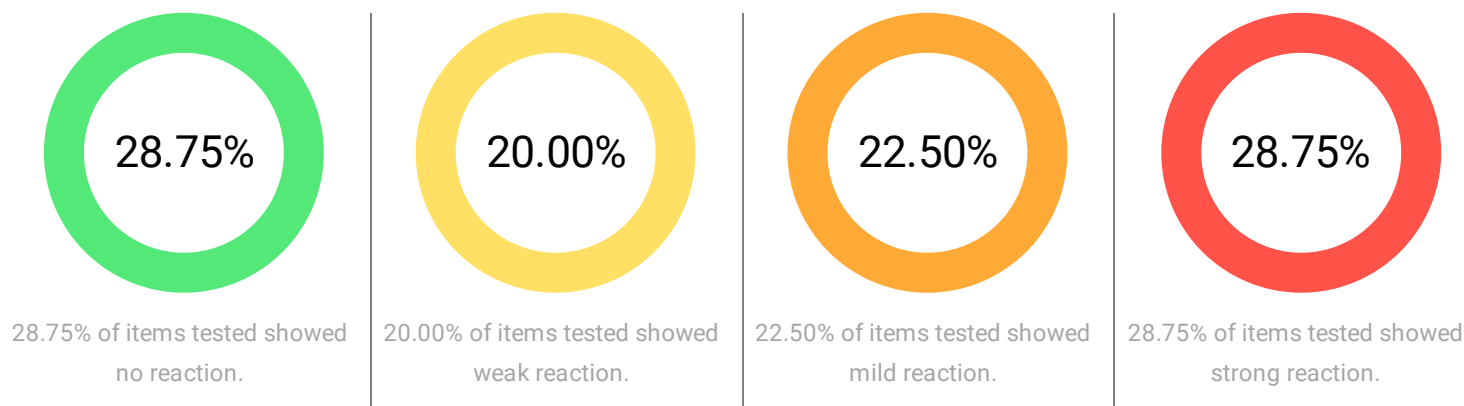
Lab test

Blood

Name: **Dummy Persson** Date of test: **03/24/2022** Analysis-ID: **MATIN80-DUMMY**

Food Intolerance Test - Results

Test results summary (IgG)



Briefly about your test result

Our lab has tested whether your blood sample showed any signs of IgG sensitization to 80 different foods by measuring the concentration of IgG4 immunoglobulins in your blood. An elevated IgG4 concentration indicates a strain on the immune system. Food intolerances often leads to the body being overexposed and can make the immune system become stressed and exhausted. As long as the intestinal barrier is intact, you should not get any reaction. This means that your results may show an elevated concentration of IgG4 without you experiencing any symptoms.

Chronic strain on the intestine can lead to what is called "leaky gut", i.e. the intestinal barrier becomes more permeable. Unwanted substances can then penetrate the barrier of the intestinal mucosa, out into the blood and then bind to antibodies, which can cause a variety of inflammation-like symptoms.

The symptoms of food intolerances can sometimes be difficult to link with the food you have eaten, as a reaction can appear anywhere from a few hours to several days after ingestion and often develops gradually over time. Regular consumption of a food that you react to can thus also lead to constant symptoms.

How to interpret your test results

Your test results show on a scale from 1-6 how strong sensitization your body has reacted to each substance.

CLASS 0: No reaction

CLASS 1-2: Weak sensitization

CLASS 3-4: Moderate sensitization

CLASS 5-6: Strong sensitization









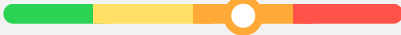





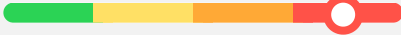





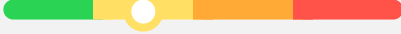





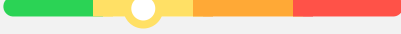





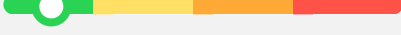





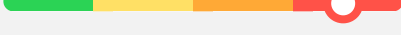





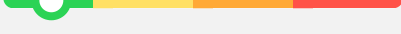





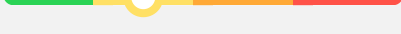











Food Intolerance Test














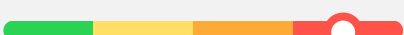











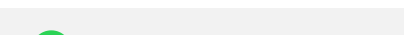



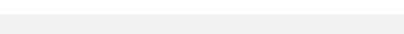

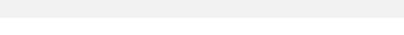

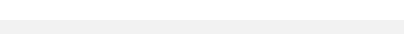

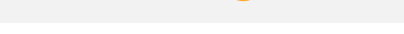



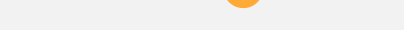
Your test results - Food intolerance (1/4)

Name	Your value	Class	Scale
Alaska pollock	2.98	2	
Almonds	100.00	6	
Amaranth	91.58	5	
Apple	<0.35	0	
Banana	<0.35	0	
Barley	100.00	6	
Basil	100.00	6	
Beef	100.00	6	
Broccoli	0.35	1	
Buckwheat	12.06	3	
Button mushrooms	<0.35	0	
Cabbage	1.61	2	
Carrot	<0.35	0	
Casein	55.94	5	
Cashew nuts	5.99	3	
Celery	0.68	1	
Chicken	7.78	3	
Cocoa	<0.35	0	
Cod	94.55	5	
Coffee	<0.35	0	









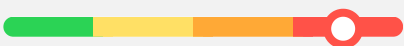











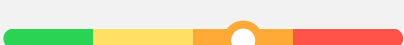

















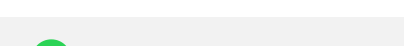





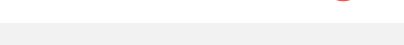


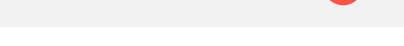


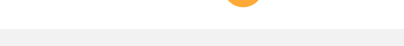









Your test results - Food intolerance (2/4)

Name	Your value	Class	Scale
Corn	 <0.35	 0	
Cow's milk	 2.98	 2	
Cucumber	 3.50	 3	
Duck	 65.30	 5	
Durum wheat	 100.00	 6	
Egg white	 100.00	 6	
Egg yolk	 1.61	 2	
Garlic	 <0.35	 0	
Ginger	 3.08	 2	
Gluten	 100.00	 6	
Goat's milk	 <0.35	 0	
Grapes	 <0.35	 0	
Green beans	 100.00	 6	
Gouda cheese	 21.36	 4	
Green olives	 <0.35	 0	
Green peas	 3.30	 2	
Hazelnuts	 2.25	 2	
Herring	 <0.35	 0	
Kiwi	 <0.35	 0	
Lamb	 13.48	 3	

Your test results - Food intolerance (3/4)

Name	Your value	Class	Scale
Lemon	 100.00	6	
Lentils	 1.89	2	
Mango	 14.31	3	
Millet	 100.00	6	
Mussels	 14.31	3	
Mustard	 <0.35	0	
Oats	 88.61	5	
Octopus	 <0.35	0	
Onion	 <0.35	0	
Orange	 100.00	6	
Oysters	 2.33	2	
Peach	 <0.35	0	
Peanuts	 <0.35	0	
Pineapple	 <0.35	0	
Pistachios	 0.68	1	
Plaice	 2.88	2	
Pork	 16.80	3	
Potato	 46.46	4	
Pumpkin seeds	 4.36	3	
Quinoa	 24.46	4	

Your test results - Food intolerance (4/4)

Name	Your value	Class	Scale
Rice	 <0.35	 0	
Rye	 100.00	 6	
Salmon	 100.00	 6	
Sesame seeds	 94.55	 5	
Sheep's milk	 9.50	 3	
Shrimp	 1.89	 2	
Soy	 15.14	 3	
Spelt	 100.00	 6	
Squid	 10.15	 3	
Strawberry	 <0.35	 0	
Sunflower seeds	 2.98	 2	
Sweet lupin	 2.88	 2	
Tomato	 <0.35	 0	
Tuna	 100.00	 6	
Turkey	 100.00	 6	
Trout	 13.78	 3	
Walnuts	 10.98	 3	
Wheat	 100.00	 6	
Yeast	 <0.35	 0	
Zucchini	 6.93	 3	

Next steps - what to do now?

In the case of elevated levels in combination with symptoms, we may suggest a diet change in the respective food group or a daily fasting diary for the food groups. To address a completely negative result, we recommend a diet change or a combination of a combination with supplements that support digestion and healing of the gut lining.

A diet change or elimination diet should be carried out for 1-4 weeks, depending on the degree of reaction and the possible gut permeability. From a symptom assessment, based on the results of the test, you do not need to change your diet.

At normal values but showing symptoms

In some cases, symptoms may be caused by a combination of factors, such as a diet change, a change in the number of different bacteria in the gut, or a change in the number of different types of food. It is a challenge to find a diet change or a combination of different factors that can address the symptoms. A combination with a probiotic or a combination of different supplements, such as digestive enzymes, may be helpful. If the symptoms persist, you may consider to try a diet change for a period of 4-6 weeks, followed by a symptom assessment, or a combination of different factors.

Did you get a lot of elevated values on your test?

Food intolerance can be a complex problem that can be caused by gut permeability, inflammation, or a combination of the underlying causes. To address the issue, we recommend a diet change or a combination of different factors, such as a diet change or a combination of different supplements, such as digestive enzymes, probiotics, and a fasting diary.

How to use your results

- If you have a lot of elevated values on your test, you should consider a diet change or a combination of different factors, such as a diet change or a combination of different supplements, such as digestive enzymes, probiotics, and a fasting diary.
- If you have a few elevated values on your test, you should consider a diet change or a combination of different factors, such as a diet change or a combination of different supplements, such as digestive enzymes, probiotics, and a fasting diary.
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Rotation diet

A rotation diet means that you rotate the foods you eat so that you do not eat the same food more than once every two days. In some cases, a rotation diet may be helpful. If you have a lot of elevated values on your test, you should consider a diet change or a combination of different factors, such as a diet change or a combination of different supplements, such as digestive enzymes, probiotics, and a fasting diary.

When you change your diet, it may be a good idea to keep a journal to track the symptoms you experience. This can help you identify the symptoms that are most likely to be caused by the diet change.

Reintroduction of foods

When starting to reintroduce the foods you've completely eliminated, it's best to start gradually. Start with the smallest amount you can tolerate and gradually work your way up. It's best to eat before introducing the new food to see how you react.

It's best to eat the same meal every day. If you experience any symptoms, stop eating that food.

