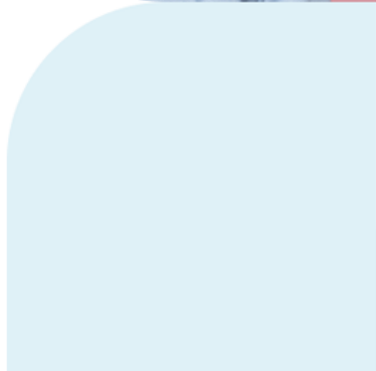
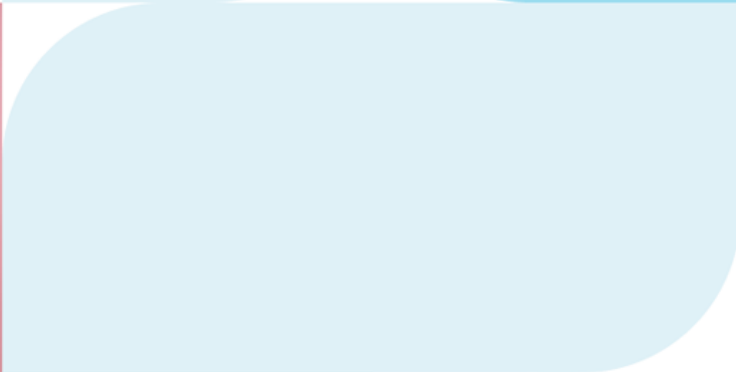




Test report



At-home test



Food Intolerance 240 items

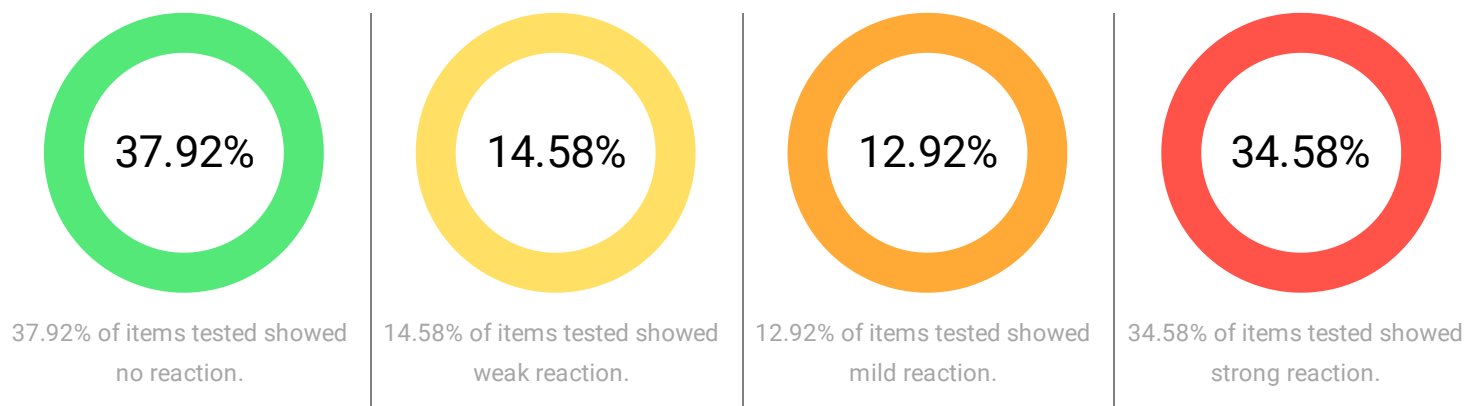
 Lab test

 Blood

Name: **Dummy Persson** Date of test: **10/13/2022** Analysis-ID: **MATIN240-DUMMY**

Food Intolerance Test - Results

Test results summary (IgG)



Briefly about your test results

Our lab has tested whether your blood sample showed any signs of IgG sensitization to 240 different foods by measuring the concentration of IgG4 immunoglobulins in your blood. An elevated IgG4 concentration indicates a strain on the immune system. Food intolerance 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 develop 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 of 1-6 how strong sensitization your body reacted to each substance.

CLASS 0: No reaction

CLASS 1-2: Weak sensitization

CLASS 3-4: Medium sensitization

CLASS 5-6: Strong sensitization

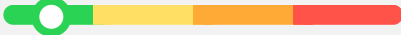
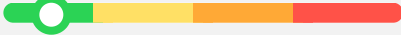
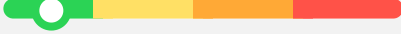
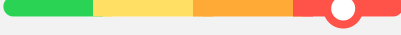
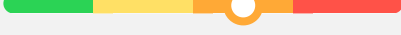
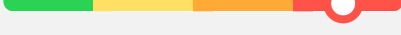
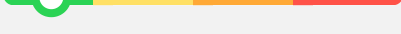
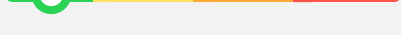


Food Intolerance Test

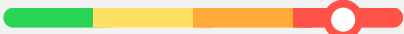
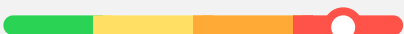
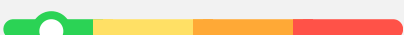
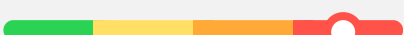
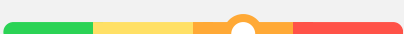
Your test results - Food intolerance (1/12)

Name	Your value	Class	Scale
Abalone	 13.59	 3	
Alaska pollock	 1.99	 2	
Almonds	 100.00	 6	
Allspice	 <0.35	 0	
Amaranth	 100.00	 6	
Anchovies	 15.61	 3	
Apple	 0.42	 1	
Apricot	 <0.35	 0	
Artichoke	 2.86	 2	
Arugula	 <0.35	 0	
Asparagus	 0.68	 1	
Avocado	 100.00	 6	
Banana	 <0.35	 0	
Barley	 100.00	 6	
Basil	 100.00	 6	
Bay leaf	 <0.35	 0	
Beef	 17.18	 3	
Beetroot	 <0.35	 0	
Black caviar	 100.00	 6	
Black currants	 3.50	 3	

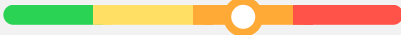
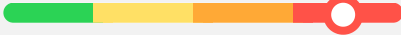
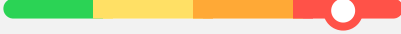
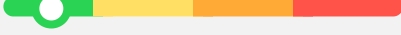
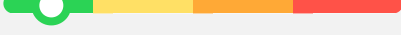
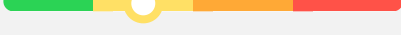
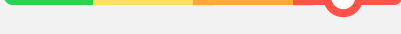
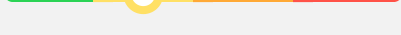
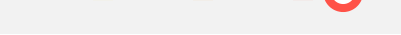
Your test results - Food intolerance (2/12)

Namn	Ditt värde	Klass	Skala
Black pepper	 <0.35	 0	
Black radish	 100.00	 6	
Black tea	 <0.35	 0	
Blackberries	 <0.35	 0	
Blueberry	 <0.35	 0	
Boiled milk	 100.00	 6	
Boletus mushrooms	 <0.35	 0	
Brazil nuts	 100.00	 6	
Broad beans	 100.00	 6	
Broccoli	 100.00	 6	
Brussels sprouts	 8.21	 3	
Buckwheat	 100.00	 6	
Buffalo milk	 100.00	 6	
Camembert	 3.50	 3	
Cane sugar	 <0.35	 0	
Cantaloupe melon	 <0.35	 0	
Capers	 <0.35	 0	
Cardamom	 63.17	 5	
Carob	 <0.35	 0	
Carp	 <0.35	 0	

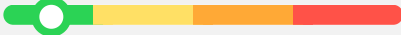
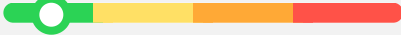
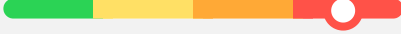
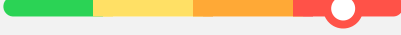
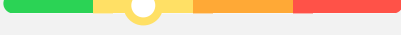
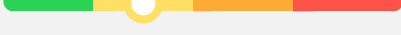
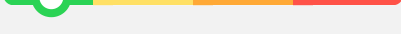
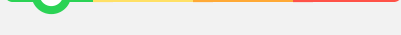
Your test results - Food intolerance (3/12)

Namn	Ditt värde	Klass	Skala
Carrot	 2.57	 2	
Casein	 8.06	 3	
Cashew nuts	 100.00	 6	
Catfish	 <0.35	 0	
Catnip	 100.00	 6	
Cauliflower	 100.00	 6	
Celery	 2.09	 2	
Chamomile tea	 <0.35	 0	
Chanterelle	 0.60	 1	
Cherries	 <0.35	 0	
Chestnut	 2.25	 2	
Chicken	 50.00	 5	
Chickpeas	 100.00	 6	
Chicory	 100.00	 6	
Chinese cabbage	 <0.35	 0	
Cinnamon	 1.87	 2	
Clove	 <0.35	 0	
Cocoa	 100.00	 6	
Coconut	 100.00	 6	
Cod	 0.98	 2	
Coffee	 3.50	 3	

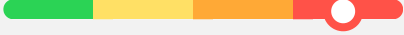
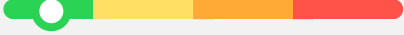
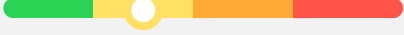
Your test results - Food intolerance (4/12)

Namn	Ditt värde	Klass	Skala
Coriander seed	 17.50	 4	
Corn	 <0.35	 0	
Cottage cheese	 100.00	 6	
Cow's milk	 9.56	 3	
Cranberries	 <0.35	 0	
Cream	 100.00	 6	
Cream cheese	 100.00	 6	
Cucumber	 63.03	 5	
Cumin	 <0.35	 0	
Curry (spice)	 100.00	 6	
Dandelion	 <0.35	 0	
Dates	 100.00	 6	
Deer	 3.49	 2	
Dill	 100.00	 6	
Dry yeast	 <0.35	 0	
Duck	 100.00	 6	
Durum wheat	 100.00	 6	
Edam cheese	 0.42	 1	
Eel	 0.70	 2	
Egg white	 100.00	 6	
Egg yolk	 100.00	 6	

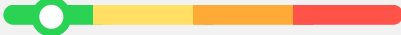
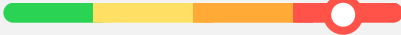
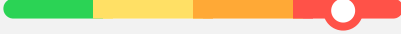
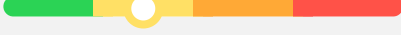
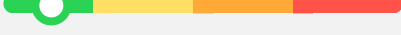
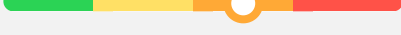
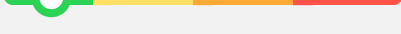
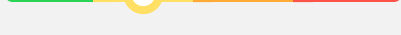
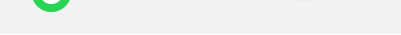
Your test results - Food intolerance (5/12)

Namn	Ditt värde	Klass	Skala
Eggplant	 <0.35	 0	
Eight-armed octopus	 0.42	 1	
Emmental cheese	 <0.35	 0	
Fennel	 100.00	 6	
Garden mushroom	 <0.35	 0	
Garlic	 100.00	 6	
Ginger	 100.00	 6	
Gliadin	 100.00	 6	
Gluten	 100.00	 6	
Goat's milk	 <0.35	 0	
Goat's milk cheese	 1.20	 2	
Goose	 0.60	 1	
Gouda cheese	 2.41	 2	
Grapes	 <0.35	 0	
Grapefruit	 <0.35	 0	
Green beans	 100.00	 6	
Green olives	 <0.35	 0	
Green peas	 100.00	 6	
Green tea	 <0.35	 0	
Ground almonds	 <0.35	 0	

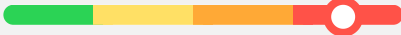
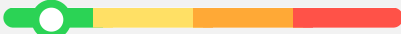
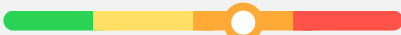
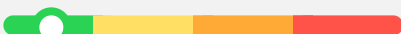
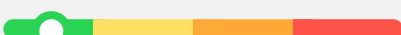
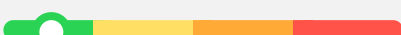
Your test results - Food intolerance (6/12)

Namn	Ditt värde	Klass	Skala
Gruyere cheese	9.64	3	
Haddock	0.35	1	
Hake	<0.35	0	
Halibut	<0.35	0	
Hazelnut	31.26	4	
Herring	<0.35	0	
Honey	<0.35	0	
Honeydew melon	89.67	5	
Hops	<0.35	0	
Horse meat	54.21	5	
Horseradish	13.33	3	
Kale	100.00	6	
Kamut	100.00	6	
Kelp	100.00	6	
Kidney beans	100.00	6	
King crab	8.42	3	
Kiwi	<0.35	0	
Kohlrabi	99.99	5	
Lamb	0.42	1	
Leek	100.00	6	

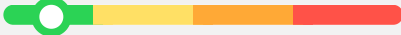
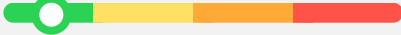
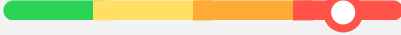
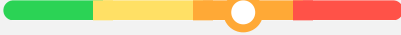
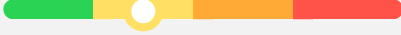
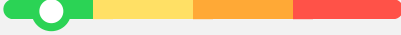
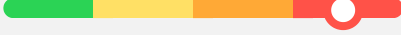
Your test results - Food intolerance (7/12)

Namn	Ditt värde	Klass	Skala
Lemon balm	 <0.35	 0	
Lemon	 96.89	 5	
Lentils	 100.00	 6	
Lettuce	 100.00	 6	
Licorice	 <0.35	 0	
Lime	 <0.35	 0	
Linseed	 100.00	 6	
Litchi	 <0.35	 0	
Lobster	 0.52	 1	
Macadamia nuts	 22.97	 4	
Mackerel	 <0.35	 0	
Malt	 <0.35	 0	
Mandarin	 13.33	 3	
Mango	 17.18	 3	
Millet	 100.00	 6	
Mozzarella	 3.49	 2	
Mung beans	 <0.35	 0	
Mussels	 1.93	 2	
Mustard	 0.43	 1	
Nectarine	 <0.35	 0	
Nutmeg	 <0.35	 0	

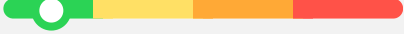
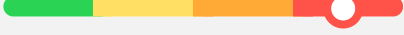
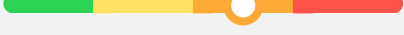
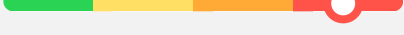
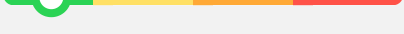
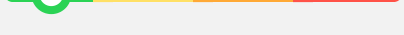
Your test results - Food intolerance (8/12)

Namn	Ditt värde	Klass	Skala
Oats	 100.00	 6	
Onions	 <0.35	 0	
Orange	 100.00	 6	
Ostrich	 100.00	 6	
Oyster clam	 <0.35	 0	
Oysters	 3.50	 3	
Papaya	 7.43	 3	
Parmesan	 <0.35	 0	
Parsley	 2.03	 2	
Passion fruit	 <0.35	 0	
Peach	 <0.35	 0	
Peanut	 100.00	 6	
Pear	 <0.35	 0	
Pecan	 3.04	 2	
Peppermint	 <0.35	 0	
Perch	 <0.35	 0	
Persimon	 <0.35	 0	
Pike	 <0.35	 0	
Pike-perch	 <0.35	 0	
Pine nuts	 1.45	 2	

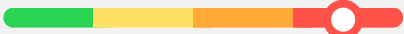
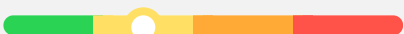
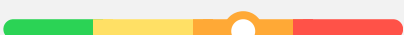
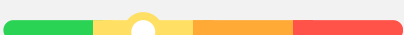
Your test results - Food intolerance (9/12)

Namn	Ditt värde	Klass	Skala
Pineapple	 <0.35	 0	
Pistachio nuts	 100.00	 6	
Plaice	 <0.35	 0	
Plum	 <0.35	 0	
Pomegranate	 <0.35	 0	
Pomelo	 <0.35	 0	
Poppy seeds	 100.00	 6	
Pork	 2.57	 2	
Potatoes	 <0.35	 0	
Pumpkin	 17.49	 3	
Pumpkin seeds	 100.00	 6	
Quail	 17.49	 3	
Quark	 13.71	 3	
Quinoa	 100.00	 6	
Rabbit	 2.52	 2	
Radish	 3.02	 2	
Raisins	 <0.35	 0	
Ramson	 <0.35	 0	
Rapeseed	 100.00	 6	
Raspberry	 <0.35	 0	

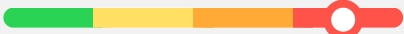
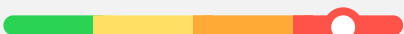
Your test results - Food intolerance (10/12)

Namn	Ditt värde	Klass	Skala
Red cabbage	 54.39	 5	
Red currants	 <0.35	 0	
Red deer	 5.07	 3	
Rhubarb	 <0.35	 0	
Rice	 <0.35	 0	
Rosehip	 <0.35	 0	
Rosemary	 <0.35	 0	
Rye	 100.00	 6	
Sage	 100.00	 6	
Salmon	 41.85	 4	
Salmon roe	 17.49	 3	
Sardines	 <0.35	 0	
Sauerkraut	 100.00	 6	
Savory	 <0.35	 0	
Savoy cabbage	 <0.35	 0	
Scallops	 31.17	 4	
Sea buckthorn	 <0.35	 0	
Sesame seeds	 100.00	 6	
Shallots	 <0.35	 0	
Sheep's milk	 2.56	 2	

Your test results - Food intolerance (11/12)

Namn	Ditt värde	Klass	Skala
Shiitake mushroom	 <0.35	 0	
Shrimp	 0.51	 1	
Snail	 <0.35	 0	
Sole	 4.68	 3	
Soybeans	 100.00	 6	
Soy milk	 100.00	 6	
Spinach	 <0.35	 0	
Stinging nettle	 <0.35	 0	
Strawberry	 86.07	 5	
Sunflower seeds	 100.00	 6	
Sweet lupine	 69.55	 5	
Tarragon	 100.00	 6	
Ten-armed octopus	 0.48	 1	
Thyme	 100.00	 6	
Tofu	 40.94	 4	
Tomato	 <0.35	 0	
Trout	 29.22	 4	
Tuna	 100.00	 6	
Turbot	 2.46	 2	
Turkey	 100.00	 6	

Your test results - Food intolerance (12/12)

Namn	Ditt värde	Klass	Skala
Turnip	 2.46		
Vanilla	 <0.35		
Veal	 3.50		
Walnuts	 100.00		
Watermelon	 100.00		
Wheat	 100.00		
Whey	 <0.35		
White beans	 100.00		
White cabbage	 89.09		
Wild boar	 2.46		
Yeast	 <0.35		
Yogurt	 100.00		
Zucchini	 100.00		

Next steps - what to do now?

In the case of elevated levels in combination with symptoms, we may suggest a diet change in the immediate period as a way to feeling better fast again. To achieve a completely improved state requires an appropriate diet and a combination diet in combination with supplements that support digestion and healing of the gut lining. A rotation diet should be used for 1-3 months depending on the degree of reaction and to give the gut time to heal. From symptoms and your degree the results of the test, you do not need to change your diet.

At normal values but showing symptoms

In some cases, people may experience symptoms even though the test shows normal values. From the degree, number of different reactions, the symptoms and the extent of a food intolerance, it is a challenge to do a diet change or a rotation diet. It is also possible that you have mixed reactions to some food intolerances such as legumes, citrus fruits, berries, mushrooms, seaweed, etc. In such a case, it is recommended to try a rotation diet for 1-3 months to see if the symptoms are improved. If the symptoms are not improved, it is a good idea to try a diet change or a rotation diet for 1-3 months to see if the symptoms are improved.

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

Food intolerance is a condition that primarily comes from gut microbial imbalance. To achieve a healthy gut lining, it is important to use a rotation diet or a diet change. If you experience symptoms in digestion, you can supplement with digestive enzymes that help with a better feeling.

How to use your results

- If you have a lot of elevated values on your test, you should use a rotation diet for 1-3 months. In the case, you should use a diet change for 1-3 months.
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In the case of food intolerance, you should use a rotation diet for 1-3 months. If you also have a lot of elevated values on your test, you should use a diet change for 1-3 months. In the case, you should use a diet change for 1-3 months. In the case, you should use a diet change for 1-3 months.

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, you may use a rotation diet for 1-3 months. If you have a lot of elevated values on your test, you should use a diet change for 1-3 months. In the case, you should use a diet change for 1-3 months.

When you change your diet, it is important to be aware of what happens in the body. For example, you may experience that the symptoms are not entirely gone or that you experience a better feeling.

Reintroduction of foods

When starting to reintroduce the foods you've completely eliminated, it's important to do it gradually. Start with the amount you use the least (a pinch or a few drops) and gradually work your way up to a full serving, monitoring the way your body reacts.

It's important to keep a food journal to track any reactions. If you experience any symptoms,

