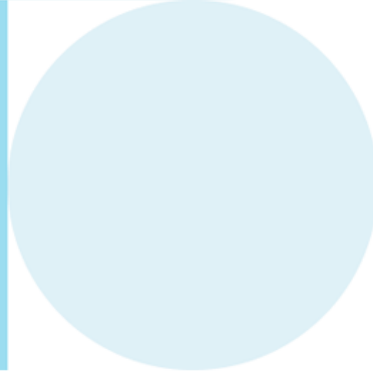
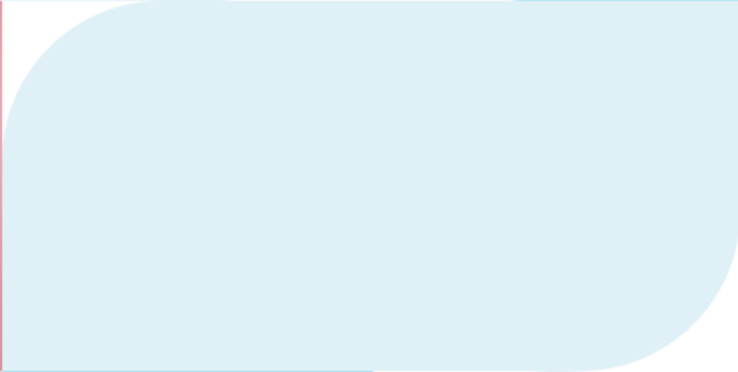




Test report



At-home test



Fructose intolerance

 Lab test

 Breath

Name: **Sample Report** Date of test: **06/30/2023** Analysis-ID: **DUMMY-23**

Your test results - Fructose intolerance

Our lab has tested your breath sample for the concentration of hydrogen gas (H₂) and methane gas (CH₄) to detect a possible fructose intolerance. In case of fructose intolerance, you have more hydrogen and/or methane gas in the exhaled air after drinking the solution with fructose.

Name	Your value	Reference value
Fructose, Hydrogen gas	 27.90 ppm	< 10 ppm
Fructose, Hydrogen gas, 30 min	 15.70 ppm	< 10 ppm
Fructose, Hydrogen gas, 1h	 15.40 ppm	< 10 ppm
Fructose, Hydrogen gas, 2h	 10.10 ppm	< 10 ppm
Fructose, Hydrogen gas, 3h	 16.00 ppm	< 10 ppm

Name	Your value	Reference value
Fructose, Methane	 8.00 ppm	< 10 ppm
Fructose, Methane, 30 min	 8.00 ppm	< 10 ppm
Fructose, Methane, 1h	 8.00 ppm	< 10 ppm
Fructose, Methane, 2h	 8.00 ppm	< 10 ppm
Fructose, Methane, 3h	 8.00 ppm	< 10 ppm

If your test answer exceeds the following values, it indicates that you suffer from fructose intolerance:

Hydrogen above 20 ppm

Methane gas above 12 ppm

(ppm = parts per million)

Fructose intolerance

Fructose is a form of carbohydrate that is found in various processed sugar products. When fructose cannot be broken down (absorbed) through the intestinal wall, it causes some effects in your digestive system and overall problems. Fructose intolerance, also called fructose malabsorption, happens when you have fructose in the blood that the body has a hard time breaking down because both of the following are true. In most cases, it is hereditary. Symptoms caused by a change in the gene for the enzyme called SGLT5. It happens when you are affected and other symptoms you get. Some suffer completely without symptoms while others experience some pain.

Symptoms of fructose intolerance

The symptoms of fructose intolerance vary, but signs are the intake of sugars, including what gets in the stomach and diarrhea. Children who become usually suffer from fructose malabsorption after a meal of fructose is absorbed in the blood. If you suffer from fructose intolerance and the body has trouble for the body for a long time with fructose, you can damage the liver and kidneys. You should also be aware of other symptoms such as nausea, appetite, and even abdominal cramping. Many people with fructose intolerance experience the symptoms of the disease only after they have had an illness, such as stomach flu, or after a course of antibiotics, although the natural uptake of fructose in these people has probably been there since childhood.

Cause of fructose intolerance

Fructose is a chemical sugar with sugar, a sweet-tasting monosaccharide that consists of only one sugar molecule. Because it often occurs naturally in sugar (granulated sugar, or brown sugar), which is a disaccharide that consists of one sugar molecule, a fructose molecule and a glucose molecule. In order for fructose to be absorbed in the intestine, it must be converted by a special enzyme called fructose 1,6-bisphosphatase (SGLT5). In the case of fructose intolerance, there are the signs of the enzyme, which normally breaks down fructose, which leads to fructose accumulating in the body instead. This can have a harmful effect on the liver, kidneys and even the intestine.

Fructose intolerance is a hereditary disease in the breakdown of fructose in the body and they are usually passed into the group.

Essential fructosuria

Essential fructosuria is a mild form of fructose intolerance that does not require treatment other than sugar in the intake of fructose.

Congenital fructose intolerance

If you suffer from fructose intolerance from birth, you have severe disease of the enzyme fructose 1,6-bisphosphatase from the intestine and liver. If left untreated, the condition can be life-threatening for some.

Treatment of fructose intolerance

Increased fructose uptake is a common condition. The condition occurs due to a deficiency of fructose and the condition of fructose intolerance has therefore probably increased. The condition occurs in both healthy people and people with different medical conditions. Fructose is a natural sugar that is naturally contained in a variety of foods, including fruits, honey, and other foods. When fructose is consumed, it is broken down into glucose and fructose, which are then absorbed into the bloodstream. People with fructose intolerance have difficulty breaking down fructose, resulting in different types of sugar in their blood, including fructose (increased) and fructose (decreased) in the blood and urine.

People with fructose intolerance may be advised to avoid or limit their consumption of fructose. Fructose is a natural sugar and is found in many foods, including fruits, honey, and other foods. Fructose is also found in many processed foods, including soft drinks, candy, and other sweets.

There are many different medical conditions that can cause fructose intolerance. If you experience any of the following symptoms, you should consult your doctor:

