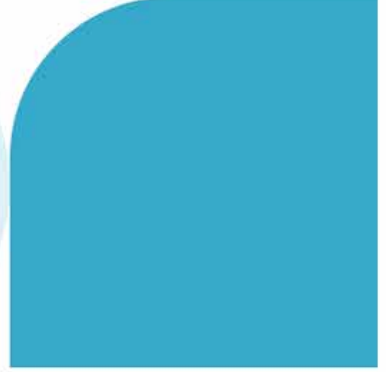
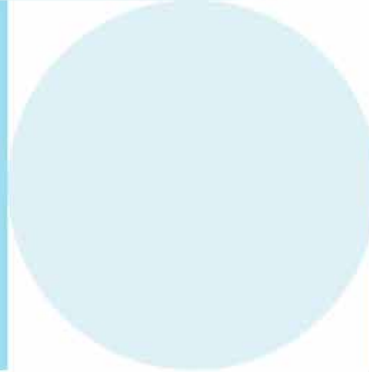
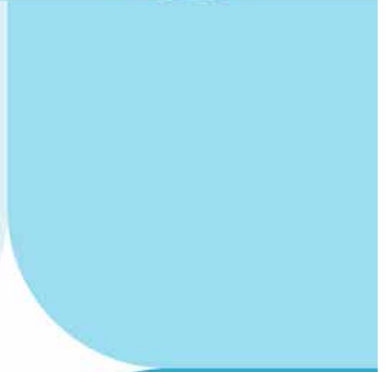
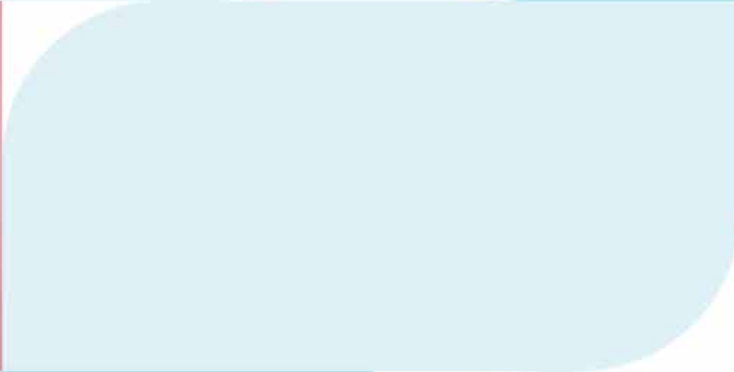




Test report



At-home test



# Pollen Allergy Test

Lab test

Blood

Name: **Sample Report**    Date of test: **05/20/2022**    Analysis-ID: **POLLEN-DUMMY**

## Briefly about your test results

Our lab has tested whether your blood sample showed any signs of IgE sensitization against 12 different substances for pollen allergy by measuring the concentration of immunoglobulins IgE in your blood. In an IgE-mediated response, the immune system reacts by producing IgE antibodies when it comes into contact with an allergenic substance. The higher the concentration of IgE antibodies, the greater the chance that the food will trigger allergic symptoms.

A positive allergy test does not necessarily mean that you experience any problems. I.e., an elevated IgE is not enough to diagnose allergy.

## How to interpret your test results

Your test results shows on a scale from 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**

Unlike in the case of food intolerance, we do not recommend that you ingest any substance that you exhibit one allergic sensitization to.

## Your test results - Allergy (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	
Mugwort (pollen)	 <0.35	0	
Hazelnut (pollen)	 <0.35	0	
Wormwood ambrosia (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	

## Next Steps - What to do now?

### At normal values but experience symptoms

In some cases, people may experience symptoms even though the sample shows normal values. It may be due to a variety of different causes. One reason may be that instead of allergy, it is an intolerance (1)(2). It may also be such that antibodies can be normal in the blood but elevated in the organ where the reaction occurs. For example, in the nasal mucosa, bronchi, or intestines. Another reason may be sensitivity to biogenic amines (histamine, tyramine, tyramine, serotonin, phenylethylamine) that can result in symptoms reminiscent of allergies.

### Cross-reactions

On the contrary, if the test results are positive but there are no symptoms, it can be cross-allergy. This may mean, for example, having IgE antibodies but without symptoms. However, one can also have symptoms of cross-allergy. Some allergenic proteins are so similar to an allergen substance (for example, birch pollen, animal) that neither lab tests nor the body's own immune system can distinguish between them. People with a birch pollen allergy may react to other substances with proteins that have a similar structure, although they do not belong to the same family.

### Other

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

