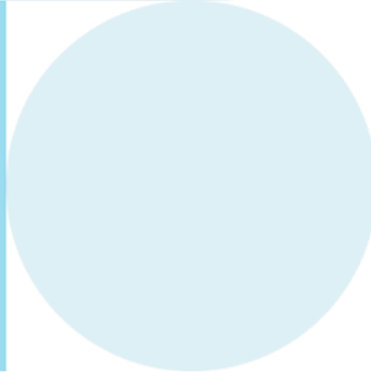
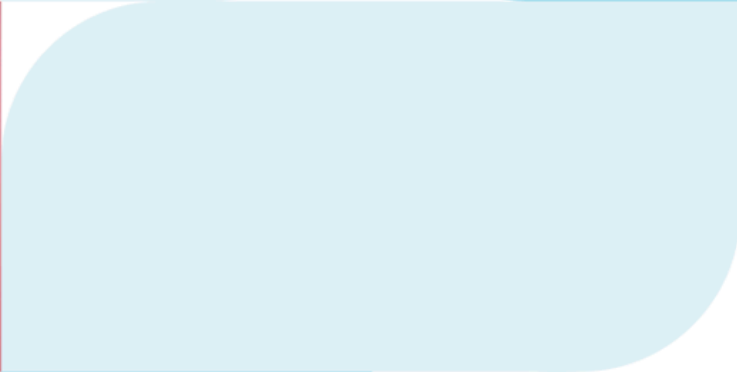




Test report



At-home test



Allergy Test

 Lab test

 Blood

Name: **Dummy Persson** Date of test: **03/02/2023** Analysis-ID: **ALLERGI-DUMMY**

About the test

Food allergies are evolving as a major public health problem, and testing is important to be able to identify these allergies, but also to find hidden food allergens.

Having an allergy means that your body produces IgE-antibodies in response to the allergen even if the allergen in itself is harmless. The higher the concentration of IgE-antibodies, the greater the chance that the tested item will trigger allergic symptoms. The severity of the symptoms can vary from person to person even if the levels of IgE-antibodies are the same.

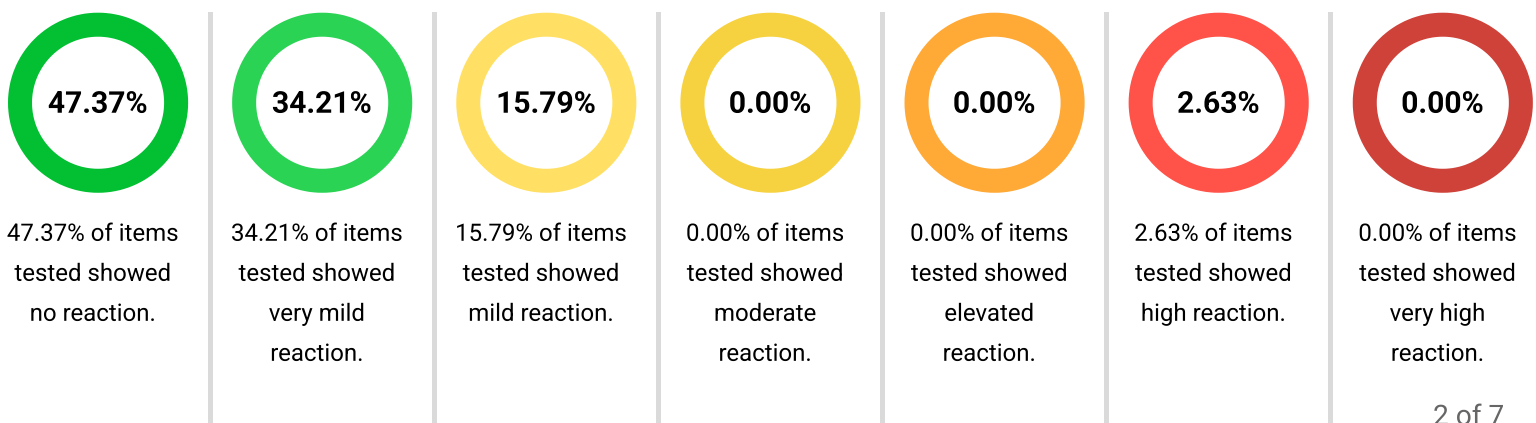
We recommend that you avoid any substance that you have an allergic reaction to with consistent symptoms. Please keep in mind that hygiene products such as moisturizing creams and shampoo may contain allergenic substances.

How to interpret your result



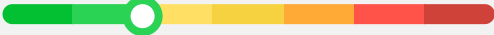





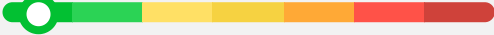




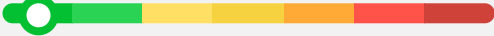



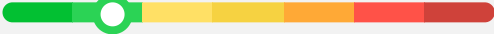





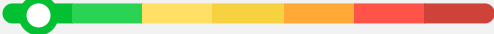





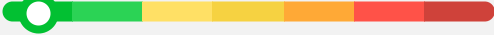



Your test results are displayed on a scale from 0-6 for each item, depending on the amount of IgE-antibodies.

Class	Reaction	Indicator
0	No Reaction	0
1	Very Mild Reaction	1
2	Mild Reaction	2
3	Moderate Reaction	3
4	Elevated Reaction	4
5	High Reaction	5
6	Very High Reaction	6



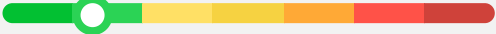




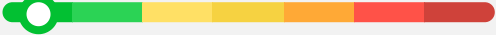




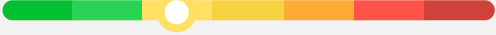















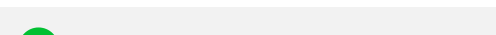




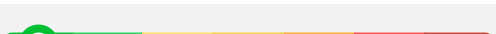




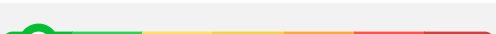





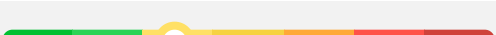





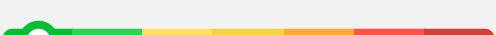



Overview of your results





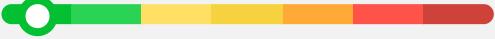











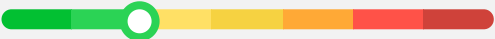



Your test results - Different types of pollen

Name	Your value	Class	Scale
Ash (pollen)	 2.38 U/ml	 1	
Bahia grass (pollen)	 <0.35 U/ml	 0	
Bermuda grass (pollen)	 <0.35 U/ml	 0	
Birch (pollen)	 0.55 U/ml	 1	
Cypress (pollen)	 <0.35 U/ml	 0	
Hazelnut (pollen)	 4.04 U/ml	 2	
Mugwort (pollen)	 1.32 U/ml	 1	
Olive (pollen)	 2.16 U/ml	 1	
Ribwort plantain (pollen)	 <0.35 U/ml	 0	
Rye (pollen)	 <0.35 U/ml	 0	
Timothy grass (pollen)	 <0.35 U/ml	 0	
Wormwood ambrosia (pollen)	 2.01 U/ml	 1	

Your test results - Food

Name	Your value	Class	Scale
Almonds	 0.58 U/ml		
Apple	 2.61 U/ml		
Carrot	 <0.35 U/ml		
Cod	 <0.35 U/ml		
Cow's milk	 9.75 U/ml		
Crayfish	 10.84 U/ml		
Egg white	 <0.35 U/ml		
Hazelnut	 9.48 U/ml		
Meat (pork, beef, chicken, lamb)	 <0.35 U/ml		
Orange	 1.55 U/ml		
Peach	 <0.35 U/ml		
Peanuts	 3.49 U/ml		
Potato	 <0.35 U/ml		
Rice	 0.50 U/ml		
Salmon	 <0.35 U/ml		
Shrimp	 99.52 U/ml		
Soy	 8.94 U/ml		
Strawberry	 <0.35 U/ml		
Tomato	 <0.35 U/ml		
Wheat	 2.31 U/ml		

Your test results - Non Food

Name	Your value	Class	Scale
Cat	 <0.35 U/ml		
Cockroach	 0.47 U/ml		
Dog	 <0.35 U/ml		
Horse	 1.70 U/ml		
Mildew (Cladosporium herbarum)	 2.31 U/ml		
Mite	 <0.35 U/ml		

Interpret the results

Normal values - but showing symptoms?

In some cases, people may experience symptoms even though the test shows normal values. It can be due to a number of different reasons. One reason could be that instead of an allergy, it is a matter of a food intolerance (IgG). It can also be the case that antibodies can be normal in the blood, but elevated in the organ/tissue where the reaction occurs – for example in the nasal mucosa, bronchi or intestines. Another reason could be that it is a false allergy. Substances are then released from mast cells without antigens being bound to antibodies. In the case of sensitivity to biogenic amines (histamine, tryptamine, tyramine, serotonin, phenylethylamine) one may have symptoms reminiscent of an allergy, for example the symptoms of histamine intolerance may resemble the symptoms of allergy.

Cross reactions - positive result despite no symptoms?

If, on the contrary, the test result can be positive but there are no symptoms, then it may be the case of a cross-allergy which then means that you have IgE antibodies, but without any symptoms. However, you can also have symptoms of cross-allergy. This means that some allergenic proteins are so similar to an allergenic substance (e.g. birch pollen), that neither a lab tests nor the body's own immune system can distinguish between them. People with, for example, a birch pollen allergy can thus react to other substances with proteins that have a similar structure, even though they do not belong to the same food family.

What can I do if I have an allergy?

More and more studies show the connection between the composition of our intestinal flora and the development of allergies. As such, it could be a good idea to do additional stool testing and/or run a trial of probiotics.

Other

Keep in mind that hygiene items such as skin cream and shampoo may contain allergenic substances.

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

