

Evexia Doctor Ref:	TEST
Client Name:	System Test
Contact ID:	658654
Sample ID:	2021004241
Results Date:	04/02/2021



Dear Mr Test,

Please find enclosed the results of your Food Intolerance Test. The test analysed your blood sample for food specific (IgG) reactions.

HIGH REACTIVITY - indicates you have raised IgG antibody levels to these food(s) and you should try to eliminate them completely from your diet. You may benefit from removing all foods scored HIGH REACTIVITY from your diet.

BORDERLINE - indicates you have a borderline reaction to these foods and may or may not benefit by limiting their consumption.

NORMAL REACTIVITY - these foods can be eaten without restriction, unless you already know that they cause you a reaction and you have been avoiding them, in which case you should continue to do so.

Please note that this is a food intolerance test and not an allergy test. If you suffer classical allergic (IgE) reactions to any of these foods please do not eat them. Your test results are complementary to and not a substitute for the best medical help. The test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic of coeliac disease. The advice given is not intended to replace any recommendations offered by your GP or Healthcare Practitioner, as they will have full details of your medical history.

If your chronic symptoms do not improve significantly over the next few weeks we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.

Please be aware that you may notice some unexpected results from your food and drink intolerance test.

- There are many hidden ingredients in the things that we consume e.g. lychee can be found in sweetened alcoholic drinks, and beetroot is used in many things as a natural colourant. Therefore, you may not consciously be aware of eating some of the items that are flagged as HIGH REACTIVITY or BORDERLINE, so it is very important to always look at the list of ingredients carefully.
- Please also note that if you have already been successfully excluding certain foods from your diet due to a previously suspected intolerance then that intolerance may not show up on the results.

P.T.O.

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- There may be cross-reactivity between similar proteins in different foods. If you have a positive result to a food or drink ingredient that you do not normally eat then continue to avoid it.

Many people wish to start re-introducing ingredients into their diet following a period of exclusion. This must be done with care and slowly. Introduce one food or drink ingredient at a time and leave one week between the introduction of that ingredient and the next. If there are no symptoms after a few days then use that ingredient on a four day rotation to maintain increased tolerance. If at any time your symptoms start to return or you start to feel ill DO NOT continue with the re-introduction of that ingredient.

We know from our research that the majority of people who alter their diet in accordance with their test results show an improvement in their symptom(s) within a few weeks. We hope that you are one of them.

Yours sincerely,

YorkTest Customer Care



Individual Content of Mixes

Berry Mix	Raspberry / Blackberry / Strawberry
Citrus Mix	Grapefruit / Lemon / Lime / Orange
Crustacean Mix	Crab / Lobster / Prawn / Shrimp
Herb Mix	Coriander / Parsley / Dill / Cumin
Legume Mix	Haricot Bean / Pea / Peanut / Soya
Melon Mix	Watermelon / Honeydew / Cantaloupe
Mint Mix	Mint / Sage / Basil / Thyme
Mollusc Mix	Mussel / Oyster / Scallop
Mustard Mix	Broccoli / Brussel Sprouts / Cabbage / Cauliflower
Nut Mix	Almond / Brazil Nut / Cashew Nut / Hazelnut
Oily Fish Mix	Herring / Mackerel
Spice Mix	Chilli Pepper / Garlic / Ginger
White Fish Mix	Cod / Haddock

Food Intolerance Test Gold

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HIGH REACTIVITY
BORDERLINE
NORMAL REACTIVITY

	100	50	0		100	50	0
Banana	100			Beef			0
Apple	100			Blackberry			0
Lotus Root	100			Blackcurrant			0
Pineapple	100			Blueberry			0
Wheat	100			Boysenberry			0
Apricot	100			Brazil			0
Bilberry	100			Buckwheat			0
Peanut	100			Cardamom/Bay leaf			0
Acai Berry	50			Carob			0
Agar Agar	50			Carrot			0
Anise Seed	50			Cashew			0
Barley/Malt Mix	50			Celery			0
Beetroot	50			Chamomile			0
Cassia	50			Chia Seed			0
Cherry	50			Chicken			0
Cucumber	50			Chickpea			0
Duck	50			Chilli Pepper			0
Elderberry/Elderflower Mix	50			Cinnamon/Clove			0
Goji Berry	50			Cloudberry			0
Grape (Pinot Gris/Grigio)	50			Cocoa Bean			0
Juniper	50			Coconut			0
Mango	50			Coffee			0
Pak Choi (Bok Choy)	50			Cola Nut			0
Pea	50			Coriander/Cumin/Dill			0
Peppers(Capsicum)/Paprika	50			Corn (Maize)			0
Plum	50			Cow's Milk			0
Potato	50			Cranberry			0
Prune	50			Crustacean Mix			0
Rapeseed	50			Curry Leaves/Powder			0
Rice	50			Deer			0
Rosehip	50			Eel			0
Salmon/Trout	50			Egg White			0
Sweet Potato	50			Egg Yolk			0
Turmeric	50			Garlic			0
Turnip	50			Ginger			0
Abalone/Cuttlefish			0	Ginseng (Korean/Siberian Mix)			0
Agave			0	Gluten (Gliadin)			0
Almond			0	Goat			0
Aloe Vera			0	Goat's Milk			0
Anchovy			0	Grape (Cabernet Sauvignon)			0
Asparagus			0	Grape (Chardonnay)			0
Aubergine (Eggplant)			0	Grape (Concord)			0
Avocado			0	Grape (Malbec)			0
Bamboo Shoots			0	Grape (Merlot)			0
Bean Sprouts			0	Grape (Pinot Noir)			0

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 HIGH REACTIVITY
 BORDERLINE
 NORMAL REACTIVITY

							
Grape (Red/White Zinfandel Mix)			0	Peach			0
Grape (Riesling)			0	Pear			0
Grape (Sauvignon Blanc)			0	Pheasant			0
Grape (Shiraz)			0	Plaice/Sole			0
Grapefruit			0	Pomegranate			0
Green Tea			0	Pork			0
Guarana			0	Pumpkin			0
Haricot Bean			0	Quinoa			0
Hazelnut			0	Raspberry			0
Hemp			0	Rhubarb			0
Hibiscus			0	Rocket (Arugula)			0
Hops			0	Rye			0
Jasmine			0	Saffron			0
Kale			0	Sardines			0
Kidney Bean			0	Sesame Seed			0
Kiwi			0	Sheep's Milk			0
Lamb			0	Soya Bean			0
Lemon			0	Spelt			0
Lemongrass			0	Spinach			0
Lentils			0	Spirulina			0
Lettuce			0	Strawberry			0
Lime			0	String Bean			0
Lingonberry			0	Sugar Cane			0
Linseed			0	Sunflower Seed			0
Lychee			0	Swede (Rutabaga)			0
Melon Mix			0	Tamarind			0
Millet			0	Tapioca			0
Mint Mix			0	Tea			0
Mollusc Mix			0	Tomato			0
Mulberry			0	Tuna			0
Mushroom			0	Turkey			0
Mustard Mix			0	Vanilla			0
Mustard Seed			0	Vendace			0
Nori Seaweed			0	Walnut			0
Nutmeg/Peppercorn			0	Water Chestnut			0
Oak			0	Wheatgrass			0
Oat			0	White Fish Mix			0
Oily Fish Mix			0	Yeast			0
Okra			0				
Olive			0				
Onion			0				
Orange			0				
Papaya			0				
Parsley			0				
Parsnip			0				