

Evexia Doctor Ref:TESTClient Name:System TestContact ID:658654Sample ID:2021004241Results 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



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Food Intolerance Test Gold



HIGH REACTIVITY BORDERLINE NORMAL REACTIVITY

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

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Food Intolerance Test Gold



HIGH REACTIVITY BORDERLINE NORMAL REACTIVITY

Grape (Red/White Zinfandel Mix		0
Grape (Riesling)		0
Grape (Sauvignon Blanc)		0
Grape (Shiraz)		0
Grapefruit		0
Green Tea		0
Guarana		0
Haricot Bean		0
Hazelnut		0
Hemp		0
Hibiscus		0
Hops		0
Jasmine		0
Kale		0
Kidney Bean		0
Kiwi		0
Lamb		0
Lemon		0
Lemongrass		0
Lentils		0
Lettuce		0
Lime		0
Lingonberry		0
Linseed		0
Lychee		0
Melon Mix		0
Millet		0
Mint Mix		0
Mollusc Mix		0
Mulberry		0
Mushroom		0
Mustard Mix		0
Mustard Seed		0
Nori Seaweed		0
Nutmeg/Peppercorn		0
Oak		0
Oat		0
Oily Fish Mix		0
Okra		0
Olive		0
Onion		0
Orange		0
Papaya		0
Parsley		0
Parsnip		0

Peach0Pear0Pheasant0Pheasant0Pheasant0Piace/Sole0Pomegranate0Pork0Pork0Pumpkin0Quinoa0Raspberry0Rocket (Arugula)0Rye0Saffron0Saffron0Seame Seed0Soya Bean0Spinach0Spirulina0Suraropean0<		
PheasantImage: constraint of the sector of the	Peach	0
Plaice/SoleIIPomegranateIIIPorkIIIPumpkinIIIQuinoaIIIRaspberryIIIRhubarbIIIRocket (Arugula)IIIRyeIIISaffronIIISardinesIIISheep's MilkIIISya BeanIIISpirlinaIIISpirlinaIIIString BeanIIISugar CaneIIISurdineyIIISurdineyIIISurdineyIIISurdineyIIIString BeanIIISurg CaneIIISurg CaneIIIS	Pear	0
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QuinoaImage: state of the state	Pork	0
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Sheep's Milk0Soya Bean0Spelt0Spinach0Spirulina0Strawberry0Strawberry0String Bean0Sugar Cane0Sunflower Seed0Swede (Rutabaga)0Tamarind0Tea0Tomato0Tuna0Turkey0Vanilla0Walnut0Water Chestnut0Wheatgrass0White Fish Mix0	Sardines	0
Soya Bean0Spelt0Spinach0Spinach0Spirulina0Strawberry0Strawberry0String Bean0Sugar Cane0Sunflower Seed0Swede (Rutabaga)0Tamarind0Tea0Tomato0Tuna0Turkey0Vanilla0Vanilla0Walnut0Wheatgrass0White Fish Mix0	Sesame Seed	0
Spelt0Spinach0Spinach0Spirulina0Strawberry0String Bean0Sugar Cane0Sunflower Seed0Swede (Rutabaga)0Tamarind0Tapioca0Tomato0Tuna0Turkey0Vanilla0Vendance0Water Chestnut0Whatgrass0White Fish Mix0White Fish Mix0	Sheep's Milk	0
SpinachImage: spinal spina	Soya Bean	0
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StrawberryImage: Constraint of the sect o	Spinach	0
String BeanImage: CaneImage: CaneSugar CaneImage: CaneImage: CaneSunflower SeedImage: CaneImage: CaneSwede (Rutabaga)Image: CaneImage: CaneSwede (Rutabaga)Image: CaneImage: CaneTamarindImage: CaneImage: CaneTamarindImage: CaneImage: CaneTapiocaImage: CaneImage: CaneTeaImage: CaneImage: CaneTeaImage: CaneImage: CaneTomatoImage: CaneImage: CaneTurkeyImage: CaneImage: CaneVanillaImage: CaneImage: CaneVanillaImage: CaneImage: CaneValnutImage: CaneImage: CaneWater ChestnutImage: CaneImage: CaneWhite Fish MixImage: CaneImage: CaneWhite Fish Mix <tdimage: cane<="" td="">Image: Cane</tdimage:>	Spirulina	0
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TurkeyOVanillaOVendanceOWalnutOWater ChestnutOWheatgrassOWhite Fish MixO	Tomato	0
VanillaOVendanceOWalnutOWater ChestnutOWheatgrassOWhite Fish MixO	Tuna	0
VendanceOWalnutOWater ChestnutOWheatgrassOWhite Fish MixO	Turkey	0
WalnutOWater ChestnutOWheatgrassOWhite Fish MixO	Vanilla	0
Water Chestnut0Wheatgrass0White Fish Mix0	Vendance	0
Wheatgrass 0 White Fish Mix 0	Walnut	0
White Fish Mix 0	Water Chestnut	0
		0
Yeast	White Fish Mix	0
	Yeast	0

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