

Your Mini Health results are here

Sibyl Balistreri

Redemption code: P3BWNKVBJ7

Report Date: Oct 28 2019





Dear Sibyl Balistreri,

We are delighted to present you with your test results report!

Your results have been created by our state of the art bioresonance testing machine and our technician Kasia.

Your results

Your results are divided into sections by the type of items tested. Within each section you'll find an overview page, this is to ensure your results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you. You can see the full list of items tested in the detailed analysis page. Your results report is designed to provide the utmost clarity on your results and the actions we would recommend.

We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your daily diet and environment. In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthful and happy.

If you have any further questions please do not hesitate to get in touch with us.

Sincerely,
Check My Body Health Team

Got a question?



Come and chat to us via **LiveChat** on our website or email **info@checkmybodyhealth.com**



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TIP!

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Interpreting your results – explainer

Sensitivity NOT Allergy

It is important to reiterate that this test is NOT for allergy. It is easy to confuse allergy and sensitivity or intolerance as the different terms are often used interchangeably, which leads to misinterpretation. Allergy and sensitivity are not the same. Of course if someone is allergic to a food item it could be described as being 'sensitive' however as a health condition allergy is different from sensitivity or intolerance.

There are a couple of fundamental differences between allergy and sensitivity; having food sensitivity may be uncomfortable and cause symptoms that, whilst annoying, embarrassing or even debilitating, do not have the potential to be life-threatening like those caused by food allergy; food sensitivity can also change over time, it can often be overcome through implementation of a food elimination diet and/or improving gut health, however food allergy tends to be lifelong.

The physiological process, which takes place in the body during an allergic reaction, is also entirely different to that of sensitivity. An allergic reaction involves the immune system and cells called antibodies, whereas this is not involved in sensitivity. Hair testing does not test antibody levels therefore this is why it cannot be used to test for allergy.

Known Allergy

You may have a known allergy; so let's help you to interpret sensitivity results to this item.

Scenario 1

The item you are allergic to shows as a moderate or high reactivity item.

This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

Scenario 2

The item you are allergic to shows as a no reactivity item.

This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergy.



Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.

Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.



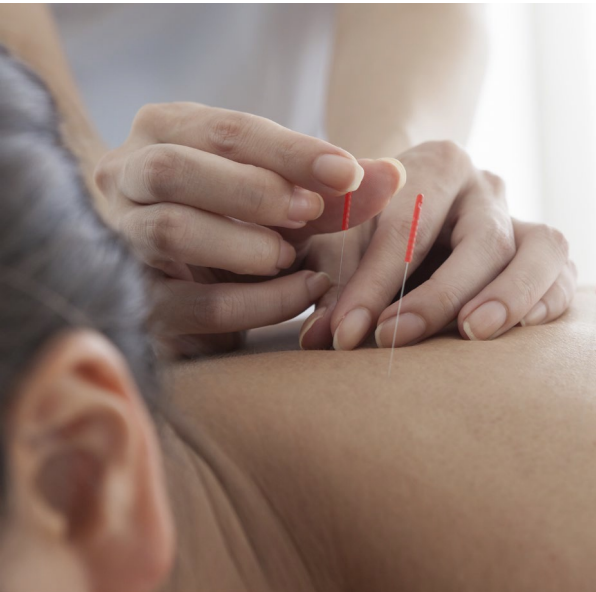
Complementary and Alternative Medicine

02.





Complementary and Alternative Medicine



What is Complementary and Alternative Medicine?

Bioresonance therapy and testing is categorised as a complementary and alternative medicine (CAM). This is a diverse group of therapies, practices and products, which fall outside of conventional medicine or healthcare.

A complementary therapy is used alongside conventional medicine or treatment, whilst alternative therapy is used in place of conventional medicine or treatment. Some therapies or practices could be used as either complementary or alternative; it depends on whether it is combined with conventional medicine alongside or not.

Other therapies and practices, which are considered complementary and alternative medicine:

- Aromatherapy
- Acupuncture
- Homeopathy
- Massage therapy
- Naturopathy
- Osteopathy
- Pilates
- Yoga



Finding Complementary and Alternative Medicine Practitioners

When using complementary and alternative medicine it is important that you look for a practitioner who is fully qualified in their field of expertise, holds professional indemnity insurance and is registered with a professional association, if there is one for the particular therapy or practice.

If you think you have a health condition always seek advice from your GP first.

Advice from the Department of Health and Children on CAMs:

https://health.gov.ie/wp-content/uploads/2014/05/complementary_therapists_1_eaflet.pdf



Customer testimonials

03.





Customer testimonials

We thought you'd like to hear what some of our customers thought about our service, from the hair submission to understanding the results report and elimination diet implementation. We would love to get your feedback!



Very detailed report with guidance on how to eliminate trigger foods. Great deal would recommend.

Taylor P.



Easy process to submit and super fast turnaround. Results were a lot more detailed than a previous test I'd purchased and on the mark with several foods I struggle with. The elimination plan chart is going to be a great help too. Would highly recommend.

Casey T.



Seriously this test is so worth doing! My coworker and I both purchased it after hearing about it from a patient at our chiropractic office. Now we tell everyone about it! Who wouldn't want to know what is causing their headaches, IBS, and chronic fatigue?! I'm astonished at what has been causing mine. Took about two weeks so receive our results, but SO worth the wait!

Tara F.



This test is fantastic! It took a little for my mom and I to get our results back but it was worth it. We have both modified our diets and feel so much better! We just ordered three more for the rest of our family members. Definitely recommend it if you have a sensitive stomach like we do!

Kelsey W.

Food sensitivities analysis

04.





Sources of vitamins

Water-soluble vitamins

B Vitamins

Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean flour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

B12

Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, eggs, yogurt, Swiss cheese, fortified products.

Vitamin C

Red peppers, guavas, kale, kiwi, broccoli, Brussel sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

Fat-soluble vitamins

Vitamin A

(Retinol) Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, paté, goat's cheese, eggs, cheddar, cream cheese, butter, goat's cheese.

Beta Carotene

(Precursor to vitamin A)

Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers, tuna fish, mackerel, butter.

Vitamin D

Salmon, trout, swordfish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortified products.

Vitamin E

Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunflower seeds, prawn/shrimp, crayfish, salmon, smoked salmon, swordfish, herring, trout, olive oil, sunflower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

Vitamin K

Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussel sprouts, cabbage, chilli powder, paprika, fennel, leeks.

Minerals

Calcium

Watercress, kale, broccoli, low fat mozzarella, low fat cheddar, yogurt, pak choi, tofu, sugar snap peas, almonds, tinned sardines in oil with bones, tinned pink salmon.

Magnesium

Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, brazil nuts, peanuts, walnuts, tofu, coconut, soya beans, figs, apricots, dates, prawns, corn, avocado, spinach, kale, broccoli swiss chard, turnip greens, collards.

Zinc

Rye, spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms.

Iron

Rye, whole wheat, pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, Swiss chard, kale, dark chocolate.

Manganese

Rye, oats, brown rice, barley, mussels, hazelnuts, pine nuts, pecans, lima beans, chickpeas, aduki beans, lentils, pumpkin seeds, sesame seeds, sunflower seeds, pineapple, spinach, kale, tofu, soybeans, sweet potato, blueberries, raspberries, strawberries.

Copper

Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, liver, spirulina, dark chocolate, collard greens, Swiss chard, spinach, kale.

Phosphorus

Brown rice, oats, rye, whole wheat, chicken, turkey, pork, liver, sardines, scallops, salmon, mackerel, crab, milk, yogurt, cottage cheese, sunflower seeds, pumpkin seeds, Brazil nuts, pine nuts, almonds, pistachios, cashews.

Potassium

Dried apricots, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, butternut squash, spinach, mushrooms, bananas, potatoes, low fat yogurt.

Selenium

Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower seeds, liver, eggs, beef, turkey, cottage cheese.



Food sensitivities analysis



What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.



What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

These are the food items that our testing shows you have sensitivity to.

Moderate Reactivity

These are the food items that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the food items that our testing shows you do not have sensitivity to.



Your food sensitivities overview

High Reactivity

- A-lactalbumin
- B-lactoglobulin
- Brandy
- Bread-granary
- Bulgar wheat
- Butter
- Buttermilk
- Button mushroom
- Champagne
- Chestnut mushroom
- Cream
- Goat's cheese
- Gouda
- Hot chocolate
- Kamut
- Kefir
- Manchego
- Marmite
- Milk from goats
- Milk from sheep
- Mozzarella
- Oyster mushroom
- Prosecco
- Red Leicester
- Rose wine
- Shitake mushroom
- Soft cheese
- Spelt
- Wheat
- Wheatgrass

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet. See details on how to implement an effective elimination diet in section 49.



Moderate Reactivity

- Apple cider vinegar
- Apple juice
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Pink Lady
- Beer
- Bread-rye
- Buffalo
- Cod
- Cod liver oil
- Corn tortilla
- Cornflakes
- Edamame bean
- Fish fingers
- Haddock
- Lamb
- Liver-lamb
- Maize/corn
- Maize/corn flour
- Popcorn
- Shaoxing wine
- Soy sauce
- Soya bean
- Sunflower oil
- Sweetbreads
- Tofu
- Tomato juice
- Veal
- Vegemite
- Vermouth
- Yeast

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the removal of moderate reactivity items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect. See details on how to implement an effective elimination diet in section 49.



Food sensitivities detailed analysis

Gluten-containing Cereals and Grains

- Bread-granary
- Bread-rye
- Bulgar wheat
- Kamut
- Porridge oats
- Spelt
- Wheat

Gluten-free Cereals and Grains

- Almond flour
- Arrowroot flour
- Buckwheat
- Corn tortilla
- Cornflakes
- Maize/corn flour
- Quinoa
- Rice-brown
- Rice-wild
- Sorghum flour
- Teff flour

Cheese

- Goat's cheese
- Gouda
- Manchego
- Mozzarella
- Red Leicester
- Soft cheese

Dairy and Egg

- A-lactalbumin
- B-lactoglobulin
- Butter
- Buttermilk

- Cream
- Kefir
- Milk from goats
- Milk from sheep

Herbs and Spices

- Aniseed
- Bay leaf
- Caraway
- Cayenne pepper
- Chinese horse radish
- Cinnamon
- Clove
- Coriander
- Douban jiang
- Five spice
- Horse radish
- Oregano
- Pepper-black
- Pepper-green
- Pepper-red
- Pepper-white
- Tamarind

Drinks

- Almond milk
- Apple juice
- Beer
- Brandy
- Cashew milk
- Champagne
- Coconut milk
- Coconut water
- Cranberry juice
- Gin
- Hazelnut milk
- Hemp milk
- Hot chocolate
- Lemonade

- Oat milk
- Orange juice
- Pineapple juice
- Pisco
- Pomegranate juice
- Prosecco
- Rice milk
- Rose wine
- Rum
- Sake
- Sambucca
- Shaoxing wine
- Tea-chamomile
- Tea-earl grey
- Tea-green
- Tea-jasmine
- Tea-marshmallow
- Tea-oolong
- Tea-rooibos
- Tea-white
- Tea-yerba mate
- Tequila
- Tomato juice
- Vermouth
- Vodka
- Whisky

Oils and Condiments

- Balsamic vinegar
- Canola oil
- Cod liver oil
- Fish sauce
- Peanut oil
- Rapeseed oil
- Soy sauce
- Sunflower oil

Miscellaneous

- Apple cider vinegar

- Baobab
- Barleygrass
- Chlorella
- Dark chocolate
- Marmite
- Popcorn
- Spirulina
- Vegemite
- Vinegar-malt
- Wheatgrass
- Yeast

Fruit

- Acai berry
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Pink Lady
- Apricot
- Avocado
- Bilberry
- Blueberry
- Currants-red, black
- Gooseberry-Chinese
- Grapefruit
- Grapes-red
- Kiwi
- Lime
- Mango
- Papaya
- Passionfruit
- Plums-damson

Meat

- Bacon
- Beef-dried
- Buffalo
- Chicken-capon



Food sensitivities detailed analysis continued...

- Duck
- Duck-domestic
- Duck-wild
- Emu
- Goat
- Hare
- Lamb
- Liver-lamb
- Pork sausages
- Rabbit
- Sweetbreads
- Turkey-hen
- Veal

Nuts and Seeds

- Cashew nut
- Chia seed
- Dry roasted peanut
- Flaxseed
- Macadamia nut
- Pecan nut
- Pine nut
- Pistachio nut
- Tahini

Seafood and Fish

- Calamari
- Cod
- Crayfish
- Fish fingers
- Haddock
- Halibut
- Herring
- John Dory
- Oyster
- Prawn
- Salmon
- Smoked herring - bloater
- Trout-sea

- Tuna
- Winkles

Vegetables

- Aji pepper
- Asparagus
- Aubergine
- Beets
- Brussels sprout
- Butter lettuce
- Button mushroom
- Capsicum-red
- Capsicum-yellow
- Cassava
- Celery
- Chestnut mushroom
- Cucumber
- Iceberg lettuce
- Kale
- Leek
- Maize/corn
- Mustard-green
- Okra
- Olives-green
- Oyster mushroom
- Pak choi
- Parsley
- Pumpkin
- Romaine lettuce
- Shitake mushroom
- Sweet Potato

Legumes and Pulses

- Black eyed pea
- Chickpea
- Edamame bean
- Green bean
- Lentil
- Navy bean

- Pea
- Soya bean
- Tofu

Vegan sensitivities analysis

05.





What is a vegan diet?

A vegan diet is plant-based and contains no animal produce, including meat, fish, eggs and dairy. Some strict vegans do also avoid honey. Reasons for adopting the vegan diet are varied and include environmental awareness and sustainability, cultural or religious beliefs and concern for animal welfare. Whatever the reasoning behind taking to a vegan diet the large demand for vegan produce means that specialist products are now widely available and restaurants/ cafes are offering more and more vegan choices on their menus.

Which foods can I eat on a vegan diet?

A plant-based diet includes pulses and legumes, grains, nuts and seeds, vegetables, salad and fruit. The variety of vegan recipes and cook books is extensive, with many delicious and simple ideas for making vegan meals.

What are the advantages of the vegan diet?

From scientific studies it appears that the vegan diet enhances levels of protective bacteria strains such as *F. praunsnitzii* and reduces the levels of pathogenic strains such as enterobacteriaceae. This change in gut bacteria in the vegan diet is thought to have protective health benefits in the form of reducing inflammation. Further health benefits from the vegan diet appear to stem from a marked increase in dietary fibre from pulses, grains and vegetables.





What do I need to be aware of nutritionally if I adopt a vegan diet?

In following a vegan diet the source of certain nutrients in your daily diet does need to be considered. Vitamin B12, vitamin A and D as well as iodine and calcium are most readily available in meat, fish, dairy and eggs however can be consumed in a well-thought out vegan diet.

- Vitamin B12 is only found in meat and dairy products however many products are now fortified with the vitamin, including plant-based milk drinks, nutritional yeast, breakfast cereals and marmite.
- Vitamin A is also found in meat, fish and dairy products, however the body can convert beta carotene to retinol which is the biologically active form of vitamin A. Beta carotene rich foods include green leafy vegetables, orange, red and yellow fruits and vegetables. Considerably more beta carotene is required than vitamin A to convert to retinol.
- Vitamin D is found in oily fish and some dairy products, but is also found in mushrooms, fortified products such as breakfast cereals and of course absorbed through the sun. In the winter it can hard to reach optimum vitamin D levels therefore supplementation may be a consideration.
- Calcium is found in dairy products therefore a diet free of these means calcium needs to come from sources such as tofu, green vegetables like kale, watercress, broccoli, sugar snap peas, pak choi and almonds.
- Iodine is found in dairy products, fish and eggs, but is also found in seaweed, iodized salt, lima beans and prunes. Supplementation may be a consideration for you however if these aren't items you would eat on a day-to-day basis





Vegan food sensitivities analysis



What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.



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Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

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Moderate Reactivity

These are the food items that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the food items that our testing shows you do not have sensitivity to.



Your vegan food sensitivities overview

High Reactivity

- Seitan

These vegan food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet. See details on how to implement an effective elimination diet in section 49.

Moderate Reactivity

- Natto
- Polenta
- Tempeh
- Vegan cheese

These vegan food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the removal of moderate reactivity items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect. See details on how to implement an effective elimination diet in section 49.



Vegan food sensitivities detailed analysis

Vegan

- Falafel
- Kimchi
- Kombucha
- Natto
- Nutritional yeast
- Polenta
- Sauerkraut
- Seaweed
- Seitan
- Tempeh
- Vegan cheese
- Vegan egg

Non-food sensitivities analysis

06.





Non-food sensitivities analysis



What is a non-food sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

These are the non-food items that our testing shows you have sensitivity to.

Moderate Reactivity

These are the non-food items that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the non-food items that our testing shows you do not have sensitivity to.



Your non-food sensitivities overview

High Reactivity

- Currant bush
- Rape

These non-food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the avoidance of these items in your daily life, as far as possible.

Moderate Reactivity

- Ampicilloyl
- Beech
- Dead nettle
- Lilac
- Pigweed
- Plantain
- Spruce
- Wasp

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the avoidance of moderate reactivity items thereafter.

It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.



Non-food sensitivities detailed analysis

Organic compounds

- Flavonoids
- Folic acid
- Formic acid
- Iso-flavonoids
- L-Carnitine
- Pantothenic acids
- Para Aminobenzoic acid
- Phytosterols
- Polyphenols
- Pro-anthocyanidins
- Sulforphane
- Tannins
- Tartaric acid
- Uric acid

Materials

- Leather
- Lycra
- Nylon
- Rubber
- Velvet

Miscellaneous

- Ampicilloyl
- Artemisia fish food
- Aspergillus fumigatus
- Aspergillus niger
- Dust
- Farina secalis cerealis
- Fungus
- House dust mite
- Penicilloyl
- Storage mite

Flowering plants

- Chamomile
- Goldenrod
- Primrose
- Rape
- Rose

Grasses and Herbs

- Bermuda grass
- Colonial bent grass
- Crested dog's-tail grass
- Dead nettle
- Herd's grass, timothy
- Hop
- Meadow fox tail
- Pigweed
- Plantain
- Ragweed
- Saltbush
- Thistle
- Water reed

Insects

- Bee
- Wasp

Shrubs

- Blueberry
- Currant bush
- Elder
- Hawthorn
- Jasmine
- Juniper
- Lilac
- Tamarisk
- Tumbleweed

Trees

- Beech
- Birch
- Elm
- False acacia
- Pine-Scottish
- Spruce

Metal sensitivities analysis

07.





Metal sensitivities analysis



What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium. Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of lead-based paints. Symptoms vary between the different types of heavy metals.

What to do if you have high levels of exposure?

It is important to look at lowering your day-to-day level of exposure. Consider your environment, the foods you eat, water, cosmetics and cleaning products.

The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones. You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

Potential sources in your environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

Food - Pesticides, insecticides and herbicides used on crops can lead to contaminated food produce. Contaminated water can result in fish and seafood containing heavy metals.

Water – Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your water.

Air – Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

Cosmetics – Lead, arsenic, mercury, aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

Cleaning products – Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.



Interpreting your results

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

Ideally the metals will show no reactivity in testing. If however there are metals identified as moderate or high reactivity do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

High Reactivity

These are the metals that our testing shows are at a level that could lead to toxicity.

Moderate Reactivity

These are the metals that our testing shows risk being at a level that may lead to toxicity.

No Reactivity

These are the metals that our testing shows are not at a level that could lead to toxicity.



Your metal sensitivities overview

High Reactivity

No metals have been identified as high reactivity according to our testing parameters.

Moderate Reactivity

- Beryllium (Be)
- Dysprosium (Dy)

These metals have been identified as ones to which you should monitor your exposure.

It is also recommended that you aid your body's natural detoxification processes by ensuring you drink plenty of filtered water, eat a diet that is rich in wholefoods (particularly fruits and vegetables), avoid processed foods, reduce caffeine and/or alcohol intake, lower nicotine usage and exercise regularly.

No Reactivity

These metals have been identified as being at a low or no reactivity level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.



Metal sensitivities detailed analysis

Metal sensitivities

- Antimony (Sb)
- Arsenic (As)
- Beryllium (Be)
- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Calcium (C)
- Chlorine (Cl)
- Cobalt (Co)
- Dysprosium (Dy)
- Gadolinium (Gd)
- Germanium (Ge)
- Hafnium (Hf)
- Indium (In)
- Iodine (Ie)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Molybdenum (Mo)
- Palladium (Pd)
- Phosphorus (P)
- Potassium (K)
- Radium (Ra)
- Rhodium (Rh)
- Ruthenium (Ru)
- Silicon (Si)
- Sodium (Na)
- Strontium (Sr)
- Tantalum (Ta)
- Titanium (Ti)
- Zinc (Zn)

Mineral and other nutrient analysis

08.





Mineral and other nutrient analysis

Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.



What are phyto nutrients?

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Interpreting your results

Outside Range

The level of the mineral or other nutrient in your body falls below the normal range according to our testing parameters.

Within Range

The level of the mineral or other nutrient in your body falls within the normal range according to our testing parameters.



Your mineral and other nutrient overview

Outside Range

- Bromelain
- Iodine

These minerals and/or other nutrients have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see 'The role of food types' in the Food Sensitivity section.

Within Range

- Anthocyanidins
- Betaine
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Germanium
- Magnesium
- Molybdenum
- Potassium
- Selenium
- Zinc

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.



Mineral and other nutrient detailed analysis

Minerals

- Iodine
- Magnesium
- Molybdenum
- Potassium
- Selenium
- Zinc

Phyto- and other nutrients

- Anthocyanidins
- Betaine
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Germanium

Vitamin A-K analysis

09.





Vitamins A-K analysis



Low mineral levels

There are recommended daily amounts of each vitamin that should be consumed on a daily basis. However vitamin requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low vitamin levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What should you do if you have low vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most natural and best way of improving intake. Vitamins come from a variety of sources, the richest sources being unrefined choices. For guidance on specific vitamins and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a vitamin deficiency please seek the advice of your physician.

Interpreting your results

Outside Range

The level of the vitamin in your body falls below the normal range according to our testing parameters.

Within Range

The level of the vitamin in your body falls within the normal range according to our testing parameters.



Your vitamins A-K overview

Outside Range

- Vit. B12

- Vit. B7

- Vitamin B9

These vitamins have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds, good quality meat, fish, eggs and dairy produce. For more specific guidance on the best sources of each vitamin please see 'The role of food types' in the Food Sensitivity section.

Within Range

- Choline

- Vit. A

- Vit. B1

- Vit. B2

- Vit. B3

- Vit. B5

- Vit. B6

- Vit. D

- Vit. K

These vitamins have been identified as falling within the normal range. Keep up the good work, ensuring a nutrient-rich daily diet to ensure your vitamin levels remain consistent.

Additives analysis

10.





Additives analysis



What are additives?

Additives are substances, which are added to food for a specific reason such as; to improve the look or taste of a food, to preserve a food and make it last longer on the shelf, to aid food processing and manufacturing, to stabilise a food and keep it safe to eat.

The main types of additives are colourings, flavour enhancers, sweeteners, antioxidants, emulsifiers, stabilisers and preservatives. They can be natural, man-made but nature identical or artificial.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your additives results. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

These are the additives that our testing shows you have sensitivity to.

Moderate Reactivity

These are the additives that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the additives that our testing shows you do not have sensitivity to.



Your additives overview

High Reactivity

- E 151
- E 262
- E 380
- E 472 f
- E 553 b
- E 575
- E 621
- E 626
- E 927
- E 938
- E 939
- E 954

These additives have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these additives from your daily diet as far as possible.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

Moderate Reactivity

- E 150 c
- E 153
- E 160 b
- E 160 c
- E 160 e
- E 161 b
- E 174
- E 223
- E 230
- E 233
- E 261
- E 281
- E 284
- E 285
- E 325
- E 353
- E 354
- E 403
- E 413
- E 420
- E 421
- E 473
- E 479
- E 491
- E 509
- E 514
- E 521
- E 522
- E 523
- E 525
- E 526
- E 528
- E 530
- E 576
- E 631
- E 941
- E 999

These additives have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then



considering the avoidance of moderate reactivity items thereafter. Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

It is also worth considering that having these items in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.

No Reactivity

These additives have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of additives showing no reaction in the additives detailed analysis section.



If you would like further information on a particular additive we have set out a variety of different sources you can use. In the appendix you will find details of the full name of each additive.

This website gives the names of branded products, which contain a given additive. Search the database using the full name of the additive rather than the number. For example under 'search for a product' put aspartame rather than E951.

This website gives a good level of detail on an extensive list of additives.

E100-E200

E600-E700

E200-E300

E900-E1000

E300-E400

E1000-E1300

E400-E500

E1400-E1500

E500-E600

E1500-E1525



Additives detailed analysis

Colourings

- E 150 c
- E 150 d
- E 151
- E 153
- E 154
- E 155
- E 160 a
- E 160 b
- E 160 c
- E 160 d
- E 160 e
- E 160 f
- E 161 b
- E 161 g
- E 162
- E 163
- E 170
- E 171
- E 172
- E 173
- E 174
- E 175
- E 180

Emulsifiers

- E 472 a
- E 472 b
- E 472 c
- E 472 d
- E 472 e
- E 472 f
- E 473
- E 474
- E 475
- E 476
- E 477
- E 479
- E 481
- E 482
- E 483

- E 491
- E 492
- E 493
- E 494
- E 495

Sweeteners

- E 939
- E 941
- E 942
- E 948
- E 950
- E 951
- E 952
- E 953
- E 954
- E 957
- E 959
- E 965
- E 966
- E 967
- E 999
- Honey
- Stevia
- Sweet freedom
- Vanilla

Preservatives

- E 218
- E 219
- E 220
- E 221
- E 222
- E 223
- E 224
- E 226
- E 227
- E 228
- E 230
- E 231
- E 232

- E 233
- E 234
- E 235
- E 239
- E 242
- E 249
- E 250
- E 251
- E 252
- E 260
- E 261
- E 262
- E 263
- E 270
- E 280
- E 281
- E 282
- E 283
- E 284
- E 285
- E 290
- E 296
- E 297

Antioxidants

- E 300
- E 321
- E 322
- E 325
- E 326
- E 327
- E 330
- E 331
- E 332
- E 333
- E 334
- E 335
- E 336
- E 337
- E 338
- E 339
- E 340

- E 341
- E 350
- E 351
- E 352
- E 353
- E 354
- E 355
- E 356
- E 357
- E 363
- E 380
- E 385

Thickening, Setting and Moisturising Agents

- E 400
- E 401
- E 402
- E 403
- E 404
- E 405
- E 406
- E 407
- E 407 a
- E 410
- E 412
- E 413
- E 414
- E 415
- E 417
- E 418
- E 420
- E 421
- E 422

Miscellaneous additives

- E 500
- E 501
- E 503



Additives detailed analysis continued...

- E 504
- E 507
- E 508
- E 509
- E 511
- E 512
- E 513
- E 514
- E 515
- E 516
- E 517
- E 520
- E 521
- E 522
- E 523
- E 524
- E 525
- E 526
- E 527
- E 528
- E 529
- E 530
- E 535
- E 536
- E 538
- E 541
- E 551
- E 552
- E 553 a
- E 553 b
- E 554
- E 555
- E 556
- E 558
- E 559
- E 570
- E 574
- E 575
- E 576
- E 577
- E 578
- E 579

● E 585

Flavour enhancers

- E 620
- E 621
- E 622
- E 623
- E 624
- E 625
- E 626
- E 627
- E 628
- E 629
- E 630
- E 631
- E 632
- E 633
- E 634
- E 635
- E 640
- E 900
- E 901
- E 902
- E 903
- E 904
- E 912
- E 914
- E 927
- E 938

Your next steps

11.



Elimination diet

12.





Elimination diet

What is an elimination diet?

An elimination diet is the removal of intolerant or problematic foods and drinks from your daily diet. It is conducted over a short period of time, normally around four weeks. In certain cases a person may be recommended to conduct a longer elimination diet, however generally around four weeks is sufficient time to get good results. At the end of this period you can reintroduce items one by one at the same time as monitoring your symptoms and general wellbeing.

1

How does it work?

In the removal and then reintroduction of items you get a clear understanding of those foods which make you feel good, allow you to think with clarity and leave you feeling energised and those which make you feel lethargic, sluggish, sap your energy levels and provoke symptoms like bloating or headaches.

2

Elimination phase

All high and medium reactive foods are removed from the diet, along with any known allergy or intolerant foods. You can eat freely from those foods in the no reactivity category. You should aim for this phase to last four weeks.

3

Reintroduction phase

During the reintroduction phase you should bring one item in at a time and then monitor symptoms for the next two days.

You will find a reintroduction diary at the end of this section where you can note the food and drinks that you consume along with any symptoms you experience.



What can't you eat on an elimination diet?

Each person will be different in the foods they should eliminate during the elimination phase. The priority items to remove are those, which are shown in the high reactivity category. If eliminating these items alone seems like a big undertaking stick with the removal of only these items. However if you feel you can also achieve the removal of those foods in the medium reactivity category during the elimination phase also do so.

You must also respect any known allergies or intolerances. For example if you know you are allergic to wheat or lactose intolerant and it comes up in the no reactivity section, do not bring it back into your diet.

What can you eat on an elimination diet?

You can eat any items, which are shown as having no reactivity, except any to which you have known allergies or intolerances.

What's important during an elimination diet?

In removing items from your diet you are also removing nutrients. Whilst it is only for a short period of time it remains important that you maintain a good daily intake of vitamins and minerals through your diet. Please consult 'the role of food types' page to ensure that in the removal of items you are still getting the given nutrient through other sources.



What happens after an elimination diet?

Following an elimination diet you should have good clarity on which foods work well for you and which provoke symptoms or make you feel less than your best. If you do find there are items or food groups, which provoke symptoms, it is worth considering the reduction or removal of these items from your diet.

Should you choose to greatly reduce or eliminate an item or food group from your diet ensure you replace the nutrients you would have got from the item or food group with alternative sources.

To get the best from your diet and to support your health and wellbeing ensure that, in the most part, your food comes from non-processed, natural sources and contains a breadth of vitamins and minerals.



Reintroduction diary

Date: __/__/__

| | LIST FOOD & DRINKS (NOTE TIMES) | NOTE SYMPTOMS |
|-------------|---------------------------------|---------------|
| Mon | | |
| Tue | | |
| Wed | | |
| Thur | | |
| Fri | | |
| Sat | | |
| Sun | | |



E-number explainer

Colourings

| | | | | | |
|--------------|---|----------------|--|----------------|--|
| E 100 | Curcumin | E 133 | Brilliant blue FCF | E 160 d | Lycopene |
| E 101 | Riboflavin (vit. B2), riboflavin - 5' - phosphate | E 140 | Chlorophylls and chlorophyllins | E 160 e | Beta - apo - 8' - carotenal, (carotenoid) |
| E 102 | Tartrazine | E 141 | Chlorophyllins (Cu complexes) | E 160 f | Ethyl ester of beta - apo - 8' - carotenoic acid |
| E 104 | Quinoline yellow | E 142 | Green S | E 161 b | Lutein |
| E 110 | Sunset yellow FCF, orange yellow S | E 150 a | Caramel | E 161 g | Canthaxanthin |
| E 120 | Cochineal, carminic acid, carmines | E 150 b | Caustic sulphite caramel | E 162 | Beetroot red (betanin) |
| E 122 | Carmoisine | E 150 c | Ammonia caramel | E 163 | Anthocyanins |
| E 123 | Amaranth | E 150 d | Ammonia sulphite caramel | E 170 | Calcium carbonate |
| E 124 | Ponceau 4R | E 151 | Brilliant black BN, black PN | E 171 | Titanium dioxide |
| E 127 | Erythrosine | E 153 | Vegetable carbon | E 172 | Iron oxides, iron hydroxides |
| E 128 | Red 2 G | E 154 | Brown FK | E 173 | Aluminium |
| E 129 | Allura red AC | E 155 | Brown HT | E 174 | Silver |
| E 131 | Patent blue V | E 160 a | Carotene (mixed carotenes, beta-carotenes) | E 175 | Gold |
| E 132 | Indigo carmine | E 160 b | Annatto, bixin, norbixin | E 180 | Lithol rubine BK |
| | | E 160 c | Capsanthin, capsorubin | | |

Preservatives

| | | | | | |
|--------------|---|--------------|---|--------------|--|
| E 200 | Sorbic acid | E 222 | Sodium hydrogen sulphite (sulphur dioxide) | E 260 | Acetic acid |
| E 202 | Potassium sorbate, sorbic acid | E 223 | Sodium metabisulphite (sulphur dioxide) | E 261 | Potassium acetate, salt of acetic acid |
| E 203 | Calcium sorbate, sorbic acid | E 224 | Potassium metabisulphite (sulphur dioxide) | E 262 | Sodium acetate, salt of acetic acid |
| E 210 | Benzoic acid | E 226 | Calcium sulphite (sulphur dioxide) | E 263 | Calcium acetate, salt of acetic acid |
| E 211 | Sodium benzoate, benzoic acid | E 227 | alcium hydrogen sulphite (sulphur dioxide) | E 270 | Lactic acid |
| E 212 | Potassium benzoate, benzoic acid | E 228 | Potassium hydrogen sulphite (sulphur dioxide) | E 280 | Propionic acid |
| E 213 | Calcium benzoate, benzoic acid | E 230 | Biphenyl, diphenyl | E 281 | Sodium propionate, propionic acid |
| E 214 | Ethyl-para-hydroxybenzoate (PHB-ester) | E 231 | Orthophenylphenol | E 282 | Calcium propionate, propionic acid |
| E 215 | Sodium ethyl-para-hydroxy benzoate (PHB-ester) | E 232 | Sodium orthophenylphenate, orthophenylphenol | E 283 | Potassium propionate, propionic acid |
| E 216 | Propyl-para-hydroxybenzoate (PHB ester) | E 233 | Thiabendazole | E 284 | Boric acid |
| E 217 | Sodiumpropyl-para-hydroxy benzoate (PHB-ester) | E 234 | Nisin | E 285 | Sodium tetraborate, boric acid |
| E 218 | Methyl-para-hydroxybenzoate (PHB-ester) | E 235 | Natamycine | E 290 | Carbon dioxide, carbonic acid |
| E 219 | Sodium methyl-para-hydroxy benzoate (PHB-ester) | E 239 | examethylene-tetramine | E 296 | Malic acid |
| E 220 | Sulphur dioxide | E 242 | Dimethyl dicarbonate | E 297 | Fumaric acid |
| E 221 | Sodium sulphite (sulphur dioxide) | E 249 | Potassium nitrite | | |
| | | E 250 | Sodium nitrite | | |
| | | E 251 | Sodium nitrate | | |
| | | E 252 | Potassium nitrate | | |



E-number explainer continued...

Antioxidants

| | | | | | |
|--------------|---|--------------|--|--------------|---|
| E 300 | Ascorbic acid (L-) (vitamin C) | E 325 | Sodium lactate (salts from lactic acid) | E 340 | Monopotassium phosphate, dipotassium p. tripotassium p. |
| E 301 | Sodium L-ascorbate (ascorbic acid) | E 326 | Potassium lactate (salts from lactic acid) | E 341 | Monocalcium phosphate, dicalcium p., tricalcium p |
| E 302 | Calcium L-ascorbate (ascorbic acid) | E 327 | Calcium lactate (salts from lactic acid) | E 350 | Sodium malate, sodium hydrogen malate |
| E 304 | Ascorbyl palmitate/ ascorbyl stearate | E 330 | Citric acid | E 351 | Potassium malate (salts from malic acid) |
| E 306 | Natural tocopherols (vitamin E) | E 331 | Monosodium citrate, disodium c., trisodium c. | E 352 | Calcium malate, calcium hydrogen m. |
| E 307 | Synthetic alpha-tocopherol (tocopherol) | E 332 | Monopotassium citrate, tripotassium c. | E 353 | Metatartaric acid |
| E 308 | Synthetic gamma-tocopherol (tocopherol) | E 333 | Monocalcium citrate, dicalcium c., tricalcium c. | E 354 | Calcium tartrate (salts from malic acid) |
| E 309 | Synthetic delta-tocopherol (tocopherol) | E 334 | Tartaric acid (L+), tartaric acid | E 355 | Adipic acid |
| E 310 | Propyl gallate (gallate) | E 335 | Monosodium tartrate, disodium tartrate | E 356 | Sodium adipate |
| E 311 | Octyl gallate (gallate) | E 336 | Monopotassium tartrate, dipotassium tartrate | E 357 | Potassium adipate |
| E 312 | Dodecyl gallate (gallate) | E 337 | Sodium potassium tartrate (salts from tartaric acid) | E 363 | Succinic acid |
| E 315 | Isoascorbic acid | E 338 | Orthophosphoric acid, phosphoric acid | E 380 | Triammonium citrate (salts from citric acid) |
| E 316 | Sodium isoascorbate | E 339 | Monosodium phosphate, disodium p., trisodium p. | E 385 | Calcium sodium ethylene diamine tetra-acetate (EDTA) |
| E 320 | Butylated hydroxyanisole (BHA) | | | | |
| E 321 | Butylated hydroxytoluene | | | | |
| E 322 | Lecithins | | | | |

Thickening, setting and moisturising agents

| | | | | | |
|--------------|-------------------------------------|----------------|----------------------------|--------------|----------------------|
| E 400 | Alginate acid, alginate | E 407 | Carrageenan | E 418 | Gellane |
| E 401 | Sodium alginate, alginate | E 407 a | Euclidean algae, treated | E 420 | Sorbit, sorbit syrup |
| E 402 | Potassium alginate, alginate | E 410 | Locust bean gum, carob gum | E 421 | Mannite |
| E 403 | Ammonium alginate, alginate | E 412 | Gua gum | E 422 | Glycerine |
| E 404 | Calcium alginate, alginate | E 413 | Tragacanth | | |
| E 405 | Propylene glycol alginate, alginate | E 414 | Gum arabic | | |
| E 406 | Agar | E 415 | Xanthan gum | | |
| | | E 417 | Tara meal | | |

Emulsifiers

| | | | | | |
|--------------|---|----------------|---|----------------|--|
| E 432 | Polyoxyethylene-sorbitan-monolaurate (polysorbate 20) | E 452 | Polyphosphates | E 472 e | Diacetyl tartaric acid esters of mono and diglycerides |
| E 433 | Polyoxyethylene-sorbitan-monooleate (polysorbate 80) | E 460 | Cellulose, microcrystalline cellulose, cellulose powder | E 472 f | Mixed esters of mono and diglycerides |
| E 434 | Polyoxyethylene-sorbitan-monopalmitate (polysorbate 40) | E 461 | Methylcellulose | E 473 | Sucrose esters of mono and diglycerides |
| E 435 | Polyoxyethylene-sorbitan-monostearate (polysorbate 60) | E 463 | Hydroxypropylcellulose | E 474 | Sucroglycerides |
| E 436 | Polyoxyethylene-sorbitan-tristearate (polysorbate 65) | E 464 | Hydroxypropylmethylcellulose | E 475 | Polyglycerol esters of fatty acids |
| E 440 | Pectin, amidated pectin | E 465 | Methylethylcellulose | E 476 | Polyglycerol polyricinoleate |
| E 442 | Ammonium phosphatides | E 466 | Carboxymethylcellulose | E 477 | Propylene glycol esters of fatty acids |
| E 444 | Sucrose-acetate-isobutyrate | E 470 a | Sodium-, potassium- and calcium salts | E 479 | Thermo-oxidised soya oil |
| E 445 | Glycerol esters of wood resin | E 470 b | Magnesium salts of fatty acids | E 481 | Sodium stearyl-2-lactylate |
| E 450 | Potassium and sodium diphosphates | E 471 | Mono- and diglycerides | E 482 | Calcium stearyl-2-lactylate |
| E 451 | Potassium and sodium triphosphates | E 472 a | Acetic acid esters of mono and diglycerides | E 483 | Stearyl tartrate |
| | | E 472 b | Lactic acid esters of mono and diglycerides | E 491 | Sorbitan monostearate |
| | | E 472 c | Citric acid esters of mono and diglycerides | E 492 | Sorbitan tristearate |
| | | E 472 d | Tartaric acid esters of mono and diglycerides | E 493 | Sorbitan monolaurate |
| | | | | E 494 | Sorbitan monooleate |
| | | | | E 495 | Sorbitan monopalmitate |



E-number explainer continued...

Miscellaneous additives

| | | | | | |
|--------------|---|--------------|---|----------------|---|
| E 500 | Sodium carbonate, sodium hydrogen carbonate, sodium sesquicarbonate | E 515 | Potassium sulphate, potassium hydrogen sulphate | E 541 | Sodium aluminium phosphate, acidic |
| E 501 | Potassium carbonate, potassium hydrogen carbonate | E 516 | Calcium sulphate | E 551 | Silicon dioxide (silica) |
| E 503 | Ammonium carbonate, A.-hydrogen carbonate | E 517 | Ammonium sulphate | E 552 | Calcium silicate |
| E 504 | Magnesium carbonate, M.-hydrogen carbonate | E 520 | Aluminium sulphate | E 553 a | Magnesium silicate, magnesium trisilicate |
| E 507 | Hydrochloric acid | E 521 | Aluminium sodium sulphate | E 553 b | Talc |
| E 508 | Potassium chloride | E 522 | Aluminium potassium sulphate | E 554 | Aluminium sodium silicate |
| E 509 | Calcium chloride | E 523 | Aluminium ammonium sulphate | E 555 | Aluminium potassium silicate |
| E 511 | Magnesium chloride | E 524 | Sodium hydroxide | E 556 | Aluminium calcium silicate |
| E 512 | Tin II Chloride | E 525 | Potassium hydroxide | E 558 | Bentonite |
| E 513 | Sulphuric acid | E 526 | Calcium hydroxide | E 559 | Aluminium silicate (kaolin) |
| E 514 | Sodium sulphate, sodium, hydrogen sulphate | E 527 | Ammonium hydroxide | E 570 | Stearic acid (fatty acids) |
| | | E 528 | Magnesium hydroxide | E 574 | Gluconic acid |
| | | E 529 | Calcium oxide | E 575 | Glucono-delta-lactone |
| | | E 530 | Magnesium oxide | E 576 | Sodium gluconate |
| | | E 535 | Sodium ferrocyanide | E 577 | Potassium gluconate |
| | | E 536 | Potassium ferrocyanide | E 578 | Calcium gluconate |
| | | E 538 | Calcium ferrocyanide | E 579 | Iron-II-gluconate |
| | | | | E 585 | Iron-II-lactate |

Flavour enhancers

| | | | | | |
|--------------|--|--------------|----------------------------------|--------------|------------------------------|
| E 620 | Glutamic acid | E 626 | Guanylic acid, guanylate | E 635 | Disodium 5'-ribonucleotide |
| E 621 | Monosodium glutamate, sodium glutamate | E 627 | Disodium guanylate, guanylate | E 640 | Glycine and its sodium salts |
| E 622 | Monopotassium glutamate, potassium glutamate | E 628 | Dipotassium guanylate, guanylate | E 900 | Dimethylpolysiloxane |
| E 623 | Calcium diglutamate, calcium glutamate | E 629 | Calcium guanylate, guanylate | E 901 | Bees wax, white and yellow |
| E 624 | Monoammonium glutamate, ammonium glutamate | E 630 | Inosinic acid, ionisate | E 902 | Candelilla wax |
| E 625 | Magnesium diglutamate, magnesium glutamate | E 631 | Disodium ionisate, ionisate | E 903 | Carnauba wax |
| | | E 632 | Dipotassium ionisate, ionisate | E 904 | Shellac |
| | | E 633 | Dicalcium ionisate | E 912 | Montanic acid ester |
| | | E 634 | Calcium 5'-ribonucleotide | E 914 | Polyethylene wax oxidates |
| | | | | E 927 | vCarbanide |
| | | | | E 938 | Argon |

Sweeteners

| | | | | | |
|--------------|--|---------------|--|---------------|---|
| E 939 | Helium | E 1105 | Lysozyme | E 1422 | Acetylated di-starch adipate (modified starch) |
| E 941 | Nitrogen | E 1200 | Polydextrose | E 1440 | Hydroxypropyl starch (modified starch) |
| E 942 | Nitrous oxide | E 1201 | Polyvinylpyrrolidone | E 1442 | Hydroxypropyl di-starch phosphate (modified starch) |
| E 948 | Oxygen | E 1202 | Polyvinyl polypyrrolidone | E 1450 | Starch sodium octenylsuccinate (modified starch) |
| E 950 | Acesulfame K, acesulfame | E 1404 | Oxidised starch | E 1505 | Triethyl citrate |
| E 951 | Aspartame | E 1410 | Monostarch phosphate (modified starch) | E 1518 | Glycerine triacetate (triacetin) |
| E 952 | Cyclamate, cyclohexane sulphamide acid | E 1412 | Di-starch phosphate (modified starch) | | |
| E 953 | Isomalt | E 1413 | Phosphatised di-starch phosphate (modified starch) | | |
| E 954 | Saccharin | E 1414 | Acetylated di-starch phosphate (modified starch) | | |
| E 957 | Thaumatococin | E 1420 | Acetylated starch (modified starch) | | |
| E 959 | Neohesperidin DC | | | | |
| E 965 | Maltitol, maltitol syrup | | | | |
| E 966 | Lactitol | | | | |
| E 967 | Xylitol | | | | |
| E 999 | Quillaia extract | | | | |



Metal potential sources

Aluminium

Can be found in: Cans, foils, kitchen utensils, window frames and beer kegs

Antimony

Can be found in: Batteries, low friction metals and cable sheathing

Argon

Can be found in: Welding and light bulbs

Arsenic

Can be found in: Rat poisons and insecticides

Barium

Can be found in: Paints, fireworks, some medicines and the process of making glass

Beryllium

Can be found in: Springs, electrical contacts and spot-welding electrodes

Bismuth

Can be found in: Usually mixed with other metals

Boron

Can be found in: Clay pots, detergent, glass, flares and fibreglass

Bromine

Can be found in: Flame-retardants, water purification systems and dyes

Cadmium

Can be found in: Re-chargeable batteries

Caesium

Can be found in: Atomic clocks and photoelectric cells

Cerium

Can be found in: Air conditioners, computer and ovens

Chlorine

Can be found in: Bleach, papermaking, swimming pools

Chromium

Can be found in: Stainless steel cutlery, wood preservatives, dyes and pigments

Cobalt

Can be found in: Cutting tools and dyes

Copper

Can be found in: Electrical generators and motors

Dysprosium

Can be found in: Lasers and many alloys

Fluorine

Can be found in: Toothpaste and etched glass

Gadolinium

Can be found in: Many alloys

Gallium

Can be found in: Electronics, alloys and thermometers

Germanium

Can be found in: Glass lenses, fluorescent lights, electronics and many alloys

Gold

Can be found in: Jewellery

Hafnium

Can be found in: Many alloys

Holmium

Can be found in: Lasers

Indium

Can be found in: Electronics and mirrors

Iridium

Can be found in: Alloys and materials that need to withstand high temperatures

Lead

Can be found in: Lead-acid storage batteries

Lithium

Can be found in: Rechargeable non-rechargeable batteries, some medications and alloys

Mercury

Can be found in: Batteries, fluorescent lights, felt production, thermometers and barometers

Molybdenum

Can be found in: Many alloys

Nickel

Can be found in: Stainless steel

Palladium

Can be found in: Car exhaust manufacture, dental fillings and jewellery

Platinum

Can be found in: Jewellery, decoration and dental work

Radium

Can be found in: Some medicines and glowing paints

Rhenium

Can be found in: Many alloys and flash photography

Rhodium

Can be found in: Spark plugs and highly reflective materials

Rubidium

Can be found in: Many alloys and amalgams

Ruthenium

Can be found in: Many alloys and corrosion resistant metals

Samarium

Can be found in: Many alloys and audio equipment

Silicon

Can be found in: Glass, pottery, computer chips and bricks

Silver

Can be found in: Jewellery

Strontium

Can be found in: Firework production, tin cans (food)

Sulphur

Can be found in: Medicines, fertilisers, fireworks and matches

Tantalum

Can be found in: Surgical equipment and camera lenses

Tin

Can be found in: Alloying metal

Titanium

Can be found in: Alloying metal

Vanadium

Can be found in: Alloying metal

Zinc

Can be found in: Many alloys, paint, fluorescent lights and the process of making plastic

Zirconium

Can be found in: Corrosion resistant alloys, magnets and some gem stones

Contact Us

If you have any questions please
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