

Client Name: Example Results
Contact ID: 00000
Sample ID: 0000000
Results Date: 29/12/2017

Mr Example Results
Example

Dear Mr Results,

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

REACTION - 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 REACTION from your diet.

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

NO REACTION - 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 REACTION 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.

Client Name: Example Results
Contact ID: 00000
Sample ID: 000000000
Results Date: 29/12/2017

- 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,

Total Health Now 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

Client Name: Example Results

Contact ID: 000000

Sample ID: 000000000

Results Date: 29/12/2017



	REACTION	BORDERLINE	NO REACTION		REACTION	BORDERLINE	NO REACTION
Cow's Milk	●			Celery			●
Egg White	●			Chamomile			●
Gluten (Gliadin)	●			Cherry			●
Wheat	●			Chia Seed			●
Cashew	●			Chicken			●
Egg Yolk	●			Chickpea			●
Dandelion/Burdock Mix	●			Chilli Pepper			●
Cardamom/Bay leaf	●			Cinnamon/Clove			●
Almond	●			Cloudberry			●
Grape (Riesling)	●			Cocoa Bean			●
Yeast	●			Coconut			●
Ginseng (Korean/Siberian Mix)	●			Coffee			●
Juniper	●			Cola Nut			●
Kidney Bean		●		Coriander/Cumin/Dill			●
Okra		●		Corn (Maize)			●
Sesame Seed		●		Cranberry			●
Salmon/Trout		●		Crustacean Mix			●
Abalone/Cuttlefish			●	Cucumber			●
Acai Berry			●	Curry Leaves/Powder			●
Agar Agar			●	Deer			●
Agave			●	Duck			●
Aloe Vera			●	Eel			●
Anchovy			●	Elderberry/Elderflower Mix			●
Anise Seed			●	Garlic			●
Apple			●	Ginger			●
Apricot			●	Goat			●
Asparagus			●	Goat's Milk			●
Aubergine (Eggplant)			●	Goji Berry			●
Avocado			●	Grape (Cabernet Sauvignon)			●
Bamboo Shoots			●	Grape (Chardonnay)			●
Banana			●	Grape (Chenin Blanc)			●
Barley/Malt Mix			●	Grape (Concord)			●
Bean Sprouts			●	Grape (Malbec)			●
Beef			●	Grape (Merlot)			●
Beetroot			●	Grape (Pinot Gris/Grigio)			●
Bilberry			●	Grape (Pinot Noir)			●
Blackberry			●	Grape (Red/White Zinfandel Mix)			●
Blackcurrant			●	Grape (Sauvignon Blanc)			●
Blueberry			●	Grape (Shiraz)			●
Boysenberry			●	Grapefruit			●
Brazil			●	Green Tea			●
Buckwheat			●	Guarana			●
Carob			●	Haricot Bean			●
Carrot			●	Hazelnut			●
Cassia			●	Hemp			●

Food Intolerance Test Gold

Client Name: Example Results

Contact ID: 0000000

Sample ID: 000000

Results Date: 29/12/2017



Hibiscus			●	Plantain			●	
Hops			●	Plum			●	
Jasmine			●	Pomegranate			●	
Kale			●	Pork			●	
Kiwi			●	Potato			●	
Lamb			●	Prune			●	
Lemon			●	Pumpkin			●	
Lemongrass			●	Quinoa			●	
Lentils			●	Rapeseed			●	
Lettuce			●	Raspberry			●	
Lime			●	Rhubarb			●	
Lingonberry			●	Rice			●	
Linseed			●	Rocket (Arugula)			●	
Lotus Root			●	Rooibos (Redbush Tea)			●	
Lychee			●	Rosehip			●	
Mango			●	Rye			●	
Melon Mix			●	Saffron			●	
Millet			●	Sardines			●	
Mint Mix			●	Shark			●	
Mollusc Mix			●	Sheep's Milk			●	
Mulberry			●	Soya Bean			●	
Mushroom			●	Spelt			●	
Mustard Mix			●	Spinach			●	
Mustard Seed			●	Spirulina			●	
Nettle			●	Strawberry			●	
Nori Seaweed			●	String Bean			●	
Nutmeg/Peppercorn			●	Sugar Cane			●	
Oak			●	Sunflower Seed			●	
Oat			●	Swede (Rutabaga)			●	
Oily Fish Mix			●	Sweet Potato			●	
Olive			●	Tamarind			●	
Onion			●	Tapioca			●	
Orange			●	Tea			●	
Pak Choi (Bok Choy)			●	Tomato			●	
Papaya			●	Tuna			●	
Parsley			●	Turkey			●	
Parsnip			●	Turmeric			●	
Pea			●	Turnip			●	
Peach			●	Vanilla			●	
Peanut			●	Vendace			●	
Pear			●	Walnut			●	
Peppers(Capsicum)/Paprika			●	Water Chestnut			●	
Pheasant			●	Wheatgrass			●	
Pineapple			●	White Fish Mix			●	
Plaice/Sole			●					