

Health starts
at home.

Food & Drink Reaction Test

Home-to-lab



IgE & IgG Blood sample test

This report should be interpreted with your
professional consultant or provider.

Firstname Surname

Date of birth: XX/XX/XX

Unique reference code: XXXXXXXX

Report date: XX/XX/XX



Dear Forename,

HealthBeings are pleased to
provide your test results.
Our laboratory has analysed your
blood sample for a Food & Drink
Reaction Test.

This Food & Drink Reaction Test analyses your reaction to 120 unique markers to give you a comprehensive picture of your body. Your report is split into two sections;

Section 1: Allergy analysis (60 items)

Section 2: Intolerance analysis (60 items)

Your test report contains:

- An explanation of the test undertaken
- Your allergy test results with a colour coded flag indicating the level of IgE reaction
- Your intolerance test results with a colour coded flag indicating the level of IgG reaction
- Results summary showing the items that produced a reaction and the recommended action
- Results explainer and guidance

Sincerely,

Dr Gareth James
Medical Director



If you have a known allergy to any particular item you have been tested for, please avoid from consuming this item entirely.



If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.

Allergy Analysis

The amount of allergen-specific IgE antibodies are quantitatively analysed as IU/mL and the class of reaction is determined using the easy to follow colour-coding as below. The class of reaction ranges from Class 0 - No reactivity, to Class 6 - Severe reactivity.

Reaction classes:

Class 0	No reactivity.
Class 1	Mild reactivity. We recommend notifying your GP.
Class 2	Moderate reactivity. We recommend notifying your GP.
Class 3	Moderately high reactivity. We recommend notifying your GP.
Class 4	High reactivity. Please notify your GP.
Class 5	Very high reactivity. Please notify your GP urgently.
Class 6	Severe reactivity. Please notify your GP urgently.

Allergen-specific IgE antibody reaction measurements

No reaction has taken place:

≤ 0.34 IU/mL Class 0 reaction

Laboratory reporting on IgE-antibody levels starts from 0.35 IU/mL, only levels above this are considered to be clinically significant.

A reaction has taken place:

0.35 - 0.69 IU/mL	Class 1 reaction
0.70 - 3.49 IU/mL	Class 2 reaction
3.50 - 17.49 IU/mL	Class 3 reaction
17.50 - 49.99 IU/mL	Class 4 reaction
50.00 - 99.99 IU/mL	Class 5 reaction
>100 IU/mL	Class 6 reaction

A higher class indicates a stronger laboratory reaction, however the class and level of reaction does NOT predict the experience of physical symptoms. It is therefore possible to have a strong reaction in testing and mild or no symptoms. There is also no significance of having a low class 5 or a high class 6; it still remains a class 6.

Understanding your results and recommended actions

Total IgE Reaction

Total IgE (Immunoglobulin E) is a type of antibody produced by the immune system in response to allergens. It plays a crucial role in allergic reactions by identifying and binding to foreign substances such as pollen, pet dander, and certain foods. Elevated levels of total IgE in the blood can indicate an allergic response or heightened sensitivity to various allergens. Measuring total IgE is an important diagnostic tool in understanding and managing allergies, helping healthcare professionals to identify specific allergic triggers and tailor appropriate treatment plans.

Total IgE reaction classes:

Green

A normal result

Red

A result outside the reference range

Please note:

IgE antibody testing DOES NOT test for coeliac disease, lactose intolerance, histamine intolerance or any other food intolerance.

If you have any medical conditions, are pregnant, breast-feeding or below the age of 18 we recommend that any dietary changes are made under the supervision of a healthcare professional.

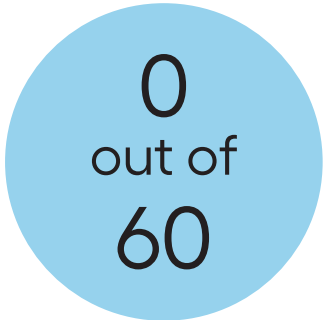
Your allergy test results summary

No reactivity
(Class 0)

Mild reactivity
(Class 1)

Moderate reactivity
(Classes 2 & 3)

High reactivity
(Classes 4, 5 & 6)



IgE category results summary

Here are your overall category ratings based on your test results. Each category rating reflects the highest-rated item within that group, providing a clear indication of which areas may require your immediate attention. This overview allows you to quickly identify the categories that should be prioritised for further investigation



Meat, Seafood & Dairy

Class 0



Nuts

Class 0



Vegetables & Legumes

Class 2



Fruits

Class 2



Grains & Seeds

Class 5



Total IgE

Class 6

Data is not complete. For sample/visual purposes only.

Allergen-Specific IgE

Immunoglobulin E (IgE) is a class of antibody, which functions as part of the body's immune system. It is associated with allergic reactions. It is found in very small amounts in the blood and testing it measures the amount of allergen-specific IgE in the blood. Elevated levels of allergen-specific IgE can suggest the presence of allergy however results must be interpreted with a full clinical history.

Allergy Analysis

Meat, Seafood & Dairy	Value (IU/mL)	Reaction	Grains & Seeds	Value (IU/mL)	Reaction
Anchovy	0.00	Class 0	Barley meal	0.00	Class 3
Beef	0.00	Class 1	Buckwheat	0.00	Class 3
Blue mussel	0.00	Class 2	Rice	0.00	Class 3
Cheese	0.00	Class 3	Rye	0.00	Class 3
Chicken	0.00	Class 4	Sesame	0.00	Class 3
Clam	0.00	Class 5	Wheat flour	0.00	Class 3
Codfish	0.00	Class 6	Yeast, baker's	0.00	Class 3
Crab	0.00	Class 3			
Eel	0.00	Class 3	Nuts	Value (IU/mL)	Reaction
Egg white	0.00	Class 3	Almond	0.00	Class 3
Egg yolk	0.00	Class 3	Brazil nut	0.00	Class 3
Lamb meat	0.00	Class 3	Cashew nut	0.00	Class 3
Lobster	0.00	Class 3	Coconut	0.00	Class 3
Mackerel	0.00	Class 3	Hazelnut	0.00	Class 3
Milk	0.00	Class 3	Macadamia nut	0.00	Class 3
Oyster	0.00	Class 3	Peanut	0.00	Class 3
Pacific squid	0.00	Class 3	Pine nut	0.00	Class 3
Plaice	0.00	Class 3	Sweet chestnut	0.00	Class 3
Pork	0.00	Class 3	Walnut	0.00	Class 3
Salmon	0.00	Class 3			
Scallop	0.00	Class 3	Fruits	Value (IU/mL)	Reaction
Shrimp	0.00	Class 3	Apple	0.00	Class 3
Tuna	0.00	Class 3	Banana	0.00	Class 3
			Cacao	0.00	Class 3
			Kiwi	0.00	Class 3
			Mango	0.00	Class 3
			Orange	0.00	Class 3
			Peach	0.00	Class 3
			Strawberry	0.00	Class 3
Vegetables & Legumes	Value (IU/mL)	Reaction	Total IgE	Value (IU/mL)	Reaction
Carrot	0.00	Class 3	Total IgE	≤ 0.34	Green
Celery	0.00	Class 3			
Corn	0.00	Class 3			
Cucumber	0.00	Class 3			
Garlic	0.00	Class 3			
Mushroom	0.00	Class 3			
Onion	0.00	Class 3			
Potato	0.00	Class 3			
Soy bean	0.00	Class 3			
Tomato	0.00	Class 3			
White bean	0.00	Class 3			

Data is not complete. For sample/visual purposes only.

Allergy test results explainer

A reaction has shown in testing and may indicate the presence of an allergy. IgE results must be used in conjunction with a clinical picture and thorough understanding of symptoms. We would recommend removing an item that reacted in testing if you are experiencing physical symptoms when you eat or come into contact with it.

Mild to Moderate Allergic symptoms;

- Swelling of lips, face or eyes
- Skin rashes with itching, hives or welts
- Tingling mouth
- Abdominal pain, vomiting, diarrhoea

If you have a mild to moderate allergic reaction:

- Take an antihistamine asap
- Phone family/emergency contact
- Watch for worsening symptoms

Severe Allergic symptoms or Anaphylaxis;

AIRWAY

- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking/hoarse voice

BREATHING

- Difficult/noisy breathing
- Wheeze or persistent cough

CIRCULATION

- Persistent dizziness or collapse
- Loss of consciousness
- Rapid or slow heartbeat

If you have a severe anaphylactic reaction:

Call for help, lie down flat, call 999

Most adults with food allergies have had their allergy since they were children. A true symptomatic food allergy will usually cause some sort of reaction every time the trigger food is eaten, usually within two hours of ingestion. Allergy testing is not an exact science and having positive results may not mean that you react to that allergen in everyday life. It is possible to have a reaction in testing but not experience any physical symptoms. This may indicate sensitisation to an item but not allergy.

It is also important to note that the strength of laboratory reaction does NOT predict the severity of physical symptoms. It is therefore possible to have a strong reaction in testing and mild or no symptoms and it is equally possible to experience debilitating or serious symptoms but have a low reaction in testing.

Prevention Is Key

The best way to fight a food allergy and avoid both mild and severe reactions is to know what you are eating and try to avoid those foods that you are allergic to. If you are experiencing mild symptoms that could be caused by a food allergy, then we recommend that you exclude this food substance from your diet and see if your symptoms diminish. Over the counter antihistamines sometimes help if taken before a meal. Your GP is unlikely to be concerned over mild symptoms.

It may be worth speaking with a nutritional therapist who will be able to offer tips for avoiding the foods that trigger your allergies and ensuring that even if you exclude certain foods from your diet, you still get all the nutrients you need.

Find a nutritional therapist here: <https://bant.org.uk/bant/jsp/practitionerSearch.faces>

If you experience any moderate or severe symptoms (as listed above, but including difficulty in breathing, swelling of lips/tongue with any food) then please contact your GP urgently to discuss your symptoms. Your GP will then consider your results along with your medical history, previous tests and any current treatment, and if they suspect a serious food allergy may refer you on to an allergy clinic.

Intolerance Analysis

IgG antibody testing measures the level of total IgG to food items. IgG food antibodies can result in a delayed response to a food. Circulating antibodies can affect each person differently. For some elevated antibody levels may not result in symptoms but for others they may lead to constipation, diarrhoea, changes in bowel movements, bloating, headaches and joint aches.

Reaction classes:

Class 0

No reactivity.

Class 1

Low reactivity. You may benefit from reducing the consumption of these items.

Class 2

Moderate reactivity. Consider eliminating items for 3 months.

Class 3

High reactivity. Consider eliminating items for 6 months.

Allergen-specific IgG reaction measurements

No reaction has taken place:

 ≤ 4.99 U/mL

Class 0 reaction

Our laboratory reporting on IgG levels starts from 10.00 U/mL. Only levels above this are considered to be clinically significant.

A reaction has taken place:

5.00 - 23.99 U/mL

Class 1 reaction

24.00 - 29.99 U/mL

Class 2 reaction

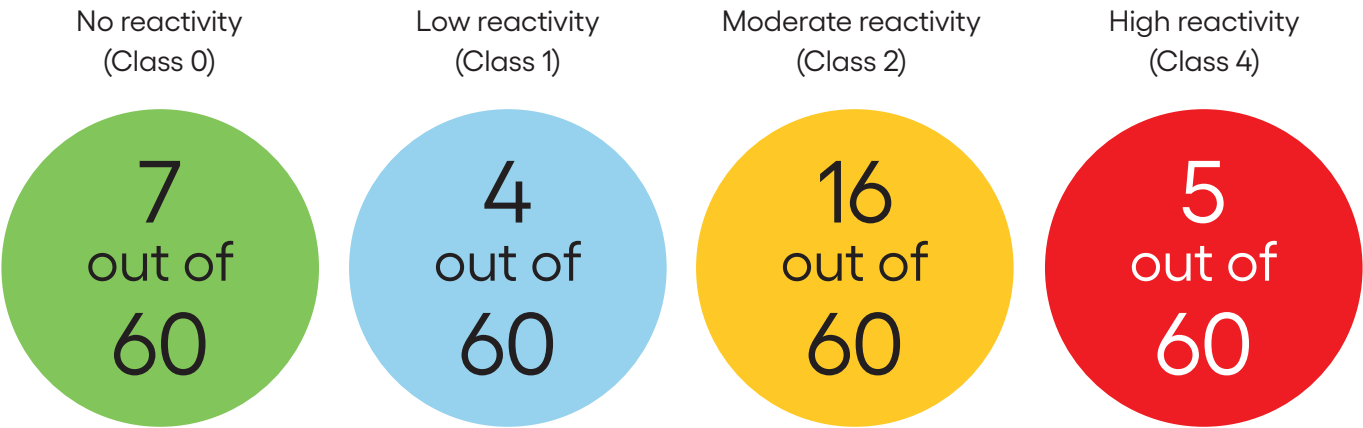
 ≥ 30.00 U/mL

Class 3 reaction

IgG antibody testing for food intolerance does not test for coeliac disease, lactose intolerance, histamine intolerance, food allergy (IgE reaction) or any other medical condition.

If you have any medical conditions, are pregnant, breast-feeding or below the age of 18 we recommend that any dietary changes are made under the supervision of a healthcare professional.

Your intolerance test results summary



IgG category results summary

Here are your overall category ratings based on your test results. Each category rating reflects the highest-rated item within that group, providing a clear indication of which areas may require your immediate attention. This overview allows you to quickly identify the categories that should be prioritised for further investigation

	Meat, Seafood & Dairy	Class 0		Nuts	Class 0
	Vegetables & Legumes	Class 2		Fruits	Class 2
	Grains & Seeds	Class 5		Herbs, Spices & Additives	Class 6

Data is not complete. For sample/visual purposes only.

IgG Food Intolerance

IgG antibody testing measures the level of total IgG to food items. IgG food antibodies can result in a delayed response to a food. Circulating antibodies can affect each person differently. For some elevated antibody levels may not result in symptoms but for others they may lead to constipation, diarrhoea, changes in bowel movements, bloating, headaches and joint aches.

Intolerance Analysis

Meat, Seafood & Dairy	Value (U/mL)	Reaction	Grains & Seeds	Value (U/mL)	Reaction
Anchovy	0.00	Class 0	Barley	0.00	Class 0
Beef	0.00	Class 1	Buckwheat	0.00	Class 0
Blue mussel	0.00	Class 2	Corn	0.00	Class 0
Chicken	0.00	Class 2	Rice	0.00	Class 0
Clam	0.00	Class 4	Rye	0.00	Class 0
Codfish	0.00	Class 4	Sesame	0.00	Class 0
Crab	0.00	Class 4	Wheat flour	0.00	Class 0
Eel	0.00	Class 0			
Egg white	0.00	Class 0	Nuts	Value (U/mL)	Reaction
Egg yolk	0.00	Class 0	Almond	0.00	Class 0
Lamb meat	0.00	Class 0	Coconut	0.00	Class 0
Lobster	0.00	Class 0	Hazelnut	0.00	Class 0
Mackerel	0.00	Class 0	Peanut	0.00	Class 0
Milk	0.00	Class 4	Pine nut	0.00	Class 0
Oyster	0.00	Class 4	Pistachio nut	0.00	Class 0
Pacific squid	0.00	Class 0	Sweet chestnut	0.00	Class 0
Plaice	0.00	Class 0	Sunflower	0.00	Class 0
Pork	0.00	Class 0	Walnut	0.00	Class 0
Salmon	0.00	Class 0			
Scallop	0.00	Class 0	Fruits	Value (U/mL)	Reaction
Shrimp	0.00	Class 0	Apple	0.00	Class 0
Trout	0.00	Class 0	Banana	0.00	Class 0
Tuna	0.00	Class 0	Citrus mix	0.00	Class 0
			Grape	0.00	Class 0
			Kiwi	0.00	Class 0
			Mango	0.00	Class 0
			Peach	0.00	Class 0
			Strawberry	0.00	Class 0
Vegetables & Legumes	Value (U/mL)	Reaction	Herbs, Spices & Additives	Value (U/mL)	Reaction
Carrot	0.00	Class 0	Cacao	0.00	Class 0
Celery	0.00	Class 0	Yeast, baker's	0.00	Class 0
Cucumber	0.00	Class 0			
Eggplant	0.00	Class 0			
Garlic	0.00	Class 0			
Mushroom	0.00	Class 0			
Onion	0.00	Class 0			
Pea	0.00	Class 0			
Potato	0.00	Class 0			
Soy bean	0.00	Class 0			
Tomato	0.00	Class 0			

Data is not complete. For sample/visual purposes only.

Managing Food Intolerances

Managing food intolerances involves identifying trigger foods and making dietary modifications to alleviate symptoms. Here are some ideas to help manage your food intolerances effectively:

Identify Trigger Foods: Keep a detailed food diary to track symptoms and identify patterns of intolerance. Eliminate suspected trigger foods from your diet one at a time and observe any changes in symptoms. Common trigger foods include dairy products, gluten-containing grains, certain fruits and vegetables, and processed foods with additives.

Read Food Labels: Learn to read food labels carefully to identify potential allergens or ingredients that may trigger intolerance reactions. Look for hidden sources of common allergens, such as milk, soy, wheat, nuts, and eggs, which may be listed under different names.

Experiment with Alternative Ingredients: Explore alternative ingredients and cooking methods to replace foods that trigger intolerance reactions. For example, individuals with lactose intolerance can try lactose-free dairy products or dairy alternatives like almond milk or coconut yogurt.

Cook from Scratch: Cooking meals from scratch using fresh, whole ingredients gives you better control over what you're consuming and allows you to avoid potential trigger foods or additives commonly found in processed foods.

Seek Support from Healthcare Professionals: Consult with a healthcare professional, such as a doctor or dietitian, for personalised advice and guidance on managing food intolerances. They can help you develop a customised meal plan, ensure nutritional adequacy, and address any concerns or questions you may have.

Practice Mindful Eating: Pay attention to how different foods make you feel and practice mindful eating techniques to tune into your body's signals of hunger and fullness. Eat slowly, chew food thoroughly, and savour each bite to aid digestion and reduce the risk of intolerance reactions.

Stay Hydrated: Drink plenty of water throughout the day to support digestion and help flush out toxins from your body. Limit the consumption of sugary drinks and caffeinated beverages, which can exacerbate symptoms of food intolerance.

Manage Stress: Stress can exacerbate symptoms of food intolerance, so it's essential to prioritise stress management techniques such as deep breathing, meditation, yoga, or regular exercise to promote overall well-being and reduce the likelihood of flare-ups.

Prevention Is Key

The best way to fight a food intolerance and avoid moderate and high reactions is to know what you are eating and try to avoid those foods that you are intolerant to. If you are experiencing mild symptoms that could be caused by a food intolerance, then we recommend that you exclude this food substance from your diet and see if your symptoms diminish. Your GP is unlikely to be concerned over mild symptoms.

It may be worth speaking with a nutritional therapist who will be able to offer tips for avoiding the foods that trigger your intolerances and ensuring that even if you exclude certain foods from your diet, you still get all the nutrients you need.

Find a nutritional therapist here: <https://bant.org.uk/bant/jsp/practitionerSearch.faces>



Got a question?

Please get in touch with your provider.

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