

Client Booking Form

-Laboratory Health Testing-



Personal Details

Forename	
Surname	
Please call me	
Date of Birth	
Telephone	
Email	
Please contact me by	☐ Yes ☐ No ☐ Yes ☐ No
Address	

In the unlikely event of an emergency please provide contact details of a next of kin or a nominated person.

Name	
Telephone	

Medical Details

Testing is generally safe with no adverse side effects. However, in the interest of your own safety please answer these questions honestly.

Please tick to indicate if you are currently, or have historically, suffered from the following medical complaints

Currently pregnant or breastfeeding	
Taking immunosuppressant medications	
Surgery in last 6 months	
Known Allergies:	
Other relevant conditions:	

Test Information

Health Tests

Your sample will be collected using either a simple finger-prick test (at home) or a venous blood draw by a qualified phlebotomist (depending on the test).

Results are reported using a colour-coded traffic light system:

Green – Within acceptable range.

Amber – Lifestyle changes may be advised.

Red – GP visit recommended.

Please note: Results provide health insights but are not a medical diagnosis. Always consult your GP if you feel unwell or have concerns.

Food Intolerance Tests (IGG)

If you have been avoiding certain foods for more than six weeks, your IgG levels for those items may not register in the results.

If you are avoiding foods due to known reactions, we do not recommend reintroducing them solely for testing purposes. However, if you would like those foods to be included in the test, you would need to consume them 2–3 times per week for six weeks prior to testing.

Results are reported using a colour-coded traffic light system:

Green – Normal Reactivity: IgG antibody levels are within the normal range. These foods can be consumed as usual.

Orange – Borderline Reactivity: IgG levels are borderline. Reducing these foods may be beneficial.

Red – High Reactivity: Elevated IgG levels. A 12-week elimination period is often recommended.

I have answered questions honestly and I understand the nature of the treatment.

Client to sign & date here: