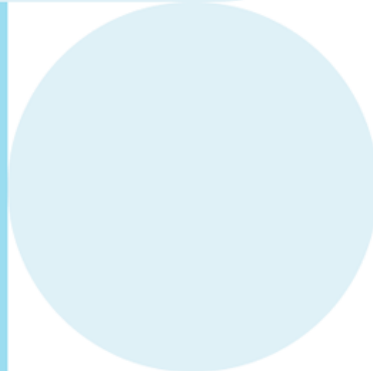
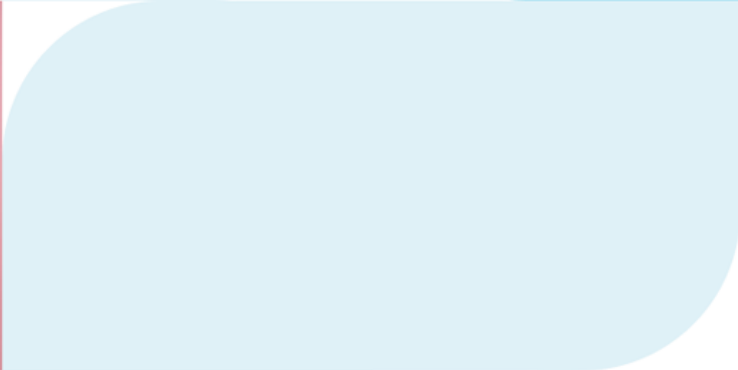




Test report



At-home test



Allergy & Food Intolerance Test

 Lab test

 Blood

Name: **Sample Report** Date of test: **03/11/2024** Analysis-ID: **DUMMY-60**

About your test results

Thank you for choosing Get Tested International AB as your supplier of health analyzes. Your results report is divided into two parts:

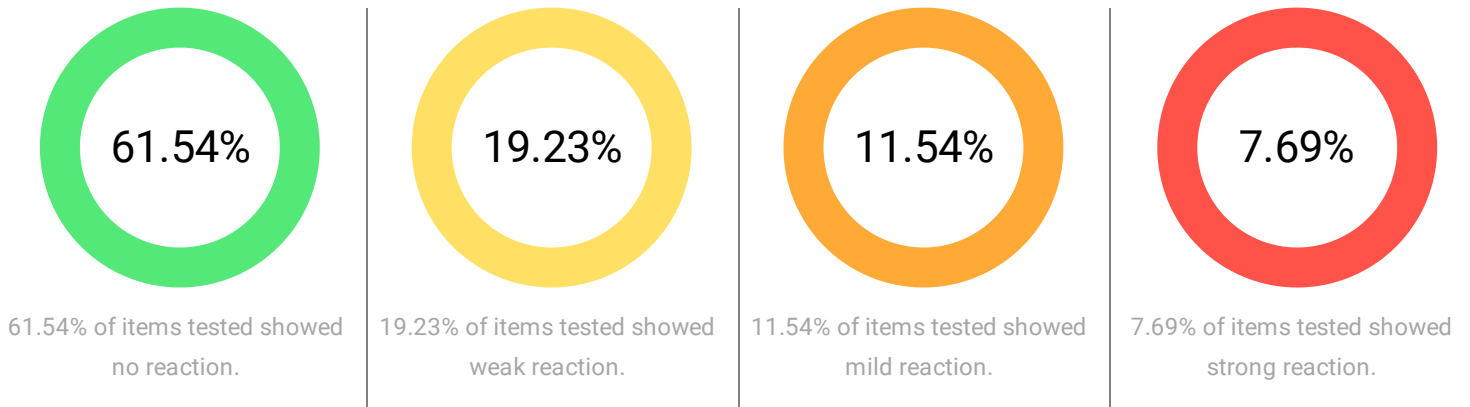
Part I: Results of your Allergy Test (IgE)

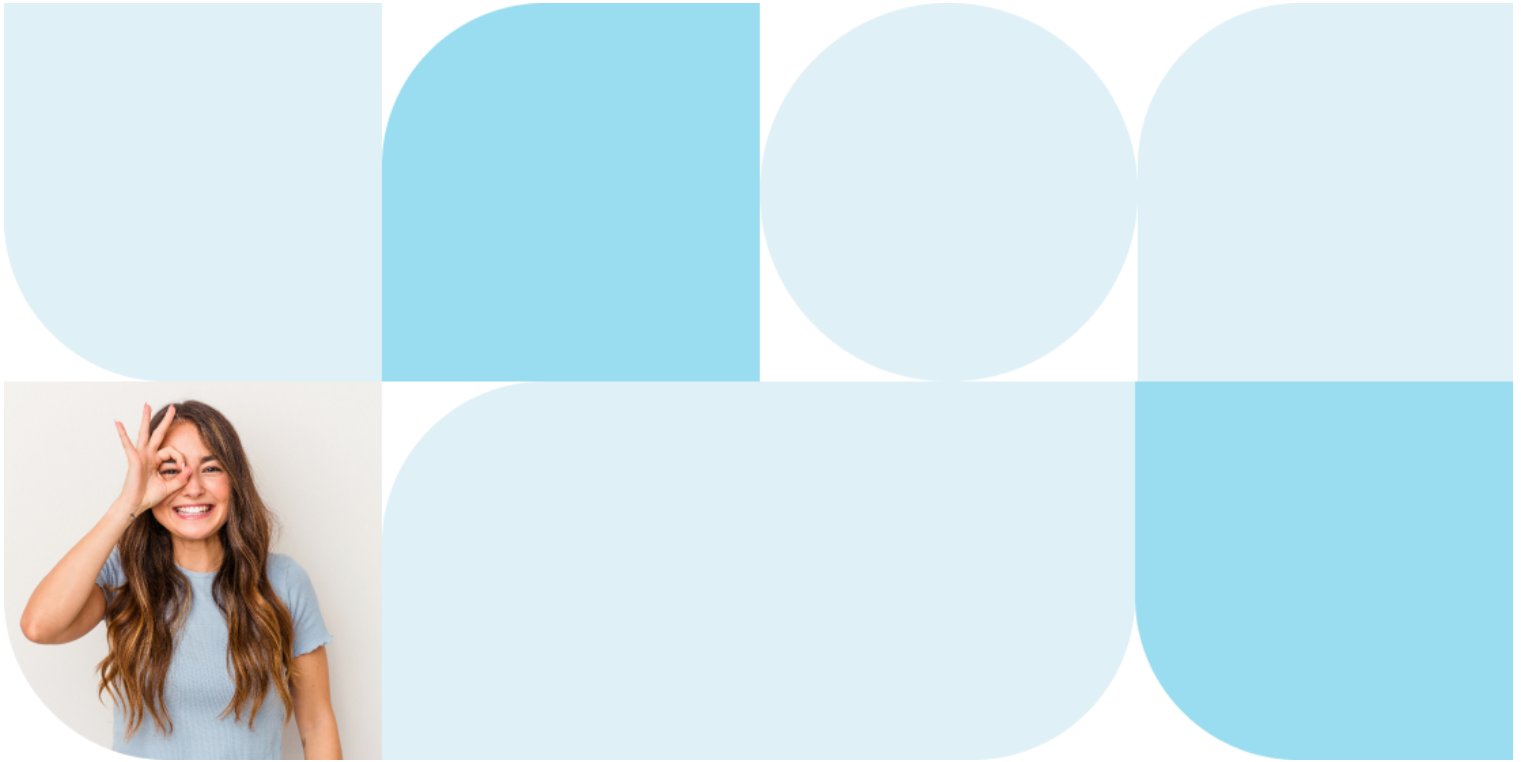
Part II: Results of your Intolerance Test (IgG)

Before your results are presented for each section, we describe how you should interpret your results. After your results for each section, there is an explanatory section.

Test result summary (Allergy + Intolerances)

Below you see an overview of how the 78 different substances that are tested are distributed in accordance to sensitization based on your test results.





Allergy Test

Part I: Allergy Test

About your test result

Our lab has tested whether your blood sample showed any signs of IgE sensitization to 38 different substances by measuring the concentration of IgE immunoglobulins in your blood. In an IgE-mediated response, the immune system responds by producing IgE antibodies when it comes in contact with the allergen. The higher the concentration of IgE antibodies, the greater the chance that the food will trigger allergic symptoms.

An allergy test can give a result/reaction even though the individual does not experience any symptoms. That is, an elevated IgE alone is not enough to diagnose allergies. It may be that the person being tested is only hypersensitive to a food instead of allergic, and then the analysis does not show it.

How to interpret your test results

Your test results shows on a scale from 1-6 how strong sensitization your body has reacted with, for each substance.



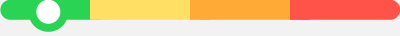




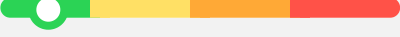





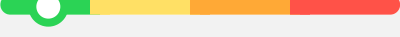





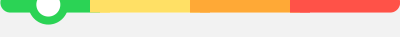










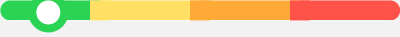



CLASS 0: No reaction

CLASS 1-2: Weak sensitization









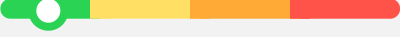





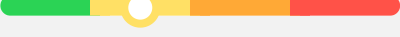











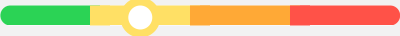

































CLASS 3-4: Moderate sensitization

CLASS 5-6: Strong sensitization









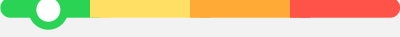





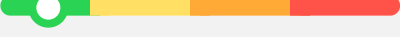



Your test result - Different types of pollen

Name	Your value	Class	Scale
Ash (pollen)	 <0.35	 0	
Bahia grass (pollen)	 <0.35	 0	
Bermuda grass (pollen)	 <0.35	 0	
Birch (pollen)	 <0.35	 0	
Cypress (pollen)	 <0.35	 0	
Hazelnut (pollen)	 8.04	 3	
Mugwort (pollen)	 <0.35	 0	
Olive (pollen)	 <0.35	 0	
Rye (pollen)	 <0.35	 0	
Ribwort plantain (pollen)	 <0.35	 0	
Timothy grass (pollen)	 <0.35	 0	
Wormwood Ambrosia (pollen)	 <0.35	 0	

Your test results - Foods

Name	Your value	Class	Scale
Almonds	 <0.35	 0	
Apple	 <0.35	 0	
Carrot	 <0.35	 0	
Cod	 <0.35	 0	
Cow's milk	 0.97	 2	
Crayfish	 2.28	 2	
Egg white	 18.72	 4	
Hazelnuts	 37.35	 4	
Meat (pork, beef, chicken, lamb)	 2.90	 2	
Orange	 0.56	 1	
Peach	 0.46	 1	
Peanuts	 0.38	 1	
Potato	 1.59	 2	
Rice	 <0.35	 0	
Salmon	 <0.35	 0	
Shrimp	 <0.35	 0	
Soy	 0.53	 1	
Strawberry	 <0.35	 0	
Tomato	 <0.35	 0	
Wheat	 17.49	 3	

Your test results - Non-Foods

Name	Your value	Class	Scale
Cat	 <0.35	 0	
Cockroach	 <0.35	 0	
Dog	 <0.35	 0	
Horse	 67.46	 5	
Mite	 <0.35	 0	
Mold (Cladosporium herbarum)	 <0.35	 0	

Interpret the results

Normal values - but show symptoms?

It is possible to have a positive result for an allergen despite having normal values. This can be due to a number of different reasons. It is possible that you have had a reaction to the allergen in the past, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response.

Cross-reactions - reaction despite no symptoms?

It is possible to have a positive result for an allergen despite having no symptoms. This can be due to a number of different reasons. It is possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response.

General

It is possible to have a positive result for an allergen despite having no symptoms. This can be due to a number of different reasons. It is possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response.

It is possible to have a positive result for an allergen despite having no symptoms. This can be due to a number of different reasons. It is possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response. It is also possible that you have a sensitivity to the allergen, but your immune system has not yet developed a strong response.



Food intolerance Test

Part II: Food intolerance Test

Briefly about your test results

The test measures the level of IgG antibodies to all different foods by measuring the concentration of IgG antibodies in your blood. An elevated IgG concentration indicates that in the digestive system, food intolerance often occurs because the body is being overreacted, which causes the immune system to become stressed and inflamed, leading to the immune system's reaction, you should not get any reaction. This means that your body may release an elevated concentration of IgG antibodies to various food items.

Some food in the immune system is often available "to the gut" as the immune system becomes increasingly stressed and inflamed. This is because the immune system is overreacting to the food in the gut and the body is reacting, which causes a variety of different or common symptoms.

The symptoms of food intolerance are sometimes mild, such as bloating with the food you eat, or more severe, including hives, but these are not the same as the symptoms of other allergic products and are not. Regular consumption of a food can lead to food intolerance symptoms.

How to interpret the test results

Your test results show a result from 1 to 6 based on strong sensitization your body has reacted with the food substances.









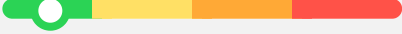





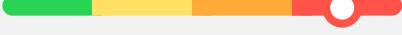





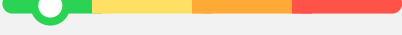





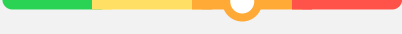











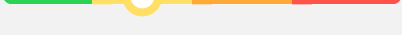











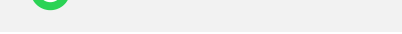





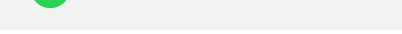



CLASS 0: No reaction

CLASS 1-2: Weak sensitization









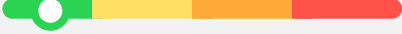





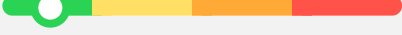





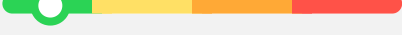





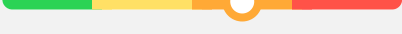











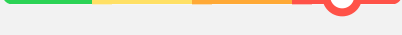











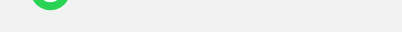





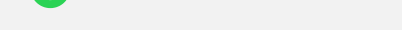



CLASS 3-4: Moderate sensitization

CLASS 5-6: Strong sensitization

Your test results - Food Intolerances (1/2)

Name	Your value	Class	Scale
Almonds	 <0.35	 0	
Amaranth	 <0.35	 0	
Apple	 <0.35	 0	
Banana	 <0.35	 0	
Beef	 100.00	 6	
Buckwheat	 0.56	 1	
Carrots	 <0.35	 0	
Celery	 <0.35	 0	
Chicken	 13.08	 3	
Cod	 1.73	 2	
Corn	 <0.35	 0	
Cow's milk	 2.04	 2	
Cucumber	 2.04	 2	
Egg white	 100.00	 6	
Egg yolk	 33.63	 4	
Garlic	 <0.35	 0	
Goat milk	 <0.35	 0	
Green peas	 1.10	 2	
Haricot verts	 <0.35	 0	
Hazelnuts	 <0.35	 0	

Your test results - Food Intolerances (2/2)

Name	Your value	Class	Scale
Herring	 <0.35	 0	
Kale	 2.25	 2	
Kiwi	 <0.35	 0	
Mussel	 <0.35	 0	
Mustard	 <0.35	 0	
Oats	 12.12	 3	
Onion	 <0.35	 0	
Orange	 79.10	 5	
Peanuts	 24.73	 4	
Pork	 <0.35	 0	
Potato	 <0.35	 0	
Rice	 <0.35	 0	
Rye	 100.00	 6	
Salmon	 3.31	 2	
Sheep's milk	 13.56	 3	
Shrimp	 <0.35	 0	
Soy	 <0.35	 0	
Tomato	 <0.35	 0	
Walnuts	 <0.35	 0	
Wheat	 100.00	 6	

Next step - What should you do now?

Individuals with intolerance to a specific food may experience discomfort in the digestive tract as well as difficulty in breathing during the treatment. To address this, it is recommended to avoid the allergen, use appropriate medication, and consult a healthcare professional for a personalized plan. It is also important to monitor symptoms and seek medical attention if they worsen or if there is a change in the severity of the reaction.

An intolerance to a specific food should be managed for 1-2 months, depending on the type of reaction involved and severity of symptoms, and to gradually reintroduce it to assess if there are no symptoms. Higher values on the test can be considered a challenge test.

At normal values but showing symptoms

In some cases, people may experience symptoms even though their test results are normal. This can be due to a variety of different reasons. It is important to be on the lookout for a food intolerance in multiple settings or in multiple environments. It is also important to be on the lookout for a food intolerance in multiple settings or in multiple environments. It is also important to be on the lookout for a food intolerance in multiple settings or in multiple environments.

Did you get very many reactions on your test?

Food intolerance reactions are usually mild and can be managed with appropriate medication. However, if you are experiencing a severe reaction, it is important to seek medical attention immediately. It is also important to be on the lookout for a food intolerance in multiple settings or in multiple environments. It is also important to be on the lookout for a food intolerance in multiple settings or in multiple environments.

How to use your results

- If you are experiencing a severe reaction, it is important to seek medical attention immediately.
- If you are experiencing a mild reaction, it is important to avoid the allergen and use appropriate medication.
- If you are experiencing a mild reaction, it is important to avoid the allergen and use appropriate medication.

If you are experiencing a mild reaction, it is important to avoid the allergen and use appropriate medication. It is also important to be on the lookout for a food intolerance in multiple settings or in multiple environments. It is also important to be on the lookout for a food intolerance in multiple settings or in multiple environments.

Rotation diet

A rotation diet involves eating the foods you are allergic to in a specific order and for a specific amount of time. This can help to reduce symptoms and improve tolerance. It is important to be on the lookout for a food intolerance in multiple settings or in multiple environments. It is also important to be on the lookout for a food intolerance in multiple settings or in multiple environments.

When changing your diet, it is important to be on the lookout for a food intolerance in multiple settings or in multiple environments. It is also important to be on the lookout for a food intolerance in multiple settings or in multiple environments.

Reintroduction of foods

When starting to reintroduce the foods you have completely eliminated, remember to do so gradually in small amounts. It is best to introduce foods gradually, one at a time, and preferably start with those you think will be less likely to cause a reaction. It is best to wait 2-4 weeks between each new food you add.

This report does not replace medical consultation. Always seek medical attention if you experience adverse symptoms.

