



A summary of your tested reactions

Prime 110

YOUR FULL LABORATORY RESULTS ARE ENCLOSED

Food Allergies - 35 Items

 0  35

Food Intolerances - 74 Items

 0  74  0

PLEASE NOTE: Our blood ELISA tests define an intolerance/sensitivity as a specific IgG4 reaction and an allergy as a specific IgE reaction (IgE-Mediated).

Your test results are complementary to and not a substitute for medical help. Before making significant changes to your diet or lifestyle we recommend you consult a nutritional therapist or medical practitioner.

These tests will not identify lactose intolerance and it is not a diagnostic of coeliac disease.



Your Name: Adam

Test Kit ID: E7091CE0

Test Name: Prime 110

Test Ordered Date: 08/03/2021

Important Information

Your results will show your reaction level towards each item tested; the higher the reaction level, the greater the potential for a severe reaction.

For example 0 = no reaction, 100 = high reaction.

Allergies

Food Allergies - 35 Items

An allergy is the body's immune system responding to what would normally be considered a harmless substance. The body perceives this substance to be a 'threat' and produces an inappropriate response. To test for food and inhalant allergies we look at IgE antibody levels in your blood.

Tree pollen - Allergy

Item Name	Score	Reaction	
Birch	1.00	Low	● ● ○ ○ ○ ○
Hazelnut	1.00	Low	● ● ○ ○ ○ ○
Olive	1.00	Low	● ● ○ ○ ○ ○
Cypress	1.00	Low	● ● ○ ○ ○ ○
Ash	1.00	Low	● ● ○ ○ ○ ○

Grass pollen - Allergy

Item Name	Score	Reaction	
Timothy grass	1.00	Low	● ● ○ ○ ○ ○
Rye	1.00	Low	● ● ○ ○ ○ ○
Bermuda/Couch grass	1.00	Low	● ● ○ ○ ○ ○
Bahia grass	1.00	Low	● ● ○ ○ ○ ○

Weed pollen - Allergy

Item Name	Score	Reaction	
Ragweed	1.00	Low	● ● ○ ○ ○ ○
Mugwort	1.00	Low	● ● ○ ○ ○ ○
English plantain	1.00	Low	● ● ○ ○ ○ ○

Pets - Allergy

Item Name	Score	Reaction	
Cat hair	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Horse hair	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Dog hair	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Dust - Allergy

Item Name	Score	Reaction	
House dust mites	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Mold - Allergy

Item Name	Score	Reaction	
Cladosporium herbarum	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Poultry and Egg - Allergy

Item Name	Score	Reaction	
Egg white	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Milk & Cheeses - Allergy

Item Name	Score	Reaction	
Milk	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Seafood - Allergy

Item Name	Score	Reaction	
Cod	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Salmon	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Crab	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Shrimp	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Meats - Allergy

Item Name	Score	Reaction	
Meat	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Grains & Starch - Allergy

Item Name	Score	Reaction	
Wheat	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Rice	1.00	Low	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

What happens next? Your Elimination Diet

An elimination diet can be challenging, the following tips will help you make it a success:

- **Support**

Enlist the help of those around you, family and friends, they can make it much more achievable and may even join you in eliminating foods to support you.

- **Preparation**

Make sure you are fully prepared. Check the foods/ recipes you regularly use to see where you need to make changes and stock up on alternative foods.

- **Keep Note**

Keeping track of how you feel and what changes you're experiencing can be very useful. It can be enlightening and provide a point of reference and affirmation if you find yourself questioning your reasons behind eliminating certain foods.

- **Removal**

The best way to ensure that you don't succumb to temptation is, either to hide, give away or throw away the foods you are eliminating. This way if you do have a moment of weakness you can't go to the kitchen cupboard to find that food.