Your Essentials Sensitivity results are here

Test Test
Redemption code: TEST
Report Date: Apr 7 2020
Dear Test Test,

We are delighted to present you with your test results report!

Your results have been created by our state of the art bioresonance testing machine and our technician Hollie.

Your results

Your results are divided into sections by the type of items tested. Within each section you’ll find an overview page, this is to ensure your results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you. You can see the full list of items tested in the detailed analysis page. Your results report is designed to provide the utmost clarity on your results and the actions we would recommend. We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your daily diet and environment. In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthful and happy.

If you have any further questions please do not hesitate to get in touch with us.

Sincerely,
Check My Body Health Team

Got a question?
Come and chat to us via LiveChat on our website or email info@checkmybodyhealth.com
Table of contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interpreting your results</td>
<td>4</td>
</tr>
<tr>
<td>Complementary and Alternative Medicine</td>
<td>6</td>
</tr>
<tr>
<td>Customer testimonials</td>
<td>8</td>
</tr>
<tr>
<td>Food sensitivities analysis</td>
<td>10</td>
</tr>
<tr>
<td>Non-food sensitivities analysis</td>
<td>18</td>
</tr>
<tr>
<td>Metal sensitivities analysis</td>
<td>22</td>
</tr>
<tr>
<td>Mineral and other nutrient analysis</td>
<td>27</td>
</tr>
<tr>
<td>Vitamin A-K analysis</td>
<td>31</td>
</tr>
<tr>
<td>Additives</td>
<td>34</td>
</tr>
<tr>
<td>Your next steps</td>
<td>40</td>
</tr>
<tr>
<td>Elimination diet</td>
<td>42</td>
</tr>
<tr>
<td>Additives explainer</td>
<td>46</td>
</tr>
<tr>
<td>Metal potential sources</td>
<td>49</td>
</tr>
</tbody>
</table>

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Interpreting your results – explainer

Sensitivity NOT Allergy

It is important to reiterate that this test is NOT for allergy. It is easy to confuse allergy and sensitivity or intolerance as the different terms are often used interchangeably, which leads to misinterpretation. Allergy and sensitivity are not the same. Of course if someone is allergic to a food item it could be described as being ‘sensitive’ however as a health condition allergy is different from sensitivity or intolerance.

There are a couple of fundamental differences between allergy and sensitivity; having food sensitivity may be uncomfortable and cause symptoms that, whilst annoying, embarrassing or even debilitating, do not have the potential to be life-threatening like those caused by food allergy; food sensitivity can also change over time, it can often be overcome through implementation of a food elimination diet and/or improving gut health, however food allergy tends to be lifelong.

The physiological process, which takes place in the body during an allergic reaction, is also entirely different to that of sensitivity. An allergic reaction involves the immune system and cells called antibodies, whereas this is not involved in sensitivity. Hair testing does not test antibody levels therefore this is why it cannot be used to test for allergy.

Known Allergy

You may have a known allergy; so let’s help you to interpret sensitivity results to this item.

Scenario 1

The item you are allergic to shows as a moderate or high reactivity item.

This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

Scenario 2

The item you are allergic to shows as a no reactivity item.

This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergy.
Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to ‘rest’ from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.

Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren’t agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.
Complementary and Alternative Medicine
Complementary and Alternative Medicine

What is Complementary and Alternative Medicine?

Bioresonance therapy and testing is categorised as a complementary and alternative medicine (CAM). This is a diverse group of therapies, practices and products, which fall outside of conventional medicine or healthcare.

A complementary therapy is used alongside conventional medicine or treatment, whilst alternative therapy is used in place of conventional medicine or treatment. Some therapies or practices could be used as either complementary or alternative; it depends on whether it is combined with conventional medicine alongside or not.

Other therapies and practices, which are considered complementary and alternative medicine:
- Aromatherapy
- Acupuncture
- Homeopathy
- Massage therapy
- Naturopathy
- Osteopathy
- Pilates
- Yoga

Finding Complementary and Alternative Medicine Practitioners

When using complementary and alternative medicine it is important that you look for a credentialed practitioner registered in their field of expertise. The credentials required for complementary healthcare practitioners in the US varies between states, so it is important to check what is required in the state where you are consulting a practitioner.

If you think you have a health condition always seek advice from your physician first.


Customer testimonials
Customer testimonials

We thought you’d like to hear what some of our customers thought about our service, from the hair submission to understanding the results report and elimination diet implementation. We would love to get your feedback!

⭐⭐⭐⭐⭐
Very detailed report with guidance on how to eliminate trigger foods. Great deal would recommend.
Taylor P.

⭐⭐⭐⭐⭐
Easy process to submit and super fast turnaround. Results were a lot more detailed than a previous test I'd purchased and on the mark with several foods I struggle with. The elimination plan chart is going to be a great help too. Would highly recommend.
Casey T.

⭐⭐⭐⭐⭐
Seriously this test is so worth doing! My coworker and I both purchased it after hearing about it from a patient at our chiropractic office. Now we tell everyone about it! Who wouldn’t want to know what is causing their headaches, IBS, and chronic fatigue?! I’m astonished at what has been causing mine. Took about two weeks so receive our results, but SO worth the wait!
Tara F.

⭐⭐⭐⭐⭐
This test is fantastic! It took a little for my mom and I to get our results back but it was worth it. We have both modified our diets and feel so much better! We just ordered three more for the rest of our family members. Definitely recommend it if you have a sensitive stomach like we do!
Kelsey W.
Food sensitivities analysis
The role of food types

As well as providing energy for the body food also contains nutrients in the form of vitamins and minerals. Vitamins and minerals are considered essential as they enable the body to complete literally hundreds of tasks, which are vital for day-to-day function, health and wellbeing. To name a few vitamins and minerals facilitate energy production, hormone production, wound healing, immune system function, blood clotting and foetal development.

The diagram below gives an overview of a few of the richest sources of each nutrient and some of the functions it performs within the body. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.
Sources of vitamins

**Water-soluble vitamins**

**B Vitamins**
Oats, whole wheat, rye, buckwheat, brown rice, Brewer’s yeast, peanuts, mushrooms, soybean lour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

**B12**
Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, eggs, yogurt, Swiss cheese, fortified products.

**Vitamin C**
Red peppers, guavas, kale, kiwi, broccoli, Brussel sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

**Fat-soluble vitamins**

**Vitamin A**
(Lretinol) Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, paté, goat’s cheese, eggs, cheddar, cream cheese, butter, goat’s cheese.

**Beta Carotene**
(Precursor to vitamin A)
Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers, tuna ish, mackerel, butter.

**Vitamin D**
Salmon, trout, swordfish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortified products.

**Vitamin E**
Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunflowers seeds, prawn/shrimp, crayfish, salmon, smoked salmon, swordfish, herring, trout, olive oil, sunflower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

**Vitamin K**
Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussel sprouts, cabbage, chilli powder, paprika, fennel, leeks.

**Minerals**

**Calcium**
Watercress, kale, broccoli, low fat mozzarella, low fat cheddar, yogurt, pak choi, tofu, sugar snap peas, almonds, tinned sardines in oil with bones, tinned pink salmon.

**Magnesium**
Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, brazil nuts, peanuts, walnuts, tofu, coconut, soya beans, figs, apricots, dates, prawns, corn, avocado, spinach, kale, broccoli swiss chard, turnip greens, collards.

**Zinc**
Rye, spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms.

**Iron**
Rye, whole wheat, pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, Swiss chard, kale, dark chocolate.

**Manganese**
Rye, oats, brown rice, barley, mussels, hazelnuts, pine nuts, pecans, lima beans, chickpeas, aduki beans, lentils, pumpkin seeds, sesame seeds, sunflower seeds, pineapple, spinach, kale, tofu, soybeans, sweet potato, blueberries, raspberries, strawberries.

**Copper**
Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, liver, spirulina, dark chocolate, collard greens, Swiss chard, spinach, kale.

**Phosphorus**
Brown rice, oats, rye, whole wheat, chicken, turkey, pork, liver, sardines, scallops, salmon, mackerel, crab, milk, yogurt, cottage cheese, sunflower seeds, pumpkin seeds, Brazil nuts, pine nuts, almonds, pistachios, cashews.

**Potassium**
Dried apricots, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, butternut squash, spinach, mushrooms, bananas, potatoes, low fat yogurt.

**Selenium**
Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower seeds, liver, eggs, beef, turkey, cottage cheese.
Food sensitivities analysis

What is a food sensitivity?
Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.

What is a food allergy?
Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician.

Interpreting your results
Interpreting your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity
These are the food items that our testing shows you have sensitivity to.

Moderate Reactivity
These are the food items that our testing shows you could potentially have sensitivity to.

No Reactivity
These are the food items that our testing shows you do not have sensitivity to.
Your food sensitivities overview

High Reactivity

- Ale
- Banana
- Bread-brown
- Bread-white
- Cheddar
- Chickpea flour
- Condensed milk
- Edam
- Evaporated milk
- Farro
- Freekeh
- Garbanzo flour
- Gruyere
- Halloumi
- Hops
- Houmous
- Ice cream
- Lager
- Liver-pig
- Milk chocolate
- Milk from cows
- Miso
- Mushroom
- Noodles-wheat
- Parmesan
- Pork
- Portobello mushroom
- Rice-white
- Rye
- Sesame oil
- Sesame seed
- Sour cream
- Soya flour
- Soya milk
- Stilton
- Walnut
- Yogurt

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet. See details on how to implement an effective elimination diet in section 11.
Moderate Reactivity

- Apple
- Apples-Granny Smith
- Apples-Jazz
- Barley
- Beef
- Broad bean
- Cauliflower
- Cider
- Coconut
- Coconut oil
- Hazelnut
- Lima bean
- Liver-ox
- Millet
- Oats-gluten-free
- Orange
- Oyster sauce
- Peppermint oil
- Roe-deer
- Shrimp
- Taco shells-corn
- Turkey-cock
- Vegetable oil
- Venison

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the removal of moderate reactivity items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect. See details on how to implement an effective elimination diet in section 11.
## Food sensitivities detailed analysis

### Gluten-containing Cereals and Grains
- Barley
- Bread-brown
- Bread-white
- Farro
- Freekeh
- Noodles-wheat
- Oats
- Rye

### Gluten-free Cereals and Grains
- Amaranth
- Chickpea flour
- Garbanzo flour
- Hops
- Millet
- Oats-gluten-free
- Rice-white
- Soya flour
- Taco shells-corn

### Herbs and Spices
- Aquafaba
- Basil
- Cardomom
- Cilantro
- Cumin
- Ginger
- Mint-fresh
- Miso
- Mustard
- Nutmeg
- Paprika
- Rosemary
- Sage
- Salt
- Star anise
- Thyme
- Turmeric

### Dairy and Egg
- Condensed milk
- Egg
- Evaporated milk
- Ice cream
- Milk from cows

### Oils and Condiments
- Almond oil
- Barbecue sauce
- Coconut oil
- Olive oil
- Oyster sauce
- Peppermint oil
- Sesame oil
- Tomato ketchup
- Vegetable oil

### Miscellaneous
- Milk chocolate
- Monosodium glutamate
- Potato chips
- Vinegar-clear

### Drinks
- Ale
- Cider
- Coffee-black
- Cola
- Lager
- Red wine
- Soya milk
- Tea-black
- White wine

### Meat
- Beef
- Chicken
- Crocodile
- Goose
- Horse
- Kangaroo
- Liver-ox
- Liver-pig
- Mutton
- Pork
- Roe-deer
- Turkey-cock
- Venison

### Fruit
- Apple
- Apples-Granny Smith
- Apples-Jazz
- Banana
- Blackberry
- Cantaloupe melon
- Carambola
- Cherry
- Cranberry
- Date
- Fig
- Galia melon
- Goji berry
- Gooseberry
- Grapes-black
- Grapes-green
- Guava
- Honeydew melon
- Lemon
- Lychee
- Nectarines
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Prune
- Quince
- Raisin
- Raspberry
- Strawberry
- Water melons

### Seafood and Fish
- Ale
- Brazil nut
- Chestnut
- Coconut
- Hazelnut
- Hemp seed
- Peanut
- Poppy seed
- Pumpkin seed
- Sesame seed
- Sunflower seed
- Walnut
- Water chestnut
Food sensitivities detailed analysis continued...

**Fish**
- Anchovy
- Barramundi
- Clams
- Crab
- Eel
- Herring-red
- Lobster
- Mackerel
- Mussels-general
- Plaice
- Sardine
- Shark
- Shrimp
- Sole
- Trout-brown
- Whitefish
- Radish
- Rocket
- Spinach
- Swede
- Tomato
- Turnip
- Watercress
- Yams
- Zucchini

**Legumes and Pulses**
- Black beans
- Broad bean
- Fermented black bean
- Field pea
- Houmous
- Kidney beans
- Lima bean
- Scarlet runner bean

**Vegetables**
- Artichoke
- Beansprout
- Broccoli
- Butternut squash
- Cabbage
- Capsicum-green
- Carrots
- Cauliflower
- Chicory lettuce
- Cress
- Endive
- Escarole lettuce
- Fennel
- Garlic
- Head lettuce
- Kohl rabi
- Mushroom
- Olives-black
- Onion
- Plantain
- Portobello mushroom
- Potato
- Radish
- Rocket
- Spinach
- Swede
- Tomato
- Turnip
- Watercress
- Yams
- Zucchini
Non-food sensitivities analysis
Non-food sensitivities analysis

What is a non-food sensitivity?
Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

Interpreting your results
Interpreting your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity
These are the non-food items that our testing shows you have sensitivity to.

Moderate Reactivity
These are the non-food items that our testing shows you could potentially have sensitivity to.

No Reactivity
These are the non-food items that our testing shows you do not have sensitivity to.
Your non-food sensitivities overview

High Reactivity

- European beech
- Meadow fescue
- Walnut

These non-food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the avoidance of these items in your daily life, as far as possible.

Moderate Reactivity

- Anisakis
- Ash
- Hazel
- Hornbeam
- Perennial ryegrass
- Privet
- Red fescue
- Ribwort
- Stinging nettle
- Wormwood

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the avoidance of moderate reactivity items thereafter.

It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.
Non-food sensitivities detailed analysis

Organic compounds

- Alpha lipoic acid
- Ascorbic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Folate
- Gallic acid
- Lignans
- Lutein
- Lycopene
- Mallic acid
- Nicotinic acid
- Nucleic acid
- Omega 3
- Omega 6
- Oxalic acid
- Pyridoxine
- Salicylic acid
- Saponins
- Zeaxanthin

Grasses and Herbs

- Dahlia
- Fireweed/great willow herb
- Hyacinth
- Lupine
- Marguerite
- Mulberry
- Narcissus
- New Belgian aster
- Scotch heather
- Tulip
- Wallflower

Materials

- Cotton
- Synthetic materials
- Wool

Miscellaneous

- Anisakis
- Horse bot fly
- Pigeon droppings

Flowering plants

- Aster
- Chrysanthemum
- Clover

Insects

- Mosquito

Shrubs

- Blackberry
- Hazel
- Mangrove
- Privet
- Strawberry
- Willow

Trees

- Alder
- Apple tree
- Ash
- Aspen
- Betula verrico
- Cherry tree
- European beech
- European lime
- Hornbeam
- Horse chestnut
- Japanese cedar
- Japanese millet
- Laburnum
- Larch
- Linden tree
- Maple
- Misteltoe
- Oak
- Pear tree
- Pine
- Plane tree
- Poplar
- Walnut

Grasses and Herbs

- Buttercup
- Dandelion
- Dock
- Kentucky bluegrass
- Maize
- Meadow fescue
- Mugwort
- Orchard grass or cocksfoot grass
- Perennial ryegrass
- Qack grass or couch grass
- Red fescue
- Ribwort
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Velvet grass
- Wild oat
- Wormwood
Metal sensitivities analysis

06.
Metal sensitivities analysis

What is metal toxicity?
Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium. Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of lead-based paints. Symptoms vary between the different types of heavy metals.

What to do if you have high levels of exposure?
It is important to look at lowering your day-to-day level of exposure. Consider your environment, the foods you eat, water, cosmetics and cleaning products.

The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones. You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

Potential sources in your environment
Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

**Food** - Pesticides, insecticides and herbicides used on crops can lead to contaminated food produce. Contaminated water can result in fish and seafood containing heavy metals.

**Water** – Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your water.

**Air** – Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

**Cosmetics** – Lead, arsenic, mercury, aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

**Cleaning products** – Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.
Interpreting your results

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

Ideally the metals will show no reactivity in testing. If however there are metals identified as moderate or high reactivity do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

**High Reactivity**
These are the metals that our testing shows are at a level that could lead to toxicity.

**Moderate Reactivity**
These are the metals that our testing shows risk being at a level that may lead to toxicity.

**No Reactivity**
These are the metals that our testing shows are not at a level that could lead to toxicity.
Your metal sensitivities overview

High Reactivity

No metals have been identified as high reactivity according to our testing parameters.

Moderate Reactivity

- Argon (A)
- Fluorine (F)
- Nickel (Ni)
- Samarium (Sm)
- Silver (Ag)
- Tin (Sn)
- Zirconium (Zr)

These metals have been identified as ones to which you should monitor your exposure.

It is also recommended that you aid your body’s natural detoxification processes by ensuring you drink plenty of filtered water, eat a diet that is rich in wholefoods (particularly fruits and vegetables), avoid processed foods, reduce caffeine and/or alcohol intake, lower nicotine usage and exercise regularly.

No Reactivity

These metals have been identified as being at a low or no reactivity level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.
Metal sensitivities detailed analysis

Metal sensitivities

- Aluminium (Al)
- Argon (A)
- Barium (Ba)
- Bismuth (Bi)
- Caesium (Cs)
- Cerium (Ce)
- Chromium (Cr)
- Copper (Cu)
- Fluorine (F)
- Gallium (Ga)
- Gold (Au)
- Holmium (Ho)
- Iridium (Ir)
- Lithium (Li)
- Mercury (Hg)
- Nickel (Ni)
- Platinum (Pt)
- Rhenium (Re)
- Rubidium (Rb)
- Samarium (Sm)
- Selenium (Se)
- Silver (Ag)
- Sulphur (S)
- Tin (Sn)
- Vanadium (V)
- Zirconium (Zr)
Mineral and other nutrient analysis
Mineral and other nutrient analysis

Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What are phyto nutrients?

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see ‘The role of food types’ in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Interpreting your results

Outside Range
The level of the mineral or other nutrient in your body falls below the normal range according to our testing parameters.

Within Range
The level of the mineral or other nutrient in your body falls within the normal range according to our testing parameters.
Your mineral and other nutrient overview

Outside Range

• Beta-carotene
• Genistein
• Iron

These minerals and/or other nutrients have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see ‘The role of food types’ in the Food Sensitivity section.

Within Range

• Allium
• Bio-flavonoids
• Calcium
• Chromium
• Copper
• Inositol
• Manganese
• Phosphorus
• Silica
• Sodium

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.
Mineral and other nutrient detailed analysis

Minerals

- Calcium
- Chromium
- Copper
- Iron
- Manganese
- Phosphorus
- Silica
- Sodium

Phyto- and other nutrients

- Allium
- Beta-carotene
- Bio-flavonoids
- Genistein
- Inositol
Vitamin A-K analysis
Vitamins A-K analysis

Low mineral levels

There are recommended daily amounts of each vitamin that should be consumed on a daily basis. However vitamin requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low vitamin levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What should you do if you have low vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most natural and best way of improving intake. Vitamins come from a variety of sources, the richest sources being unrefined choices. For guidance on specific vitamins and the foods where they are found see ‘The role of food types’ in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a vitamin deficiency please seek the advice of your physician.

Interpreting your results

Outside Range

The level of the vitamin in your body falls below the normal range according to our testing parameters.

Within Range

The level of the vitamin in your body falls within the normal range according to our testing parameters.
Your vitamins A-K overview

Outside Range

No vitamins have been identified as outside range according to our testing parameters.

These vitamins have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds, good quality meat, fish, eggs and dairy produce. For more specific guidance on the best sources of each vitamin please see ‘The role of food types’ in the Food Sensitivity section.

Within Range

- Vit. C
- Vit. E

These vitamins have been identified as falling within the normal range. Keep up the good work, ensuring a nutrient-rich daily diet to ensure your vitamin levels remain consistent.
Additives analysis
Additives analysis

What are additives?
Additives are substances, which are added to food for a specific reason such as; to improve the look or taste of a food, to preserve a food and make it last longer on the shelf, to aid food processing and manufacturing, to stabilise a food and keep it safe to eat.

The main types of additives are colourings, flavour enhancers, sweeteners, antioxidants, emulsifiers, stabilisers and preservatives. They can be natural, man-made but nature identical or artificial.

Interpreting your results
Interpreting your results is of course the important part! To help you with this you will find an overview of your additives results. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity
These are the additives that our testing shows you have sensitivity to.

Moderate Reactivity
These are the additives that our testing shows you could potentially have sensitivity to.

No Reactivity
These are the additives that our testing shows you do not have sensitivity to.
Your additives overview

**High Reactivity**

- E 200
- E 312

These additives have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these additives from your daily diet as far as possible.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

**Moderate Reactivity**

- E 104
- E 123
- E 1413
- E 1440
- E 150 a
- E 1505
- E 214
- E 216
- E 320
- E 445
- E 451
- E 463
- E 471

These additives have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the avoidance of moderate reactivity items thereafter. Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

It is also worth considering that having these items in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.
No Reactivity

These additives have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of additives showing no reaction in the additives detailed analysis section.
If you would like further information on a particular additive we have set out a variety of different sources you can use. In the appendix you will find details of the full name of each additive.

This website gives the names of branded products, which contain a given additive. Search the database using the full name of the additive rather than the number. For example under 'search for a product' put aspartame rather than E951.

This website gives a good level of detail on an extensive list of additives.

| E100-E200 | E600-E700 |
| E200-E300 | E900-E1000 |
| E300-E400 | E1000-E1300 |
| E400-E500 | E1400-E1500 |
| E500-E600 | E1500-E1525 |
## Additives detailed analysis

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### Preservatives

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Your next steps
This is where your journey to a healthier life begins

You have read through all of your results, so what now? As we said at the beginning of the report we believe that these test results can be the start of your journey towards a healthier life.

The next step we would recommend is the completion of an elimination diet. This entails the removal of all reactive foods for a period of time followed by reintroduction. The elimination diet is a powerful tool, which provides much clarity for individuals on which foods work for them and which do not.

Aims and objectives

Before you embark upon any new project, venture or undertaking, in this case making positive dietary changes, it is always good to write down your aims and objectives. You can refer back to these notes in times of doubt or to reflect on whether you achieved your objectives.

You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for the elimination diet and beyond.
Elimination diet
Elimination diet

What is an elimination diet?

An elimination diet is the removal of intolerant or problematic foods and drinks from your daily diet. It is conducted over a short period of time, normally around four weeks. In certain cases a person may be recommended to conduct a longer elimination diet, however generally around four weeks is sufficient time to get good results. At the end of this period you can reintroduce items one by one at the same time as monitoring your symptoms and general wellbeing.

How does it work?

In the removal and then reintroduction of items you get a clear understanding of those foods which make you feel good, allow you to think with clarity and leave you feeling energised and those which make you feel lethargic, sluggish, sap your energy levels and provoke symptoms like bloating or headaches.

Elimination phase

All high and medium reactive foods are removed from the diet, along with any known allergy or intolerant foods. You can eat freely from those foods in the no reactivity category. You should aim for this phase to last four weeks.

Reintroduction phase

During the reintroduction phase you should bring one item in at a time and then monitor symptoms for the next two days.

You will find a reintroduction diary at the end of this section where you can note the food and drinks that you consume along with any symptoms you experience.
What can’t you eat on an elimination diet?
Each person will be different in the foods they should eliminate during the elimination phase. The priority items to remove are those, which are shown in the high reactivity category. If eliminating these items alone seems like a big undertaking stick with the removal of only these items. However if you feel you can also achieve the removal of those foods in the medium reactivity category during the elimination phase also do so.

You must also respect any known allergies or intolerances. For example if you know you are allergic to wheat or lactose intolerant and it comes up in the no reactivity section, do not bring it back into your diet.

What can you eat on an elimination diet?
You can eat any items, which are shown as having no reactivity, except any to which you have known allergies or intolerances.

What’s important during an elimination diet?
In removing items from your diet you are also removing nutrients. Whilst it is only for a short period of time it remains important that you maintain a good daily intake of vitamins and minerals through your diet. Please consult ‘the role of food types’ page to ensure that in the removal of items you are still getting the given nutrient through other sources.

What happens after an elimination diet?
Following an elimination diet you should have good clarity on which foods work well for you and which provoke symptoms or make you feel less than your best. If you do find there are items or food groups, which provoke symptoms, it is worth considering the reduction or removal of these items from your diet.

Should you choose to greatly reduce or eliminate an item or food group from your diet ensure you replace the nutrients you would have got from the item or food group with alternative sources.

To get the best from your diet and to support your health and wellbeing ensure that, in the most part, your food comes from non-processed, natural sources and contains a breadth of vitamins and minerals.
# Reintroduction diary

Date: __/__/__

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<th>NOTE SYMPTOMS</th>
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# E-number explainer

## Colourings

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<td>Sunset yellow FCF, orange yellow S</td>
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<td>Ammonia sulphite caramel</td>
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<tr>
<td>E 232</td>
<td>Sodium orthophenylphenate, orthophenylphenol</td>
</tr>
<tr>
<td>E 233</td>
<td>Thiabendazole</td>
</tr>
<tr>
<td>E 234</td>
<td>Nisin</td>
</tr>
<tr>
<td>E 235</td>
<td>Natamycin</td>
</tr>
<tr>
<td>E 239</td>
<td>examethylene-tetramine</td>
</tr>
<tr>
<td>E 242</td>
<td>Dimethyl dicarbonate</td>
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<tr>
<td>E 249</td>
<td>Potassium nitrite</td>
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<tr>
<td>E 250</td>
<td>Sodium nitrite</td>
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<tr>
<td>E 251</td>
<td>Sodium nitrate</td>
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<tr>
<td>E 252</td>
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<tr>
<td>E 260</td>
<td>Acetic acid</td>
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<tr>
<td>E 261</td>
<td>Potassium acetate, salt of acetic acid</td>
</tr>
<tr>
<td>E 262</td>
<td>Sodium acetate, salt of acetic acid</td>
</tr>
<tr>
<td>E 263</td>
<td>Calcium acetate, salt of acetic acid</td>
</tr>
<tr>
<td>E 270</td>
<td>Lactic acid</td>
</tr>
<tr>
<td>E 280</td>
<td>Propionic acid</td>
</tr>
<tr>
<td>E 281</td>
<td>Sodium propionate, propionic acid</td>
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<td>E 282</td>
<td>Calcium propionate, propionic acid</td>
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<tr>
<td>E 283</td>
<td>Potassium propionate, propionic acid</td>
</tr>
<tr>
<td>E 284</td>
<td>Boric acid</td>
</tr>
<tr>
<td>E 285</td>
<td>Sodium tetraborate, boric acid</td>
</tr>
<tr>
<td>E 290</td>
<td>Carbon dioxide, carbonic acid</td>
</tr>
<tr>
<td>E 296</td>
<td>Malic acid</td>
</tr>
<tr>
<td>E 297</td>
<td>Fumaric acid</td>
</tr>
</tbody>
</table>
E-number explainer continued...

Antioxidants
E 300  Ascorbic acid (L-) (vitamin C)
E 301  Sodium L-ascorbate (ascorbic acid)
E 302  Calcium L-ascorbate (ascorbic acid)
E 304  Ascorbyl palmitate/ascorbyl stearate
E 306  Natural tocopherols (vitamin E)
E 307  Synthetic alpha-tocopherol (tocopherol)
E 308  Synthetic gamma-tocopherol (tocopherol)
E 309  Synthetic delta-tocopherol (tocopherol)
E 310  Propyl gallate (gallate)
E 311  Octyl gallate (gallate)
E 312  Dodecyl gallate (gallate)
E 315  Isoascorbic acid
E 316  Sodium isoascorbate
E 320  Butylated hydroxyanisole (BHA)
E 321  Butylated hydroxytoluene
E 322  Lecithins
E 325  Sodium lactate (salts from lactic acid)
E 326  Potassium lactate (salts from lactic acid)
E 327  Calcium lactate (salts from lactic acid)
E 330  Citric acid
E 331  Monosodium citrate, disodium c., trisodium c.
E 332  Monopotassium citrate, tripotassium c.
E 333  Monocalcium citrate, dicalcium c., tricalcium c.
E 334  Tartaric acid (L+), tartaric acid
E 335  Monosodium tartrate, disodium tartrate
E 336  Monopotassium tartrate, dipotassium tartrate
E 337  Sodium potassium tartrate (salts from tartaric acid)
E 338  Orthophosphoric acid, phosphoric acid
E 342  Sodium malate, sodium hydrogen malate
E 343  Potassium malate (salts from malic acid)
E 344  Calcium malate, calcium hydrogen m.
E 345  Metatartaric acid
E 346  Calcium tartrate (salts from malic acid)
E 347  Adipic acid
E 348  Sodium adipate
E 349  Potassium adipate
E 350  Succinic acid
E 351  Triammonium citrate (salts from citric acid)
E 352  Calcium sodium ethylene diamine tetra-acetate (EDTA)

Thickening, setting and moisturising agents
E 400  Alginic acid, alginate
E 401  Sodium alginate, alginate
E 402  Potassium alginate, alginate
E 403  Ammonium alginate, alginate
E 404  Calcium alginate, alginate
E 405  Propylene glycol alginate, alginate
E 406  Agar
E 407  Carrageenan
E 407 a  Eucheuma algae, treated
E 408  Locust bean gum, carob gum
E 413  Tragacanth
E 414  Gum arabic
E 415  Xanthan gum
E 417  Tara meal
E 418  Geliane
E 420  Sorbit, sorbit syrup
E 421  Mannite
E 422  Glycerine

Emulsifiers
E 422  Sorbitan monostearate (polysorbate 60)
E 423  Sorbitan monolaurate
E 424  Sorbitan tristearate (polysorbate 65)
E 425  Sorbitan monooleate
E 426  Sorbitan monooleate
E 427  Sorbitan monostearate
E 428  Sorbitan monopalmitate
E 429  Sorbitan monolaurate
E 430  Sorbitan monooleate
E 431  Sorbitan monopalmitate
E 432  Polyglycerol polyricinoleate
E 433  Polyglycerol esters of fatty acids
E 434  Polyglycerol esters of mono and diglycerides
E 435  Mixed esters
E 436  Polyglycerol esters of mono and diglycerides
E 437  Mixed esters
E 438  Polyglycerol polyricinoleate
E 439  Polyglycerol esters of fatty acids
E 440  Pectin, amidated pectin
E 441  Sodium stearoyl-2-lactylate
E 442  Calcium stearoyl-2-lactylate
E 443  Stearoyl tartarate
E 444  Sorbitan monostearate
E 445  Sorbitan monooleate
E 446  Sorbitan monostearate
E 447  Citric acid esters of mono and diglycerides
E 448  Acetic acid esters of mono and diglycerides
E 449  Lactic acid esters of mono and diglycerides
E 450  Potassium and sodium diphosphates
E 451  Potassium and sodium triphosphates
E 452  Diacetyltartaric acid esters of mono and diglycerides
E 453  Citric acid esters of mono and diglycerides
E 454  Lactic acid esters of mono and diglycerides
E 455  Citric acid esters of mono and diglycerides
E 456  Lactic acid esters of mono and diglycerides
E 457  Citric acid esters of mono and diglycerides
E 458  Sorbitan monostearate
E 459  Sorbitan monopalmitate
E 460  Cellulose, microcrystalline cellulose, cellulose powder
E 461  Methylcellulose
E 462  Hydroxypropylcellulose
E 463  Hydroxypropylmethylcellulose
E 464  Methylethylcellulose
E 465  Carboxymethylcellulose
E 466  Polyvinyl alcohol
E 467  Polyglycerol esters of fatty acids
E 468  Polyglycerol polyricinoleate
E 469  Polyglycerol esters of fatty acids
E 470  Sodium-, potassium- and calcium salts
E 470 a  Mono- and diglycerides
E 471  Magnesium salts of fatty acids
E 472  Acetic acid esters of mono and diglycerides
E 472 a  Maleic acid esters of mono and diglycerides
E 473  Succrose esters of mono and diglycerides
E 474  Sucroglycerides
E 475  Polyglycerol esters of fatty acids
E 476  Polyglycerol polyricinoleate
E 477  Propylene glycol esters of fatty acids
E 478  Thermo-oxidised soya oil
E 479  Sodium stearoyl-2-lactylate
E 480  Calcium stearoyl-2-lactylate
E 481  Stearoyl tartarate
E 482  Sorbitan monostearate
E 483  Sorbitan monooleate
**Miscellaneous additives**

<table>
<thead>
<tr>
<th>E-number</th>
<th>Description</th>
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<tbody>
<tr>
<td>E 500</td>
<td>Sodium carbonate, sodium hydrogen carbonate, sodium sesquicarbonate</td>
</tr>
<tr>
<td>E 501</td>
<td>Potassium carbonate, potassium hydrogen carbonate</td>
</tr>
<tr>
<td>E 503</td>
<td>Ammonium carbonate, A.-hydrogen carbonate</td>
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<tr>
<td>E 504</td>
<td>Magnesium carbonate, M.-hydrogen carbonate</td>
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<tr>
<td>E 507</td>
<td>Hydrochloric acid</td>
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<td>E 508</td>
<td>Potassium chloride</td>
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<tr>
<td>E 509</td>
<td>Calcium chloride</td>
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<tr>
<td>E 511</td>
<td>Magnesium chloride</td>
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<td>E 512</td>
<td>Tin II Chloride</td>
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<td>E 513</td>
<td>Sulphuric acid</td>
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<tr>
<td>E 514</td>
<td>Sodium sulphate, sodium hydrogen sulphate</td>
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<tr>
<td>E 515</td>
<td>Potassium sulphate, potassium hydrogen sulphate</td>
</tr>
<tr>
<td>E 516</td>
<td>Calcium sulphate</td>
</tr>
<tr>
<td>E 517</td>
<td>Ammonium sulphate</td>
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<td>E 520</td>
<td>Aluminium sulphate</td>
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<td>E 521</td>
<td>Aluminium sodium sulphate</td>
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<td>E 522</td>
<td>Aluminium potassium sulphate</td>
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<td>E 523</td>
<td>Aluminium ammonium sulphate</td>
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<td>E 525</td>
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<tr>
<td>E 527</td>
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<td>E 528</td>
<td>Magnesium hydroxide</td>
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<td>E 529</td>
<td>Calcium oxide</td>
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<tr>
<td>E 530</td>
<td>Magnesium oxide</td>
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<tr>
<td>E 531</td>
<td>Sodium ferrocyanide</td>
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<tr>
<td>E 532</td>
<td>Potassium ferrocyanide</td>
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<tr>
<td>E 533</td>
<td>Calcium ferrocyanide</td>
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<tr>
<td>E 541</td>
<td>Sodium aluminium phosphate, sodium hydrogen phosphate</td>
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<tr>
<td>E 551</td>
<td>Silicon dioxide (silica)</td>
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<tr>
<td>E 552</td>
<td>Calcium silicate</td>
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<tr>
<td>E 553 a</td>
<td>Magnesium silicate, magnesium trisilicate</td>
</tr>
<tr>
<td>E 553 b</td>
<td>Talc</td>
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<tr>
<td>E 554</td>
<td>Aluminium sodium silicate</td>
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<tr>
<td>E 555</td>
<td>Aluminium potassium silicate</td>
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<td>E 556</td>
<td>Aluminium calcium silicate</td>
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<td>E 558</td>
<td>Bentonite</td>
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<td>E 559</td>
<td>Aluminium silicate (kaolin)</td>
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<td>E 570</td>
<td>Stearic acid (fatty acids)</td>
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<tr>
<td>E 574</td>
<td>Glucono-delta-lactone</td>
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<tr>
<td>E 575</td>
<td>Calcium glutamate</td>
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<td>E 576</td>
<td>Sodium glutamate</td>
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<td>E 577</td>
<td>Potassium glutamate</td>
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<tr>
<td>E 578</td>
<td>Calcium glutamate</td>
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<tr>
<td>E 579</td>
<td>Iron-II-gluconate</td>
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<td>E 585</td>
<td>Iron-II-lactate</td>
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**Flavour enhancers**

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<tr>
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<tbody>
<tr>
<td>E 620</td>
<td>Glutamic acid</td>
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<tr>
<td>E 621</td>
<td>Monosodium glutamate, sodium glutamate</td>
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<tr>
<td>E 622</td>
<td>Monopotassium glutamate, potassium glutamate</td>
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<tr>
<td>E 623</td>
<td>Calcium diglutamate, calcium glutamate</td>
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<tr>
<td>E 624</td>
<td>Monoammonium glutamate, ammonium glutamate</td>
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<tr>
<td>E 625</td>
<td>Magnesium diglutamate, magnesium glutamate</td>
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<tr>
<td>E 626</td>
<td>Guanylic acid, guanylate</td>
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<tr>
<td>E 627</td>
<td>Disodium guanylate, guanylate</td>
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<tr>
<td>E 628</td>
<td>Dipotassium guanylate, guanylate</td>
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<tr>
<td>E 629</td>
<td>Calcium guanylate, guanylate</td>
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<tr>
<td>E 630</td>
<td>Inosinic acid, inosinate</td>
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<tr>
<td>E 631</td>
<td>Disodium inosinate, inosinate</td>
</tr>
<tr>
<td>E 632</td>
<td>Dipotassium inosinate, inosinate</td>
</tr>
<tr>
<td>E 633</td>
<td>Dicalcium inosinate</td>
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<tr>
<td>E 634</td>
<td>Calcium 5'-ribonucleotide</td>
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<tr>
<td>E 635</td>
<td>Disodium 5'-ribonucleotides</td>
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<tr>
<td>E 640</td>
<td>Glycine and its sodium salts</td>
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<tr>
<td>E 900</td>
<td>Dimethylpolysiloxane</td>
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<tr>
<td>E 901</td>
<td>Bees wax, white and yellow</td>
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<tr>
<td>E 902</td>
<td>Candelilla wax</td>
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<tr>
<td>E 903</td>
<td>Carnauba wax</td>
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<tr>
<td>E 904</td>
<td>Shellac</td>
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<tr>
<td>E 912</td>
<td>Montan wax</td>
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<td>E 914</td>
<td>Polyethylene waxes</td>
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<tr>
<td>E 927</td>
<td>vCarbonate</td>
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<td>E 938</td>
<td>Argon</td>
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**Sweeteners**

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<tr>
<td>E 939</td>
<td>Helium</td>
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<tr>
<td>E 941</td>
<td>Nitrogen</td>
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<tr>
<td>E 942</td>
<td>Nitrous oxide</td>
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<tr>
<td>E 948</td>
<td>Oxygen</td>
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<tr>
<td>E 950</td>
<td>Acesulfame K, acesulfame potassium</td>
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<tr>
<td>E 951</td>
<td>Aspartame</td>
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<tr>
<td>E 952</td>
<td>Cyclamate, cyclohexane sulphamido acid</td>
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<tr>
<td>E 953</td>
<td>Saccharin</td>
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<tr>
<td>E 954</td>
<td>Thaumatin</td>
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<tr>
<td>E 955</td>
<td>Neohesperidin DC</td>
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<tr>
<td>E 956</td>
<td>Maltitol, maltitol syrup</td>
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<tr>
<td>E 957</td>
<td>Lactitol</td>
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<td>E 958</td>
<td>Xylitol</td>
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<td>E 999</td>
<td>Quillaia extract</td>
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<tr>
<td>E 1105</td>
<td>Lysozyme</td>
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<td>E 1200</td>
<td>Polydextrose</td>
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<tr>
<td>E 1201</td>
<td>Polyvinylpyrrolidone</td>
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<tr>
<td>E 1202</td>
<td>Polyvinyl polyvinylidone</td>
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<tr>
<td>E 1404</td>
<td>Oxidised starch</td>
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<tr>
<td>E 1410</td>
<td>Monostarch phosphate (modified starch)</td>
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<td>E 1412</td>
<td>D-starch phosphate (modified starch)</td>
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<tr>
<td>E 1413</td>
<td>Phosphatised D-starch phosphate (modified starch)</td>
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<tr>
<td>E 1414</td>
<td>Acetylated D-starch phosphate (modified starch)</td>
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<td>E 1420</td>
<td>Acetylated starch (modified starch)</td>
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<tr>
<td>E 1105</td>
<td>Acetylated di-starch adipate (modified starch)</td>
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<td>E 1440</td>
<td>Hydroxypropyl starch (modified starch)</td>
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<tr>
<td>E 1442</td>
<td>Hydroxypropyl di-starch phosphate (modified starch)</td>
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<td>E 1450</td>
<td>Starch sodium octenylsuccinate (modified starch)</td>
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<tr>
<td>E 1505</td>
<td>Triethyl citrate</td>
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<tr>
<td>E 1518</td>
<td>Glycerine triacetate (triacetin)</td>
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</tbody>
</table>
Metal potential sources

**Aluminium**
Can be found in: Cans, foils, kitchen utensils, window frames and beer kegs

**Antimony**
Can be found in: Batteries, low friction metals and cable sheathing

**Argon**
Can be found in: Welding and light bulbs

**Arsenic**
Can be found in: Rat poisons and insecticides

**Barium**
Can be found in: Paints, fireworks, some medicines and the process of making glass

**Beryllium**
Can be found in: Springs, electrical contacts and spot-welding electrodes

**Bismuth**
Can be found in: Usually mixed with other metals

**Boron**
Can be found in: Clay pots, detergent, glass, flares and fibreglass

**Bromine**
Can be found in: Flame-retardants, water purification systems and dyes

**Cadmium**
Can be found in: Re-chargeable batteries

**Caesium**
Can be found in: Atomic clocks and photoelectric cells

**Cerium**
Can be found in: Air conditioners, computer and ovens

**Chlorine**
Can be found in: Bleach, papermaking, swimming pools

**Chromium**
Can be found in: Stainless steel cutlery, wood preservatives, dyes and pigments

**Cobalt**
Can be found in: Cutting tools and dyes

**Copper**
Can be found in: Electrical generators and motors

**Dysprosium**
Can be found in: Lasers and many alloys

**Fluorine**
Can be found in: Toothpaste and etched glass

**Gadolinium**
Can be found in: Many alloys

**Germanium**
Can be found in: Glass lenses, fluorescent lights, electronics and many alloys

**Gold**
Can be found in: Jewellery

**Hafnium**
Can be found in: Many alloys

**Holmium**
Can be found in: Lasers

**Indium**
Can be found in: Electronics and mirrors

**Iridium**
Can be found in: Alloys and materials that need to withstand high temperatures

**Lead**
Can be found in: Lead-acid storage batteries

**Lithium**
Can be found in: Rechargeable non-rechargeable batteries, some medications and alloys

**Mercury**
Can be found in: Batteries, fluorescent lights, felt production, thermometers and barometers

**Molybdenum**
Can be found in: Many alloys

**Nickel**
Can be found in: Stainless steel

**Palladium**
Can be found in: Car exhaust manufacture, dental fillings and jewellery

**Platinum**
Can be found in: Jewellery, decoration and dental work

**Radium**
Can be found in: Some medicines and glowing paints

**Rhenium**
Can be found in: Many alloys and flash photography

**Rhodium**
Can be found in: Spark plugs and highly reflective materials

**Rubidium**
Can be found in: Many alloys and amalgams

**Samarium**
Can be found in: Many alloys and audio equipment

**Silicon**
Can be found in: Glass, pottery, computer chips and bricks

**Silver**
Can be found in: Jewellery

**Strontium**
Can be found in: Firework production, tin cans (food)

**Sulphur**
Can be found in: Medicines, fertilisers, fireworks and matches

**Tantalum**
Can be found in: Surgical equipment and camera lenses

**Tin**
Can be found in: Alloying metal

**Titanium**
Can be found in: Alloying metal

**Vanadium**
Can be found in: Alloying metal

**Zinc**
Can be found in: Many alloys, paint, fluorescent lights and the process of making plastic

**Zirconium**
Can be found in: Corrosion resistant alloys, magnets and some gem stones
Contact Us

If you have any questions please get in touch with the Check My Body Health team on:

info@checkmybodyhealth.com

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