



Your results are here

A collage of various fresh vegetables including carrots, tomatoes, eggplants, and leafy greens, all overlaid with a semi-transparent blue filter.

Your Name

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Food sensitivities analysis

01.



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.

Vitamins & Minerals

Brain & nervous system function | **Beautiful skin, hair & nails** | **Prevents cancer** | **Normal muscle function**
Healthy eyes | **Healthy teeth** | **Healthy heart**

Energy source | **Prevents arthritis** | **Healthy thyroid** | **Healthy bones**
Anti-aging | **Immune system** | **Normal blood formation** | **Normal digestion**

Chicken	Carrots	A Retinol	Seeds	Beans & Lentils
Peppers	Butter	B1 Thiamine	Cheese	Almonds
Peas	Seafood	B2 Riboflavin	Liver	Nuts & Seeds
Yoghurt	Poultry	B5 Pantothenic Acid	Oysters	Lobster
Bananas	Avocado	B6 Pyridoxine	Tofu	Beans & Lentils
Asparagus	Fish & Meat	B9 Folate	Cashews	Whole-grain
Chicken	Avocado	C Ascorbic Acid	Cod	Tuna
Mushrooms	Grains	D Vitamin D	Shrimp	Eggs
Pork	Eggs	E Vitamin E	Bananas	Sweet Potatoes
Soy Beans	Bread	B3 Niacin	Oranges	Mushrooms
Asparagus	Beets	B7 Biotin	Leafy Greens	Dark Chocolate
Leafy Greens	Citrus Fruits	B12 Cobalamin	Raspberries	Seafood
Broccoli	Peppers	Ca Calcium	Nuts	Yeast Breads
Spinach	Potatoes	Cu Copper	Beans	Cured Meats
Fish	Beef	Fe Iron	Chicken	Sunflower Seeds
Mushrooms	Egg Yolks	I Iodine	Seafood	Nuts
Vegetable Oils	Leafy Greens	K Potassium	Brazil Nuts	Brown Rice
Nuts	Olives	Mg Magnesium	Ham	Spinach
Chicken	Peanuts	Na Sodium	Fish	Eggs
Tuna	Peas	P Phosphorus	Meat	Milk
Eggs Yolks	Avocado	Se Selenium	Leafy Greens	Chicken
Salmon	Sweet Potato	Si Silicon	Broccoli	Kiwi

Food sensitivities detailed analysis

Gluten-containing Cereals and Grains

- Barley
- Bread-brown
- Bread-granary
- Bread-rye
- Bread-white
- Bulgur wheat
- Farro
- Freekeh
- Kamut
- Noodles-wheat
- Oats
- Porridge oats
- Rye
- Sourdough
- Spelt
- Wheat

Gluten-free Cereals and Grains

- Almond flour
- Amaranth
- Arrowroot flour
- Buckwheat
- Chickpea flour
- Coconut flour
- Cornflakes
- Corn tortilla
- Garbanzo flour
- Hops
- Maize/corn flour
- Millet
- Oats-gluten-free
- Potato flour
- Quinoa
- Rice-brown
- Rice-white
- Rice-wild

- Sorghum flour
- Soya flour
- Taco shells (corn)
- Teff flour

Cheese

- Cheddar
- Cottage cheese
- Edam
- Goat's cheese
- Gouda
- Gruyere
- Halloumi
- Manchego
- Mozzarella
- Parmesan
- Red Leicester
- Soft cheese
- Stilton

Dairy and Egg

- A-lactalbumin
- B-lactoglobulin
- Butter
- Buttermilk
- Condensed milk
- Cream
- Egg
- Evaporated milk
- Ice cream
- Kefir
- Milk from cows
- Milk from goats
- Milk from sheep
- Sour cream
- Yogurt

Herbs and Spices

- Allspice
- Aniseed
- Aquafaba
- Arrow root
- Basil
- Bay leaf
- Cajun spice
- Caraway
- Cardomom
- Cayenne pepper
- Chervil
- Chicory
- Chinese horse radish
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Dill
- Douban jiang
- Fenugreek
- Five spice
- Ginger
- Horse radish
- Kaffir lime leaves
- Lemongrass
- Lovage seed
- Mace
- Marjoram
- Mint-fresh
- Miso
- Mustard
- Nutmeg
- Oregano
- Paprika
- Pepper-black
- Pepper-green
- Pepper-red
- Pepper-white
- Rosemary

- Saffron
- Sage
- Salt
- Star anise
- Sumac
- Tamarind
- Tarragon
- Thyme
- Turmeric

Drinks

- Ale
- Almond milk
- Apple juice
- Beer
- Brandy
- Cashew milk
- Champagne
- Cider
- Coconut milk
- Coconut water
- Coffee-barley substitute
- Coffee-black
- Cola
- Cranberry juice
- Gin
- Hazelnut milk
- Hemp milk
- Hot chocolate
- Lager
- Lemonade
- Oat milk
- Orange juice
- Ovaltine
- Pineapple juice
- Pisco
- Pomegranate juice
- Prosecco
- Red wine
- Rice milk

Non-food sensitivities analysis

03.



Non-food sensitivities detailed analysis

Organic compounds

- Alpha lipoic acid
- Ascorbic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Flavonoids
- Folate
- Folic acid
- Formic acid
- Gallic acid
- Iso-flavonoids
- L-Carnitine
- Lignans
- Lutein
- Lycopene
- Mallic acid
- Nicotinic acid
- Nucleic acid
- Omega 3
- Omega 6
- Oxalic acid
- Pantothenic acids
- Para Aminobenzoic acid
- Phytosterols
- Polyphenols
- Pro-anthocyanidins
- Pyridoxine
- Salicylic acid
- Saponins
- Sulforphane
- Tannins
- Tartaric acid
- Uric acid
- Zeaxanthin

Materials

- Cotton

- Leather
- Lycra
- Nylon
- Rubber
- Synthetic materials
- Velvet
- Wool

Miscellaneous

- Ampicilloyl
- Anisakis
- Artemisia fish food
- Aspergillus fumigatus
- Aspergillus niger
- Dust
- Farina secalis cerealis
- Fungus
- Horse bot fly
- House dust mite
- Penicilloyl
- Pigeon droppings
- Storage mite

Flowering plants

- Aster
- Chamomile
- Chrysanthemum
- Clover
- Dahlia
- Fireweed/great willow herb
- Goldenrod
- Hyacinth
- Lupine
- Marguerite
- Mulberry
- Narcissus
- New Belgian aster

- Primrose
- Rape
- Rose
- Scotch heather
- Tulip
- Wallflower

Grasses and Herbs

- Bermuda grass
- Buttercup
- Colonial bent grass
- Crested dog's-tail grass
- Dandelion
- Dead nettle
- Dock
- Herd's grass, timothy
- Hop
- Kentucky bluegrass
- Maize
- Meadow fescue
- Meadow fox tail
- Mugwort
- Orchard grass or cocksfoot grass
- Perennial ryegrass
- Pigweed
- Plantain
- Qack grass or couch grass
- Ragweed
- Red fescue
- Ribwort
- Saltbush
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Thistle
- Velvet grass
- Water reed

- Wild oat
- Wormwood

Insects

- Bee
- Mosquito
- Wasp

Shrubs

- Blackberry
- Blueberry
- Currant bush
- Elder
- Hawthorn
- Hazel
- Jasmine
- Juniper
- Lilac
- Mangrove
- Privet
- Strawberry
- Tamarisk
- Tumbleweed
- Willow

Trees

- Alder
- Apple tree
- Ash
- Aspen
- Beech
- Betula verrico
- Birch
- Cherry tree
- Elm
- European beech
- European lime

Mineral and other nutrient analysis

05.



Mineral and other nutrient detailed analysis

Minerals

- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Silica
- Sodium
- Zinc

Phyto- and other nutrients

- Allium
- Anthocyanidins
- Beta-carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol

Vitamin A-K analysis

06.



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

- Choline
- Vit. A
- Vit. B1
- Vit. B12
- Vit. B2
- Vit. B3
- Vit. B5
- Vit. B6
- Vit. B7
- Vit. C
- Vit. D
- Vit. E
- Vit. K
- Vitamin B9

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.

Gut health analysis

08.



Your gut health overview

Low

- Bacillus coagulans
- Bifidobacterium bifidum
- Bifidobacterium infantis
- Lactobacillus acidophilus
- Lactobacillus reuteri
- Streptococcus thermo.

These strains of bacteria have been identified as falling below the normal range. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut.

Normal

No strains of bacteria have been identified as normal according to our testing parameters. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut. These strains of bacteria have been identified as falling within the normal range. Keep up the great work in providing your gut with lots of high fibre foods to keep the bacteria well nourished.

Gut health analysis

Why is gut health important?

Each person has their own unique combination of bacteria, which is established and develops through their environment but also, and importantly, the food choices made. The presence and balance of bacteria within the gut is now known to be of great importance for our health and wellbeing. Factors such as elevated stress levels, a diet low fibre and/or high in sugar and the usage of antibiotics can greatly affect our levels and balance of bacteria.

Intestinal flora affects your health

The microbes that live inside your intestines influence your health in beneficial and harmful ways



Immunity
Providing a physical barrier to invasive microbes, our gut flora enhances the functionality of the immune system.

Vitamins
Bacteria in the gut plays a direct role in the synthesis of vitamins B and K as well as the absorption of calcium and iron.

Metabolism
Metabolic activity of the gut flora allows our body to utilize food that would otherwise not be digested.

Obesity
In 2009, Dr. Krajmalnic-Brown discovered gut bacteria of obese patients differs significantly from normal individuals.

Inflammation
Gut flora likely plays a major role in the development of various inflammatory diseases including IBD and colitis.

Autism
New research by Dr. Krajmalnic-Brown suggests a link between autism and decreased gut bacterial diversity.



What can be done to improve gut health?

The food choices we make have great impact on the levels of beneficial bacteria in our guts. Probiotic foods are those that contain live microorganisms and can positively affect the levels of bacteria in the gut. Probiotic foods are those such as good quality live yogurt, kefir, sauerkraut, miso, tempeh, kimchi, goat's cheese, olives, good quality dark chocolate and spirulina.

Bacteria need to feed on insoluble fibre foods, known as prebiotic foods, from our diet in order to flourish. Prebiotic foods include onion, garlic, leeks, cabbage, asparagus, chicory, artichoke, banana, apple, wheat bran, flaxseed and root vegetables.

Digestion analysis

09.



Your digestion overview

Low

- Enterokinase
- Trypsin & Chymotrypsin

These digestive enzymes have been identified as falling below the normal range. Look to include foods, which aid digestion in your daily diet.

Normal

- Amylase
- Lipase
- Pepsin

These digestive enzymes have been identified as falling within the normal range.

