

Test Results

Test Sample - Pet Plus Test

Dear Test,

17 April 2020

Please find attached your pet's intolerance test results. Within this report you will find a section listing all your pet's food intolerances.

Some of the items listed in your report will have an explanation next to them which further details your pet's intolerances. **All items which are listed in this report have an intolerance level of over 85%** as you will see from the percentage levels listed on the right-hand side. The reason we only report items above this threshold is because **85% is the point at which you would expect your pet to start experiencing symptoms of an intolerance.**

At the bottom of this report you will find information about the next steps to take.

We will endeavour to get back to you as soon as possible, so we can help you to understand your results.

Kind Regards,

Test Results

Food Items

These are the items which your sample has shown you will potentially have a reaction to, and therefore are showing a sensitivity. To further help you understand these items, each food item will have an explanation next to it to show you where it can be found.

All items tested are listed in your report, those which have a sensitivity level of over 85% are classed as an intolerance. The reason we report items above this threshold is because 85% is the point at which you would expect to start experiencing possible symptoms.

Apple Juice Juice made by squeezing the fruit.	●	70%
Banana A long, curved fruit with edible flesh and yellow skin.	●	1%
Beets (beetroot) - vegetable A dark red, rounded vegetable	●	93%
Buttermilk Buttermilk is the liquid left behind after churning butter out of cream.	●	13%
Cabbage - Green Common vegetable. This type being green in colour	●	15%
Caraway Seeds from a plant in the parsley family. Used in cooking/oils/seeds.	●	1%
Cheddar A relatively hard cheese that can differ in taste and texture.	●	98%
Cod A large edible marine fish.	●	64%
Cranberry juice Juice made by squeezing the fruit	●	44%
Dates A small round edible fruit.	●	56%
Duck A water bird, known for its short legs and webbed feet.	●	92%
Egg yolk The yellow part of an egg.	●	87%
Fig Fresh or dried - soft, sweet dark fruit.	●	11%
Grapes (White) This includes items made with grapes - i.e. wine.	●	50%
Halibut Northern marine fish, eaten worldwide.	●	69%
Honey Sweet, sticky liquid made from nectar regurgitated by bees.	●	63%
Kiwis Edible fruit with hairy skin and green flesh.	●	80%
Lamb Flesh of a young sheep.	●	68%
Lobster Large crustacean, flesh eaten cooked.	●	11%
Macadamia Nuts Edible nut from the macadamia tree.	●	8%

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Maize This is corn. It is used in products such as; corn flakes, polenta, tortillas.		58%		
Maple Syrup Maple syrup is a syrup usually made from the xylem sap of sugar maple, red maple, or black maple trees, although it can also be made from other maple species.		98%		
Milk lactose This indicates intolerance to lactose found within dairy milk.		90%		
Mint (Fresh) An aromatic plant often used in cooking		76%		
Orange juice Juice made by squeezing the fruit		2%		
Oyster sauce Usually dark brown, a condiment made from oyster extracts		79%		
Pineapple juice Juice made by squeezing the fruit		28%		
Pork Flesh of a pig.		87%		
Potatoes Starchy plant. Very common food.		1%		
Rabbit - meat Small plant-eating animal.		19%		
Raisins A partially dried grape.		2%		
Raspberries An edible soft fruit related to the blackberry, consisting of a cluster of reddish-pink drupelets.		89%		
Red Leicester A similar cheese to cheddar, more flavour and more crumbly. Red in appearance.		42%		
Rice - Brown Small brown grains		35%		
Sesame seed Oil rich seeds from the sesame plant.		5%		
Sole Edible flat fish.		38%		
Soya Includes all products made with the soya bean.		61%		
Spinach A dark green leafy vegetable that'll make you stronger!		58%		
Sunflower oil Oil extracted by compressing the seeds of the sunflower		71%		
Swede Large, yellow fleshed root vegetable.		71%		
Trout (Brown) Freshwater fish, often eaten.		55%		
Venison Flesh from a deer.		45%		
Wheat, whole grain Cereal grain.		20%		
Whitefish Common name for several species of fish - including cod, haddock, hake and pollock.		100%		

Non-Food/ Environmental Items

These items are classed as Non-Food Items, meaning they are not typically edible. The non-food items could be causing a reaction by being close to your skin via inhalation.

All the items tested are listed below, non-food items you have shown a reaction to will show an intolerance level of 85% or above. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

Barley (<i>Hordeum vulgare</i>) A major cultivated cereal grain. Often in beer.	●	43%
Bee Bees are flying insects closely related to wasps and ants, known for their role in pollination.	●	0%
Buckwheat This refers to the pollens and spores given from the plant	●	22%
Buttercup Small flower with shiny yellow petals.	●	79%
Cotton - plant A soft white fibrous substance which surrounds the seeds of the cotton plant and is made into textile fibre and thread for sewing. This is an intolerance to the cotton plant only; cotton fabric is fine to ear and use.	●	94%
Dandelion (<i>Taraxum duplidens</i>) A weed of the daisy flower. Known for its big, yellow flower.	●	62%
Dust Consists of particles from the atmosphere and environment, such as soil.	●	25%
Elder (<i>Sambucus nigra</i>) The plant that produces the elderberry.	●	3%
Goats Domesticated animal	●	59%
Goldenrod (<i>Solidago virgaurea</i>) Solidago virgaurea is an herbaceous perennial plant of the family Asteraceae	●	32%
Hamsters Small animal, often kept as a pet.	●	19%
Hazel (<i>Corylus avellana</i>) The common hazel tree	●	36%
Hornbeam (<i>Carpinus betulus</i>) A hardwood tree	●	0%
Japanese Millet A grass.	●	91%
Lupine (<i>Lupinus polyphyllus</i>) Lupinus polyphyllus is a species of lupine native to western North America from southern Alaska and British Columbia east to Quebec	●	0%
Peanut plant Grown underground, a popular nut. The peanut, also known as the groundnut, goober, or monkey nut. An intolerance to this does not mean an intolerance to the nut, simply the pollen from the plant.	●	31%
Perennial ryegrass (<i>Lolium perenne</i>) Also known as English ryegrass.	●	29%
Pine (<i>Pinus spp.</i>) A conifer tree	●	71%
Plantain (<i>Plantago major</i>) Common plant. Known for its broad, shell shaped leaf.	●	48%

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Primrose (Primulus) A widely spread woodland flower				● 67%
Rabbits - animal Small plant eating animal.				● 77%
Ragweed (Ambrosia elatior) A plant. A major cause of hay-fever.				● 26%
Red fescue (Festuca rubra) Common, tall grass - red in colour				● 19%
Sheep's wool Textile fibre obtained from sheep.				● 11%
Tall oat grass (Arrhenaterium elatius) Tall grass found meadows				● 64%
Wild oat (Avena fatua) A species of grass from the oat family.				● 9%
Willow Type of tree.				● 36%
Wool The fine, soft curly or wavy hair forming the coat of a sheep, goat, or similar animal, especially when shorn and prepared for use in making cloth or yarn.				● 61%
Wormwood (Artemisia absinthium) A plant and herb. Used in absinthe, also used as a flavouring for some wines and spirits.				● 76%

What do I do now?

- **Don't Panic:**

Firstly, please do not panic after initially reading your pet's report. Although it seems daunting, your pet will still be the happy and healthy, cuddly creature that you love so much. Seeing their intolerances written down may seem daunting but there is no need to panic. There may be some items listed in your report that you have never eaten or come into contact with, but this is quite normal so do not worry.

On the other hand, there may be items on the list that your pet often eats or are exposed to on a regular basis. These are the items that you are going to need to focus on eliminating from their diet and environment.

- **What do my test results mean?**

All the items listed on this report have an intolerance level of 85% or over so they will give your pet reactions in some way. These reactions can range from minimal to severe. Intolerances can change depending on someone's diet and environment, meaning that an item that they have never had problems with before could suddenly be causing your symptoms.

This is because if your pet is eating something or has come into contact with it, then their body will try to assimilate it. If your pet's immune system is low or has overindulged on certain food items, then your body will struggle to assimilate the food item and you will suffer from various symptoms. These symptoms include, but are not limited to **stomach problems and fatigue**. When this happens, it is known as an intolerance.

- **What should I do now?**

The foods and items that have shown up as an intolerance need to be taken out of your pet's diet. We recommend that you eliminate these items from their diet for the recommended period of six to eight weeks to get the most benefit from their report. You should try and eliminate all of the listed items at the same time, and although we understand that this can be difficult if they are eaten on a regular basis. The sooner you eliminate them the sooner your pet will begin to feel better.

After you have completed your elimination diet and six to eight weeks have passed, you can begin to consider adding the eliminated items back into your diet. It is important that you do this one item at a time because food intolerances do not show up immediately, and the symptoms can appear up to 72 hours after you have ingested the food. The best way to achieve your elimination diet is to keep a diary and track when you are eating certain foods. Therefore, if your pet does suffer any symptoms then this means that they have a strong intolerance to this item and so will need to avoid it for a further two weeks. Please introduce the foods back into their diet slowly and keep track of their symptoms.

We realise that this may seem tedious, but we can assure you that it is the best way of understanding what items you are still intolerant to. Most of the time, an intolerance will disappear but there are occasions when your body simply does not want to accept something back into the system. This means that they have most likely developed a lifetime intolerance. Although this may seem difficult to deal with, it is something that they will get used to fairly quickly, especially if they are not suffering from associated symptoms anymore.

*** Please note ***

The information provided in this report should not be used as a diagnostic tool. It is a guide to your intolerances and lacking nutrients from the hair sample you produced on the given date. Any major changes to your diet should be supervised by your G.P.