

Food Intolerance & U

**Beat Your
Intolerances**





Julia

"Thank you for being the key to regaining my health back after 18 years of suffering. having done the food intolerance test and found my triggers, i can finally start living again"

Dr Nasr and his team helped me identify that I was intolerant to eggs, cow's milk dairy and gluten. Since my elimination I feel great. Thank you!

-DNA Patient

Nutrition & U Report



1.

Your Gut & U

Good health starts with the gut
The facts
What's going on inside?
What your results are saying

2.

How it Works

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3.

Your Test Results

Results at a glance

4.

Nutrition & U

Your doctor's recommendations
Your nutritional framework

5.

U and your Report

Your medical history
Your food intolerance lab results



1. Your Gut & U





Good Health Starts With The Gut

You've heard the age old saying that 'all disease begins in the gut'. Well, the food you eat and the lifestyle you lead has a profound impact on the state of your gut and importantly, its subsequent response to that food.

Generally speaking, foods are not normally harmful to us. However, in the presence of a compromised gut, the body treats harmless food protein as if it were harmful.

In such circumstances, the body uses the immune system to fight against these proteins, creating an inflammatory response.

It is this inflammatory response that can result in a variety of symptoms and signs.



If you are suffering from any of the following symptoms you may have food intolerances

Throat

- Geographic Tongue
- Hoarseness
- Itchy Palate
- Swollen Tonsils
- Sore Throat
- Throat Swelling

Cardiovascular

- Heart Arrhythmias
- Irregular Heartbeat

Gastrointestinal

- Abdominal Pain
- Bloating
- Crohn's Disease
- Celiac Disease
- Irritable Bowel
- Weight Gain / Obesity
- Burping
- Flatulence
- Constipation

Skin

- Eczema
- Swelling
- Dry/Cracked Skin
- Skin Rashes
- Weeping

Neurological

- ADHD
- Behavioral Problems
- Chronic Fatigue
- Depression
- Forgetfulness
- Insomnia
- Migraines

The Facts

1



Who

Affects up to 45% of the population

2



Age

Can develop at any age

3



Symptoms

Can be between 2 hours and 72 hours

4

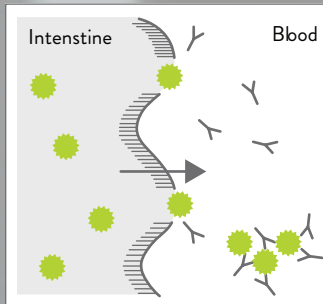


Cause

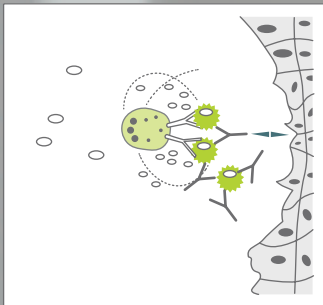
IgG is the most common antibody present in blood and other bodily fluids. It protects you against infections and any foreign proteins



What's Going On Inside



Immune complexes are formed and destroyed creating an inflammatory process which may result in tissue damage and symptoms or signs of disease



Intestinal wall is damaged, resulting in immune system initiating an immune response.

Get To Know Your Food Intolerances

Your DNA Health & Wellness food report is a concept that combines a sophisticated and reliable blood analysis for 216 of the most common intolerances across all food categories, including –

Gluten Containing Cereals	Gluten Free Cereals & Alternative Foods
Meat	Dairy & Egg
Fruits	Herbs & Spices
Nuts & Seeds	Vegetables
Legumes	Salads
Mush rooms	Fish & Se afood
Miscellaneous	

From this complete list, the test categorises these triggers based on how much they effect the IgG antibodies in your blood.

Overview: Strength of Reaction	Total Reactions
Class 5 & 6: strong reaction	19
Class 3 & 4: strong moderate reaction	13
Class 1 & 2: low moderate reaction	12
Class 0: no reaction	196
Not tested:	0
Total Tested	240/240

2.How It Works



Steps To Better Health

1



Get Ready

Where are you now with potential food intolerances

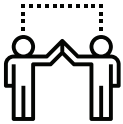
2



Testing

A simple blood test at one of our clinics which is then sent to a laboratory

3



Your Test Results

Identify trigger foods
Assess other potential issues

4



Nutrition & U

Personalised doctor & Clinical dietitian's plan
Guidance and support

5



Better Health

Find the food that suits you and achieve your health goals

What Your Results Are Saying

The test results show that you have raised IgG antibody titers to food(s). The number of IgG-positive foods indicates that your immune system responds with an adverse reaction to foods which normally should not be recognized by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body and culminate in a variety of symptoms and signs that you may be experiencing.

Our Experts Are Here For You

You may be feeling a little lost or over-whelmed by your report. That's why our customer service team will be in touch with you soon to book your follow-up appointment with our expert doctor and clinical dietitian.

They will be on hand to guide you through the process with three phases: the elimination phase, the re-introduction phase and the maintenance phase.

They will also be able to advise you on any further lifestyle advice and if any additional testing is advisable.



3.Your Test Results

Food	Cal 100g	Food	Cal 100g
Wheat	294	Potato	155
Onion	371	Tomato	19
Pot	147	Blueberries	49
Carrot	33	Cherry	49
Apple	49	Watermelon	20
Ginger	39	Cabbage	28
Lemon	21	Meat	157
Onion	22	Egg	57
Strawberry	41	Pear	95
Candy	296	Can	307
Pine	71	Pasta	699
Milk	94	Olive oil	94
Broth	209	Beans	518
Rice	121	Safflower seeds	



Your Results at a Glance



Your blood has been analysed for the presence of specific IgG antibodies foods to help you discover which foods are good for you and which are your unique trigger foods.

Your Trigger Foods



Overview: Strength of Reaction

Overview: Strength of Reaction	Total Reactions
Class 5 & 6: strong reaction	19
Class 3 & 4: strong moderate reaction	13
Class 1 & 2: low moderate reaction	12
Class 0: no reaction	196
Not tested:	0
Total Tested	240/240

4. Nutrition & U



A top-down view of a person's hands over a white spiral-bound notebook. The left hand holds a light-colored pencil, poised to write on the blank page. The right hand rests on the notebook. The scene is set on a light-colored surface, possibly marble, which is scattered with various food items: a slice of orange, a half of a red apple, a walnut, a date, a green leaf, and several small seeds and nut pieces. The person is wearing a light pink, textured sweater.

5. Your Medical History & Food Intolerance Results

Patient:
Date of birth:
Consultant:

Patient ID:
Date of reception
Date of report:

IGG4 TEST RESULTS

In this section you will find several tables visualizing your test results. After the first table, giving an overview about the number and class distribution of positive and negative tests for all food allergens, you will get an overview of the food group clusters and the result distribution for every group.

At least, there is a detailed list of every single test result, divided into food groups.

Overview: Strength of Reaction

Strength of Reaction	Total Reactions
Class 5 & 6: strong reaction	0
Class 3 & 4: stronger moderate reaction	1
Class 1 & 2: low moderate reaction	8
Class 0: no reaction	231
not tested:	0
Total Tested	240 / 240

The strength of your reaction is shown on a scale from class 0 to class 6.

Overview: Group Results

Group	No Reaction	Weak Reaction	Moderate Reaction	Strong Reaction
Dairy and Eggs	14	7	1	0
Fish & Sea Food	33	0	0	0
Meat	16	0	0	0
Vegetables	45	1	0	0
Starchy Vegetables	11	0	0	0
Spices	25	0	0	0
Fruits	33	0	0	0
Citrus Fruits	6	0	0	0
Beverages & Others	12	0	0	0
Cereals	18	0	0	0
Nuts and Seeds	18	0	0	0

Dairy and Eggs

Food Code	Food	Strength of the reaction						Class	kU/ml
f205	Yoghurt	●	●	●	●	○	○	Class 4	49.64 kU/L
f883	Cottage cheese	●	●	○	○	○	○	Class 2	1.97 kU/L
f810	Curd cheese	●	●	○	○	○	○	Class 2	1.94 kU/L
f198	Milk, boiled	●	●	○	○	○	○	Class 2	0.87 kU/L
f283	Buffalo milk	●	○	○	○	○	○	Class 1	0.49 kU/L
f78	Casein	●	○	○	○	○	○	Class 1	0.40 kU/L
f876	Cream cheese	●	○	○	○	○	○	Class 1	0.38 kU/L
f875	Mozzarella	●	○	○	○	○	○	Class 1	0.38 kU/L
f94	Camembert	○	○	○	○	○	○	Class 0	<0.35 kU/L
f873	Cheese, Emmentaler type	○	○	○	○	○	○	Class 0	<0.35 kU/L
f200	Cheese, Gouda	○	○	○	○	○	○	Class 0	<0.35 kU/L
f874	Cheese, Gruyere type	○	○	○	○	○	○	Class 0	<0.35 kU/L
f236	Cow whey	○	○	○	○	○	○	Class 0	<0.35 kU/L
f863	Cream	○	○	○	○	○	○	Class 0	<0.35 kU/L
f190	Edam cheese	○	○	○	○	○	○	Class 0	<0.35 kU/L
f1	Egg white	○	○	○	○	○	○	Class 0	<0.35 kU/L
f75	Egg yolk	○	○	○	○	○	○	Class 0	<0.35 kU/L
f203	Goat milk cheese	○	○	○	○	○	○	Class 0	<0.35 kU/L
f300	Goats milk	○	○	○	○	○	○	Class 0	<0.35 kU/L
f199	Milk	○	○	○	○	○	○	Class 0	<0.35 kU/L
f201	Parmesan	○	○	○	○	○	○	Class 0	<0.35 kU/L
f325	Sheeps milk	○	○	○	○	○	○	Class 0	<0.35 kU/L

Fish & Sea Food

Food Code	Food	Strength of the reaction						Class	kU/ml
f935	Abalone	○	○	○	○	○	○	Class 0	<0.35 kU/L
f172	Anchovy	○	○	○	○	○	○	Class 0	<0.35 kU/L
f37	Blue mussel	○	○	○	○	○	○	Class 0	<0.35 kU/L
f233	Carp	○	○	○	○	○	○	Class 0	<0.35 kU/L
f415	Caviar black	○	○	○	○	○	○	Class 0	<0.35 kU/L
f3	Cod	○	○	○	○	○	○	Class 0	<0.35 kU/L
f55	Eel	○	○	○	○	○	○	Class 0	<0.35 kU/L
f327	European catfish	○	○	○	○	○	○	Class 0	<0.35 kU/L
f231	Great crab	○	○	○	○	○	○	Class 0	<0.35 kU/L
f175	Haddock	○	○	○	○	○	○	Class 0	<0.35 kU/L
f307	Hake	○	○	○	○	○	○	Class 0	<0.35 kU/L
f902	Halibut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f21	Herring	○	○	○	○	○	○	Class 0	<0.35 kU/L
f80	Lobster	○	○	○	○	○	○	Class 0	<0.35 kU/L
f412	Lumpfish caviar	○	○	○	○	○	○	Class 0	<0.35 kU/L
f171	Mackerel	○	○	○	○	○	○	Class 0	<0.35 kU/L
f819	Octopus	○	○	○	○	○	○	Class 0	<0.35 kU/L
f177	Oyster	○	○	○	○	○	○	Class 0	<0.35 kU/L

Food Code	Food	Strength of the reaction						Class	kU/ml
f324	Perch	○	○	○	○	○	○	Class 0	<0.35 kU/L
f170	Pike	○	○	○	○	○	○	Class 0	<0.35 kU/L
f803	Pikeperch	○	○	○	○	○	○	Class 0	<0.35 kU/L
f152	Plaice	○	○	○	○	○	○	Class 0	<0.35 kU/L
f802	Pollock	○	○	○	○	○	○	Class 0	<0.35 kU/L
f41	Salmon	○	○	○	○	○	○	Class 0	<0.35 kU/L
f411	Salmon roe	○	○	○	○	○	○	Class 0	<0.35 kU/L
f173	Sardine	○	○	○	○	○	○	Class 0	<0.35 kU/L
f338	Scallop	○	○	○	○	○	○	Class 0	<0.35 kU/L
f24	Shrimp	○	○	○	○	○	○	Class 0	<0.35 kU/L
f174	Sole	○	○	○	○	○	○	Class 0	<0.35 kU/L
f176	Squid	○	○	○	○	○	○	Class 0	<0.35 kU/L
f930	Trout	○	○	○	○	○	○	Class 0	<0.35 kU/L
f40	Tuna	○	○	○	○	○	○	Class 0	<0.35 kU/L
f145	Turbot	○	○	○	○	○	○	Class 0	<0.35 kU/L

Meat

Food Code	Food	Strength of the reaction						Class	kU/ml
f27	Beef	○	○	○	○	○	○	Class 0	<0.35 kU/L
f83	Chicken	○	○	○	○	○	○	Class 0	<0.35 kU/L
f58	Duck	○	○	○	○	○	○	Class 0	<0.35 kU/L
f57	Goose	○	○	○	○	○	○	Class 0	<0.35 kU/L
f128	Grapevine snail	○	○	○	○	○	○	Class 0	<0.35 kU/L
f169	Horse	○	○	○	○	○	○	Class 0	<0.35 kU/L
f88	Lamb	○	○	○	○	○	○	Class 0	<0.35 kU/L
f284	Ostrich	○	○	○	○	○	○	Class 0	<0.35 kU/L
f26	Pork	○	○	○	○	○	○	Class 0	<0.35 kU/L
f572	Quail	○	○	○	○	○	○	Class 0	<0.35 kU/L
f804	Rabbit	○	○	○	○	○	○	Class 0	<0.35 kU/L
f867	Red deer	○	○	○	○	○	○	Class 0	<0.35 kU/L
f167	Roe deer	○	○	○	○	○	○	Class 0	<0.35 kU/L
f143	Turkey	○	○	○	○	○	○	Class 0	<0.35 kU/L
f271	Veal	○	○	○	○	○	○	Class 0	<0.35 kU/L
f166	Wild boar	○	○	○	○	○	○	Class 0	<0.35 kU/L

Vegetables

Food Code	Food	Strength of the reaction						Class	kU/ml
f197	Zucchini	●	●	○	○	○	○	Class 2	1.86 kU/L
f319	Artichoke	○	○	○	○	○	○	Class 0	<0.35 kU/L
f132	Asparagus	○	○	○	○	○	○	Class 0	<0.35 kU/L
f181	Avocado	○	○	○	○	○	○	Class 0	<0.35 kU/L
f471	Bear's garlic	○	○	○	○	○	○	Class 0	<0.35 kU/L
f191	Beet root	○	○	○	○	○	○	Class 0	<0.35 kU/L
f846	Boletus	○	○	○	○	○	○	Class 0	<0.35 kU/L

Patient: _____

Food Code	Food	Strength of the reaction						Class	kU/ml
f182	Broccoli	○	○	○	○	○	○	Class 0	<0.35 kU/L
f311	Brussels sprouts	○	○	○	○	○	○	Class 0	<0.35 kU/L
f141	Button mushroom	○	○	○	○	○	○	Class 0	<0.35 kU/L
f39	Cabbage	○	○	○	○	○	○	Class 0	<0.35 kU/L
s800	Capers	○	○	○	○	○	○	Class 0	<0.35 kU/L
f62	Cauliflower	○	○	○	○	○	○	Class 0	<0.35 kU/L
f85	Celery	○	○	○	○	○	○	Class 0	<0.35 kU/L
f843	Chanterelle	○	○	○	○	○	○	Class 0	<0.35 kU/L
f837	Chicory	○	○	○	○	○	○	Class 0	<0.35 kU/L
f183	Chinese cabbage	○	○	○	○	○	○	Class 0	<0.35 kU/L
f120	Cucumber	○	○	○	○	○	○	Class 0	<0.35 kU/L
f841	Dandelion	○	○	○	○	○	○	Class 0	<0.35 kU/L
f149	Eggplant	○	○	○	○	○	○	Class 0	<0.35 kU/L
f186	Fennel	○	○	○	○	○	○	Class 0	<0.35 kU/L
f47	Garlic	○	○	○	○	○	○	Class 0	<0.35 kU/L
f69	Horseradish	○	○	○	○	○	○	Class 0	<0.35 kU/L
f187	Kale	○	○	○	○	○	○	Class 0	<0.35 kU/L
f936	Kelp	○	○	○	○	○	○	Class 0	<0.35 kU/L
f163	Kohlrabi	○	○	○	○	○	○	Class 0	<0.35 kU/L
f66	Leek	○	○	○	○	○	○	Class 0	<0.35 kU/L
f194	Lettuce	○	○	○	○	○	○	Class 0	<0.35 kU/L
f844	Mushroom, Shitake	○	○	○	○	○	○	Class 0	<0.35 kU/L
f812	Olive, green	○	○	○	○	○	○	Class 0	<0.35 kU/L
f48	Onion	○	○	○	○	○	○	Class 0	<0.35 kU/L
f180	Oyster mushroom	○	○	○	○	○	○	Class 0	<0.35 kU/L
f189	Red cabbage	○	○	○	○	○	○	Class 0	<0.35 kU/L
f312	Roquette	○	○	○	○	○	○	Class 0	<0.35 kU/L
f193	Sauerkraut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f196	Savoy cabbage	○	○	○	○	○	○	Class 0	<0.35 kU/L
f481	Shallot	○	○	○	○	○	○	Class 0	<0.35 kU/L
f188	Small radish	○	○	○	○	○	○	Class 0	<0.35 kU/L
f142	Soy milk	○	○	○	○	○	○	Class 0	<0.35 kU/L
f38	Spinach	○	○	○	○	○	○	Class 0	<0.35 kU/L
f838	Stinging nettle	○	○	○	○	○	○	Class 0	<0.35 kU/L
f101	Swede	○	○	○	○	○	○	Class 0	<0.35 kU/L
f911	Tofu	○	○	○	○	○	○	Class 0	<0.35 kU/L
f25	Tomato	○	○	○	○	○	○	Class 0	<0.35 kU/L
f304	Turnip	○	○	○	○	○	○	Class 0	<0.35 kU/L
f310	White radish	○	○	○	○	○	○	Class 0	<0.35 kU/L

Starchy Vegetables

Food Code	Food	Strength of the reaction						Class	kU/ml
f950	Bean, green	○	○	○	○	○	○	Class 0	<0.35 kU/L
f288	Broad bean	○	○	○	○	○	○	Class 0	<0.35 kU/L
f31	Carrot	○	○	○	○	○	○	Class 0	<0.35 kU/L
f309	Chickpea	○	○	○	○	○	○	Class 0	<0.35 kU/L

Food Code	Food	Strength of the reaction						Class	kU/ml
f65	Lentil	○	○	○	○	○	○	Class 0	<0.35 kU/L
f651	Mung beans	○	○	○	○	○	○	Class 0	<0.35 kU/L
f12	Pea, green	○	○	○	○	○	○	Class 0	<0.35 kU/L
f35	Potato	○	○	○	○	○	○	Class 0	<0.35 kU/L
f952	Pumpkin	○	○	○	○	○	○	Class 0	<0.35 kU/L
f287	Red kidney bean	○	○	○	○	○	○	Class 0	<0.35 kU/L
f15	White bean	○	○	○	○	○	○	Class 0	<0.35 kU/L

Fruits

Food Code	Food	Strength of the reaction						Class	kU/ml
f49	Apple	○	○	○	○	○	○	Class 0	<0.35 kU/L
f168	Apricot	○	○	○	○	○	○	Class 0	<0.35 kU/L
f29	Banana	○	○	○	○	○	○	Class 0	<0.35 kU/L
f217	Black currant	○	○	○	○	○	○	Class 0	<0.35 kU/L
f207	Blackberry	○	○	○	○	○	○	Class 0	<0.35 kU/L
f206	Blueberry	○	○	○	○	○	○	Class 0	<0.35 kU/L
f211	Cranberry	○	○	○	○	○	○	Class 0	<0.35 kU/L
f222	Date	○	○	○	○	○	○	Class 0	<0.35 kU/L
f50	Grape	○	○	○	○	○	○	Class 0	<0.35 kU/L
f87	Honeydew melon	○	○	○	○	○	○	Class 0	<0.35 kU/L
f84	Kiwi fruit	○	○	○	○	○	○	Class 0	<0.35 kU/L
f943	Litchi	○	○	○	○	○	○	Class 0	<0.35 kU/L
f91	Mango	○	○	○	○	○	○	Class 0	<0.35 kU/L
f162	Nectarine	○	○	○	○	○	○	Class 0	<0.35 kU/L
f947	Papaya	○	○	○	○	○	○	Class 0	<0.35 kU/L
f948	Passion fruit	○	○	○	○	○	○	Class 0	<0.35 kU/L
f53	Peach	○	○	○	○	○	○	Class 0	<0.35 kU/L
f30	Pear	○	○	○	○	○	○	Class 0	<0.35 kU/L
f942	Persimon (kaki, sharon)	○	○	○	○	○	○	Class 0	<0.35 kU/L
f52	Pineapple	○	○	○	○	○	○	Class 0	<0.35 kU/L
f122	Plum	○	○	○	○	○	○	Class 0	<0.35 kU/L
f491	Pomegranates	○	○	○	○	○	○	Class 0	<0.35 kU/L
f213	Raisin	○	○	○	○	○	○	Class 0	<0.35 kU/L
f209	Raspberry	○	○	○	○	○	○	Class 0	<0.35 kU/L
f210	Red currant	○	○	○	○	○	○	Class 0	<0.35 kU/L
f343	Rose hip	○	○	○	○	○	○	Class 0	<0.35 kU/L
f212	Rhubarb	○	○	○	○	○	○	Class 0	<0.35 kU/L
f850	Sea buckthorn juice	○	○	○	○	○	○	Class 0	<0.35 kU/L
f44	Strawberry	○	○	○	○	○	○	Class 0	<0.35 kU/L
f842	Sugar melon	○	○	○	○	○	○	Class 0	<0.35 kU/L
f73	Sweet cherry	○	○	○	○	○	○	Class 0	<0.35 kU/L
f19	Sweet chestnut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f329	Water melon	○	○	○	○	○	○	Class 0	<0.35 kU/L

Citrus Fruits

Patient:

Food Code	Food	Strength of the reaction	Class	kU/ml
f146	Grapefruit	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f32	Lemon	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f306	Lime	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f34	Mandarine	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f33	Orange	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f92	Shaddock	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L

Beverages & Others

Food Code	Food	Strength of the reaction	Class	kU/ml
f45	Bakers yeast	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f99	Black tea	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f450	Brewers yeast	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f97	Cocoa	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f96	Camomille tea	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f226	Cane sugar	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f150	Carob	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f955	Coffee	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f848	Green tea	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f124	Honey	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f334	Hops	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f89	Mustard	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L

Cereals

Food Code	Food	Strength of the reaction	Class	kU/ml
f811	Amaranth	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f6	Barley	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f11	Buckwheat	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f159	Durum wheat	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f791	Gliadin	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f79	Gluten	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f831	Kamut wheat	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f8	Maize	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f90	Malt	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f164	Millet	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f7	Oat	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f832	Quinoa	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f9	Rice	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f5	Rye	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f14	Soy	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f158	Spelt	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f827	Sweet lupine	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L
f4	Wheat	○ ○ ○ ○ ○ ○	Class 0	<0.35 kU/L

Nuts and Seeds

Patient:

Food Code	Food	Strength of the reaction						Class	kU/ml
f10	Almond	○	○	○	○	○	○	Class 0	<0.35 kU/L
f157	Brazil nut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f16	Cashew nut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f103	Coconut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f818	Flax seed	○	○	○	○	○	○	Class 0	<0.35 kU/L
f18	Hazelnut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f204	Macadamia nut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f20	Peanut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f36	Pecan nut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f216	Pine nut, pignoles	○	○	○	○	○	○	Class 0	<0.35 kU/L
f345	Pistachio nut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f17	Poppy seed	○	○	○	○	○	○	Class 0	<0.35 kU/L
f156	Pumpkin seed	○	○	○	○	○	○	Class 0	<0.35 kU/L
f316	Rape seed	○	○	○	○	○	○	Class 0	<0.35 kU/L
f98	Sesame	○	○	○	○	○	○	Class 0	<0.35 kU/L
f165	Sunflower seed	○	○	○	○	○	○	Class 0	<0.35 kU/L
f834	Tigernut	○	○	○	○	○	○	Class 0	<0.35 kU/L
f13	Walnut	○	○	○	○	○	○	Class 0	<0.35 kU/L

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