

The Intolerance Testing Group



TITLE FIRST NAME LAST NAME
ADDRESS 1
ADDRESS 2
TOWN
POST/ZIP CODE COUNTY
UNITED KINGDOM

Dear FIRST NAME,

18/10/2014

Please find attached your nutritional deficiencies results. Everything on here has a nutritional deficiency level of under 15%. This means that all the nutrients listed are all very deficient within your system. We only report these as they are the ones likely to be causing you the most symptoms. However, your hair sample has been tested against all 80 nutrients.

The nutritional information found next to each nutrient is important, as a good balanced diet along with a healthy lifestyle can boost the immune system and reduce your intolerance levels. The nutrients that have shown as deficient in your system can easily be improved. Simply try and add in one or two of the recommended food items to your diet each day. Although it may be easier to use a vitamin supplement, it is always better to get your nutrients from a fresh source, as this will enter your body much faster.

In the meantime if you have any further questions, please don't hesitate to contact us at the following email address:

info@testyourintolerance.com

Kind Regards,

The Intolerance Testing Group

We have established that you have a deficiency for the following**Carnitine**

- Assists: Heart disease, High Cholesterol
- Supports: Turns fat into energy
- Sources: Red Meat, Pork, Tempeh, Cod, Chicken Breast, Ice Cream, Whole Milk
- Others:

Citrus bioflavonoids

- Assists: Heart disease, Free radicals
- Supports:
- Sources: Limes, Grapefruit, Orange, Lemon
- Others:

Copper

- Assists: Anaemia, Arthritis, Inflammatory bowel disease, Osteoarthritis, Osteoporosis,
- Supports: Connective tissues, Digestive system, Hair, Heart disorders, Skin disorders,
- Sources: Adzuki beans, Almonds, Apricots, Arugula, Asparagus, Avocado, Barley, Beans, Black eyed peas, Black pepper, Blackstrap molasses, Brazil nut, Brewer's yeast, Broccoli, Bulgar, Button mushrooms, Carob, Carrots, Cashews, Celery seeds, Cherries, Chestnuts, Clams, Cocoa, Coconut, Crab, Cranberries, Dates, Desiccated liver, Eggplant, Figs, Flaxseeds, Garbanzo beans, Grapes, Hazelnuts, Kale, Kiwi, Kumquat, Lemon, Lentils, Lobster, Macadamia nuts, Mandarin orange, Mango, Melon seeds, Miso, Mushrooms, Mussels, Mustard greens, Navy beans, Oats, Orange, Oysters, Parsnip, Peach, Peanuts, Pear, Pecans, Persimmon, Pine nuts, Pineapple, Pinto beans, Pistachio nuts, Pork, Pumpkin seeds, Quince, Quinoa, Radish, Raisins, Rice, Salmon, Sea vegetables, Sesame seeds, Soy beans, Sunflower seeds, Sweet chestnuts, Sweet potato, Tahini, Tempeh, Tofu, Triticale, Turnips, Venison, Walnuts, Wheat bran, Wheat germ
- Others:

Folate

- Assists:
- Supports:
- Sources: Almonds, Amaranth, Asparagus, Avocado, Beans, Beets, Belgium Endive, Black eyed peas, Blackberries, Broccoli, Brussels sprouts, Butterbeans, Butter head lettuce, Carrots, Cashews, Cauliflower, Corn, Curly kale, Fava beans, Garbanzo beans, Globe artichoke, Grapefruit, Green beans, Hazelnuts, Lemons, Lentils, Limes, Melon seeds, Miso, Muesli, Mulberries, Mung bean sprouts, Mustard cress, Okra, Orange, Pecans, Pinto beans, Pistachio nuts, Potato, Raspberries, Savoy cabbage, Soy beans, Spinach, Sweet potato, Swiss chard, Tofu, Walnuts
- Others:

Folic Acid

- Assists: Alzheimer's disease, Anxiety, Cancer, Depression, Heart attacks, Heart disease, Male infertility, Osteoporosis, Pregnancy
- Supports: Biliary system, Blood, Bones, Brain, Cardiovascular system, Heart disorders, Skeletal system, Teeth
- Sources: Adzuki beans, Artichoke, Arugula, Asparagus, Avocado, Banana, Barley, Beans, Beef, Beets, Bell pepper, Bok choy, Brewer's yeast, Broccoli, Brown rice, Brussels sprouts, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Chestnuts, Chicken, Chickpeas, Chilli peppers, Chinese cabbage, Cilantro, Corn, Cucumber, Dates, Egg plant, Figs, Grapefruit, Green beans, Kale, Kidney beans, Lamb, Leek, Lemon, Lentils, Lettuce, Lima beans, Limes, Mango, Milk, Mung beans, Mustard green, Oats, Onion, Orange, Oysters, Papaya, Parsnip, Peanuts, Peas, Pineapple, Pistachio nut, Pork, Pumpkin, Radish, Raspberries, Rice, Salmon, Sea vegetables, Sour cherries, Soy beans, Spinach, Strawberries, Sunflower seeds, Swiss chard, Tomato, Triticale, Tuna, Turnips, Watercress, Wheat, Wheat germ, Winter squash,
- Others:

Omega 6 fatty acids

- Assists: Acne, Allergies, Breast cancer, Diabetes, Eczema, Heart disease, High blood pressure, Obesity, Osteoporosis, PMS, Psoriasis, Rheumatoid arthritis
- Supports: Heart disorders, Skeletal system
- Sources: Blackcurrants, Brazil nuts, Corn, Flax seeds, Safflower oil, Sesame seeds, Sunflower oil, Sunflower seeds, Tahini
- Others:

Sulfur

- Assists: Aging, Bursitis, Cystitis, Eczema, Osteoarthritis, Psoriasis, Rheumatoid arthritis, Tendonitis, Warts
- Supports: Blood, Hair, Liver, Skin disorders
- Sources: Alfalfa sprouts, Apple, Asparagus, Beef, Brussels sprouts, Cabbage, Carrots, Chives, Cucumber, Eggs, Fish, Guava, Hazelnuts, Kale, Leek, Mango, Mustard cress, Onion, Pear, Persimmon, Poultry, Radish, Rye, Scallions, Shallots, Soy beans, Strawberries, Turnips, Wheat germ
- Others:

Tannins

- Assists: Burns, Cancer
- Supports: Skin disorders
- Sources: Apple, Carob, Cranberries, Redcurrants, Rhubarb, Wine
- Others:

Vanadium

- Assists: Cardiovascular disease, Diabetes, High blood pressure, Kidney disease
- Supports: Bones, Reproductive system, Teeth
- Sources: Black pepper, Fish, Mushroom, Olives, Radish
- Others:

Zeaxanthin

Assists: Cancer, Free radicals, Macular degeneration

Supports: Eyes

Sources: Leeks, Okra, Spinach, Swiss chard, Watercress

Others:

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