

YOUR WELLNESS REPORT

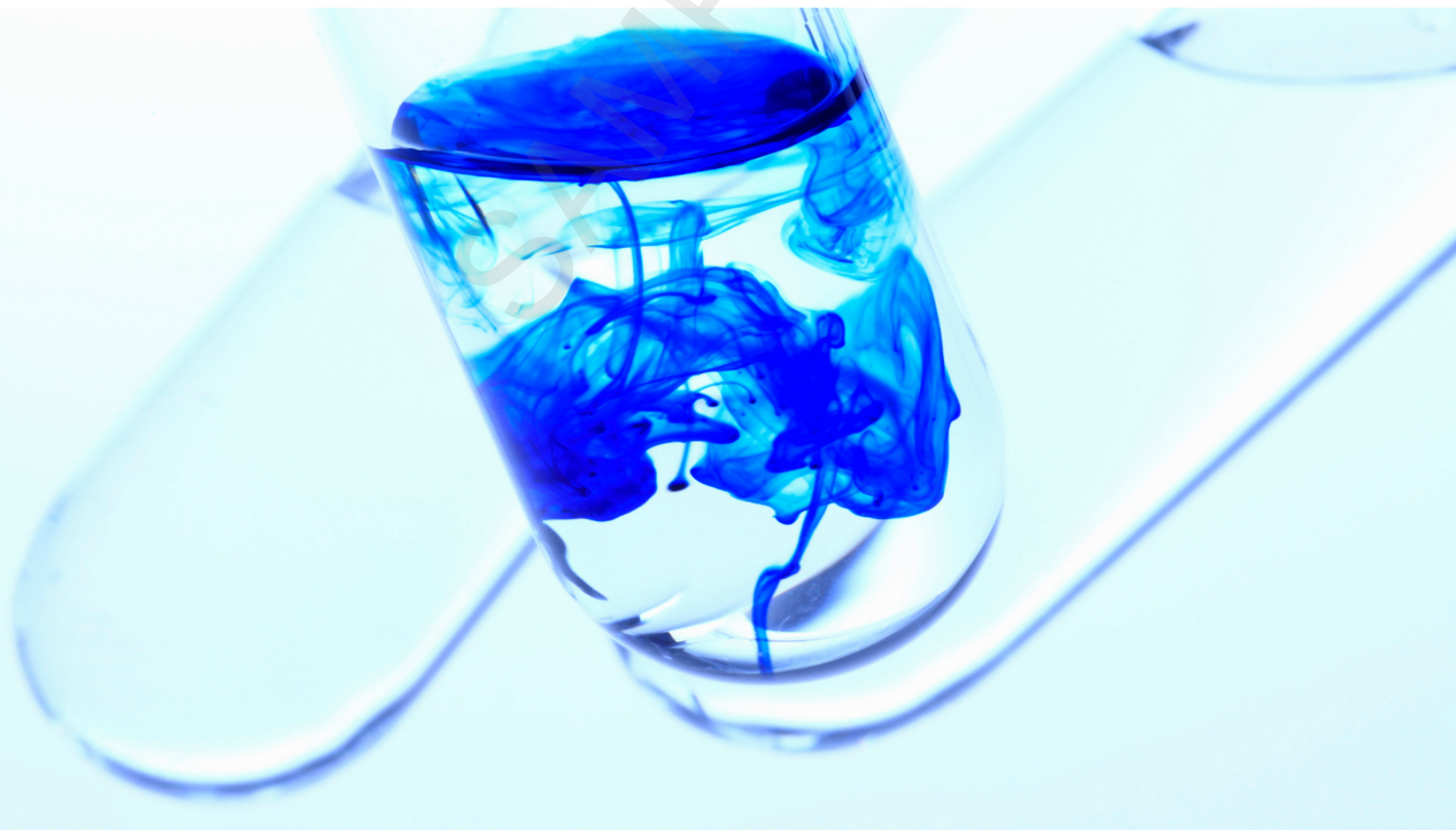


Name: Samantha Sample

Ref: A03US123456

Test: Advanced Food Intolerance Labs - Premium

Date: 2/3/2022



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12345123123125

Samantha,

Congratulations on taking the first step in your health and wellness journey.



Our lab technicians have analyzed your hair sample using our state-of-the-art biotechnology cellular testing, and your results are found in the pages to follow.

Your results are divided into sections dependent on the level of test purchased. Within each section, you will find an overview page and our color-coded key system; this will provide you with additional information to help you better understand your individualized results.

Each section varies, and the overviews help you interpret your results clearly and concisely.

On the last page of your results, you will find a "Next Steps" page that will provide you with information on what you need to do next to gain the most value from your results.

We look forward to facilitating a life best suited to you and your body's biological needs by helping you live a nutritious, energetic, healthy, and optimal life.

To your very best health,

Advanced Food Intolerance Labs

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CELLULAR
INTOLERANCE
TESTING



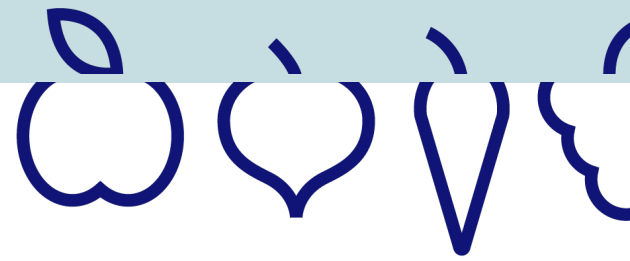
HOLISTIC
HEALTH



NON-INVASIVE



OVER 50,000
CLIENTS
WORLDWIDE



FOOD & DRINK INTOLERANCES



FOOD & DRINK INDICATOR



Inflammatory Causing Food & Drinks

These will be highlighted in red and are NOT beneficial for you to consume for the following 6 to 8 weeks.



Neutral Food & Drinks

These will be highlighted in orange and should be consumed as little as possible for the following 6 to 8 weeks.



Beneficial Food & Drinks

These will be highlighted in green and can be consumed for the following 6 to 8 weeks.

WE TEST FOR SENSITIVITIES,
NOT ALLERGIES.



If you know you have a known allergy to any particular item you have been tested for, please abstain from consuming this item entirely.




If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.



Please note, we will not be able to give out any medical related or allergy related advice.

FOOD & DRINK

Cereals & Grains

 With Gluten <i>Semolina</i>	 With Gluten <i>Barley</i>	 Without Gluten <i>Quinoa</i>	 With Gluten <i>Couscous</i>	 Without Gluten <i>Buckwheat</i>
 With Gluten <i>Porridge Oats</i>	 Without Gluten <i>Rice (Brown)</i>	 With Gluten <i>Farro</i>	 Without Gluten <i>Flour (Sorghum)</i>	 Without Gluten <i>Rice (White)</i>
 With Gluten <i>Wheat (Brown)</i>	 Without Gluten <i>Flour (Oat)</i>	 With Gluten <i>Rye</i>	 With Gluten <i>Spelt</i>	 Without Gluten <i>Flour (Almond)</i>
 Without Gluten <i>Flour (Arrowroot)</i>	 With Gluten <i>Kamut</i>	 Without Gluten <i>Polenta</i>	 Without Gluten <i>Flour (Teff)</i>	 Without Gluten <i>Rice (Wild)</i>
 With Gluten <i>Wheat (White)</i>	 Without Gluten <i>Flour (Corn)</i>	 With Gluten <i>Wheat (Bulgar)</i>	 Without Gluten <i>Flour (Potato)</i>	

Dairy & Milks

 Cheese (Cheddar)	 Casein	 Cheese (Halloumi)	 Cheese (Monterrey Jack)	 Cheese (Mozzarella Buffalo)
 Buttermilk	 Cheese (Pecorino Romano)	 Cream (Sour)	 Yogurt (Greek)	 Cheese (Brie)
 Cheese (Roquefort)	 Cheese (Stilton)	 Kefir	 Milk (Goat)	 Cream (Heavy Whipping)
 Milk (Sheep)	 Cheese (Feta - Goat & Sheep)	 Lactose	 Cheese (Ricotta)	 Cheese (Gruyere)
 Cheese (Paneer)	 Cheese (Swiss)	 Milk (Cow)	 Cheese (Provolone)	 Cheese (Cottage)
 Cheese (Camembert)	 Beta Lactoglobulin	 Cheese (Pepper Jack)	 Quark	 Yogurt (Cow)
 Creme (Fraiche)	 Cheese (Parmasan)	 Butter	 A-Lactalbumin	 Cheese (Gouda)
 Cheese (Manchego)	 Yogurt (Goat)			

Dairy Alternatives

 Milk (Soya)	 Yogurt (Oat)	 Milk (Almond)	 Milk (Hemp)	 Yogurt (Coconut)
 Yogurt (Almond)	 Milk (Rice)	 Yogurt (Soya)	 Milk (Oat)	 Milk (Coconut)

Drinks



Please note: While some alcoholic drinks may be listed in green, we still do not advocate that these should be consumed more than the standard recommended alcohol intake

Prosecco	Schnapps	Whisky	Brandy	Vodka
Coffee (black)	Tea (black)	Port	Sambucca	Rum
Tea (oolong)	Champagne	Tea (green)	Beer	Tea (rooibos)
Gin	Tea (chamomile)	Tea (jasmine)	Coconut Water	Vermouth
Tequila	Sake	Lager		









Fish & Seafood

Halibut	Oysters	Octopus	Sardine	Jon Dory
Prawns	Red Bass	Shrimp	Anchovies	Salmon
Trout (Rainbow)	Red Snapper	Trout (Brown)	Skate	Squid
Seabass	Haddock	Pilchard	Clams	Tilapia
Mahi Mahi	Blue Mussels	Tuna	Plaice	Swordfish
Black Bass	Perch	Cod	Lobster	Herring
Crayfish	Scallops	Sole	Hake	Crab
Flounder	Whitebait	Mackerel		

Fruits

Grapefruit	Lime	Kiwi	Pear	Cherries
Dates	Banana	Blueberries	Cranberry	Figs
Gooseberries	Mango	Melon (HoneyDew)	Mulberries	Strawberries
Apricot	Oranges	Raspberries	Avocado	Melon (Galia)
Plums (Damsons)	Mangosteen	Grapes (Green)	Nectarine	Waxberry Fruit
Mandarins	Grapes (Red)	Lychee	Apple	Pineapple
Wine (White)	Raisins	Passion Fruit	Loquat	Balsam Pear
Lemons	Peaches	Guava	Bilberry	Papaya
Blackberry	Quince	Carambola	Wine (Red)	Prunes
Pomegranate	Watermelon			

Herbs & Spices

 Pepper (black)	 Ginger	 Curry	 Thyme	 All spice
 Cinnamon	 Parsley	 Garlic	 Caraway	 Miso
 Bay Leaf	 Dill	 Nutmeg	 Paprika	 Cilantró
 Tarragon	 Mint	 Cardamom	 Clove	 Vinegar (Apple Cider)
 Rosemary	 Mustard	 Pepper (white)	 Cumin	 Soy sauce
 Basil	 Aniseed	 Fenugreek	 Oregano	 Salt (Pink Himalayan)
 Salt (Sea)	 Vinegar (Malt)	 Sage	 Turmeric	 Vinegar (Clear)
 Horse radish	 Mace	 Marjoram	 Vanilla	













Legumes

 Lentil	 Black Bean	 Edamame Beans	 Lima Beans	 Tofu
 Soya Beans	 Chickpeas	 Black Eye Peas	 Natto	 Broadbeans
 Sheitan	 Kidney Beans	 Navy Beans		

Meats & Eggs

 Egg Whole	 Egg Yolk	 Mutton	 Venison	 Duck
 Turkey	 Cornish Hen	 Moose	 Egg White	 Veal
 Sausage (Pork)	 Bison	 Elk meat	 Beef	 Lamb
 Liver (Lamb)	 Liver (Pork)	 Goat	 Rabbit	 Liver (Cow)
 Pork	 Bacon	 Goose	 Hare	 Chicken

Nuts

 Almonds	 Macademia Nuts	 Pine Nuts	 Hazelnut	 Chestnuts
 Brazil Nuts	 Coconut	 Peanuts	 Walnuts	 Pecan Nuts
 Pistachios	 Cashew			

Oils & Fats

 Pumpkin Seed Oil	 Sesame Oil	 Beef Dripping	 Evening Primrose Oi	 Hemp Seed Oil
 Coconut Oil	 Sunflower Oil	 Goose Fat	 Chicken Fat	 Lard
 Olive Oil	 Peanut Oil	 Cod Liver Oil	 Ghee	 Avocado Oil
 Flaxseed Oil				

Seeds

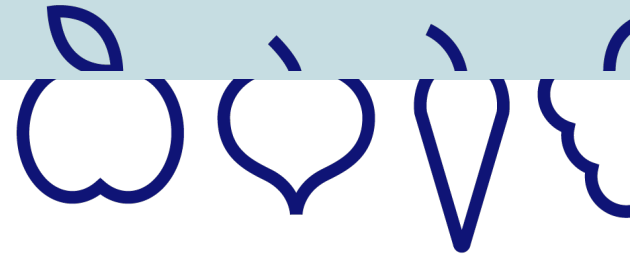
 Sunflower Seeds	 Fennel Seeds	 Poppy Seeds	 Sesame Seeds	 Chia Seeds
 Hemp Seeds	 Pumpkin Seeds	 Flaxseeds		

Sugars & Misc

 Maple Syrup	 Honey	 Yeast	 Chocolate (milk)	 Sugar (Brown)
 Barley Grass	 Wheatgrass	 Guar Gum	 Sugar (Beet)	 Baobab
 Sugar (White)	 Coco powder	 Molasses	 Chlorella	 Chocolate (dark)

Vegetables

 Zucchini	 Kale	 Cilantro	 Potato (white)	 Kohlrabi
 Beans (Green)	 Sea Vegetables (Kelp)	 Tomatoes	 Cassava	 Lettuce (Iceburg)
 Beetroot	 Arugula	 Cabbage	 Garlic	 Onion (white)
 Brussell Sprouts	 Escarole	 Turnip	 Olives (black)	 Cauliflower
 Okra	 Onion (red)	 Asparagus	 Plantain	 Mushroom (Oyster)
 Bell pepper (red)	 Bok Choy (Pak Choy)	 Mushroom (Portobello)	 Spinach	 Yams
 Endive	 Watercress	 Fennel Fresh	 Celery	 Parsley
 Squash	 Squash (Butternut)	 Artichoke	 Bell pepper (orange)	 Mushroom (Shiitake)
 Swede	 Potato (sweet)	 Cucumber	 Olives (green)	 Broccoli
 Eggplant	 Hearts of Palm	 Radish	 Swiss Chard	 Bell pepper (green)
 Bell pepper (yellow)	 Carrots	 Leeks	 Peas (garden)	 Pumpkin



HOUSEHOLD & ENVIRONMENTAL TOXINS



TOP 10 ENVIRONMENTAL & HOUSEHOLD TOXINS

You have been tested for 157 environmental toxins and 187 household toxins. The test has flagged the top 10 which are the most reactive in each category. These will be listed from 1 to 10, with 1 being the toxin you may be the most sensitive to and 10 being the least sensitive of the 10 listed



Did you know that toxins are present in many products you may use on a regular basis. They are in the cleaners used in your home, containers used to store your food, the shampoo you use, lotions or body care products you apply to your skin, as well as in many others items.

These toxins can be known as “endocrine disruptors” and have the ability to negatively affect your hormones. Balanced hormones are essential for your body to function at an optimal level as well as to lose weight when desirable.

Unbalanced hormones can create many health issues such as fatigue, weight gain, digestive issues, just to name a few. It is nearly impossible to completely eliminate your exposure to all toxins. However, by ensuring your body is cleansed and in a state of balance, you can transform your body and find an optimal level of health and wellness.

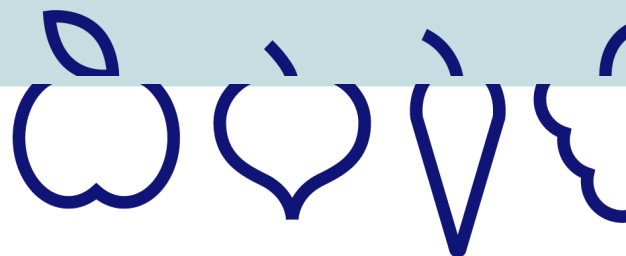
TOXINS

Top 10 identified inflammatory causing Household Toxins

1. Roniland Common pesticide
2. Lysol Deodorizing Cleaner Brand name scent enhanced chemical cleaner
3. Touchweeder Brand name of stick form of grass and weed killer
4. Tackle Cleaner (Zep Brand) Ammonium chloride
5. Escort Herbicide for woody vegetation for weed control
6. Folimat Insecticide applied to foliage for crop control
7. Warbex Chemical famphur that is used to treat animal insect infestations
8. Lysol Pine Action Brand name of all purpose cleaner with pine scent
9. Murphy Oil Soap Wood soap that is made with natural oils
10. Simazol-Gesatop Herbicide used in agriculture

Top 10 identified inflammatory causing Environmental Toxins

1. Ash (Fraxinus excelsior)
2. Cotton
3. Rats
4. Orchard grass (Dactylis glomerata)
5. Tin (from canned food)
6. Hawthorn (Crataegus spp.)
7. Walnut Tree
8. Cherry tree
9. Tansy ragwort (Senecio jacobaea)
10. Rabbits



HEAVY METALS



HEAVY METALS INDICATOR



High Sensitivity

Heavy metals you may be highly sensitive to will be identified by a red indicator.



Moderate Sensitivity

Heavy metals you may be moderately sensitive to are identified by an orange indicator.



No Reaction

Heavy metals you have shown no reaction to will be identified by a gray indicator.

























Heavy metals can be found in many common items such as canned food and drinks, skin care products, cosmetics, toothpaste, sunscreens, and moisturizers. They can be found in cigarettes, cleaning products, and heavily polluted areas as well.

Heavy metals cause blockages which disrupt the natural electrical current of the body. As these blockages accumulate over time, they force your body to store extra fat and water to encase the heavy metals and prevent them from damaging your body.

Completely eliminating heavy metal exposure is nearly impossible. However, being aware of your sensitivities and limiting your exposure to them, can help detoxify your body and restore the proper electrical balance within your body's cells enabling them to heal. This results in balanced health, weight loss, and better digestion.

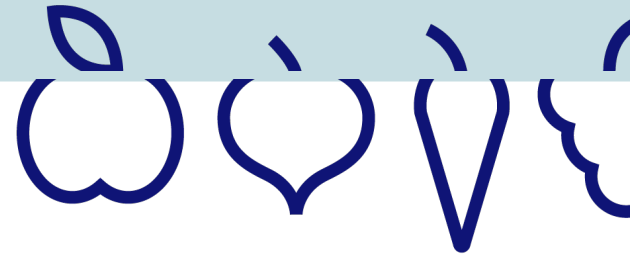
HEAVY METALS

Heavy Metal

 Rhodium	 Silver	 Titanium	 Palladium	 Mercury
 Zirconium	 Dysprosium	 Calcium	 Aluminium	 Iodine
 Barium	 Cadmium	 Cobalt	 Copper	 Bismuth
 Tin	 Uranium	 Tantalum	 Thorium	 Antimony
 Arsenic	 Platinum	 Chlorine	 Ruthenium	 Silicon
 Plutonium	 Sodium	 Germanium	 Manganese	 Strontium
 Radium	 Magnesium	 Chromium	 Lithium	 Hafnium
 Phosphorus	 Iron	 Boron	 Bromine	 Molybdenum
 Lutetium	 Rubidium	 Lead	 Vanadium	 Zinc
 Beryllium	 caesium	 Fluorine	 Gadolinium	 Indium
 Nickel	 Potassium	 Thallium		



Please note these Heavy Metals are not to be confused with minerals. To find out more about where these Heavy Metals are commonly found please refer to the information provided.



VITAMINS, MINERALS & FATTY ACIDS



VITAMINS, MINERALS & FATTY ACIDS

Moderate to High Cellular Deficiency



The marker will show up red on your results below.

Slight Cellular Deficiency



The marker will show up orange on your results below.

In Balance



The marker will show up green on your results below.

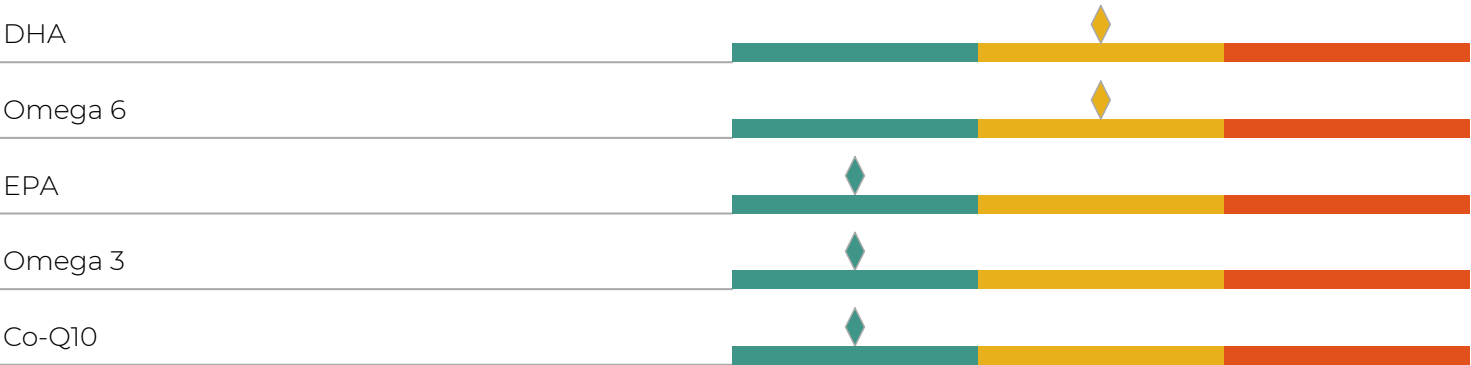


If you have received a blood test in which the results indicated or diagnosed any vitamin, mineral, or fatty acid deficiencies, we ask that you do not go against the recommendation of your healthcare provider regardless of the results provided here.

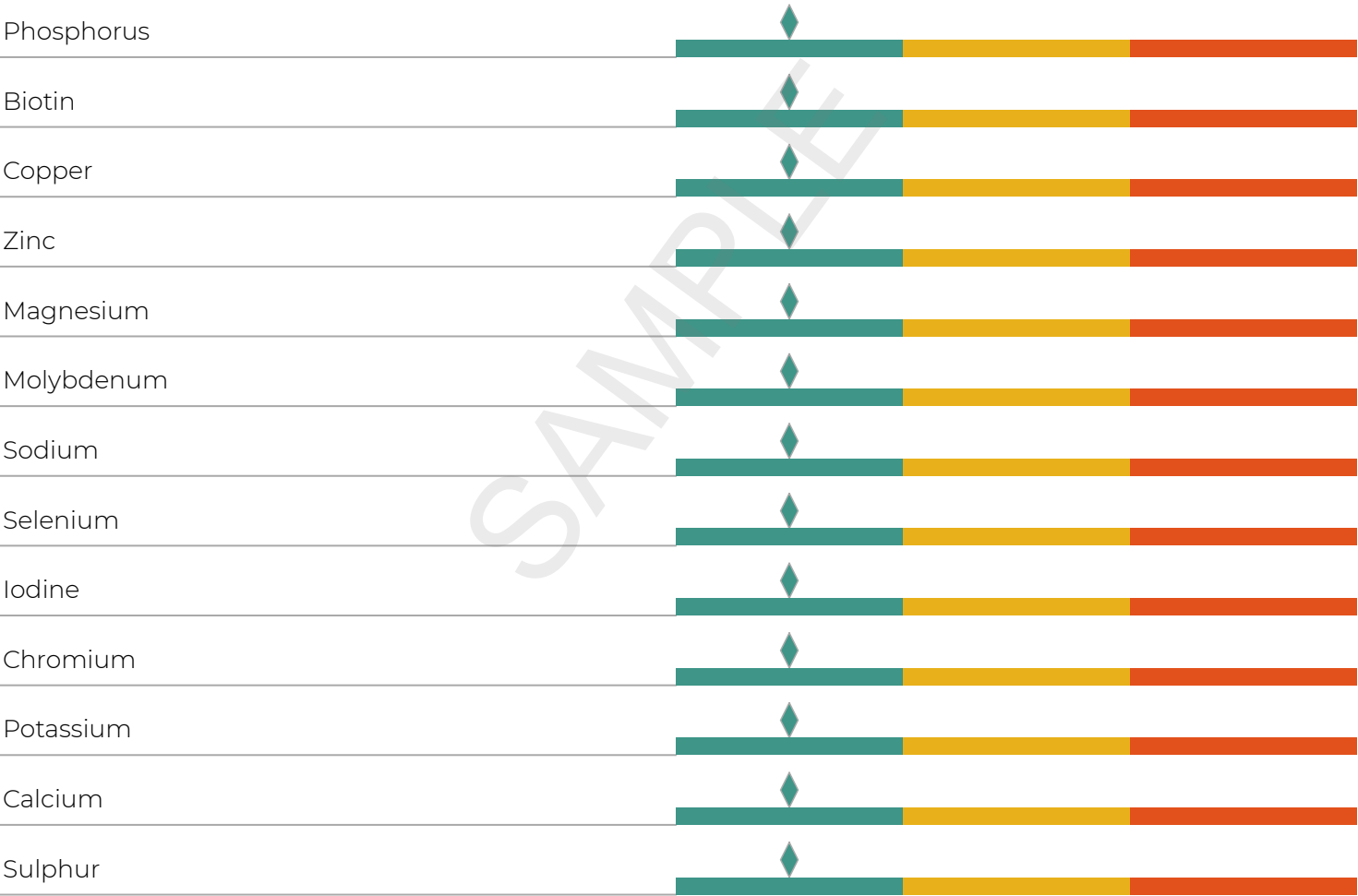
Vitamins, minerals, and fatty acids are extremely important in regard to your digestion, weight loss, and overall health. They help restore the body's natural balance and feed our body's cells with nutrients. If we are imbalanced in these certain nutrients, our tendency to crave foods or overeat can be heightened. This can lead to weight gain, poor digestion, and poor health overall.

VITAMINS, MINERALS & FATTY ACIDS

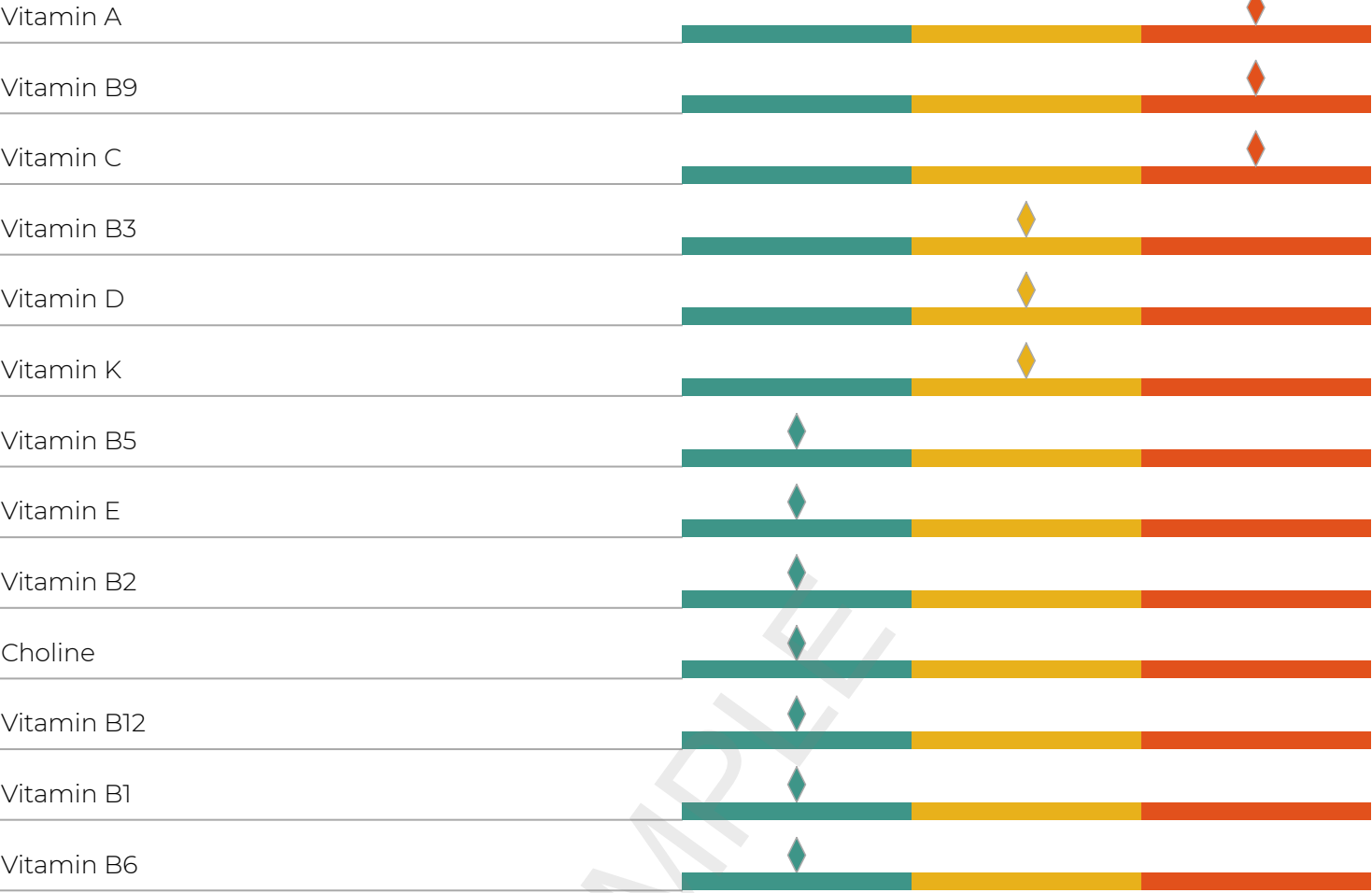
Fatty Acids

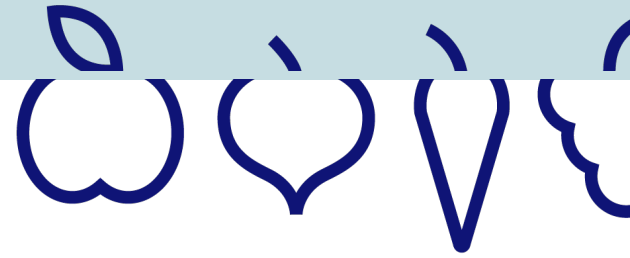


Minerals

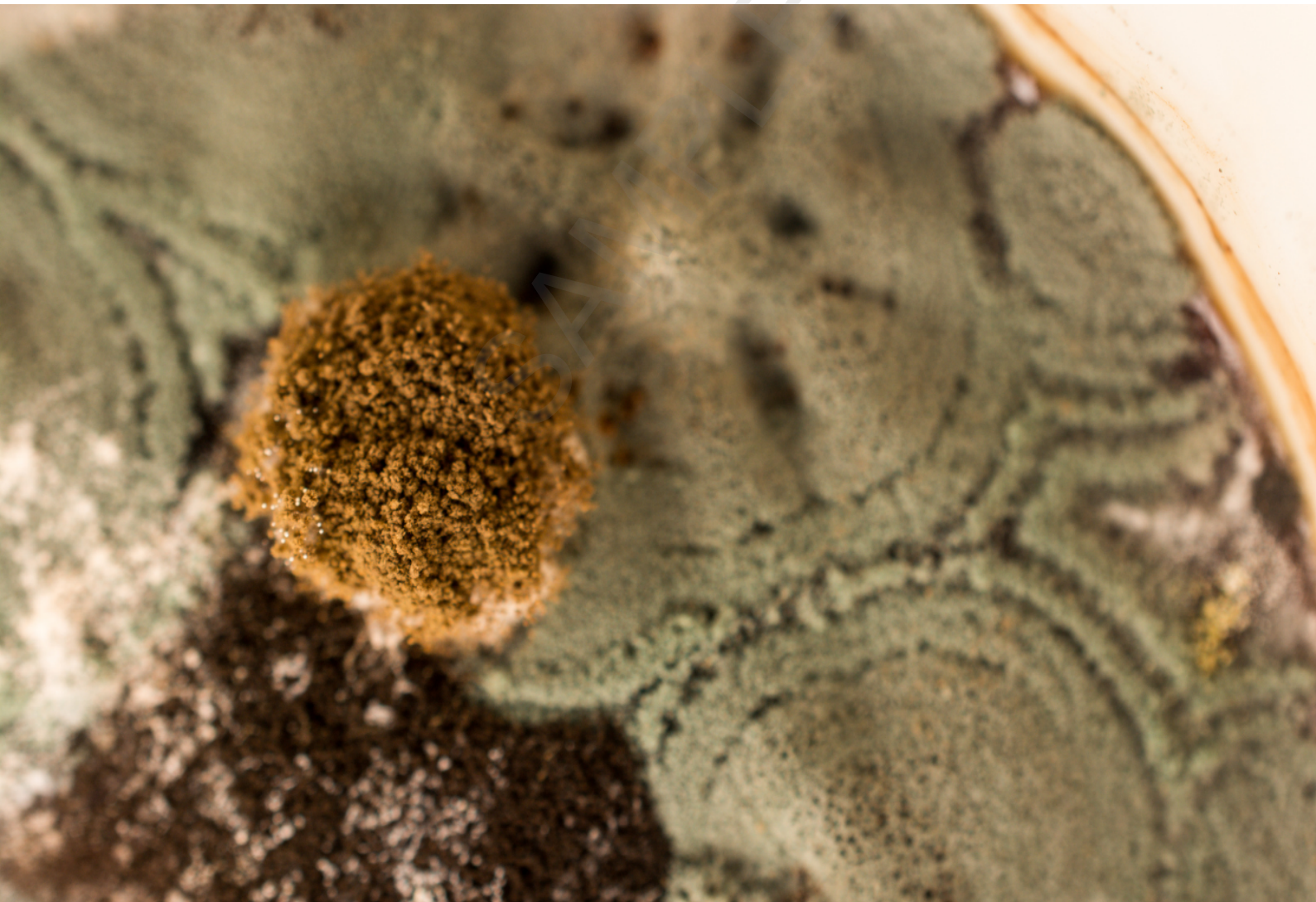


Vitamins





YEAST & FUNGI



YEAST & FUNGI

Moderate to High Overgrowth



The marker will show up red on your results below.

Slight Overgrowth



The marker will show up orange on your results below.

In Balance



The marker will show up green on your results below.

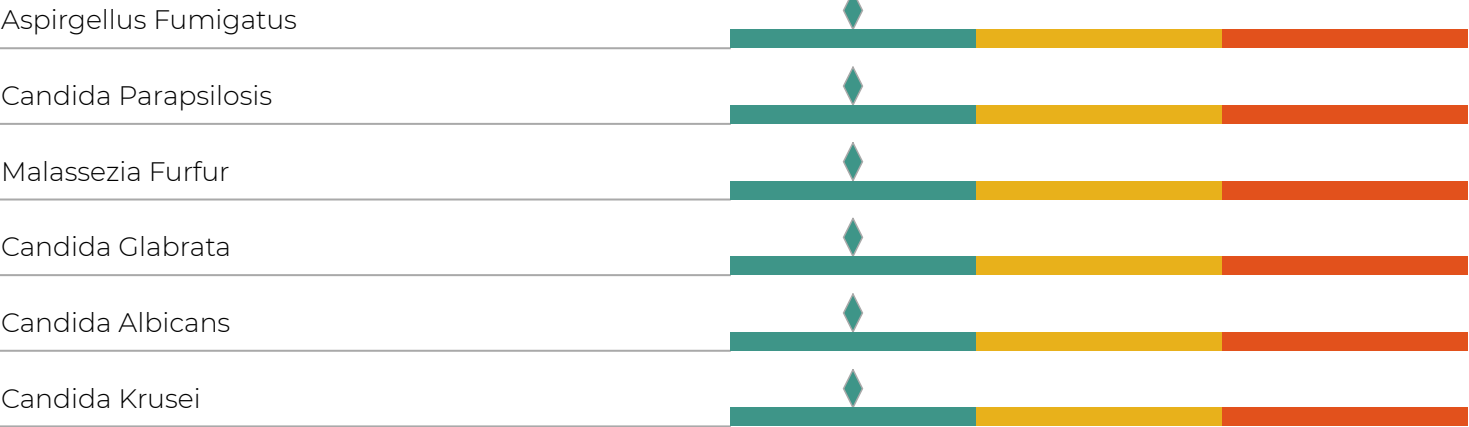


When yeasts or fungi grow out of balance in the body, they can cause many health conditions along with irritating or uncomfortable symptoms. The more yeast we have in our body, the more prone we are to gaining water weight and body fat in excess of up to 20-30 pounds! Certain strains of yeast and fungi have been known to cause a significant barrier to losing weight.

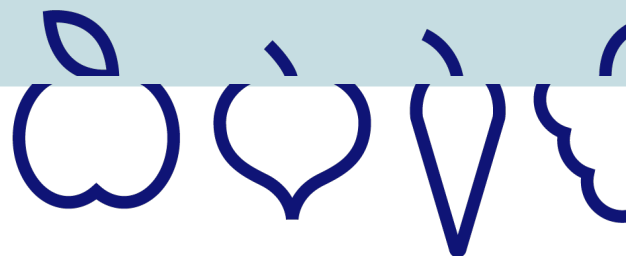
Yeast and fungi are naturally occurring in the body and aid in digestion. However, an overgrowth can create significant issues with digestive function such as bloating and excess gas. Systemically, they can cause headaches, brain fog, UTI's, nail fungus, joint, pain, and more. Yeast and fungi tend to feed off sugars. Therefore, a frequent craving of sugar may be a key indicator of an overgrowth.

YEAST & FUNGI

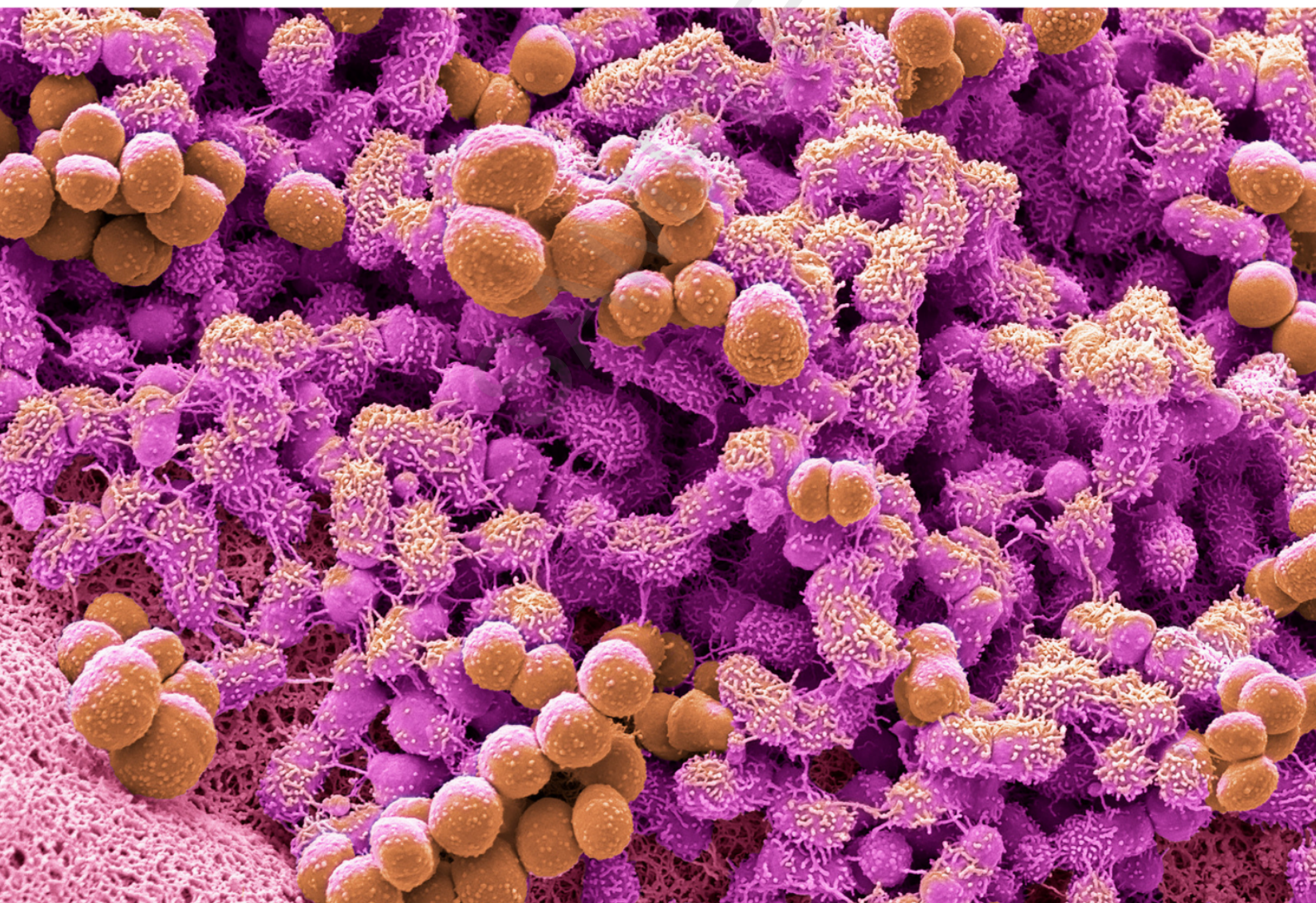
Yeast & Fungi



SAMPLE



GUT BIOME



GUT BIOME

Moderate to High Deficiency



The marker will show up red on your results below.

Slight Deficiency



The marker will show up orange on your results below.

In Balance



The marker will show up green on your results below.

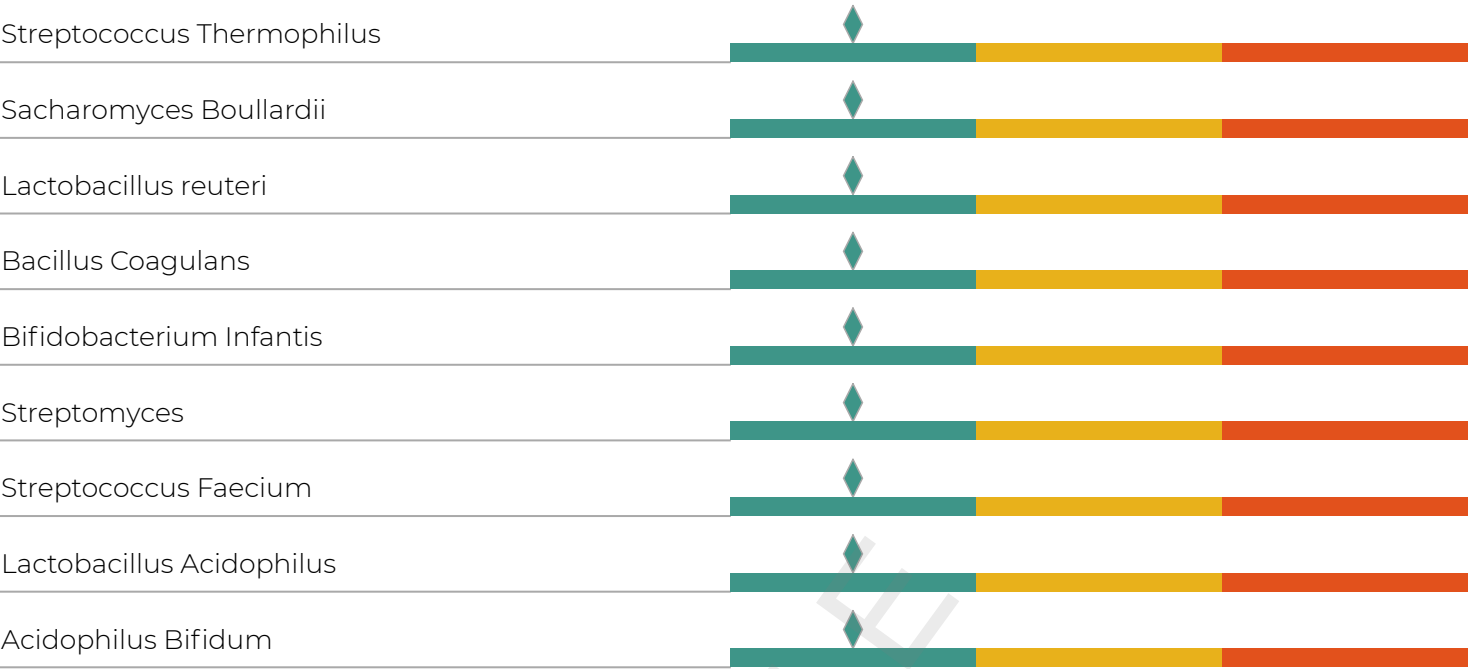


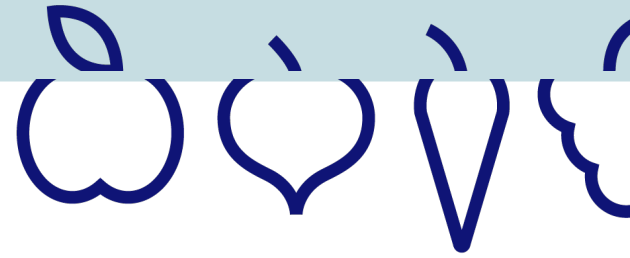
The gut biome is a very complex ecosystem made up of trillions of micro-organisms and bacteria which live in the body, particularly the digestive tract. These micro-organisms help us digest our food and ensure that many other processes are functioning at a high level. This includes our metabolism (the speed in which we burn body fat), our immune system, the proper functioning of our brain, and our mood.

When important bacteria are out of range for any length of time, it causes gut dysbiosis. Gut dysbiosis affects our digestive tract and can cause a multitude of digestive issues as well as excess body fat, water retention, and bloating. It is usually caused by poor diet, stress, illness, being overweight, and/or over usage of antibiotics.

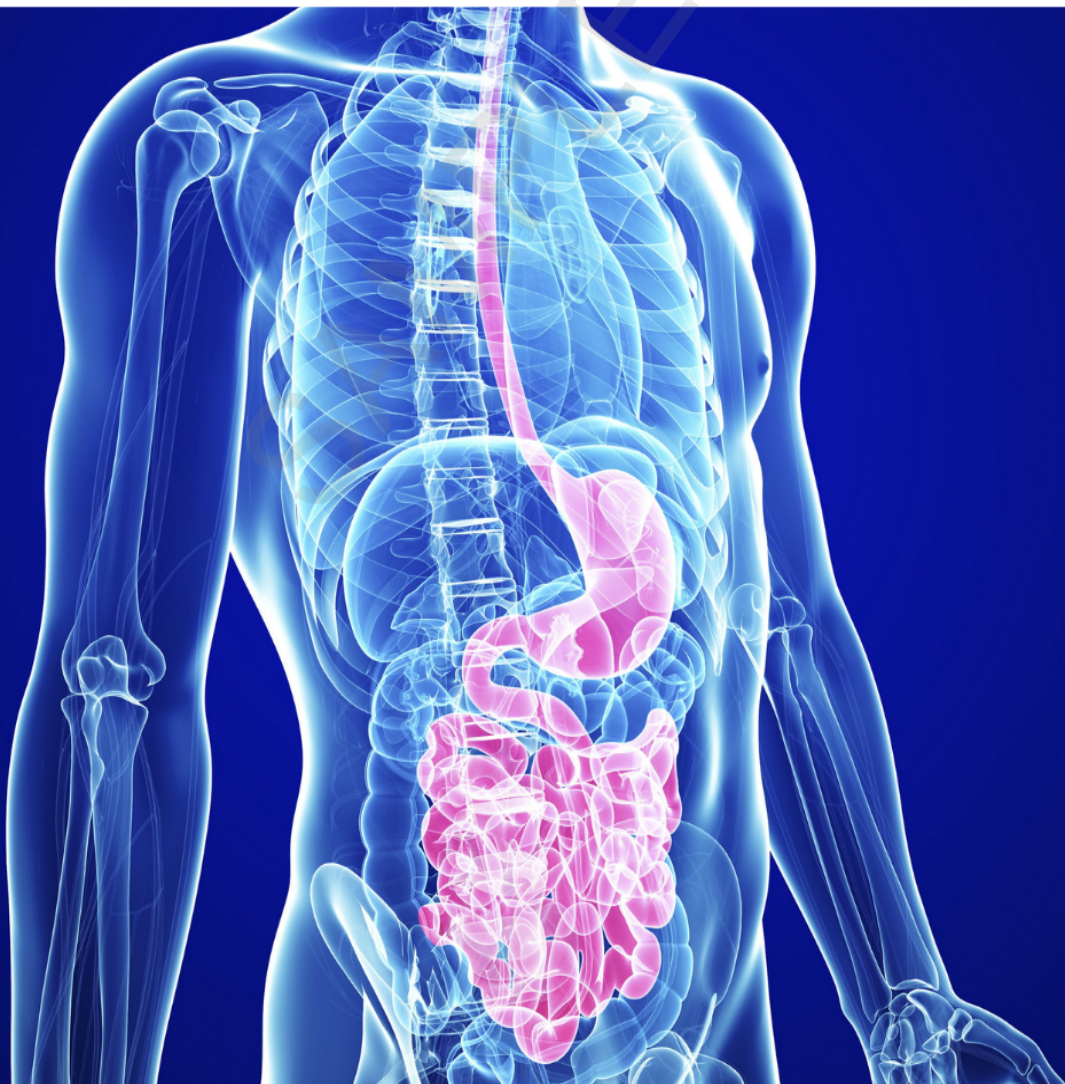
GUT BIOME

Gut Bacteria





DIGESTIVE PROCESSES



DIGESTIVE PROCESSES

Moderate to High Imbalance



The marker will show up red on your results below.

Slight imbalance



The marker will show up orange on your results below.

In Balance



The marker will show up green on your results below.



The body relies on the digestive process to turn food into fuel. This process begins when food enters the mouth and continues as it moves through the digestive tract. It is then converted into bio-available nutrients and transferred to the bloodstream. This feeds the body's cells as the bloodstream circulates and disperses these nutrients.

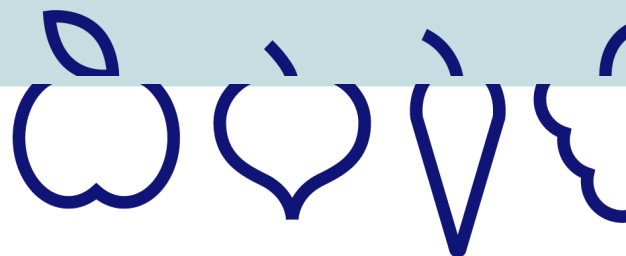
Low digestive enzymes can interrupt this process and cause food to remain in the digestive tract longer than intended and can cause an accumulation of food storage, body fat, and/or excess water weight. This may potentially cause malnourishment in the body's cells.

DIGESTIVE PROCESSES

Digestive Enzymes



SAMPLE



NEXT STEPS



Samantha,

You CAN take control of your health and wellness!

And, we are here to help you every step of the way.



It is now time to take the next steps in your health and wellness journey, as the results are only the beginning. In order to further understand and use this information to power up your epigenetics, please visit the Member Portal to access your Aftercare Guides and the "Next Steps" eBook. The Member Portal is password protected and your login information was provided in the email containing your results. There is quite a bit to be gained from the information within the portal and it is important that it be thoroughly reviewed as answers to most questions will be available there.

We advise that you thoroughly review the Aftercare Guides for each section of your test as this will provide you with further insight into each area tested. Once these are reviewed, you should then move on to the "Next Steps" eBook as it will not only provide additional information about your results, but also the next steps to take in order to optimize your health.

If, at any time, you would like clarification of your results, have questions about your aftercare, or would like guidance on your next steps, please reach out to us at healthcoach@advancedfoodintolerancelabs.com and a member of our team will be more than happy to assist.

We are honored to walk alongside you in your health and wellness journey. To your very best health!

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END OF REPORT

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