

YOUR WELLNESS REPORT



Name: Sample Report

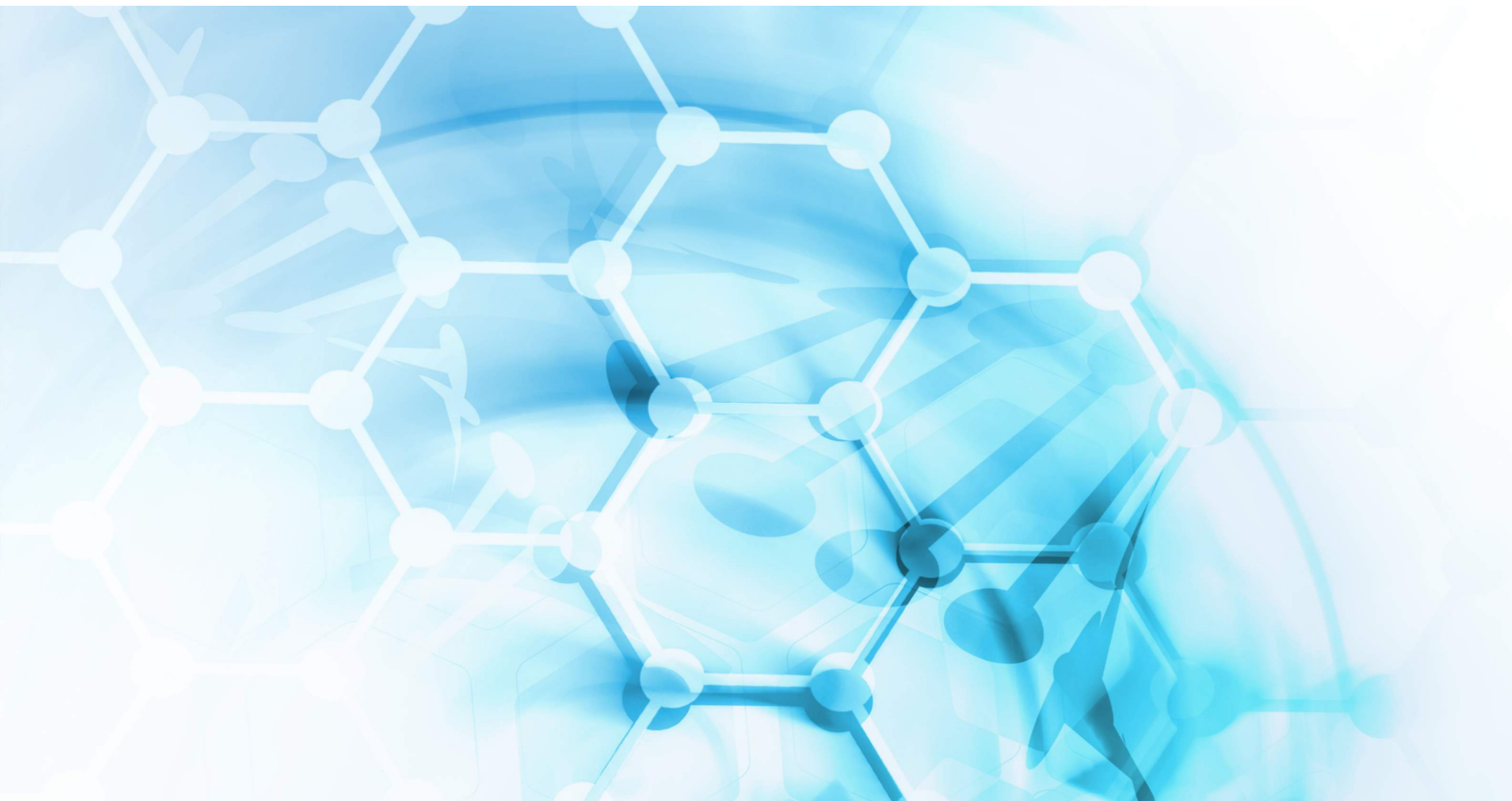
Ref: REDEMPTION

Date: CODE

Test: 2/28/2023

Advanced Food Intolerance Labs - Premium

Full Health Assessment - Intolerances, Toxicities, Nutrition & Digestive Health



Advanced Food Intolerance Labs, 11016 Quivira Road, Overland Park, KS 66210 USA

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www.advancedfoodintolerancelabs.com



12176298760



ALLERGIES at a Glance

NOT TESTED BY:

Advanced Food
Intolerance Labs

SYMPTOMS SHOWN:

IMMEDIATE
Seconds - minutes

DURATION:

(CAN BE FATAL)
Can be lifelong

SYMPTOMS DUE TO:

Immune System

TESTED VIA:

Blood only



CELLULAR HEALTH & INTOLERANCES at a Glance

TESTED BY:

Advanced Food
Intolerance Labs

SYMPTOMS SHOWN:

Between
3 - 5 days

DURATION:

Temporary
Can Change

SYMPTOMS DUE TO:

Diet & Lifestyle


TESTED VIA:

Hair Sample
(other methods)

If you suspect you have an allergy you must contact your medical professional. Do not rely on information found on this report. This test does not test for the presence of antibodies, immunoglobulins, IgG, IgE, or IgM.

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CELLULAR
INTOLERANCE
TESTING



HOLISTIC
HEALTH



NON-INVASIVE



OVER 80,000
CLIENTS
WORLDWIDE

Wendi,

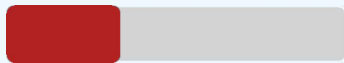
A Snapshot of Your Results



Not Optimal

Intolerances

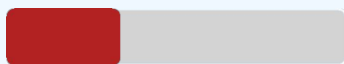
Food & Drink Intolerances



Not Optimal

Toxicity

Toxins & Heavy Metals



Not Optimal

Nutrition

Vitamins, Minerals & Fatty Acids

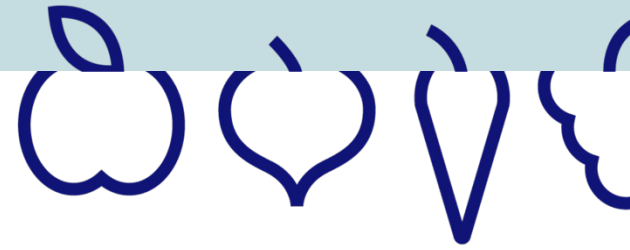


Not Optimal

Digestive Health

Gut Biome, Candida, Digestive Enzymes

Click Here To View Your Test Notes 



FOOD & DRINK INTOLERANCES



FOOD & DRINK



Neutral Food & Drinks

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

Cereals & Grains

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

Dairy & Milks

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

Dairy Alternatives

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

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



Whisky



Brandy



Prosecco

Tea
(chamomile)

Beer



Coconut Water



Tea (rooibos)



Port



Tea (jasmine)



Coffee (black)



Schnapps



Lager



Sake



Tea (green)



Tequila

Fish & Seafood



Red Bass



Blue Mussels



Pilchard



Plaice



Tilapia



Oysters



Crab



Crayfish



Trout (Brown)



Scallops



Mackerel



Mahi Mahi



Jon Dory



Red Snapper



Sole



Flounder



Cod



Whitebait



Seabass



Perch



Halibut



Anchovies



Octopus



Herring



Skate



Salmon



Prawns



Squid



Swordfish

Fruits



Grapefruit



Mangosteen



Melon (Galia)



Blueberries



Bilberry



Raspberries



Balsam Pear



Apricot



Carambola



Pineapple



Wine (Red)



Watermelon



Lemons



Cherries



Kiwi



Nectarine



Mandarins



Oranges



Prunes



Gooseberries



Passion Fruit



Waxberry Fruit



Figs

Melon
(HoneyDew)

Cranberry



Blackberry



Raisins



Loquat



Mulberries



Quince



Grapes (Green)



Avocado



Banana



Dates



Grapes (Red)



Guava



Lychee



Pear



Pomegranate












Strawberries

Herbs & Spices

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









Legumes

 Broadbeans	 Edamame Beans	 Natto	 Kidney Beans	 Navy Beans
 Lima Beans	 Chickpeas	 Tofu	 Lentil	 Black Bean











Meats & Eggs

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

Nuts

 Hazelnut	 Pecan Nuts	 Macademia Nuts	 Peanuts	 Chestnuts
 Pistachios	 Cashew	 Brazil Nuts		

Oils & Fats

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

Seeds



Chia Seeds



Pumpkin Seeds



Poppy Seeds



Hemp Seeds



Fennel Seeds



Sesame Seeds

Sunflower
Seeds

Sugars & Misc



Molasses



Baobab

Chocolate
(dark)Chocolate
(milk)

Barley Grass



Guar Gum



Honey



Sugar (White)



Yeast



Wheatgrass



Sugar (Beet)



Chlorella



Maple Syrup

Vegetables



Artichoke



Yams

Mushroom
(Shiitake)

Turnip

Mushroom
(Portobello)

Escarole



Parsley



Fennel Fresh



Potato (sweet)



Cabbage



Spinach



Kohlrabi

Squash
(Butternut)

Beans (Green)



Leeks



Asparagus



Zucchini

Mushroom
(Oyster)

Swiss Chard



Garlic



Onion (white)



Tomatoes



Beetroot



Kale



Carrots



Eggplant

Lettuce
(Iceburg)

Okra

Bell pepper
(green)

Plantain



Onion (red)



Cucumber



Peas (garden)



Hearts of Palm

Bell pepper
(yellow)

Potato (white)



Endive



Broccoli



Squash



Arugula

Bell pepper
(orange)Brussell
Sprouts

Cassava



Cilantro



Pumpkin



Rutabaga

FOOD & DRINK



Inflammatory (mild) causing Food & Drinks

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

Dairy & Milks



Cheese
(Cottage)

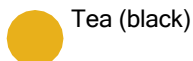


Cheese
(Gouda)

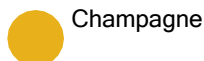
Drinks



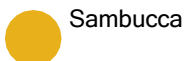
Please note: While some alcoholic drinks may be listed in green, we still do not advocate that these should be consumed more than the standard recommended alcohol intake



Tea (black)



Champagne

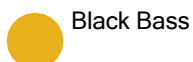


Sambucca



Vodka

Fish & Seafood



Black Bass



Lobster

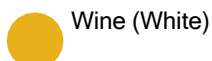


Shrimp



Clams

Fruits



Wine (White)



Lime

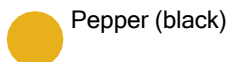


Apple

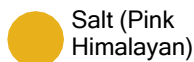


Peaches

Herbs & Spices



Pepper (black)



Salt (Pink
Himalayan)

Legumes



Sheitan

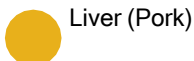
Meats & Eggs



Moose



Elk meat



Liver (Pork)

Nuts



Almonds



Pine Nuts




Walnuts

Oils & Fats

 Ghee


Sugars & Misc


 Sugar (Brown)

Vegetables

 Olives (black)

 Sea
Vegetables
(Kelp)

 Cauliflower

 Bok Choy (Pak
Choy)

FOOD & DRINK



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.

Cereals & Grains

- With Gluten Kamut
- Without Gluten Rice (Brown)
- Without Gluten Rice (White)
- With Gluten Spelt
- With Gluten Wheat (Brown)

Dairy & Milks

- Cheese (Cheddar)
- Yogurt (Cow)

Dairy Alternatives

- Yogurt (Coconut)
- Yogurt (Soya)
- Milk (Hemp)

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

- Gin
- Rum
- Tea (oolong)
- Vermouth

Fish & Seafood

- Haddock
- Sardine
- Trout (Rainbow)
- Tuna
- Hake



Fruits

- Mango
- Papaya
- Plums (Damsons)

Herbs & Spices

- Pepper (white)
- Mustard
- Vinegar (Malt)
- Paprika
- Aniseed
- Cilantro

Legumes

-  Black Eye Peas
-  Soya Beans

Meats & Eggs

-  Chicken

Nuts

-  Coconut


Oils & Fats

-  Lard






Seeds

-  Flaxseeds

Sugars & Misc

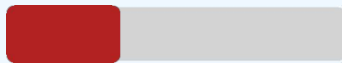
-  Cocoa powder

Vegetables

-  Bell pepper (red)
-  Celery
-  Watercress
-  Radish
-  Olives (green)

Wendi,

A Summary of your Intolerance Results



Not Optimal

Intolerances

Food & Drink Intolerances



40 Intolerances
found



29 Neutral items
found



292 Beneficial items
found

What are Food Intolerances?

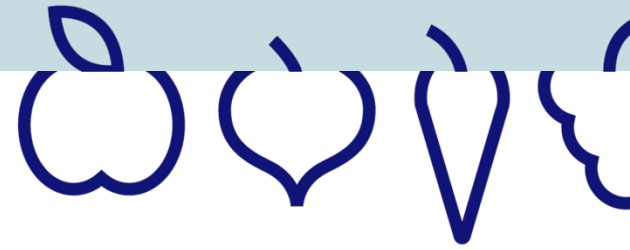
Intolerances or sensitivities usually involve the digestive system, an enzymatic deficit, or an inflammatory cellular reaction to a particular food or drink.

How do intolerances impact me?

Improper enzymatic processes to a particular food, drink, or supplement can cause cellular inflammation. Symptoms and signs the body produces may be illustrative of a problem internally.

[Click Here To View Your Test Notes](#)





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.

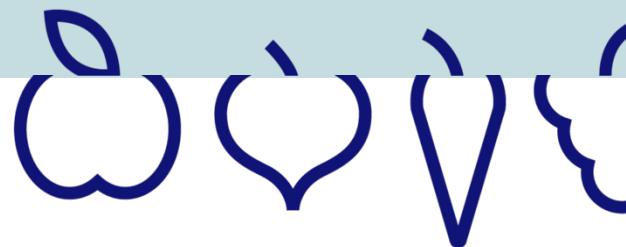
TOXINS

Top 10 identified inflammatory causing Household Toxins

1. Basudin-Geaspon A very toxic and harmful lawn and garden weed killer with restricted usage
2. Ternik Also known as aldicarb is an insecticide that is currently in restricted use
3. Hi Care Brand name of a household fly control through trapping in glue
4. Seprol Chemical used in water refining
5. Roniland Common pesticide
6. Turfix-Trigger Lawnweed Brand of grass and weed killer
7. Imadan Harsh pesticide that is used on potatoes
8. Black Flag-Raid Brand name insecticide that is used widely in the U.S.
9. Ivomec Bovine dewormer
10. Asulox Used as an herbicide across various industries

Top 10 identified inflammatory causing Environmental Toxins

1. Japanese Cedar
2. Goats
3. Horse chestnut (*Aesculus hippocastanum*)
4. Bermuda grass
5. Timothy grass (*Phleum pratense*)
6. Tin (from canned food)
7. Golden hamsters
8. Cherry tree
9. Walnut Tree
10. Oak (*Quercus robur*)



HEAVY METALS



HEAVY METALS

Note: Heavy Metals should not be confused with minerals. View the Knowledge Base located inside the MyAFIL.com portal for more information.



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



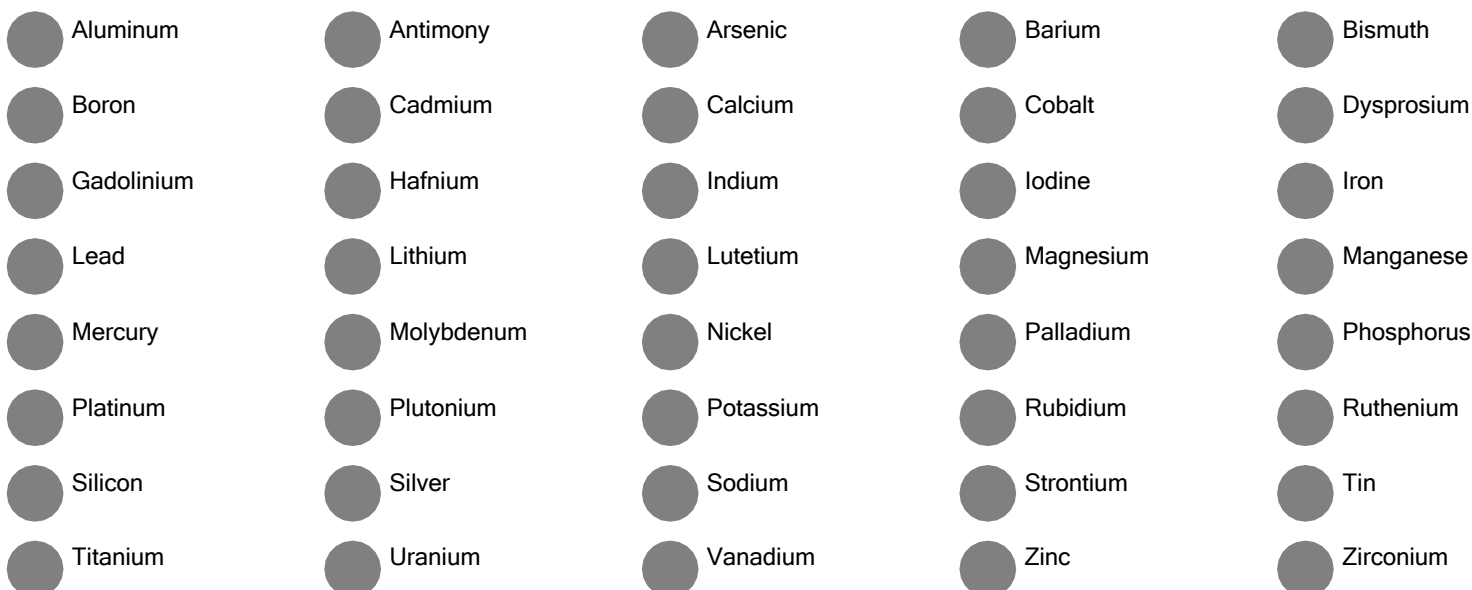
Moderate Sensitivity

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



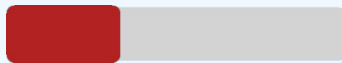
No Reaction

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



Wendi,

A Summary of your Toxicity Results



Not Optimal

Toxicity

Toxins & Heavy Metals



10 Environmental
Toxins found



10 Household
Toxins found



13 Heavy Metals
found

What is the Toxicity Score?

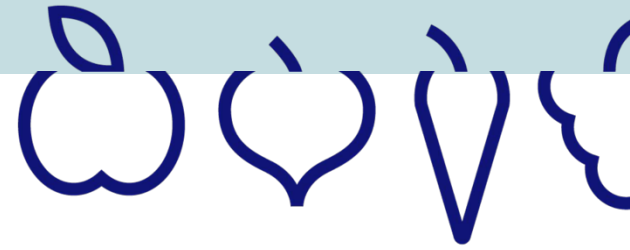
Environmental Toxins, Household Toxins, and Heavy Metals can accumulate through commercial products, inducing a build-up of toxicity residue in and around the cells.

How do Toxins & Heavy Metals impact me?

Cells rely on free-flowing communication, which can be disrupted by toxic residue. A disconnection between the body's cells due to toxic residue can impact hormones, daily organ functions, key life-force processes, and cell damage. The toxic residue thus can lower the body's capacity to prevent the free-radical toxin damage that accelerates aging, causing overall adverse effects on health.

[Click Here To View Your Test Notes](#)





VITAMINS, MINERALS & FATTY ACIDS



VITAMINS, MINERALS & FATTY ACIDS

Moderate to High Cellular Deficiency



The marker will show up red on your results below.

Molybdenum



Slight Cellular Deficiency



The marker will show up orange on your results below.

Chromium



Co-Q10



DHA



Iodine



Vitamin B2



Vitamin B6



Vitamin D



In Balance



The marker will show up green on your results below.

Biotin



Calcium

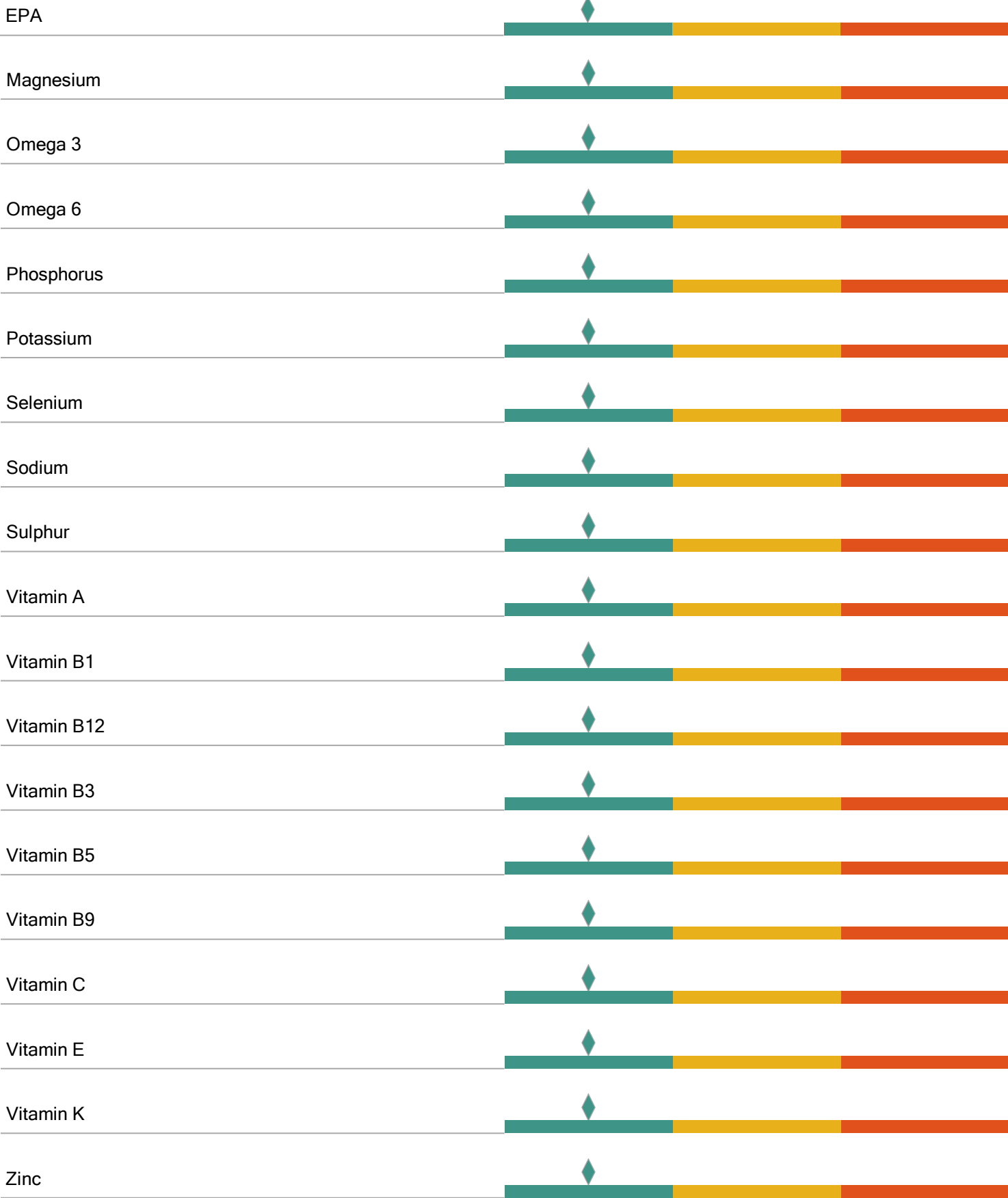


Choline



Copper





Wendi,

A Summary of your Nutrition Results



Not Optimal

Nutrition

Vitamins, Minerals & Fatty Acids



1 Moderate to High
Nutrition
Deficiencies found



7 Slight Nutrition
Deficiencies found



23 Nutrients found in
Balance

What is the Nutrition Score?

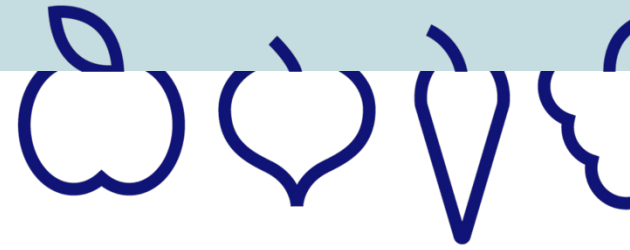
The amount of vitamin, mineral, and fatty acid deficits found at a cellular level. Results may vary from blood-work results. Nutrients found in the blood are to be transported inside the cell. This process requires a further chemical reaction called "intracellular transport system."

How do Nutrient deficiencies impact me?

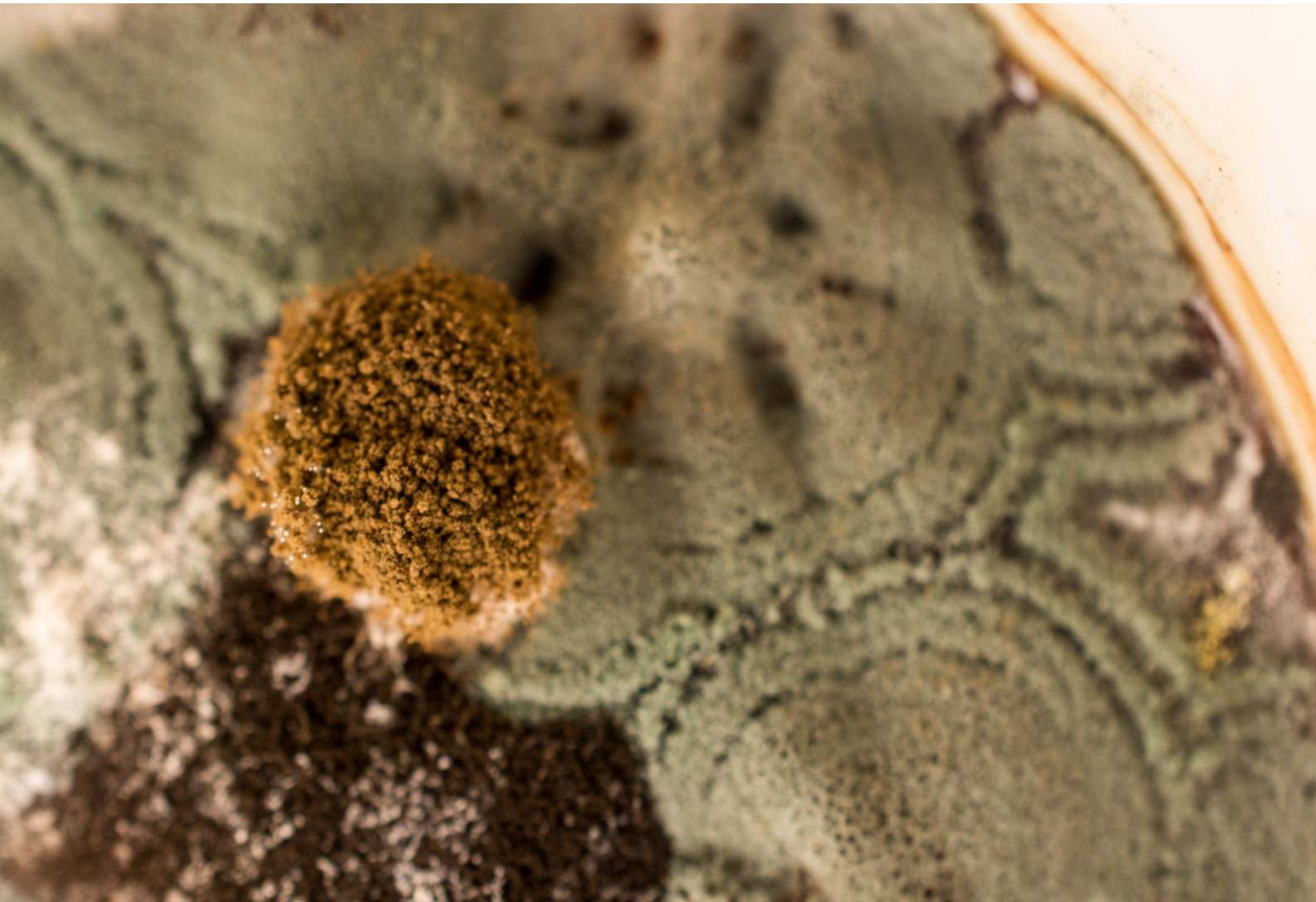
A nutrient deficiency at the cellular level can impact daily organ functions, induce lethargy, reduce immunity, and create a weaker internal environment promoting pathogens, bacteria, viruses, parasites, gut biome imbalances, and candida overgrowth.

Click Here To View Your Test Notes





YEAST & FUNGI



YEAST & FUNGI

Moderate to High Overgrowth



The marker will show up red on your results below.

Aspurgellus Fumigatus



Slight Overgrowth



The marker will show up orange on your results below.

No Data

In Balance



The marker will show up green on your results below.

Candida Albicans



Candida Glabrata



Candida Krusei

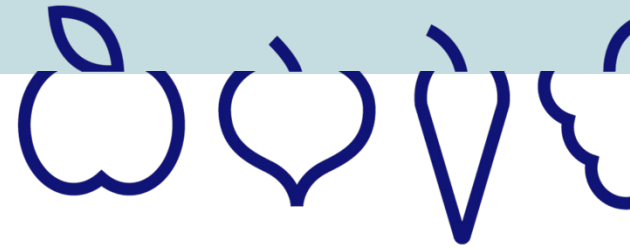


Candida Parapsilosis

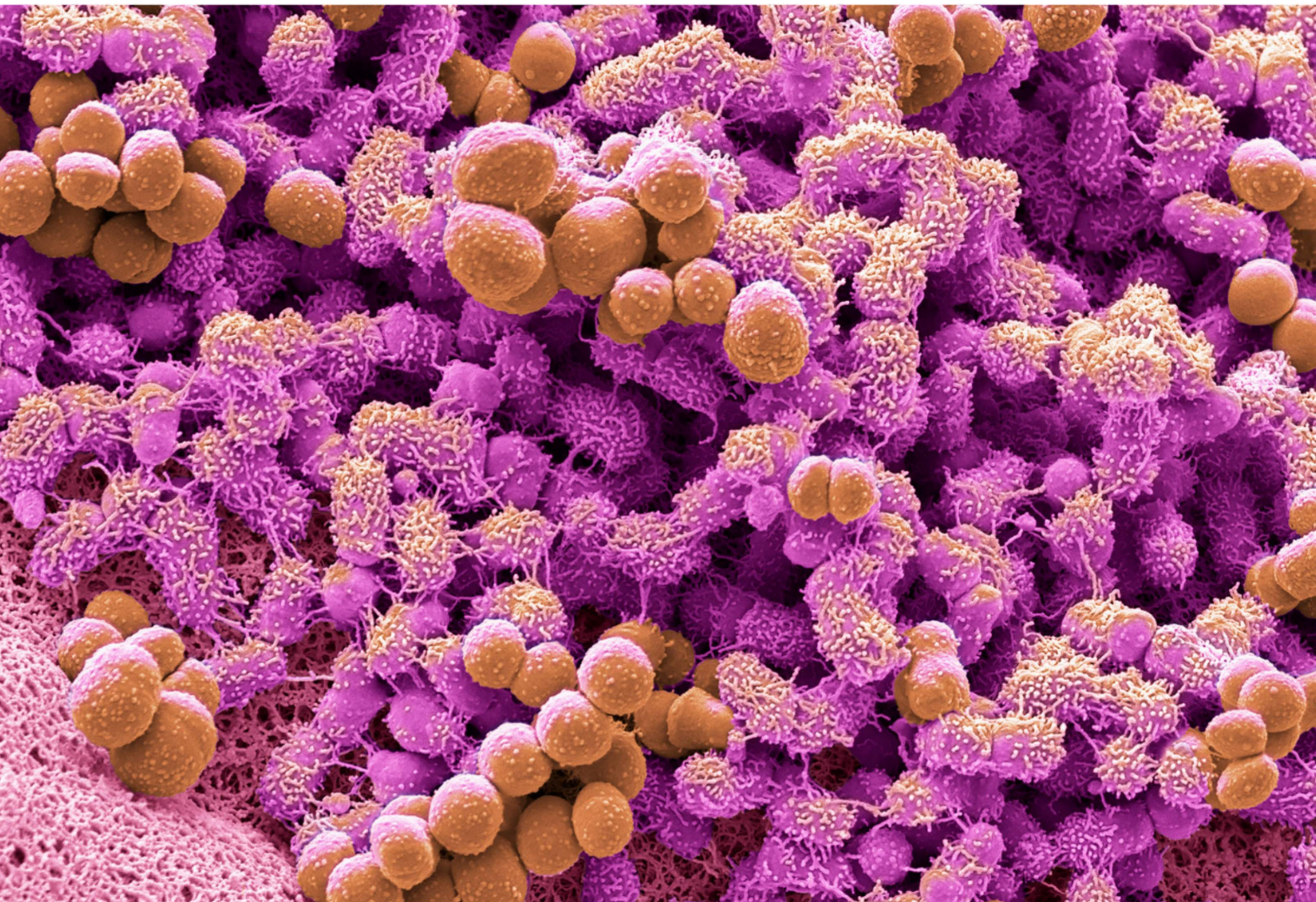


Malassezia Furfur





GUT BIOME



GUT BIOME

Moderate to High Deficiency



The marker will show up red on your results below.

Bifidobacterium Infantis



Streptococcus Thermophilus



Slight Deficiency



The marker will show up orange on your results below.

No Data

In Balance



The marker will show up green on your results below.

Acidophilus Bifidum



Bacillus Coagulans



Enterococcus Faecalis



Lactobacillus Acidophilus



Lactobacillus Reuteri

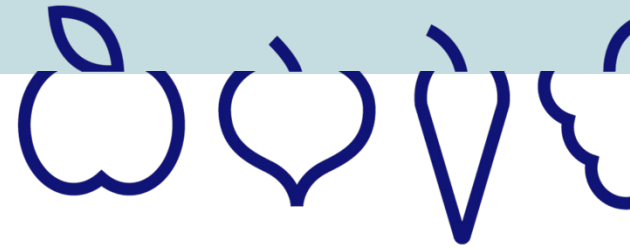


Saccharomyces Boulardi



Streptomyces





DIGESTIVE PROCESSES



DIGESTIVE PROCESSES

Moderate to High Imbalance



The marker will show up red on your results below.

Protease



Slight imbalance



The marker will show up orange on your results below.

Pepsin



In Balance



The marker will show up green on your results below.

Amylase



Hydrochloric Acid



Lipase



Wendi,

A Summary of your Digestive Health Results



Not Optimal

Digestive Health

Yeast & Fungi, Gut Biome, Digestive Process



1 Yeast Overgrowth
found



2 Gut Biome
Imbalances found



2 Digestive Process
Deficiencies found

What is the Digestive Health Score?

The amount of micro-organism imbalances and digestive enzyme deficiencies found. The biome, yeasts, and enzymes are located in the digestive tract and throughout the entire body.

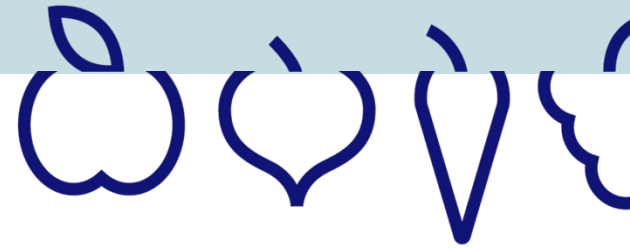
How does Digestive Health impact me?

Over 70% of the immune system is located in the gut. The microorganisms inside and outside the gut can influence immunity, metabolism regulation, emotional well-being through the gut-brain axis, break down nutrients from foods into smaller blood-recognizable particles, produce vitamins and nutrients, detoxify harmful pathogens and bacteria, amongst many other chemical processes.

Click Here To View Your Test Notes



Wheel of Cell Degeneration

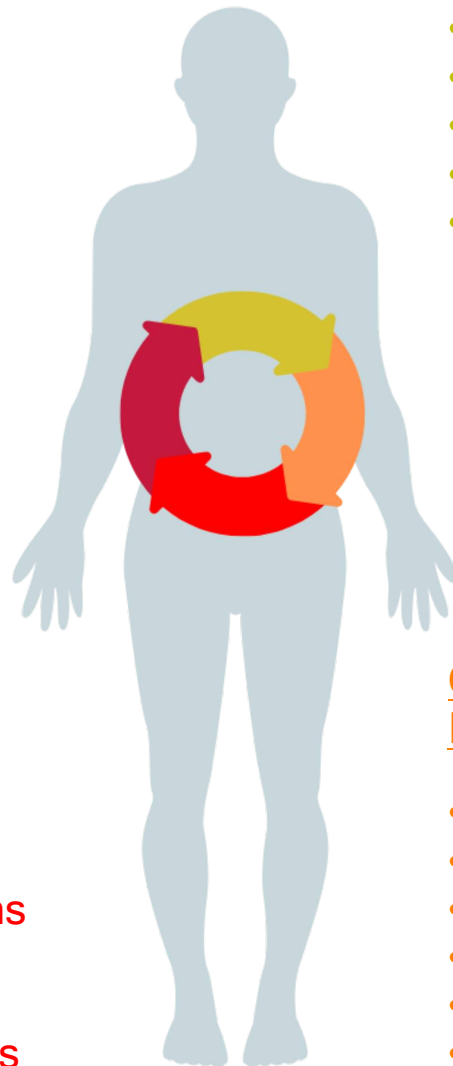


Chronic Inflammatory Conditions

- Auto-immune conditions
- Chronic fatigue
- Numbness
- Fever
- Diabetes
- Disease

Gastrointestinal Issues (GI)

- Bloating
- Constipation
- Acid Reflux
- Gas
- Flatulence
- Diarrhea



Lack of Immunity Nutrient Deficiencies

- Common Colds
- Fatigue
- Reoccurring Infections
- Candida overgrowth
- Parasitic overgrowth
- Migraines, headaches
- Delayed healing

Cellular Inflammation

- Water retention
- Weight gain
- Obesity
- Acne, Eczema
- Joint Pain
- Congestion

Wendi,

Here is how you can improve your overall score...



SUGGESTED NUTRITION

DO'S

- Consume leafy greens
- Portion control food
- Eat foods highlighted in green for at least 6 weeks
- Consume bone broth
- Consume collagen
- Eat a balanced diet

SUGGESTIONS

- Limit sugar intake
- Limit junk food
- Avoid foods highlighted in red and preferably orange for at least 6 weeks
- Reduce caffeine
- Avoid pre-packaged foods

SUGGESTED LIFESTYLE

DO'S

- Have regular exposure to sunlight
- Maintain ideal weight
- Stay active
- Get at least 7 - 8 hours of sleep per night, preferably before 11pm

SUGGESTIONS

- Limit dining out to 1 - 2 per week
- Avoid long periods of inactivity
- Avoid smoking & alcohol
- Avoid overexertion and overexercising
- Stop eating before 8pm
- Avoid overworking or overexposure to stress

SUGGESTED TESTS & PROGRAMS

SUGGESTED TESTS & PROGRAMS

- Intolerance Test - Every 3 to 4 months
- Toxicity Test - Every 3 to 4 months
- Nutrition Test - Every 3 to 4 months
- Digestive Health Test - Every 3 to 4 months
- Health Reset Program - 30 day program

[Click Here To View Your Test Notes](#)



Your Next Steps with MyAFIL

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My Results

Access the FREE
Knowledge Base
& eBooks

Now Introducing Custom Programs From Home.

- Rapid Health Reset Program
- 30 Day Weight Loss Program
- 10 Day Toxicity Cleanse
- Candida-Bloat Program



Get Your Custom Program Today. Click The Link Below And Fill Out The Application Form. Book In To Speak With One Of Our Health Specialists.

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comprehensive intolerance tests.



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