

# YOUR WELLNESS REPORT



Name: Vanessa

Ref: Sample

Date: 3/14/2025

Test: Advanced Food Intolerance Labs - Plus  
Intolerances, Toxicity & Nutrition

--- Tested By Austin



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## 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)

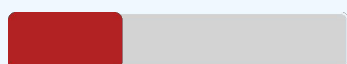
If you suspect you have an allergy you must contact your medical professional. Do not rely on information found on this report. This test does not test for the presence of antibodies, immunoglobulins, IgG, IgE, or IgM.

# TABLE OF CONTENTS

Category	Page
Results Snapshot	2
Food & Drink	3
Toxins	13
Heavy Metals	16
Vitamins, Minerals & Fatty Acids	19
Next Steps	23

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## A Snapshot of Your Results



Not Optimal

### Intolerances

Food & Drink Intolerances



Not Optimal

### Toxicity

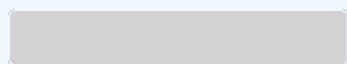
Toxins & Heavy Metals



Average

### Nutrition

Vitamins, Minerals & Fatty Acids



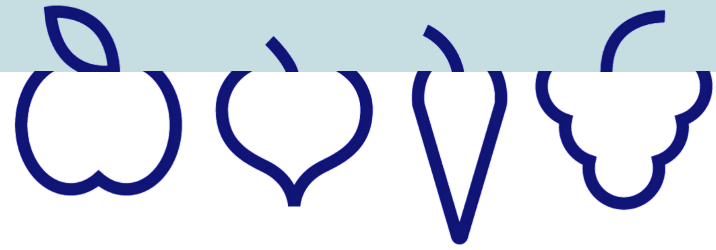
No Data

### Digestive Health

Gut Biome, Candida, Digestive Enzymes

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# FOOD & DRINK INTOLERANCES



## FOOD &amp; DRINK



## Neutral Food &amp; Drinks

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

## Cereals &amp; Grains

- |                                       |                                      |                                    |   |                                      |
|---------------------------------------|--------------------------------------|------------------------------------|---|--------------------------------------|
| Kamut<br><i>Gluten</i>                | Flour (Almond)<br><i>Gluten Free</i> | Flour (Corn)<br><i>Gluten Free</i> | Flour (Arrowroot)<br><i>Gluten Free</i> | Rye<br><i>Gluten</i>                 |
| Flour (Sorghum)<br><i>Gluten Free</i> | Buckwheat<br><i>Gluten Free</i>      | Polenta<br><i>Gluten Free</i>      | Wheat (White)<br><i>Gluten</i>          | Flour (Teff)<br><i>Gluten Free</i>   |
| Barley<br><i>Gluten</i>               | Rice (White)<br><i>Gluten Free</i>   | Rice (Brown)<br><i>Gluten Free</i> | Wheat (Bulgar)<br><i>Gluten</i>         | Couscous<br><i>Gluten</i>            |
| Oatmeal<br><i>Gluten</i>              | Quinoa<br><i>Gluten Free</i>         | Farro<br><i>Gluten</i>             | Spelt<br><i>Gluten</i>                  | Flour (Potato)<br><i>Gluten Free</i> |


## Dairy &amp; Milks

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

## Dairy Alternatives

- |                |                 |                  |              |              |
|----------------|-----------------|------------------|--------------|--------------|
| Milk (Coconut) | Yogurt (Almond) | Yogurt (Coconut) | Milk (Hemp)  | Milk (Soy)   |
| Milk (Rice)    | Milk (Almond)   | Milk (Oat)       | Yogurt (Oat) | Yogurt (Soy) |

## 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 (Jasmine) |  Coffee (Black) |  Rum      |  Tea (Black)     |  Whiskey       |
|  Tea (Green)   |  Vodka          |  Tequila  |  Lager           |  Sake          |
|  Beer          |  Port           |  Schnapps |  Tea (Chamomile) |  Champagne     |
|  Brandy        |  Tea (Rooibos)  |  Sambuca  |  Vermouth        |  Coconut Water |
|  Prosecco      |  Gin            |  |   |   |

## Fish &amp; Seafood

- |  |   |   |  |   |
|--|---|---|--|---|
|  Crab        |  Trout (Brown) |  Tuna              |  Seabass      |  Squid       |
|  Halibut    |  Perch        |  Oysters          |  Mackerel    |  Salmon     |
|  Plaice    |  Anchovies   |  Trout (Rainbow) |  Black Bass |  Herring   |
|  Jon Dory  |  Pilchard    |  Skate           |  Sardine    |  Tilapia   |
|  Swordfish |  Scallops    |  Shrimp          |  Cod        |  Mahi Mahi |
|  Crawfish  |  Red Snapper |  Whitebait       |  |   |

## Fruits

- |   |  |  |  |   |
|---|--|--|--|---|
|  Apricot      |  Raspberries  |  Grapes (Red) |  Grapes (Green)   |  Lime          |
|  Guava        |  Mandarins    |  Balsam Pear  |  Mango            |  Pear          |
|  Blueberries  |  Prunes       |  Cranberry    |  Melon (HoneyDew) |  Quince        |
|  Wine (White) |  Kiwi         |  Avocado      |  Passion Fruit    |  Peaches       |
|  Lychee       |  Strawberries |  Blackberry   |  Pineapple        |  Grapefruit    |
|  Oranges      |  Bilberry     |  Papaya       |  Mulberries       |  Melon (Galia) |
|  Cherries     |  Watermelon   |  Pomegranate  |  Wine (Red)       |   |

## Herbs & Spices

- Paprika
- Ginger (Dried)
- Vinegar (Clear)
- Turmeric
- Vinegar (Malt)
- Cinnamon
- Vinegar (Apple Cider Vinegar)
- Clove
- Curry (Powder)
- Nutmeg
- Cumin
- All Spice
- Mint (Dried)
- Soy Sauce
- Garlic (Dried)
- Rosemary
- Cardamom
- Miso
- Parsley (Dried)
- Salt (Sea)
- Dill (Dried)
- Aniseed
- Mustard
- Bay Leaf
- Sage
- Thyme (Dried)
- Horseradish
- Salt (Pink Himalayan)
- Pepper (White)
- Pepper (Black)
- Vanilla (Extract)

## Legumes

- Navy Beans
- Natto
- Black Beans
- Edamame Beans
- Chickpeas
- Tofu
- Sheitan
- Black Eyed Peas
- Kidney Beans
- Lima Beans
- Soy Beans

## Meats & Eggs

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

## Nuts

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



## Oils &amp; Fats

- Beef Dripping
- Peanut Oil
- Coconut Oil
- Sunflower Oil
- Flaxseed Oil
- Pumpkin Seed Oil
- Lard
- Olive Oil
- Goose Fat
- Chicken Fat
- Ghee

## Seeds

- Hemp Seeds
- Sesame Seeds
- Chia Seeds
- Sunflower Seeds
- Flaxseeds

## Sugars &amp; Misc

- Molasses
- Guar Gum
- Sugar (Beet)
- Sugar (Brown)
- Honey
- Cocoa Powder
- Wheatgrass
- Chocolate (Milk)
- Barley Grass
- Chlorella
- Yeast (Baker's)

## Vegetables

- Beets
- Olives (Black)
- Rutabaga
- Cabbage
- Eggplant
- Endive
- Yams
- Beans (Green)
- Radish
- Watercress
- Kohlrabi
- Bell Pepper (Orange)
- Onion (Red)
- Zucchini
- Brussell Sprouts
- Mushroom (Portobello)
- Squash
- Parsley (Fresh)
- Asparagus
- Cassava
- Leeks
- Bell Pepper (Yellow)
- Mushroom (Oyster)
- Spinach
- Squash (Butternut)
- Arugula
- Carrots
- Artichoke
- Lettuce (Iceberg)
- Celery
- Escarole
- Sea Vegetables (Kelp)
- Onion (White)
- Broccoli
- Garlic (Fresh)
- Fennel (Fresh)
- Bell Pepper (Red)
- Potato (Sweet)
- Mushroom (Shiitake)
- Olives (Green)
- Swiss Chard

## FOOD &amp; DRINK



## Inflammatory (mild) causing Food &amp; Drinks

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


## Cereals &amp; Grains


 Semolina  
*Gluten*

## Dairy &amp; Milks


 Milk (Cow)


 Cheese  
(Cheddar)

 Yogurt (Cow)

 Cheese (Swiss)

## 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 (Oolong)

## Fish &amp; Seafood

 Haddock


 Prawns

## Fruits

 Loquat

 Nectarine


 Dates


 Mangosteen

 Apple

 Figs

## Herbs &amp; Spices

 Fenugreek

 Oregano (Dried)

## Meats &amp; Eggs


 Chicken


 Egg Yolk


### Nuts

 Pistachios


### Oils & Fats

 Avocado Oil


 Evening Primrose Oil

 Cod Liver Oil


### Seeds

 Fennel Seeds

### Sugars & Misc


 Sugar (White)


### Vegetables


 Cucumber

 Plantain

 Pumpkin

 Bell Pepper (Green)

 Cauliflower

 Potato (White)

## FOOD &amp; DRINK



## Inflammatory Causing Food &amp; Drinks

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

## Cereals &amp; Grains

- Rice (Wild)  
*Gluten Free*
- Flour (Oat)  
*Gluten Free*
- Wheat (Brown)  
*Gluten*

## Dairy &amp; Milks

- Butter
- Milk (Goat)
- Yogurt (Goat)

## Fish &amp; Seafood

- Lobster
- Clams
- Flounder
- Octopus
- Hake
- Blue Mussels
- Red Bass
- Sole

## Fruits

- Plums (Damsons)
- Gooseberries
- Banana
- Carambola
- Lemons
- Raisins
- Waxberry Fruit

## Herbs &amp; Spices

- Mace
- Marjoram
- Tarragon
- Basil (Dried)
- Cilantro (Dried)
- Caraway


## Legumes


- Broadbeans
- Lentils

## Meats &amp; Eggs

- Elk Meat
- Veal


Oils & Fats

 Hemp Seed Oil


 Sesame Oil

Seeds

 Poppy Seeds

 Pumpkin Seeds


Sugars & Misc


 Maple Syrup


 Chocolate (Dark)

 Baobab

Vegetables


 Hearts of Palm

 Bok Choy (Pak Choy)

 Cilantro (Fresh)

 Kale

 Turnip

 Peas (Garden)

 Okra

 Tomatoes




Vanessa,


## A Summary of your Intolerance Results




 **Intolerances**  
Food & Drink Intolerances

**Not Optimal**

 **45 Intolerances found**

 **31 Neutral items found**

 **285 Beneficial items found**

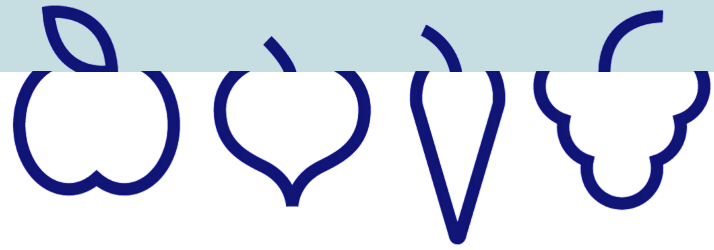
### What are Food Intolerances?

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

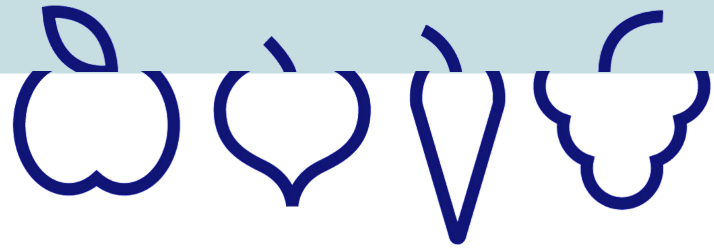
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1. Paint Mix (Generic)
2. Euparen (Multi Fungicide)
3. Top Job (Ammonia)
4. Simazine (Herbicide)
5. Lawn Insecticide (Turpentine Kerosene)
6. Dieldrin (Insecticide)
7. Nexa Spray (Nasal Spray)
8. Ajax (w Bleach)
9. Hair Spray (Generic)
10. Soft Scrub (Cleaner)

### Top 10 identified inflammatory causing Environmental Toxins

---

1. Birch Tree
2. Apple tree
3. Parrot Feathers
4. Tobacco
5. Ribwort Plantain
6. Red Fescue
7. Golden Hamster
8. Mulberry Tree
9. Ferret Epithelium
10. Guinea Pigs



# 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.

-  Boron
-  Calcium Carbonate
-  Phosphorus
-  Rhodium
-  Beryllium
-  Hexavalent Chromium



### Moderate Sensitivity











































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

-  Uranium
-  Cobalt
-  Bismuth
-  Hafnium
-  Antimony



### No Reaction

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

-  Silver
-  Elemental Manganese
-  Sodium Element
-  Palladium
-  Platinum
-  Zirconium
-  Bromine
-  Nickel
-  Mercury
-  Lutetium
-  Ruthenium
-  Indium
-  Barium
-  Germanium
-  Thallium
-  Molybdenum (Heavy Metal)
-  Lithium
-  Chlorine
-  Tin
-  Zinc (Heavy Metal)
-  Tantalum
-  Arsenic
-  Fluorine
-  Lead
-  Copper Oxide
-  Aluminum
-  Elemental Magnesium
-  Cadmium
-  Potassium
-  Thorium
-  Vanadium
-  Strontium
-  Gadolinium
-  Iodine
-  Rubidium
-  Caesium
-  Silicon
-  Titanium
-  Dysprosium
-  Iron
-  Plutonium
-  Radium

Vanessa,

## A Summary of your Toxicity Results



Not Optimal

### Toxicity

Toxins & Heavy Metals

10 Environmental  
Toxins found

10 Household  
Toxins found

11 Heavy Metals  
found

### What is the Toxicity Score?

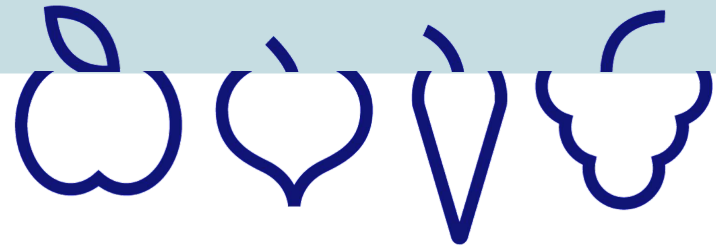
Environmental Toxins, Household Toxins, and Heavy Metals can accumulate through commercial products, inducing a build-up of toxicity residue in and around the cells.

### 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.

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# VITAMINS, MINERALS & FATTY ACIDS



## VITAMINS, MINERALS & FATTY ACIDS

### Moderate to High Cellular Deficiency



The marker will show up red on your results below.

Magnesium



Chromium



Vitamin K



Co-Q10



### Slight Cellular Deficiency



The marker will show up orange on your results below.

Vitamin B5



### In Balance



The marker will show up green on your results below.

Biotin



Calcium



Choline



Copper



DHA



EPA

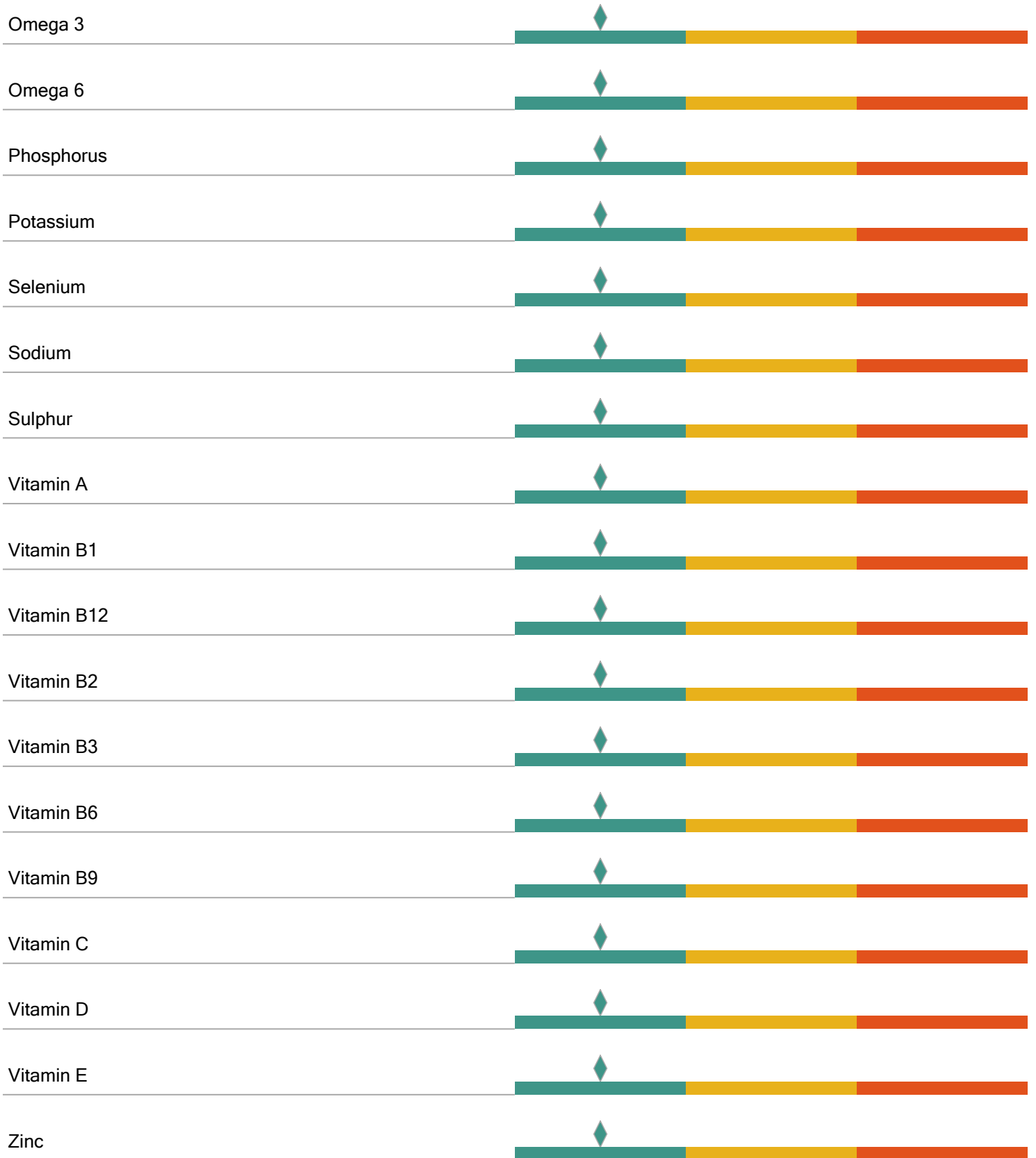


Iodine



Molybdenum





Vanessa,

## A Summary of your Nutrition Results



Average

### Nutrition

Vitamins, Minerals &amp; Fatty Acids

4 Moderate to High  
Nutrition Deficiencies  
found

1 Slight Nutrition  
Deficiencies found

26 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.

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



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