

YOUR WELLNESS REPORT



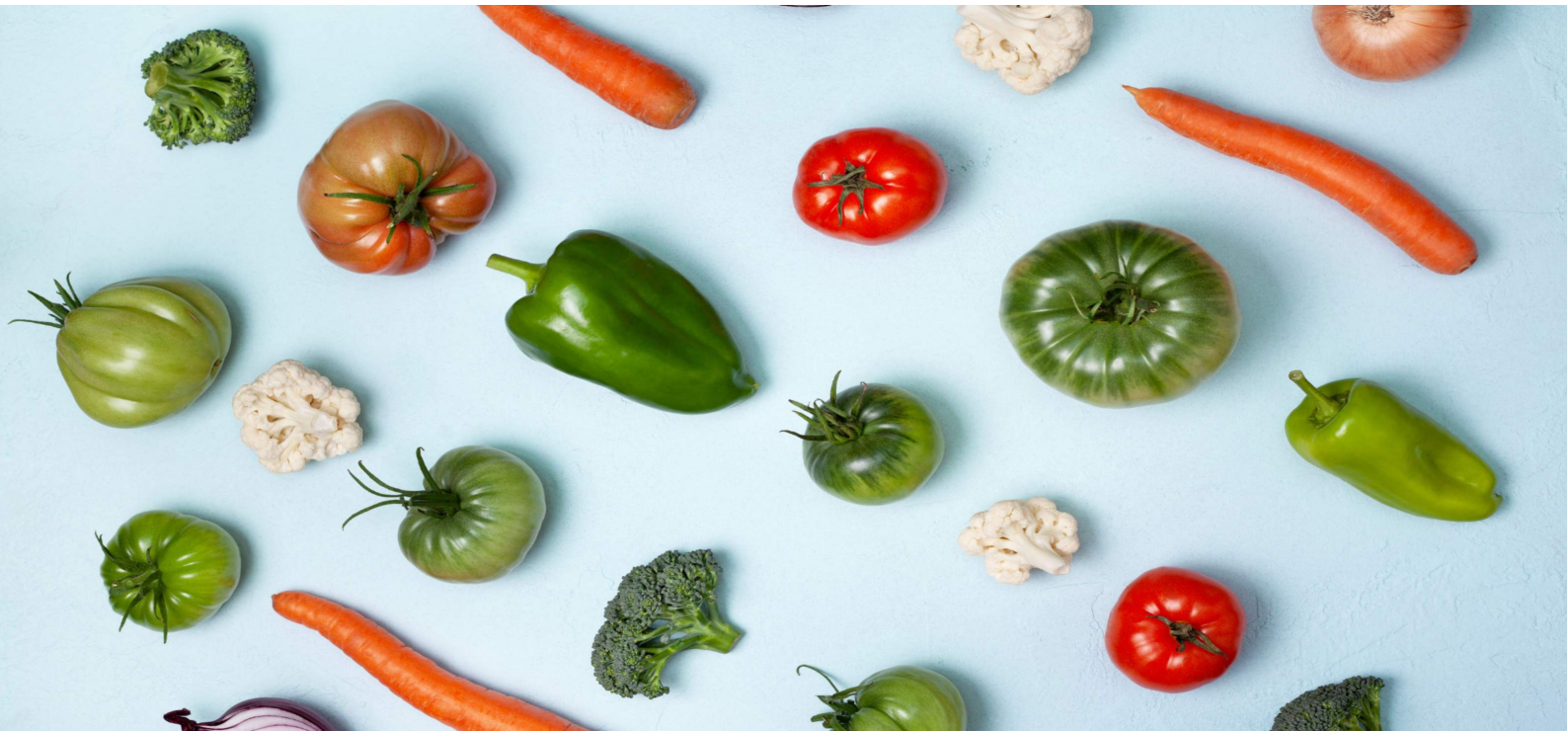
Name: Jennifer

Ref: Sample

Date: 3/14/2025

Test: Advanced Food Intolerance Labs - Primal
Intolerances

--- 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.

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Jennifer,

A Snapshot of Your Results



Not Optimal

Intolerances

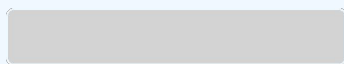
Food & Drink Intolerances



No Data

Toxicity

Toxins & Heavy Metals



No Data

Nutrition

Vitamins, Minerals & Fatty Acids



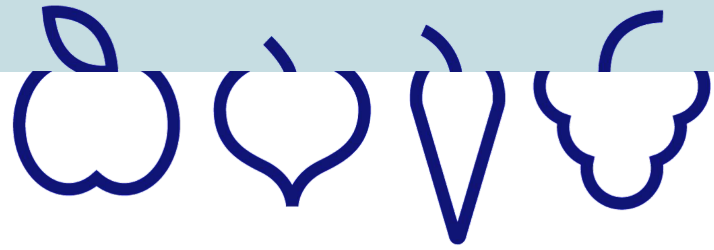
No Data

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

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

Dairy & Milks

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

Dairy Alternatives

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

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

- | | | | | |
|-----------------|----------------|---------------|---------------|--------------|
| Whiskey | Tea (Green) | Port | Tea (Black) | Prosecco |
| Tea (Chamomile) | Coffee (Black) | Beer | Tea (Rooibos) | Tea (Oolong) |
| Vermouth | Schnapps | Sambuca | Tequila | Rum |
| Champagne | Vodka | Tea (Jasmine) | | |

Fish & Seafood

- | | | | | |
|-----------------|-------------|---------------|-----------|--------------|
| Halibut | Jon Dory | Tuna | Seabass | Blue Mussels |
| Herring | Sole | Octopus | Crawfish | Skate |
| Flounder | Clams | Trout (Brown) | Shrimp | Tilapia |
| Trout (Rainbow) | Whitebait | Plaice | Mahi Mahi | Swordfish |
| Cod | Sardine | Lobster | Red Bass | Mackerel |
| Hake | Red Snapper | Oysters | Prawns | |

Fruits

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

Herbs & Spices

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

Legumes

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

Meats & Eggs

- Liver (Lamb)
- Hare
- Liver (Pork)
- Bison
- Rabbit
- Turkey
- Cornish Hen
- Veal
- Goose
- Beef
- Bacon
- Lamb
- Elk Meat
- Egg Yolk
- Sausage (Pork)
- Pork
- Mutton
- Goat
- Venison
- Chicken
- Liver (Cow)

Nuts

- Macademia Nuts
- Coconut
- Hazelnut
- Walnuts
- Pistachios
- Peanuts
- Cashew
- Almonds

Oils & Fats

- Peanut Oil
- Coconut Oil
- Lard
- Ghee
- Evening Primrose Oil
- Sesame Oil
- Chicken Fat
- Hemp Seed Oil
- Olive Oil
- Flaxseed Oil
- Avocado Oil
- Sunflower Oil

Seeds

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

Sugars & Misc

- Maple Syrup
- Sugar (Brown)
- Honey
- Chocolate (Dark)
- Sugar (Beet)
- Chocolate (Milk)
- Molasses
- Yeast (Baker's)
- Cocoa Powder
- Wheatgrass
- Sugar (White)
- Chlorella
- Guar Gum

Vegetables

- Beets
- Sea Vegetables (Kelp)
- Cabbage
- Potato (White)
- Bell Pepper (Red)
- Plantain
- Bell Pepper (Yellow)
- Swiss Chard
- Escarole
- Turnip
- Broccoli
- Bok Choy (Pak Choy)
- Kohlrabi
- Mushroom (Oyster)
- Cassava
- Rutabaga
- Arugula
- Garlic (Fresh)
- Hearts of Palm
- Yams
- Bell Pepper (Green)
- Fennel (Fresh)
- Spinach
- Asparagus
- Radish
- Pumpkin
- Leeks
- Carrots
- Mushroom (Portobello)
- Zucchini
- Bell Pepper (Orange)
- Onion (White)
- Squash
- Cauliflower
- Squash (Butternut)
- Olives (Black)
- Lettuce (Iceberg)
- Cucumber
- Mushroom (Shiitake)
- Peas (Garden)
- Artichoke
- Okra
- Potato (Sweet)
- Eggplant
- Watercress
- Olives (Green)
- Endive
- Onion (Red)

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.

Cereals & Grains

 Flour (Teff)
Gluten Free

Dairy & Milks

 Milk (Sheep)

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

 Brandy

Fish & Seafood


 Salmon

 Haddock

 Scallops


 Squid

 Pilchard

 Black Bass


Fruits

 Raisins

 Gooseberries


 Nectarine


 Mandarins

 Waxberry Fruit

 Papaya

Herbs & Spices


 Basil (Dried)

 Pepper (White)


Legumes

 Lentils

Nuts


 Pecan Nuts

Oils & Fats

 Pumpkin Seed Oil


 Beef Dripping

Seeds

 Fennel Seeds


Sugars & Misc

 Baobab


 Barley Grass

Vegetables

 Celery

 Cilantro (Fresh)

 Kale

 Parsley (Fresh)

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

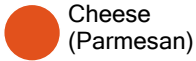


Kamut
Gluten

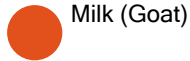


Semolina
Gluten

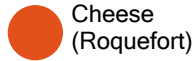
Dairy & Milks



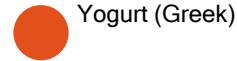
Cheese
(Parmesan)



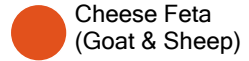
Milk (Goat)



Cheese
(Roquefort)



Yogurt (Greek)



Cheese Feta
(Goat & Sheep)

Dairy Alternatives

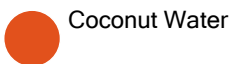


Yogurt
(Almond)

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



Coconut Water



Sake



Lager

Fish & Seafood



Perch



Anchovies

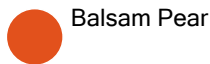


Crab

Fruits



Cranberry



Balsam Pear

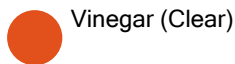


Lychee

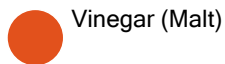
Herbs & Spices



Cumin



Vinegar (Clear)



Vinegar (Malt)



Fenugreek

Legumes



Black Beans

Meats & Eggs



Moose



Duck



Egg White

Nuts



Pine Nuts



Brazil Nuts



Chestnuts

Oils & Fats



Cod Liver Oil



Goose Fat

Vegetables



Beans (Green)



Brussell
Sprouts



Tomatoes




Jennifer,


A Summary of your Intolerance Results




 **Intolerances**
Food & Drink Intolerances

Not Optimal

 29 Intolerances found

 33 Neutral items found

 299 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.

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