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Your Solution Starts Here

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Dear Matthew Smith,
We are delighted to present your test results!

Your results

Your results are divided into sections by the type of items tested. Within each section you'll find an overview page, this is to ensure your results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you. You can see the full list of items tested in the detailed analysis page.

Your results report is designed to provide the utmost clarity on your results and the actions we would recommend.

We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your daily diet and environment.

In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthful and happy.

If you have any further questions please do not hesitate to get in touch with us.

Healthy regards,

The Gut Clarity Team

support@gutclarity.com - www.gutclarity.com

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Your Results Explained

A sensitivity test is not an allergy test

It is important to reiterate that this test is NOT for allergy. It is easy to confuse allergy and sensitivity or intolerance as the different terms are often used interchangeably, which leads to misinterpretation. Allergy and sensitivity are not the same. Of course if someone is allergic to a food item it could be described as being 'sensitive' however as a health condition allergy is different from sensitivity or intolerance.

There are a couple of fundamental differences between allergy and sensitivity; having food sensitivity may be uncomfortable and cause symptoms that, whilst annoying, embarrassing or even debilitating, do not have the potential to be life-threatening like those caused by food allergy; food sensitivity can also change over time, it can often be overcome through implementation of a food elimination diet and/or improving gut health, however food allergy tends to be lifelong. The physiological process, which takes place in the body during an allergic reaction, is also entirely different to that of sensitivity. An allergic reaction involves the immune system and cells called antibodies, whereas this is not involved in sensitivity. Hair testing does not test antibody levels therefore this is why it cannot be used to test for allergy.

Known Allergies

You may have a known allergy so let's help you to interpret sensitivity results to this item.

Case A

The item you are allergic to shows as a Mild or Sensitive Reaction item.

This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

Case B

The item you are allergic to shows as a No Reaction item.

This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergy.

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Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by over consumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause, do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel. Be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.

Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.

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Customer Testimonials

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We take great pride in helping our customers.

This test changed my life ★★★★★

Who would have thought that strawberries caused my belly to ache. Glad I took this intolerance test. I now eat strawberries in moderation and feel much more healthy. This sensitivity hair test did the trick! Thank you.
- Cynthia

Amazing how much we have learned ★★★★

Honestly, this test is getting better and better as we learn more about it. we do test our family on a regular base to see if we actually get better (we feel better but we also like to see the numbers), and we are getting healthier. We would also like to say thank you to all your staff. This is simply unbelievable!
- Emma & Marc

The brutal truth indeed ★★★★★

If you aren't sure about your sensitivity or intolerance, always go for this hair Intolerance Test. These results give you the brutal truth indeed as it shows you what foods or other items to avoid. I never knew that skipping on lentils and tomatoes would make me feel so much healthier. Very easy to use and clear results.
- Williams Family

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Food Sensitivities Analysis

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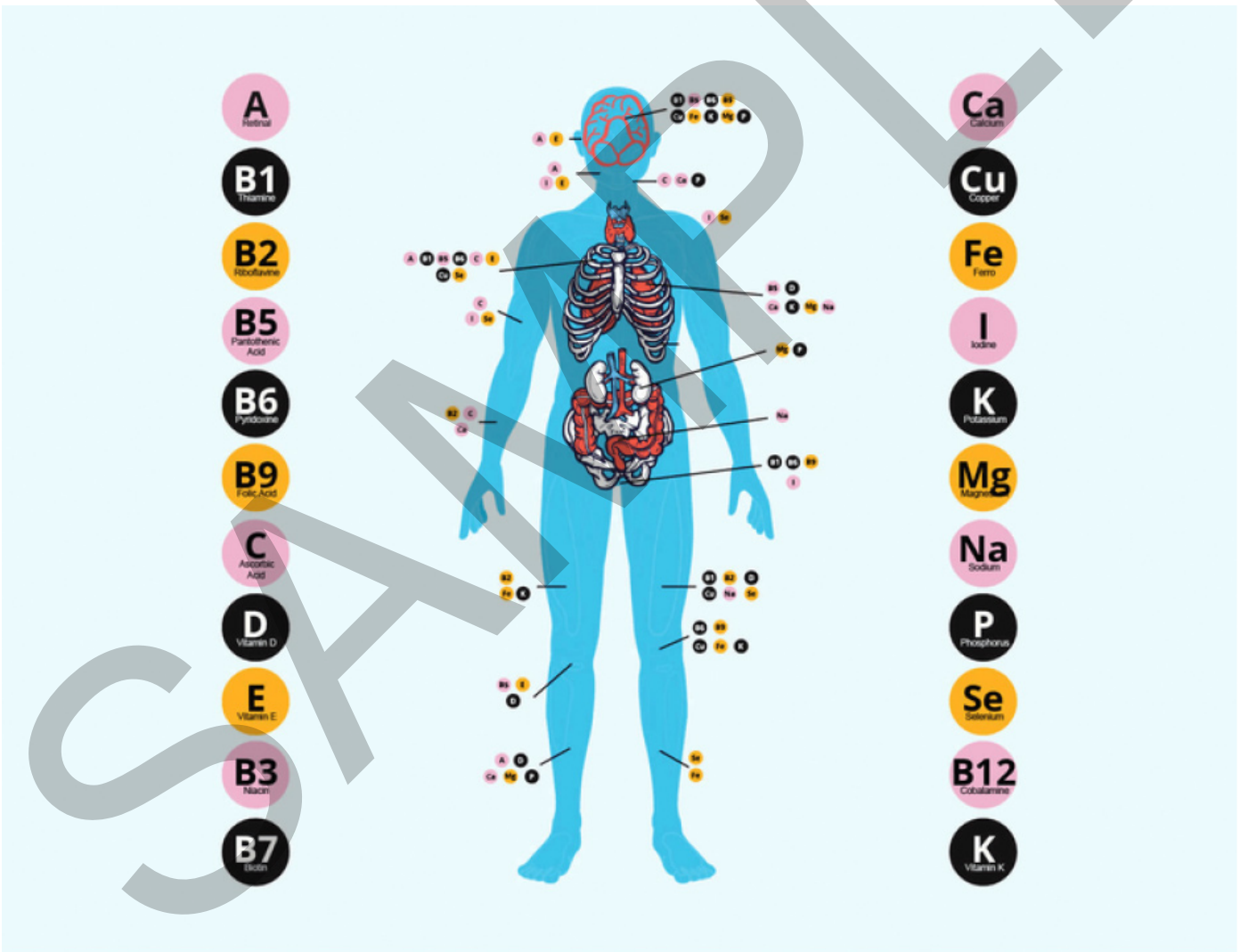
The role of food types

As well as providing energy for the body food also contains nutrients in the form of vitamins and minerals. Vitamins and minerals are considered essential as they enable the body toc omplete literally hundreds of tasks, which are vital for day-to-day function, health and wellbeing. To name a few vitamins and minerals facilitate energy production, hormone production, wound healing, immune system function, blood clotting and foetal development.

The diagram below gives an overview of a few of the richest sources of each nutrient. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.



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Water-soluble vitamins

B Vitamins
Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean flour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

B12
Oysters, mussels, scallops, liver, mackerel, tuna,salmon, sardines, crab, beef, eggs, yogurt, Swisscheese, fortified products.

Vitamin C
Red peppers, guavas, kale, kiwi, broccoli, Brussels sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

Fat-soluble vitamins

Beta Carotene (precursor to vitamin A)
Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers, tuna fish, mackerel, butter.

Vitamin A
(Retinol) Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, paté, goat's cheese, eggs, cheddar, cream cheese, butter.

Vitamin D
Salmon, trout, swordfish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortified products.

Vitamin E
Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunflowers seeds, prawn/shrimp, crayfish, salmon, smoked salmon, swordfish, herring, trout, olive oil, sunflower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

Vitamin K
Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussels sprouts, cabbage, chili powder, paprika, fennel, leeks.

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Minerals

Calcium
Watercress, kale, broccoli, low fat mozzarella, low fatcheddar, yogurt, pak choi, tofu, sugar snap peas,almonds, tinned sardines in oil with bones, tinned pink salmon.

Copper
Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, liver, spirulina, dark chocolate, collard greens, Swiss chard, spinach, kale.

Iron
Rye, whole wheat, pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, Swiss chard, kale, dark chocolate.

Magnesium
Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, Brazil nuts, peanuts, walnuts, tofu, coconut, soy beans, figs, apricots, dates, prawns, corn, avocado, spinach, kale, broccoli, swiss chard, turnip greens, collards.

Manganese
Rye, oats, brown rice, barley, mussels, hazelnuts, pinenuts, pecans, lima beans, chickpeas, aduki beans, lentils, pumpkin seeds, sesame seeds, sunfl owerseeds, pineapple, spinach, kale, tofu, soybeans, sweetpotato, blueberries, raspberries, strawberries.

Phosphorus
Brown rice, oats, rye, whole wheat, chicken, turkey,pork, liver, sardines, scallops, salmon, mackerel, crab, milk, yogurt, cottage cheese, sunfl ower seeds, pumpkin seeds, Brazil nuts, pine nuts, almonds, pistachios, cashews.

Potassium
Dried apricots, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, butternut squash, spinach, mushrooms, bananas, potatoes, lowfat yogurt.

Selenium
Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower, liver, eggs, beef, turkey, cottage cheese.

Zinc
Rye, spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms.

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What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.

What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild orNo Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Sensitive Reaction	Mild Reaction	No Reaction
These are the food items that our testing shows you have sensitivity to.	These are the food items thatour testing shows you could potentially have sensitivity to.	These are the food items that our testing shows you do not have sensitivity to.

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Your Food Sensitivities: Overview

Sensitive Reaction

Beans (green)
Cashew nuts
Cheese (parmesan)
Cheese (stilton)
Cod
Corned beef (UK)
Cream
Dika nuts
Gluten
Habenero pepper
Loganberry
Oils (cod liver)
Olives (black)
Oranges
Prunes
Rocket
Saffron
Sriracha sauce
Sweet potato

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet.

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Your Food Sensitivities: Overview contd.

Mild Reaction

Arctic char
Berbere
Buckwheat
Cheese (provolone)
Chervil
Chestnuts
Chinese liquor
Freekeh
Horseradish
Jack nuts
Lager
Lavender
Laver seaweed
Leek
Milk (goats)
Milk (soybean)
Oils (sesame)
Onion (yellow)
Parsley
Plant based milk (soy)
Quince
Seitan
Tea (lime blossom)

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the removal of Mild Reaction items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of Mild Reaction items in the same meal or day may lead to symptoms due to an accumulative effect. See details on how to implement an effective elimination diet on page 18.

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Your Food Sensitivities: Detailed Analysis

Cereal or Grain Products

- Arrowroot flour
- Barley
- Barley flour
- Bread (bao bun)
- Bread (brioche)
- Bread (granary)
- Bread (sourdough)
- Bread (white)
- Bread (wholemeal)
- Buckwheat
- Bulgar wheat
- Corn meal
- Cornflakes
- Couscous
- Cultivated oats
- Cultivated rye
- Dinkel flour
- Durum wheat
- Einkorn flour
- Farro
- Freekeh
- Gluten
- Kamut
- Maize flour
- Malt
- Matzo
- Noodles
- Oat flour
- Oats
- Orzo
- Pasta
- Polenta
- Quinoa
- Rice (black)
- Rice (brown)
- Rice (white)
- Rice (wild)
- Rice cake
- Rice flour
- Rye
- Rye flour
- Seitan
- Semolina
- Sorghum
- Spelt
- Sticky rice
- Tapioca
- Teff
- Tempeh
- Triticale
- Wheat
- Wheat (wholegrain)
- Wheat flour
- Yeast

Dairy Products

- Asiago
- B-lactoglobulin
- Burrata
- Butter
- Buttermilk
- Casein
- Cheese (blue)
- Cheese (brie)
- Cheese (camembert)
- Cheese (cheddar)
- Cheese (cottage)
- Cheese (cream)
- Cheese (emmental)
- Cheese (feta)
- Cheese (goats)
- Cheese (gouda)
- Cheese (gruyere)
- Cheese (halloumi)
- Cheese (manchego)
- Cheese (mascarpone)
- Cheese (mould)
- Cheese (mozzarella, buffalo)
- Cheese (paneer)
- Cheese (parmesan)
- Cheese (pecorino romano)
- Cheese (provolone)
- Cheese (red leicester)
- Cheese (ricotta)
- Cheese (roquefort)
- Cheese (stilton)
- Clotted cream
- Coconut cream
- Cream
- Custard
- Egg white
- Egg yolk
- Greek yogurt
- Ice cream
- Kefir
- Lactose
- Margarine
- Mayonnaise
- Milk (butter)
- Milk (condensed)
- Milk (cows)
- Milk (evaporated)
- Milk (goats)
- Milk (sheep)
- Milk (sour)
- Milk (soybean)
- Milk fat
- Preserved egg
- Salad cream
- Sour cream
- Yoghurt

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Your Food Sensitivities: Detailed Analysis contd.

Drinks

- Apple juice
- Beet juice
- Brandy
- Champagne
- Chinese liquor
- Coffee (black)
- Coffee (decaffeinated)
- Cola
- Cranberry juice
- Gin
- Grapefruit juice
- Green coffee beans
- Lager
- Lemonade
- Orange juice
- Ouzo
- Pineapple juice
- Plant based milk (almond)
- Plant based milk (cashew)
- Plant based milk (coconut)
- Plant based milk (hemp)
- Plant based milk (macadamia)
- Plant based milk (oat)
- Plant based milk (rice)
- Plant based milk (soy)
- Pomegranate juice
- Prune juice
- Red wine
- Root beer
- Rose wine
- Rum
- Tea (black)
- Tea (ceylon)
- Tea (chamomile)
- Tea (dandelion)
- Tea (darjeeling)
- Tea (decaffeinated)
- Tea (earl grey)
- Tea (green)
- Tea (jasmine)
- Tea (kombucha)
- Tea (lime blossom)
- Tea (matcha)
- Tea (mint)
- Tea (oolong)
- Tea (pu'er)
- Tea (rooibos)
- Tea (rosehip)
- Tea (sencha)
- Tea (white)
- Tequila
- Tomato juice
- Vodka
- Whisky
- White wine

Fruit

- Apples
- Apricots
- Avocado
- Balsam pear
- Bananas
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Breadfruit
- Cantaloupe
- Cherries
- Cranberries
- Currants (red, black etc.)
- Dates
- Dragon fruit
- Dried all spice berries
- Durian fruit
- Elderberry
- Figs
- Fructose
- Galia melon
- Glucose
- Goji berry
- Gooseberries
- Grapefruit (pink)
- Grapefruit (ruby red)
- Grapefruit (yellow)
- Grapes (red)
- Grapes (white)
- Guava
- Hawthorn fruit
- Honeydew melon
- Jack fruit
- Jujube fruit
- Juniper berries
- Kiwis
- Kumquat
- Lemons
- Lime
- Loganberry
- Loquat fruit
- Lychee
- Mamoncillo
- Mandarin
- Mango
- Mangosteen fruit
- Mulberries
- Nectarines
- Oranges
- Oranges (blood)
- Oranges (clementine)
- Oranges (mandarin)
- Oranges (tangerine)

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Your Food Sensitivities: Detailed Analysis contd.

- Papaya
- Passionfruit
- Peaches
- Pears
- Persimmon
- Physalis
- Pineapple
- Plantain
- Plums
- Pomegranates
- Pommelo
- Prunes
- Quince
- Raisins
- Raspberries
- Sharonfruit
- Starfruit
- Strawberries
- Sultanas
- Tamarillo
- Watermelon
- Waxberry fruit

Meat

- Antelope
- Bacon
- Beef
- Beef jerky
- Biltong
- Bison
- Black pudding
- Buffalo
- Chicken
- Chorizo
- Corned beef (UK)
- Corned beef (USA)
- Duck
- Duck blood
- Duck intestines
- Gelatin
- Goat
- Goose
- Goosefoot
- Grouse
- Guinea fowl
- Haggis
- Hare
- Horse
- Lamb
- Liver (lamb)
- Liver (ox)
- Liver (pig)
- Moose meat/elk
- Mutton
- Nduja sausage
- Ox tongue
- Partridge
- Pastrami
- Pepperoni
- Pheasant
- Pork
- Pork sausage
- Quail
- Rabbit
- Salami
- Squab
- Tripe
- Turkey, hen
- Veal
- Venison
- Wild boar

Nuts

- Almond
- Beech nuts
- Betel nuts
- Brazil nuts
- Butternuts
- Canarium nuts
- Candle nuts
- Carob seed
- Cashew nuts
- Chestnuts
- Chia seeds
- Coconut
- Coix seed
- Cola nuts
- Dika nuts
- Fennel seed
- Flax seed
- Gabon nuts
- Ginkgo nut
- Hazelnuts
- Hickory nuts
- Jack nuts
- Jackfruit seeds
- Kurrajong nuts
- Lotus nuts
- Macadamia
- Mongongo nuts
- Peanuts
- Pecan nuts
- Pili nuts
- Pine nuts
- Pistachio
- Poppy seeds
- Pumpkin seeds
- Roasted nuts
- Saba nuts
- Sesame seeds
- Sunflower seeds
- Sweet chestnut
- Tiger nuts

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Your Food Sensitivities: Detailed Analysis contd.

- Walnuts

Oils and Condiments

- Brown sauce
- Chimichurri sauce
- Dijon mustard
- Fish sauce
- Garlic sauce
- Ghee
- Hoisin sauce
- Kecap manis
- Ketchup
- Lemon curd
- Lobster sauce
- Mango chutney
- Marmalade
- Marmite
- Mint sauce
- Mirin
- Oils (almond)
- Oils (avocado)
- Oils (canola)
- Oils (coconut)
- Oils (cod liver)
- Oils (flaxseed)
- Oils (groundnut)
- Oils (olive)
- Oils (palm)
- Oils (peanut)
- Oils (peppermint)
- Oils (sesame)
- Oils (sunflower)
- Oils (vegetable)
- Oils (walnut)
- Oyster sauce
- Ranch dressing
- Soy sauce
- Sriracha sauce
- Sweet chilli sauce
- Tahini
- Tartare sauce
- Teriyaki sauce
- Thai green sauce
- Thai red sauce
- Tomato puree
- Vinegar (apple cider)
- Vinegar (balsamic)
- Vinegar (clear)
- Vinegar (malt)
- Vinegar (red wine)
- Vinegar (rice)
- Wasabi
- Worcestershire sauce

Sea food/Fish

- Anchovy
- Arctic char
- Barramundi
- Basa fish
- Bass
- Black bream
- Black-bellied monkfish
- Blonde ray
- Blue marlin
- Blue mussels
- Calamari
- Cape hake
- Carp
- Catfish
- Caviar
- Chub mackerel
- Clams
- Cockle
- Cod
- Coley
- Common ling
- Crab
- Crayfish
- Cuttle fish
- Dab fish
- Dover sole
- Eel
- Flounder
- Grouper
- Haddock
- Hake
- Halibut
- Herring
- Herring (red)
- Jacksmelt
- Jellyfish
- Laver seaweed
- Lobster
- Mackerel
- Mahi mahi
- Mullet
- Mussel, common
- Octopus
- Oyster
- Perch
- Pickerel
- Pike
- Pilchard
- Plaice
- Pollock
- Prawns
- Red bass
- Salmon
- Sardine
- Scallops
- Seabass
- Shad
- Shellfish

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Your Food Sensitivities: Detailed Analysis contd.

- Shrimp
- Skate
- Smoked herring, bloater
- Snapper
- Sole
- Squid
- Swordfish
- Tilapia
- Trout
- Trout (brown)
- Trout (sea)
- Tuna
- Turbot
- Winkles
- Yellow croaker fish

Spices

- Aniseed
- Aquafaba
- Asafoetida
- Basil
- Bay leaf
- Bean paste
- Berbere
- Bird's eye chilli
- Bouillon
- Candied peel
- Capers
- Caraway
- Cardamom
- Cayenne pepper
- Celery seed
- Chervil
- Chilli pepper
- Chinese five spice
- Chive flakes
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry (green)
- Curry (red)
- Curry (yellow)
- Dill
- Fennel
- Fenugreek
- Galangal
- Garam masala
- Garlic powder
- Ghost pepper
- Ginger
- Habanero pepper
- Harissa
- Hibiscus powder
- Hiney powder
- Horseradish
- Lavender
- Lebanese seven spice
- Lemongrass
- Mace herb
- Makrut lime leaves
- Marjoram
- Mint
- Miso
- Molasses powder
- Mustard powder
- Mustard seeds (black)
- Mustard seeds (brown)
- Mustard seeds (yellow)
- Nigella seeds
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Pepper (black)
- Pepper (green)
- Pepper (red)
- Pepper (white)
- Rosemary
- Saffron
- Sage
- Salt (himalayan)
- Salt (sea)
- Salt (table)
- Soybean paste
- Spearmint
- Star anise
- Sumac
- Tamarind powder
- Tarragon
- Thyme
- Turmeric
- Vanilla bean
- Wholegrain mustard

Sweeteners

- Black treacle
- Cacao
- Chocolate (dark)
- Chocolate (milk)
- Chocolate (white)
- Cocoa powder
- Date syrup
- Golden syrup
- Guar guar gum
- Honey
- Maple syrup
- Molasses
- Monk fruit
- Rock candy
- Sugar (beet)
- Sugar (cane)

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Your Food Sensitivities: Detailed Analysis contd.

- Sugar (coconut)
- Sugar, brown (natural)
- Sugar, white

Vegetables

- Aji pepper
- Arrowroot
- Artichoke
- Asparagus
- Aubergine
- Bamboo shoots
- Bean sprouts
- Beans (bitter)
- Beans (black eyed)
- Beans (black)
- Beans (broad)
- Beans (cannellini)
- Beans (edamame)
- Beans (green)
- Beans (kidney)
- Beans (lima)
- Beans (mung)
- Beans (runner)
- Beans (soya)
- Beans (white)
- Beans (winged)
- Beans (yardlong)
- Beets
- Bell pepper (green)
- Bell pepper (orange)
- Bell pepper (red)
- Bell pepper (yellow)
- Bok choy
- Broccoli
- Brussel sprouts
- Butternut squash
- Cabbage
- Cabbage (red)
- Cabbage (savoy)
- Callaloo
- Capsicum (green)
- Capsicum (red)
- Capsicum (yellow)
- Carrots
- Cassava
- Cauliflower
- Celeriac
- Celery
- Chickpeas
- Chicory
- Choy sum
- Collard greens
- Courgette
- Cress
- Cucumber
- Daikon
- Endive
- Fennel
- Garlic
- Gherkin
- Habenero pepper
- Jalapeno pepper
- Kale
- Kelp seaweed
- Kimchi
- Kohlrabi cabbage
- Kombu
- Leek
- Lentils
- Lettuce (butter)
- Lettuce (chicory)
- Lettuce (chinese)
- Lettuce (escarole)
- Lettuce (head)
- Lettuce (iceburg)
- Lettuce (leaf)
- Lettuce (romaine)
- Matsutake
- Mushroom (blushing rosette)
- Mushroom (button)
- Mushroom (chestnut)
- Mushroom (enoki)
- Mushroom (horse)
- Mushroom (inky)
- Mushroom (medusa)
- Mushroom (needle)
- Mushroom (oyster)
- Mushroom (portobello)
- Mushroom (shitake)
- Okra
- Olives (black)
- Olives (green)
- Onion (pickled)
- Onion (red)
- Onion (white)
- Onion (yellow)
- Pak choi
- Parsnip
- Peas
- Pig blood curd (blood tofu)
- Potatoes
- Pumpkin
- Radish
- Rhubarb
- Rocket
- Romanesco
- Rutabaga
- Sauerkraut
- Seaweed
- Shallots
- Spinach
- Spring onions

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Your Food Sensitivities: Detailed Analysis contd.

- Swede
- Sweet potato
- Sweetcorn
- Swiss chard
- Taro vegetable
- Tenderstem broccoli
- Tofu
- Tomato
- Turnip
- Water chestnuts
- Watercress
- Wax gourd
- Yams
- Zucchini

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Non-Food Sensitivities Analysis

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What is a non-food sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Sensitive Reaction	Mild Reaction	No Reaction
These are the non-food itemsthat our testing shows you have sensitivity to.	These are the non-food items that our testing shows you could potentially have sensitivity to.	These are the non-food items that our testing shows you do not have sensitivity to.

GutClarity

Your Non-food Sensitivities: Overview

Sensitive Reaction

Black-eyed susan
Canary grass
Douglas fir
False oat grass
Laburnum
Mink
New belgian aster
Oak (quercus robur)
Pigeons
Pine, scottish (pinus sylvestris)

Mild Reaction

Chinchilla
Cypress
Elm
Jasmine
Leather
Lupine (lupinus polyphyllus)
Lycoperdon perlatum
Magnolia
Mesquite
Mugwort
Silk
White pine

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the avoidance of Mild Reaction items thereafter.

It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of Mild Reaction items in the same day may lead to symptoms due to an accumulative effect.

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Your Non-food Sensitivities: Detailed Analysis

Animal Dander

- Canary feathers
- Cats
- Chinchilla
- Deer
- Dogs
- Finch feathers
- Fox
- Gerbil
- Guinea pigs
- Hamster
- Horses
- Mice
- Mink
- Mouse
- Parrot feathers
- Pig
- Pigeons
- Rabbit
- Rats
- Turkey feathers

Flowering Plants

- Aster
- Azalea
- Baylilly
- Begonia
- Black-eyed susan
- Bluebell
- Buttercup flower
- Camellia
- Carnations
- Castor bean
- Cat mint
- Chamomile
- Chrysanthemum
- Clover
- Coneflower
- Coreopsis
- Cowslip
- Crocus
- Daffodil
- Dahlia (dahlia hybrida)
- Daisy
- Delphinium
- Devils trumpet
- Elderflower
- Eucalyptus
- Foxglove
- Gardenia
- Geranium
- Giant ragweed
- Glaskraut (parietaria judaica)
- Goldenrod (solidago virgaurea)
- Hibiscus
- Horse chestnut plant
- Hyacinth (endymion non scriptus)
- Hydrangea
- Japanese knotweed
- Jasmine
- Laurel
- Lavender
- Lilac (syringa vulgaris)
- Lisianthus
- Lupine (lupinus polyphyllus)
- Magnolia
- Marguerite (leucanthemum vulgare)
- Marigold
- Mulberry bush
- Narcissus (narcissus spp.)
- New belgian aster
- Orchid
- Pansy
- Peony
- Petunia
- Phlox
- Poppy
- Primrose (primulus)
- Privet (ligustrum spp.)
- Ragweed plant
- Rapeseed
- Red hot poker
- Ribwort
- Rose plant
- Russian sage
- Salvia
- Scotch heather
- Seaweed
- Sedum
- Shasta daisy
- Snow drop
- Sunflower
- Sweet peas
- Thistle plant
- Tick seed
- Tobacco
- Tulip
- Wallflower (cheranthus cheiri)

Fungi

- Aspergillus niger
- Cedar cup
- Chaetomium globosum
- Chanterelle
- Chicken of the woods
- Cladosproium herbarum
- Devils fingers
- Dryad's saddle
- Epicoccum purpurascens
- Fly agaric
- Fungus/mould (household)
- Fusarium moniliforme
- Hygrocybe calyptriformis

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Your Non-food Sensitivities: Detailed Analysis contd.

- Jelly ear
- Lycoperdon perlatum
- Penicillium frequentans
- Penicillium notatum
- Ruby elfcup
- Stachybotrys
- Stemphylium botryosum
- Turkey tail
- Ulocladium chartarum

Grasses and Herbs

- Bermuda grass
- Brome grass
- Canary grass
- Colonial bent grass
- Common reed
- Crested dog's-tail grass
- Dandelion
- Dock
- Elder plant
- False oat grass
- Foxtail millet
- Hop (humulus lupulus)
- Johnson grass
- Kammgras (cynosurus cristatus)
- Kentucky bluegrass
- Lemon verbena
- Lycopodium
- Maize
- Meadow fescue (festuca pratensis)
- Meadow fox tail grass
- Meadow grass
- Mugwort
- Orchard grass
- Perennial ryegrass
- Pigweed (chenopodium album)
- Plantain (plantago major)
- Quack grass
- Rye grass
- Salt grass
- Sweet vernal grass (anthoxanthum odoratum)
- Tall oat grass (arrhenaterium elatius)
- Timothy grass
- Velvet grass
- Water reed (phragmites communis)
- Wild oat (avena fatua)
- Wild rye grass

Insects

- Blood worm
- Cockroach
- Crickets
- Granary weevil
- Honeybee
- Horse bot fly
- House dust mite
- Mealworm
- Mosquito
- Moth
- Paper wasp
- Snail
- Storage mite
- Wasp

Materials

- Latex
- Leather
- Lycra
- Nylon
- Rubber
- Silk
- Velvet
- Wool

Miscellaneous

- Alstromerias
- Ampicilloyl
- Anisakis
- Dust
- Dust mites
- Formaldehyde
- Gum arabic
- Karaya gum
- Melaleuca

Non Flowering Plants

- Aucuba
- Box elder
- Bracken
- English plantain
- Lotus root
- Lovage
- Nettle
- Wormwood (artemisia absinthium)

Organic Compounds

- Ellagic acid
- Formic acid
- Gallic acid
- Mallic acid
- Nicotinic acid
- Oxalic acid
- Saponins
- Sulforphane
- Tannins
- Zeaxanthin

Shrubs

- Blackberry bush
- Blueberry bush
- Butterfly bush
- Common buckthorn
- Coral bark dogwood
- Currant bush
- Deutria
- Dogwood
- English yew
- Firebush

GutClarity

Your Non-food Sensitivities: Detailed Analysis contd.

- Flowering quince
- Ground cherry
- Holly
- Honeysuckle
- Juniper bush
- Lemon and lime
- Mangrove
- Mesquite
- Mock orange
- Mountain juniper
- Pieris
- Ribes
- Rose of sharon
- Rowan
- Skimmia
- Snowberry
- Spindle
- Spirea
- Strawberry
- Sumac
- Tamarisk
- Thuja
- Tumbleweed
- Weigela
- Wild cherry

Trees

- American beech
- Apple tree
- Ash
- Aspen (populus tremula)
- Beech
- Betula verrico
- Birch
- Carob tree
- Casuarina austrian pine
- Cedar
- Cherry tree
- Common lime tree
- Common silver birch
- Cypress
- Douglas fir
- Downy birch (betula verrico)
- Elm
- European beech
- European lime
- False acacia (robinia pseudacacia)
- Ficus
- Fir
- Grey alder
- Hawthorn tree
- Hazel tree
- Hemlock
- Hornbeam
- Horse chestnut
- Italian cypress
- Japanese cedar
- Japanese millet
- Laburnum
- Larch
- Linden tree
- Maple
- Mistletoe
- Oak (quercus robur)
- Paloverde
- Pear tree
- Pepper tree
- Pine
- Pine, scottish (pinus sylvestris)
- Polka dot tree
- Poplar tree
- Spruce (picea abies)
- Sycamore tree
- Walnut
- Weeping fig
- White ash
- White pine
- Willow tree

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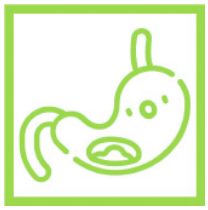
Gut Biome Analysis

GutClarity



What is gut biome?

These are the good bacteria found within your gut microbiome.

These bacteria can affect your health, minimise illness and the synthesis of vitamins depending on the different levels. Vitamins are not only obtained through foods, they are also produced in the gut by bacteria. Any items on this list are found at 15% or under and it is recommended you increase the levels through consumption of the items listed, much like the nutritional deficiencies on the test above.

If no results are reported in this section of this test, then please do not worry, it means that we have not identified any deficiencies in our analysis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your gut biome results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Out Of Balance or In Balance, in the overview section you will see only those items, which tested as Out Of Balance. The In Balance items can be found in the detailed analysis section.

Out Of Balance	In Balance
The level of good bacteria in your body ar eout of balance according to our testing parameters.	The level of good bacteria in your body are in balance according to our testing parameters.

GutClarity

Your Gut Biome: Overview

Out Of Balance

No items have been identified as out of balance according to our testing parameters.

These are the good bacteria found within your gut microbiome. Thesebacteria can affect your health, minimise illness and the synthesis of vitamins depending on the different levels. Vitamins are not onlyobtained through foods, they are also produced in the gut by bacteria.

Any items on this list are found at 15% or under and it is recommendedyou increase the levels through consumption of the items listed.

GutClarity

Your Gut Biome: Detailed Analysis

- Acidophilus
- Acidophilus bifidus
- Bifidobacterium bifidum
- Escherichia coli
- Lactobaccillus
- Lactobacillus reuteri
- Streptococcus faecium
- Streptococcus thermophilus
- Streptomyces

GutClarity

Your Gut Biome: Explained

Lactobacillus Acidophilus
Found in the small intestines, this bacteria is very important as it creates Vitamin K and infection fighting agents. Sources: Fermented vegetables, sauerkraut, miso, fermented cheese, kefir, yogurt, tempeh, pickles, kimchi, green olives, wine, and sourdough bread.

Streptomyces
Utilised to make antifungal agents and to treat infections.

Bifidobacterium Bifidum
Used to repair stomach ulcers and helps to stop constipation. Sources: Whole grains like oats and barley. Fermented foods like yoghurt and kimchi.

Bacillus Coagulans
Useful in the treatment of gastrointestinal disorders, such as diarrhoea. Sources: Fermented foods like sauerkraut, kimchi and yoghurt.

Lactobacillus Reuteri
Limosilactobacillus reuteri is a lactic acid bacterium found in a variety of natural environments, including the gastrointestinal tract of humans Sources: Milk products like yoghurt and cheese.

Escherichia Coli
Found in the intestines, helps to treat bowel diseases like Crohn's Disease, Constipation, Irritable bowel Syndrome, etc. Does not cause food poisoning in its natural surroundings.

Acidophilus Bifidus
Produces lactic acid and hydrogen peroxide. Reduces cholesterol and prevents the growth of hostile yeasts. Cleanses the bloodstream by removing toxins and boosting the immune system. Sources: Whole grains like oats and barley. Fermented foods like yoghurt and kimchi.

Streptococcus Thermophilus
Helps to prevent diarrhoea by maintaining the health of the digestive system. Sources: Dairy products like yoghurt.

Streptococcus Faecium
Found in the intestines. Helps to alleviate the symptoms of nasal cavity infections, irritable bowel symptoms and baby colic.

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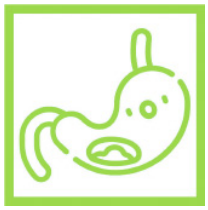
Digestive Health and Metabolism Analysis

GutClarity



What is digestive health and metabolism?

Our bodies are very good at self-regulating the enzymes used in digestion;However, when we are sick or regularly surrounded by food and non-foodintolerances, we can become unbalanced. This can affect our metabolismand our weight by causing us to store higher levels of fat or by storing fewerelements, which causes less absorption of vitamins and minerals.

We have tested your sample against a variety of enzymes and proteins toverify levels in your system. Everything shown below is currently unbalancedand will adversely affect your digestive health. Exercise, a healthy diet andliving in an environment of reduced stress will help you self-regulate again.

If no results are reported in this section of your test, do not worry, it meansthat we have not identified deficiencies or intolerances in our analysis.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your metabolism results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Out Of Balance or In Balance, in the overview section you will see only those items, which tested as Out OfBalance. The In Balance items can be found in the detailed analysis section.

Out Of Balance

The level of enzymes in your body are out of balance according to our testing parameters.

In Balance

The level of enzymes in your body are inb alance according to our testing parameters.

GutClarity

Digestive Health and Metabolism: Overview

Out Of Balance

No items have been identified as out of balance according to our testing parameters.

Our bodies are very good at self-regulating the enzymes used indigestion. However, when we are sick or regularly surrounded by foodand non-food intolerances, we can become unbalanced. This can affectour metabolism and our weight by causing us to store higher levels offat or by storing fewer elements, which causes less absorption of vitamins and minerals.

We have tested your sample against a variety of enzymes and proteinsto verify levels in your system. Everything shown above is currentlyunbalanced and will adversely affect your digestive health. Exercise, ahealthy diet and living in an environment of reduced stress will help youself-regulate again. If no results are reported in this section of your test,do not worry, it means that we have not identified deficiencies orintolerances in our analysis.

GutClarity

Digestive Health and Metabolism: Detailed Analysis

- Amylase
- Bile salts
- Enterokinase
- Lipase
- Pepsin
- Trypsin and chymotrypsin

GutClarity

Digestive Health and Metabolism: Explained

Amylase
Amylase breaks down carbohydrates (starches) into simpler sugars. Irregular levels can affect the pancreas.

Bile Salts
Bile salts are increased during pregnancy, and other times of extreme body stress. It affects the liver and irregular levels can cause bile acid concentrations.

Enterokinase
Enterokinase is a sequence-specific protease found within the intestinal tract.

Lipase
Lipase along with bile from the gallbladder, breaks down fats into glycerol and fatty acids.

Pepsin
Pepsin is the enzyme responsible for the digestion of protein. More specifically, pepsin is a protease originating from pepsinogen secreted into gastric juice from chief cells. An imbalance can cause acid reflux.

Trypsin & Chymotrypsin
These two are proteolytic enzymes. Their job is to digest protein in the small intestine.

GutClarity

Metal Sensitivities Analysis

GutClarity

What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium.

Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of lead based paints.

Symptoms vary between the different types of heavy metals.

What to do if you have high levels of exposure?

It is important to look at lowering your day-to-day level of exposure.

Consider your environment, the foods you eat, water, cosmetics and cleaning products. The body is constantly detoxifying things from your everyday environment such as chemicals infoods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones.

You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

GutClarity

Potential sources in your environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

Food - Pesticides, insecticides andherbicides used on crops can lead tocontaminated food produce. Contaminated water can result in fish and seafoodcontaining heavy metals.

Water - Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your water.

Air - Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

Cosmetics - Lead, arsenic, mercury,aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

Cleaning products - Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.

Your results explained

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Ideally the metals will show No Reaction in testing. If however there are metals identified as Mild or Sensitive Reaction do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

Sensitive Reaction	Mild Reaction	No Reaction
These are the metals that our testing shows are at a levelthat could lead to toxicity.	These are the metals that our testing shows risk being at a level that may lead to toxicity.	These are the metals that our testing shows are not at a level that could lead to toxicity.

GutClarity

Your Metal Sensitivities: Overview

Sensitive Reaction

Bronze
Molybdenum

Mild Reaction

No items have been identified as mild according to our testing parameters.

No Reaction

Aluminium
Amalgam
Antimony
Barium
Beryllium
Bismuth
Boron
Brass
Cadmium
Cerium
Chromium
Cobalt
Copper
Dysprosium
Erbium
Europium
Gallium
Gold
Iridium
Iron
Lanthanum
Lead
Lithium
Magnesium
Manganese
Mercury
Nickel
Niobium
Palladium
Pewter
Platinum
Rhodium
Scandium
Selenium
Silicon
Silver
Solder
Stainless steel
Strontium
Tin
Titanium
Tungsten
Vanadium
Zinc
Zirconium

These metals have been identified as being at a low or No Reaction level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.

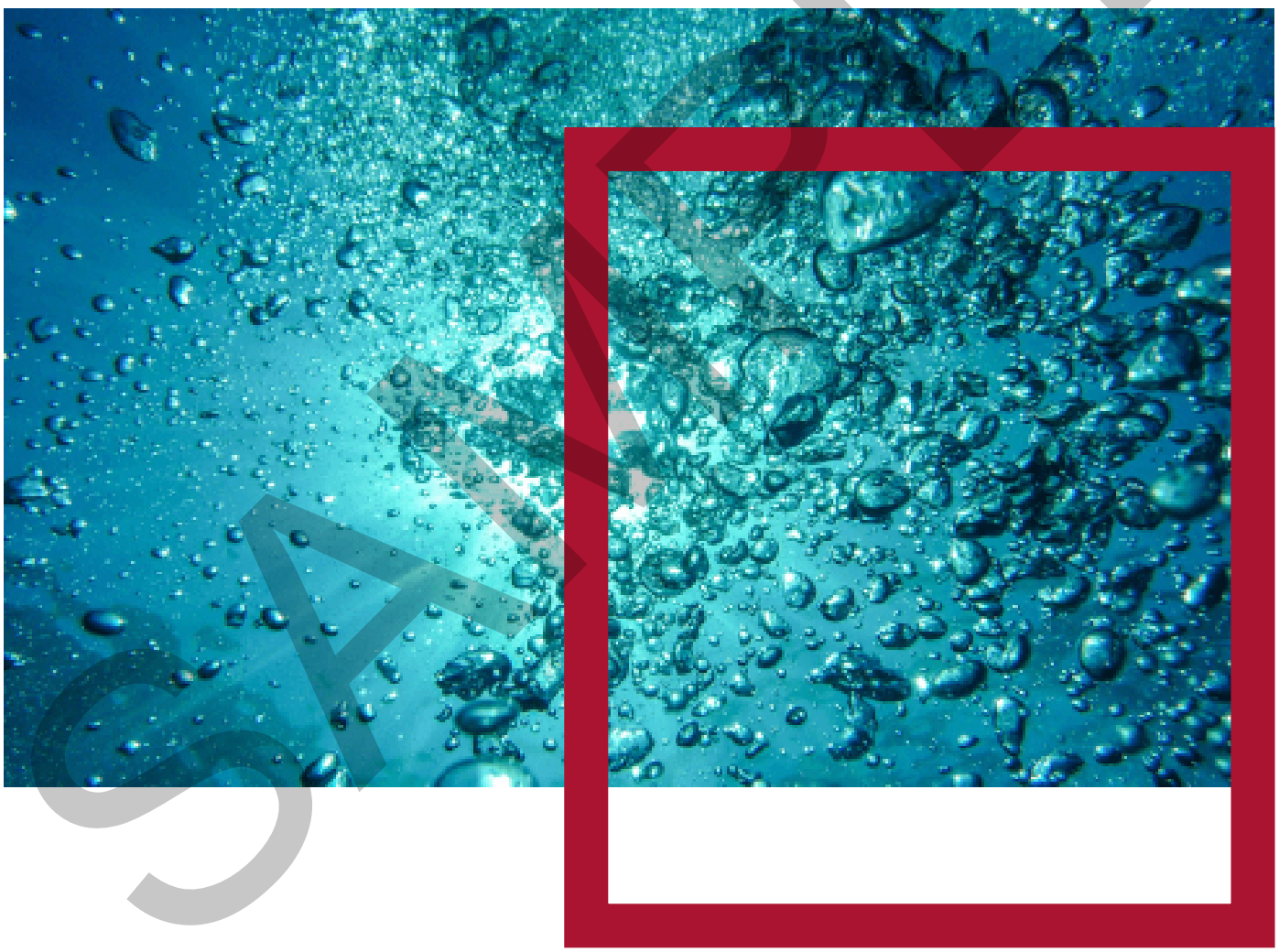
GutClarity

Your Metal Sensitivities: Detailed Analysis

- Aluminium
- Amalgam
- Antimony
- Barium
- Beryllium
- Bismuth
- Boron
- Brass
- Bronze
- Cadmium
- Cerium
- Chromium
- Cobalt
- Copper
- Dysprosium
- Erbium
- Europium
- Gallium
- Gold
- Iridium
- Iron
- Lanthanum
- Lead
- Lithium
- Magnesium
- Manganese
- Mercury
- Molybdenum
- Nickel
- Niobium
- Palladium
- Pewter
- Platinum
- Rhodium
- Scandium
- Selenium
- Silicon
- Silver
- Solder
- Stainless steel
- Strontium
- Tin
- Titanium
- Tungsten
- Vanadium
- Zinc
- Zirconium

GutClarity

Minerals and Nutrients Analysis



GutClarity

Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon lifestage, activity level, stress level, health conditions and medications. Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What are phytonutrients?

Phytonutrients are natural chemicals produced by plants to help themprotect themselves from things like insects and the sun. By eating foodswhich contain phytonutrients we, as humans, can benefit from these naturalcompounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section. Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional. Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Out Of Balance	In Balance
The level of the mineral or other nutrients in your body are out of balance according to our testing parameters.	The level of the mineral or other nutrients in your body are balanced according to our testing parameters.

GutClarity

Your Minerals and Nutrients: Overview

Out Of Balance

No items have been identified as sensitive according to our testing parameters.

In Balance

Calcium	Iron	Sodium
Chromium	Magnesium	Zinc
Copper	Manganese	
Iodine	Potassium	

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.

GutClarity

Your Minerals and Nutrients: Detailed Analysis

- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Manganese
- Potassium
- Sodium
- Zinc

GutClarity

Vitamins Analysis

GutClarity

Low vitamin levels

There are recommended daily amounts of each vitamin that should be consumed on a daily basis. However vitamin requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low vitamin levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What should you do if you have low vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most naturaland best way of improving intake. Vitamins come from a variety of sources, the richestsources being unrefined choices. For guidance on specific vitamins and the foods where theyare found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional. Should you suspect that you could have a vitamin deficiency please seek the advice of your physician.

Your results explained

Outside Range

The level of the vitamin in your body falls below the normal range according to our testing parameters.

Within Range

The level of the vitamin in your body falls within the normal range according to our testing parameters.

GutClarity

Your Vitamins: Overview

Outside Range

Folic acid

These vitamins have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds, good quality meat, fish, eggs and dairy produce. For more specific guidance on the best sources of each vitamin please see 'The role of food types' in the Food Sensitivity section.

Within Range

Adenine
Alpha lipoic acid
Anthocyanidins
Arginine
Ascorbic acid
Asparagine
Beta-carotene
Betaine
Biotin
Bromelain
Carotenoids
Choline
Citrus bio-flavonoids
Co Q 10
Creatin
Cysteine
Docosahexaenoic acid
Eicosapentaenoic acid
Ellagic acid
Fibre
Flavonoids
Folate
Gallic acid
Genistein
Germanium
Glutamine
Glutathione
Glycine
Histidine
Homocysteine
Inositol
Iso-flavonoids
Isoleucine
L-carnitine
Lecithin
Leucine
L-glutamine
Lignans
Lutein
Lycopene
Melatonin
Omega 3
Omega 6
Phenylalanine
Vitamin A
Vitamin A1
Vitamin A2
Vitamin B1
Vitamin B12
Vitamin B17
Vitamin B2
Vitamin B3
Vitamin B4
Vitamin B5
Vitamin B6
Vitamin C
Vitamin D
Vitamin D2
Vitamin D3
Vitamin D4
Vitamin E
Vitamin K1
Vitamin K2
Zeaxanthin

These vitamins have been identified as falling within the normal range. Keep up the good work, ensuring a nutrient-rich daily diet to ensure your vitamin levels remain consistent.

GutClarity

Your Vitamins: Detailed Analysis

- Adenine
- Alpha lipoic acid
- Anthocyanidins
- Arginine
- Ascorbic acid
- Asparagine
- Beta-carotene
- Betaine
- Biotin
- Bromelain
- Carotenoids
- Choline
- Citrus bio-flavonoids
- Co Q 10
- Creatin
- Cysteine
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Fibre
- Flavonoids
- Folate
- Folic acid
- Gallic acid
- Genistein
- Germanium
- Glutamine
- Glutathione
- Glycine
- Histidine
- Homocysteine
- Inositol
- Iso-flavonoids
- Isoleucine
- L-carnitine
- Lecithin
- Leucine
- L-glutamine
- Lignans
- Lutein
- Lycopene
- Melatonin
- Omega 3
- Omega 6
- Phenylalanine
- Vitamin A
- Vitamin A1
- Vitamin A2
- Vitamin B1
- Vitamin B12
- Vitamin B17
- Vitamin B2
- Vitamin B3
- Vitamin B4
- Vitamin B5
- Vitamin B6
- Vitamin C
- Vitamin D
- Vitamin D2
- Vitamin D3
- Vitamin D4
- Vitamin E
- Vitamin K1
- Vitamin K2
- Zeaxanthin

GutClarity

Additives Analysis

GutClarity

What are additives?

Additives are substances, which are added to food for a specific reason such as; to improve the look or taste of a food, to preserve a food and make it last longer on the shelf, to aid food processing and manufacturing, to stabilise a food and keep it safe to eat.

The main types of additives are colourings, flavour enhancers, sweeteners, antioxidants, emulsifiers, stabilisers and preservatives. They can be natural, man-made but nature identical or artificial.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your additives results. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or NoReaction.

Sensitive Reaction	Mild Reaction	No Reaction
These are the additives that our testing shows you have sensitivity to.	These are the additives that our testing shows you could potentially have sensitivity to.	These are the additives that our testing shows you do nothave sensitivity to.

GutClarity

Your Additives: Overview

Sensitive Reaction

E175 Gold
E263 Calciumacetate, salt of acetic acid
E280 Propionic acid
E284 Boric acid
E285 Sodiumtetraborate, boric acid
E300 Ascorbic acid (vitamin C)
E416 Karaya gum
E436 Polyoxyethylene sorbitan tristearate; polysorbate 65
E969 Advantame

These additives have been identified as those, which may be causing or contributing to physical symptoms. We would recommend the removal of these additives from your daily diet as far as possible.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

Mild Reaction

E203 Calciumcorbat, sobric acid processed cheese spreads
E330 Citric acid
E435 Polyoxyethylene sorbitan monostearate; polysorbate 60
E959 Neohesperidine DC

These additives have been identified as those, which may have the potential to cause or contribute to physical symptoms. We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the avoidance of Mild Reaction items thereafter.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet. It is also worth considering that having these items in isolation may not cause symptoms, however having contact with a number of Mild Reaction items in the same day may lead to symptoms due to an accumulative effect.

GutClarity

Your Additives: Overview contd.

No Reaction

You can see the full breakdown of additives showing no reaction in the additives detailed analysis section.

GutClarity

Your Additives: Overview contd.

If you would like further information on a particular additive we have set out a variety of different sources you can use. In the appendix you will find details of the full name of each additive. *Please note not all of these additives are on the test.*

This website gives the names of branded products, which contain a given additive. Search the database using the full name of the additive rather than the number. For example under 'search for a product' put aspartame rather than E951.

- E100-E200
- E200-E300
- E300-E400
- E400-E500
- E500-E600
- E600-E700
- E900-E1000
- E1000-E1300
- E1400-E1500
- E1500-E1525

GutClarity

Your Additives: Detailed Analysis

E Numbers

- E101 Riboflavin (vitamin B2)
- E102 Tartrazine
- E104 Quinoline yellow
- E110 Sunset yellow FCF
- E1103 Invertase
- E1105 Lysozyme
- E120 Cochineal, carminic acid, carmine
- E122 Carmoisine
- E123 Amaranth
- E124 Ponceau 4R
- E127 Erythrosine
- E128 Red 2G
- E129 Allura red AC
- E131 Patent blue V
- E132 Indigo carmine
- E133 Brilliant blue FCF
- E140 Chlorophylls and chlorophyllins
- E141 Chlorophylls
- E1410 Monostarch phosphate (modified starch)
- E142 Green S
- E150 Caramel
- E150b Sulphite lye
- E150c Ammoniac caramel
- E150d Sulphite ammonia caramel
- E151 Brilliant black
- E1518 Glycerine triacetate (triacetin)
- E153 Vegetable carbon
- E154 Brown FK
- E155 Brown HT
- E160 Capsorubin
- E160a Carotene (mixed carotene, beta-carotene)
- E160b Annatto, bixin, norbixin
- E160d Lycopene
- E160e Beta (carotinoid)
- E161b Lutein
- E161g Canthaxanthin
- E162 Beetroot red (betanin)
- E163 Anthocyanins
- E170 Calciumcarbonate
- E171 Titanium dioxide
- E172 Iron oxides, iron hydroxides
- E173 Aluminium
- E174 Silver
- E175 Gold
- E180 Lithol rubine
- E200 Sorbic acid
- E202 Potassiumsorbate, sorbic acid
- E203 Calciumcorbat, sobric acid processed cheese spreads
- E210 Benzoic acid
- E211 Sodiumbenzoate, benzoic acid
- E212 Potassiumbenzoate, benzoic acid
- E213 Calciumbenzoate, benzoic acid
- E214 Ethyl P-hydroxybenzoate
- E215 Sodium ethyl P-hydroxybenzoate
- E218 Methyl P-hydroxybenzoate
- E219 Sodium methyl P-hydroxybenzoate
- E220 Sulphur dioxide
- E221 Sodiumsulphite (sulphur dioxide)
- E222 Sodiumhydrogen sulphite (sulphur dioxide)

GutClarity

Your Additives: Detailed Analysis contd.

- E223 Sodiummetabisulphite (sulphur dioxide)
- E224 Potassiummetabisulphite (sulphur dioxide)
- E226 Calciumsulphite (sulphur dioxide)
- E227 Calciumhydrogen sulphite (sulphur dioxide)
- E228 Potassiumhydrogen sulphite (sulphur dioxide)
- E230 Biphenyl, diphenyl
- E232 Sodiumorthophenylphenate, orthophenylphenol
- E233 Thiabendazole
- E234 Nisin
- E235 Natamycin
- E239 Hexamethylene tetramine
- E242 Dimethyl dicarbonate
- E243 Ethyl lauroyl arginate
- E249 Potassiumnitrite
- E250 Sodiumnitrite
- E251 Sodiumnitrate
- E252 Potassiumnitrate
- E260 Acetic acid
- E261 Potassiumacetate, salt of acetic acid
- E262 Sodiumacetate, salt of acetic acid vinegar flavour to potato crisps
- E263 Calciumacetate, salt of acetic acid
- E270 Lactic acid
- E280 Propionic acid
- E281 Sodiumpropionate, propionic acid
- E282 Calciumpropionate, propionic acid
- E283 Potassiumpropionate, propionic acid
- E284 Boric acid
- E285 Sodiumtetraborate, boric acid
- E290 Carbon dioxide, carbonic acid
- E296 Malic acid
- E297 Fumaric acid
- E300 Ascorbic acid (vitamin C)
- E301 Sodiuml-ascorbate (ascorbic acid)
- E302 Calciuml-ascorbate (ascorbic acid)
- E304 Ascorbyl palmitate/ascorbyl stearate
- E306 Natural tocopherols (vitamin E)
- E307 Alpha-tocopherol (tocopherol)
- E308 Gamma-tocopherol (tocopherol)
- E309 Delta-tocopherol (tocopherol)
- E310 Propyl gallate (gallate)
- E311 Octyl gallate (gallate)
- E312 Dodecyl gallate (gallate)
- E315 Isoascorbic acid
- E316 Sodiumisoascorbate
- E319 Tertiary-butyl hydroquinone (TBHQ)
- E320 Butylated hydroxyanisole (BHA)
- E321 Butylated hydroxytoluene (BHT)
- E322 Lecithins
- E325 Sodiumlactate (salts from lactic acid)
- E326 Potassiumlactate (salts from lactic acid)
- E327 Calciumlactate (salts from lactic acid)
- E330 Citric acid
- E331 Monosodiumcitrate, disodium, trisodium
- E332 Monopotassiumcitrate, tripotassium
- E333 Monocalciumcitrate, dicalcium, tricalcium
- E334 Tartaric acid (l+), tartaric acid
- E335 Monosodiumtartrate, disodiumtartrate
- E336 Monopotassiumtartrate, dipotassiumtartrate
- E337 Sodiumpotassiumtartrate (salts from tartaric acid)
- E338 Orthophosphoric acid, phosphoric acid

GutClarity

Your Additives: Detailed Analysis contd.

- E339 Monosodiumphoshate, disodium, trisodium
- E340 Monopotassiumphosphate
- E341 Monocalciumphosphate, dicalcium, tricalcium
- E343 Magnesium phosphates
- E350 Sodiummalate, sodiumhydrogen malate
- E351 Potassiummalate (salts from malic acid)
- E352 Calciummalate
- E353 Metatartaric acid
- E354 Calciumtartrate (salts from malic acid)
- E355 Adipic acid
- E356 Sodiumadipate
- E357 Potassiumadipate
- E363 Succinic acid
- E380 Triammoniumcitrate (salts from citric acid)
- E385 Calciumsodiumethylene diamine tetra-acetate (EDTA)
- E392 Extracts of rosemary
- E400 Alginic acid, alginate
- E401 Sodiumalginate, alginate
- E402 Potassiumalginate, alginate
- E403 Ammoniumalginate, alginate
- E404 Calciumalginate, alginate
- E405 Propylene glycol alginate, alginate
- E406 Agar
- E407 Carrageenan
- E407a Eucheuma algae, treated
- E410 Locust bean gum, carob gum
- E412 Guar gum
- E413 Tragacanth
- E414 Gumarabic
- E415 Xanthan gum
- E416 Karaya gum
- E417 Tara meal
- E418 Gellane
- E420 Sorbit, sorbit syrup
- E421 Mannite
- E422 Glycerine
- E425 Konjac
- E426 Soybean hemicellulose
- E427 Cassia gum
- E432 Polyoxyethylene sorbitan monolaurate; polysorbate 20
- E433 Polyoxyethylene sorbitan mono-oleate; polysorbate 80
- E434 Polyoxyethylene sorbitan monopalmitate; polysorbate 40
- E435 Polyoxyethylene sorbitan monostearate; polysorbate 60
- E436 Polyoxyethylene sorbitan tristearate; polysorbate 65
- E440 Pectins
- E442 Ammonium phosphatides
- E444 Sucrose acetate isobutyrate
- E445 Glycerol esters of wood rosins
- E450 Diphosphate, phosphate
- E451 Triphosphate, phosphate
- E452 Polyphosphate
- E460 Cellulose, microcrystalline cellulose, cellulose powder
- E461 Methylcellulose
- E462 Ethyl cellulose
- E463 Hydroxypropylcellulose
- E464 Hydroxypropylmethylcellose
- E465 Ethylmethylcellulose
- E466 Carboxy methyl cellulose
- E468 Crosslinked sodium carboxy methyl cellulose
- E469 Enzymatically hydrolysed carboxy methyl cellulose

GutClarity

Your Additives: Detailed Analysis contd.

- E470a Sodium salts
- E470b Magnesiumsalts of edible fatty acids
- E471 Mono and diglyceride
- E472a Acetic acid esters of mono and diglycerides
- E472b Lactic acid esters of mono- and diglycerides of fatty acids
- E472c Citric acid esters of mono- and diglycerides of fatty acids
- E472d Tartaric acid esters of mono- and diglycerides of fatty acids
- E472e Diacetyltartaric acid esters of mono- and diglycerides
- E472f Mixed esters (tartaric, acetic) of mono- and diglycerides
- E473 Sucrose esters of fatty acids
- E474 Sucroglycerides
- E475 Polyglycerol esters of fatty acids
- E476 Polyglycerol polyricinoleate
- E477 Propane-1, 2-diol esters of fatty acids
- E479 Thermo-oxidised soya oil
- E481 Sodiumstearoyl-2-Lactylate
- E482 Calcium stearoyl-2-lactylate
- E483 Stearyl tartrate
- E491 Sorbitan monostearate
- E492 Sorbitan tristearate
- E493 Sorbitan monolaurate
- E494 Sorbitan monooleate
- E495 Sorbitan monopalmitate
- E586 4-Hexylresorcinol
- E620 Glutamic acid
- E621 Monosodiumglutamate (MSG), sodiumglutamate
- E622 Monopotassiumglutamate, potassiumglutamate
- E623 Calciumdiglutamate, calciumglutamate
- E624 Monoammoniumglutamate, ammoniumglutamate
- E625 Magnesiumdiglutamate, magnesiumglutamate
- E901 Bees wax, white and yellow
- E902 Candelilla wax
- E903 Carnauba wax
- E904 Shellac
- E927 Carbanide bread enhancer
- E938 Argon
- E939 Helium
- E941 Nitrogen propellant in spray cans
- E948 Oxygen
- E950 Acesulfame K
- E951 Aspartame
- E952 Cyclamic acid
- E953 Isomalt
- E954 Saccharines
- E955 Sucralose
- E957 Thaumatin
- E959 Neohesperidine DC
- E960a Steviol glycosides from stevia
- E960b Steviol glycosides from fermentation
- E960c Enzymatically produced steviol glycosides
- E961 Neotame
- E962 Salt of aspartame-acesulfame
- E964 Polyglycitol syrup
- E965 Maltitol
- E965 Maltitol syrup
- E966 Lactitol
- E967 Xylitol
- E968 Erythritol
- E969 Advantame

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Results Summary

Here is a summary of all our findings.

Category	Intolerances (Sensitive Reaction)	Intolerances (Mild Reaction)
Food Sensitivities	Beans (green), Cashew nuts, Cheese (parmesan), Cheese (stilton), Cod, Corned beef (UK), Cream, Dika nuts, Gluten, Habenero pepper, Loganberry, Oils (cod liver), Olives (black), Oranges, Prunes, Rocket, Saffron, Sriracha sauce, Sweet potato	Arctic char, Berbere, Buckwheat, Cheese (provolone), Chervil, Chestnuts, Chinese liquor, Freekeh, Horseradish, Jack nuts, Lager, Lavender, Laver seaweed, Leek, Milk (goats), Milk (soybean), Oils (sesame), Onion (yellow), Parsley, Plant based milk (soy), Quince, Seitan, Tea (lime blossom)
Non-food Sensitivities	Black-eyed susan, Canary grass, Douglas fir, False oat grass, Laburnum, Mink, New belgian aster, Oak (quercus robur), Pigeons, Pine, scottish (pinus sylvestris)	Chinchilla, Cypress, Elm, Jasmine, Leather, Lupine (lupinus polyphyllus), Lycoperdon perlatum, Magnolia, Mesquite, Mugwort, Silk, White pine
Metals	Bronze, Molybdenum	
Additives	E175 Gold, E263 Calciumacetate, salt of acetic acid, E280 Propionic acid, E284 Boric acid, E285 Sodiumtetraborate, boric acid, E300 Ascorbic acid (vitamin C), E416 Karaya gum, E436 Polyoxyethylene sorbitan tristearate; polysorbate 65, E969 Advantame	E203 Calciumcorbat, sobric acid processed cheese spreads, E330 Citric acid, E435 Polyoxyethylene sorbitan monostearate; polysorbate 60, E959 Neohesperidine DC

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Results Summary contd.

Category	In balance	Out of balance
Gut Biome	Acidophilus, Acidophilus bifidus, Bifidobacterium bifidum, Escherichia coli, Lactobaccillus, Lactobacillus reuteri, Streptococcus faecium, Streptococcus thermophilus, Streptomyces	
Minerals	Calcium, Chromium, Copper, Iodine, Iron, Magnesium, Manganese, Potassium, Sodium, Zinc	
Vitamins	Adenine, Alpha lipoic acid, Anthocyanidins, Arginine, Ascorbic acid, Asparagine, Beta-carotene, Betaine, Biotin, Bromelain, Carotenoids, Choline, Citrus bio-flavonoids, Co Q 10, Creatin, Cysteine, Docosahexaenoic acid, Eicosapentaenoic acid, Ellagic acid, Fibre, Flavonoids, Folate, Gallic acid, Genistein, Germanium, Glutamine, Glutathione, Glycine, Histidine, Homocysteine, Inositol, Iso-flavonoids, Isoleucine, L-carnitine, Lecithin, Leucine, L-glutamine, Lignans, Lutein, Lycopene, Melatonin, Omega 3, Omega 6, Phenylalanine, Vitamin A, Vitamin A1, Vitamin A2, Vitamin B1, Vitamin B12, Vitamin B17, Vitamin B2, Vitamin B3, Vitamin B4, Vitamin B5, Vitamin B6, Vitamin C, Vitamin D, Vitamin D2, Vitamin D3, Vitamin D4, Vitamin E, Vitamin K1, Vitamin K2, Zeaxanthin	Folic acid
Digestive Health	Amylase, Bile salts, Enterokinase, Lipase, Pepsin, Trypsin and chymotrypsin	

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What can you do next?

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This is where your journey to a healthier life begins

You have read through all of your results, so what now? As we said at the beginning of the report we believe that these test results can be the start of your journey towards a healthier life.

The next step we would recommend is the completion of an elimination diet. This entails the removal of all reactive foods for a period of time followed by reintroduction. The elimination diet is a powerful tool, which provides much clarity for individuals on which foods work for them and which do not.

Aims and objectives
Before you embark upon any new project, venture or undertaking, in this case making positive dietary changes, it is always good to write down your aims and objectives. You can refer back to these notes in times of doubt or to reflect on whether you achieved your objectives. You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for the elimination diet and beyond.

GutClarity

E-Numbers Explained

Additives

- **E 300** Ascorbic acid (L-) (vitamin C)
- **E 301** Sodium L-ascorbate (ascorbic acid)
- **E 302** Calcium L-ascorbate (ascorbic acid)
- **E 304** Ascorbyl palmitate / ascorbyl stearate
- **E 306** Natural tocopherols (vitamin E)
- **E 307** Synthetic alpha-tocopherol (tocopherol)
- **E 308** Synthetic gamma-tocopherol (tocopherol)
- **E 309** Synthetic delta-tocopherol (tocopherol)
- **E 310** Propyl gallate (gallate)
- **E 311** Octyl gallate (gallate)
- **E 312** Dodecyl gallate (gallate)
- **E 315** Isoascorbic acid
- **E 316** Sodium isoascorbate
- **E 320** Butylated hydroxyanisole (BHA)
- **E 321** Butylated hydroxytoluene
- **E 322** Lecithins
- **E 325** Sodium lactate (salts from lactic acid)
- **E 326** Potassium lactate (salts from lactic acid)
- **E 327** Calcium lactate (salts from lactic acid)
- **E 330** Citric acid
- **E 331** Monosodium citrate, disodium c., trisodiumc
- **E 332** Monopotassium citrate, tripotassium c.
- **E 333** Monocalcium citrate, dicalcium c.,tricalcium c.
- **E 334** Tartaric acid (L+), tartaric acid
- **E 335** Monosodium tartrate, disodium tartrate
- **E 336** Monopotassium tartrate, dipotassiumtartrate
- **E 337** Sodium potassium tartrate (salts fromtartaric acid)
- **E 338** Orthophosphoric acid, phosphoric acid
- **E 339** Monosodium phosphate, disodium p.,trisodium p.
- **E 340** Monopotassium phosphate, dipotassium p.tripotassium p.
- **E 341** Monocalcium phosphate, dicalcium p.,tricalcium p.
- **E 350** Sodium malate, sodium hydrogen malate
- **E 351** Potassium malate (salts from malic acid)
- **E 352** Calcium malate, calcium hydrogen malate
- **E 353** Metatartaric acid
- **E 354** Calcium tartrate (salts from malic acid)
- **E 355** Adipic acid
- **E 356** Sodium adipate
- **E 357** Potassium adipate
- **E 363** Succinic acid
- **E 380** Triammonium citrate (salts from citric acid)
- **E 385** Calcium sodium ethylene diamine tetra-acetate (EDTA)

Colours

- **E 100** Curcumin
- **E 101** Ribofl avin (vit. B2), ribofl avin-5'-phosphate
- **E 102** Tartrazine
- **E 104** Quinoline yellow
- **E 110** Sunset yellow FCF, orange yellow S
- **E 120** Cochineal, carminic acid, carmines
- **E 122** Carmoisine
- **E 123** Amaranth
- **E 124** Ponceau 4R
- **E 127** Erythrosine
- **E 128** Red 2 G
- **E 129** Allura red AC
- **E 131** Patent blue V
- **E 132** Indigo carmine
- **E 133** Brilliant blue FCF
- **E 140** Chlorophylls and chlorophyllins
- **E 141** Chlorophyllins (Cu complexes)
- **E 142** Green S
- **E 150 a** Caramel
- **E 150 b** Caustic sulphite caramel
- **E 150 c** Ammonia caramel
- **E 150 d** Ammonia sulphite caramel
- **E 151** Brilliant black BN, black PN
- **E 153** Vegetable carbon
- **E 154** Brown FK
- **E 155** Brown HT
- **E 160 a** Carotene (mixed carotenes, beta-carotenes)
- **E 160 b** Annatto, bixin, norbixin
- **E 160 c** Capsanthin, capsorubin
- **E 160 d** Lycopene
- **E 160 e** Beta-apo-8'-carotenal, (carotinoid)
- **E 160 f** Ethyl ester of beta-apo-8'-carotenoic acid
- **E 161 b** Lutein
- **E 161 g** Canthaxanthin
- **E 162** Beetroot red (betanin)
- **E 163** Anthocyanins
- **E 170** Calcium carbonate
- **E 171** Titanium dioxide
- **E 172** Iron oxides, iron hydroxides
- **E 173** Aluminium
- **E 174** Silver
- **E 175** Gold
- **E 180** Lithol rubine BK

GutClarity

E-Numbers Explained contd.

Emulsifiers

- **E 432** Polyoxyethylenesorbitan-monolaurate(polysorbate 20)
- **E 433** Polyoxyethylenesorbitan-monooleate(polysorbate 80)
- **E 434** Polyoxyethylenesorbitan-monopalmitate(polysorbate 40)
- **E 435** Polyoxyethylenesorbitan-monostearate(polysorbate 60)
- **E 436** Polyoxyethylene-sorbitantristearate(polysorbate 65)
- **E 440** Pectin, amidated pectin
- **E 442** Ammonium phosphatides
- **E 444** Sucrose-acetate-isobutyrate
- **E 445** Glycerol esters of wood resin
- **E 450** Potassium and sodium diphosphates
- **E 451** Potassium and sodium triphosphates
- **E 452** Polyphosphates
- **E 460** Cellulose, microcrystalline cellulose,cellulose powder
- **E 461** Methylcellulose
- **E 463** Hydroxypropylcellulose
- **E 464** Hydroxypropylmethylcellulose
- **E 465** Methylethylcellulose
- **E 466** Carboxymethylcellulose
- **E 470 a** Sodium-, potassium- and calcium salts
- **E 470 b** Magnesium salts of fatty acids
- **E 471** Mono- and diglycerides
- **E 472 a** Acetic acid esters of mono- anddiglycerides
- **E 472 b** Lactic acid esters of mono- anddiglycerides
- **E 472 c** Citric acid esters of mono- anddiglycerides
- **E 472 d** Tartaric acid esters of mono- anddiglycerides
- **E 472 e** Diacetyltartaric acid esters of mono-anddiglycerides
- **E 472 f** Mixed esters of mono- and diglycerides
- **E 473** Sucrose esters of mono- and diglycerides
- **E 474** Sucroglycerides
- **E 475** Polyglycerol esters of fatty acids
- **E 476** Polyglycerol polyricinoleate
- **E 477** Propylene glycol esters of fatty acids
- **E 479** Thermo-oxidised soya oil
- **E 481** Sodium stearoyl-2-lactylate
- **E 482** Calcium stearyol-2-lactylate
- **E 483** Stearyl tartrate
- **E 491** Sorbitan monostearate
- **E 492** Sorbitan tristearate
- **E 493** Sorbitan monolaurate
- **E 494** Sorbitan monooleate
- **E 495** Sorbitan monopalmitate

Flavour enhancers

- **E 620** Glutamic acid
- **E 621** Monosodium glutamate, sodium glutamate
- **E 622** Monopotassium glutamate, potassiumglutamat
- **E 623** Calcium diglutamate, calcium glutamate
- **E 624** Monoammonium glutamate, ammoniumglutamate
- **E 625** Magnesium diglutamate, magnesiumglutamate
- **E 626** Guanylic acid, guanylate
- **E 627** Disodium guanylate, guanylate
- **E 628** Dipotassium guanylate, guanylate
- **E 629** Calcium guanylate, guanylate
- **E 630** Inosinic acid, ionisate
- **E 631** Disodium ionisate, ionisate
- **E 632** Dipotassium ionisate, ionisate
- **E 633** Dicalcium ionisate
- **E 634** Calcium ribonucleotides
- **E 635** Disodium ribonucleotides
- **E 640** Glycine and its sodium salts
- **E 900** Dimethylpolysiloxane
- **E 901** Bees wax, white and yellow
- **E 902** Candelilla wax
- **E 903** Carnauba wax
- **E 904** Shellac
- **E 912** Montanic acid ester
- **E 914** Polyethylene wax oxidates
- **E 927 b** Carbamide
- **E 938** Argon

GutClarity

E-Numbers Explained contd.

Miscellaneous additives

- **E 500** Sodium carbonate, sodium hydrogencarbonate, sodium sesquicarbonate
- **E 501** Potassium carbonate, potassium hydrogencarbonate
- **E 503** Ammonium carbonate, A.-hydrogencarbonate
- **E 504** Magnesium carbonate, M.-hydrogencarbonate
- **E 507** Hydrochloric acid
- **E 508** Potassium chloride
- **E 509** Calcium chloride
- **E 511** Magnesium chloride
- **E 513** Sulphuric acid
- **E 514** Sodium sulphate, sodium, hydrogensulphate
- **E 515** Potassium sulphate, potassium hydrogensulphate
- **E 516** Calcium sulphate
- **E 517** Ammonium sulphate
- **E 520** Aluminium sulphate
- **E 521** Aluminium sodium sulphate
- **E 522** Aluminium potassium sulphate
- **E 523** Aluminium ammonium sulphate
- **E 524** Sodium hydroxide
- **E 525** Potassium hydroxide
- **E 526** Calcium hydroxide
- **E 527** Ammonium hydroxide
- **E 528** Magnesium hydroxide
- **E 529** Calcium oxide
- **E 530** Magnesium oxide
- **E 535** Sodium ferrocyanide
- **E 536** Potassium ferrocyanide
- **E 538** Calcium ferrocyanide
- **E 541** Sodium aluminium phosphate, acidic
- **E 551** Silicon dioxide (silica)
- **E 552** Calcium silicate
- **E 553 a** Magnesium silicate, magnesiumtrisilicate
- **E 553 b** Talc
- **E 554** Aluminium sodium silicate
- **E 555** Aluminium potassium silicate
- **E 556** Aluminium calcium silicate
- **E 558** Bentonite
- **E 559** Aluminium silicate (kaolin)
- **E 570** Stearic acid (fatty acids)
- **E 574** Gluconic acid
- **E 575** Glucono-delta-lactone
- **E 576** Sodium gluconate
- **E 577** Potassium gluconate
- **E 578** Calcium gluconate
- **E 579** Iron-II-gluconate
- **E 585** Iron-II-lactate

Preservatives

- **E 200** Sorbic acid
- **E 202** Potassium sorbate, sorbic acid
- **E 203** Calcium sorbate, sorbic acid
- **E 210** Benzoic acid
- **E 211** Sodium benzoate, benzoic acid
- **E 212** Potassium benzoate, benzoic acid
- **E 213** Calcium benzoate, benzoic acid
- **E 214** Ethyl-para-hydroxybenzoate (PHB-ester)
- **E 215** Sodium ethyl-para-hydroxy benzoate (PHB-ester)
- **E 216** Propyl-para-hydroxybenzoate (PHB ester)
- **E 217** Sodiumpropyl-para-hydroxy benzoate (PHB-ester)
- **E 218** Methyl-para-hydroxbenzoate (PHB-ester)
- **E 219** Sodium methyl-para-hydroxy benzoate(PHB-ester)
- **E 220** Sulphur dioxide
- **E 221** Sodium sulphite (sulphur dioxide)
- **E 222** Sodium hydrogen sulphite (sulphur dioxide
- **E 223** Sodium metabisulphite (sulphur dioxide)
- **E 224** Potassium metabisulphite (sulphur dioxide)
- **E 226** Calcium sulphite (sulphur dioxide)
- **E 227** Calcium hydrogen sulphite (sulphur dioxide)
- **E 228** Potassium hydrogen sulphite (sulphurdioxide)
- **E 230** Biphenyl, diphenyl
- **E 231** Orthophenylphenol
- **E 232** Sodium orthophenylphenate,orthophenylphenol
- **E 233** Thiabendazole
- **E 234** Nisin
- **E 235** Natamycine
- **E 239** Hexamethylene-tetramine
- **E 242** Dimethyl dicarbonate
- **E 249** Potassium nitrite
- **E 250** Sodium nitrite
- **E 251** Sodium nitrate
- **E 252** Potassium nitrate
- **E 260** Acetic acid
- **E 261** Potassium acetate, salt of acetic acid
- **E 262** Sodium acetate, salt of acetic acid
- **E 263** Calcium acetate, salt of acetic acid
- **E 270** Lactic acid
- **E 280** Propionic acid
- **E 281** Sodium propionate, propionic acid
- **E 282** Calcium propionate, propionic acid
- **E 283** Potassium propionate, propionic acid
- **E 284** Boric acid
- **E 285** Sodium tetraborate, boric acid
- **E 290** Carbon dioxide, carbonic acid
- **E 296** Malic acid
- **E 297** Fumaric acid

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E-Numbers Explained contd.

Sweeteners

- **E 939** Helium
- **E 941** Nitrogen
- **E 942** Nitrous oxide
- **E 948** Oxygen
- **E 950** Acesulfame K, acesulfame
- **E 951** Aspartame
- **E 952** Cyclamate, cyclohexane sulphamide acid
- **E 953** Isomalt
- **E 954** Saccharin
- **E 957** Thaumatin
- **E 959** Neohesperidin DC
- **E 965** Maltitol, maltitol syrup
- **E 966** Lactitol
- **E 967** Xylitol
- **E 999** Quillaia extract
- **E 1105** Lysozyme
- **E 1200** Polydextrose
- **E 1201** Polyvinylpyrrolidone
- **E 1202** Polyvinyl polypyrrolidone
- **E 1404** Oxidised starch
- **E 1412** Di-starch phosphate (modified starch)
- **E 1410** Monostarch phosphate (modified starch)
- **E 1414** Acetylised di-starch phosphate (modifiedstarch)
- **E 1413** Phosphatised di-starch phosphate(modified starch)
- **E 1420** Acetylised starch (modified starch)
- **E 1422** Acetylised di-starch adipate (modifiedstarch)
- **E 1440** Hydroxypropyl starch (modified starch)
- **E 1442** Hydroxypropyl di-starch phosphate(modified starch)
- **E 1450** Starch sodium octenylsuccinate (modifiedstarch)
- **E 1505** Triethyl citrate
- **E 1518** Glycerine triacetate (triacetin)

Thickening, setting and moisturising agents

- **E 400** Alginic acid, alginate
- **E 401** Sodium alginate, alginate
- **E 402** Potassium alginate, alginate
- **E 403** Ammonium alginate, alginate
- **E 404** Calcium alginate, alginate
- **E 405** Propylene glycol alginate, alginate
- **E 406** Agar
- **E 407** Carrageenan
- **E 407 a** Eucheuma algae, treated
- **E 410** Locust bean gum, carob gum
- **E 412** Gua gum
- **E 413** Tragacanth
- **E 414** Gum arabic
- **E 415** Xanthan gum
- **E 417** Tara meal
- **E 418** Gellane
- **E 420** Sorbit, sorbit syrup
- **E 421** Mannite
- **E 422** Glycerine

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Metal Potential Sources

Aluminium
Can be found in: Cans, foils, kitchen utensils, window frames and beerkegs

Antimony
Can be found in: Batteries, low friction metals and cable sheathing

Argon
Can be found in: Welding and lightbulbs

Arsenic
Can be found in: Rat poisons and insecticides

Barium
Can be found in: Paints, fireworks, some medicines and the process of making glass

Beryllium
Can be found in: Springs, electrical contacts and spot-welding electrodes

Bismuth
Can be found in: Usually mixed with other metals

Boron
Can be found in: Clay pots, detergent, glass, fl ares andfibreglass

Bromine
Can be found in: Flame-retardants, water purification systems and dyes

Cadmium
Can be found in: Re-chargeable batteries

Caesium
Can be found in: Atomic clocks and photoelectric cells

Cerium
Can be found in: Air conditioners, computer and ovens

Chlorine
Can be found in: Bleach, papermaking, swimming pools

Chromium
Can be found in: Stainless steel cutlery, wood preservatives, dyes and pigments

Cobalt
Can be found in: Cutting tools and dyes

Copper
Can be found in: Electrical generators and motors

Dysprosium
Can be found in: Lasers and many alloys

Fluorine
Can be found in: Toothpaste and etched glass

Gadolinium
Can be found in: Many alloys

Gallium
Can be found in: Electronics, alloys and thermometers

Germanium
Can be found in: Glass lenses, fluorescent lights, electronics and many alloys

Gold
Can be found in: Jewellery

Hafnium
Can be found in: Many alloys

Holmium
Can be found in: Lasers

Indium
Can be found in: Electronics and mirrors

Iridium
Can be found in: Alloys andmaterials that need to withstand high temperatures

Lead
Can be found in: Lead-acid storage batteries

Lithium
Can be found in: Rechargeable and non rechargeable batteries, some medications and alloys

Mercury
Can be found in: Batteries, fluorescent lights, felt production, thermometers and barometers

Molybdenum
Can be found in: Many alloys

Nickel
Can be found in: Stainless steel

Palladium
Can be found in: Car exhaust manufacture, dental fillings and jewellery

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Metal Potential Sources contd.

Platinum
Can be found in: Jewellery, decoration and dental work

Radium
Can be found in: Some medicines and glowing paints

Rhenium
Can be found in: Many alloys and flash photography

Rhodium
Can be found in: Spark plugs and highly reflective materials

Rubidium
Can be found in: Many alloys and amalgams

Ruthenium
Can be found in: Many alloys and corrosion resistant metals

Samarium
Can be found in: Many alloys and audio equipment

Silicon
Can be found in: Glass, pottery, computer chips and bricks

Silver
Can be found in: Jewellery

Strontium
Can be found in: Firework production, tin cans (food)

Sulphur
Can be found in: Medicines, fertilisers, fireworks and matches

Tantalum
Can be found in: Surgical equipment and camera lenses

Tin
Can be found in: Alloying metal

Titanium
Can be found in: Alloying metal

Vanadium
Can be found in: Alloying metal

Zinc
Can be found in: Many alloys, paint, fLuorescent lights and the process

ofmaking plastic
Zirconium
Can be found in: Corrosion resistant alloys, magnets and some gemstones

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Contact us:

If you have any questions please get in touch with the team

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