



Dear Sabrina,

Please see below the results of your **Food & Environmental Allergy Test**. This test analysed your blood sample for allergy (IgE) reactions to 23 food and 19 environmental allergens.

Results are reported on a scale of 0 to 6, where 6 is the highest score.

5-6 **HIGH REACTION**
3-4 **MEDIUM REACTION**
1-2 **LOW REACTION**
0 **NO REACTION**

FOOD	CLASS SCORE
Shrimp	3
Almond	0
Apple	0
Carrot	0
Cod	0
Crab	0
Egg White	0
Hazelnut	0
Meat mix (pork, beef, chicken, lamb)	0
Milk	0
Orange	0
Peach	0
Peanut	0
Potato	0
Rice	0
Salmon	0
Soy	0
Strawberry	0
Tomato	0
Wheat	0

ENVIRONMENTAL	CLASS SCORE
House dust mites (D. pteronyssinus and D. farinae)	3
Ash (European)	0
Bahia grass	0
Bermuda grass	0
Birch	0
Cat dander	0
Cladosporium	0
Cockroach	0
Common ragweed	0
Cypress	0
Dog dander	0
English plantain	0
Hazelnut pollen	0
Horse dander	0
Mugwort	0
Olive	0
Rye	0
Timothy grass	0

YOU MUST ALWAYS BE CAUTIOUS WHENEVER AN ALLERGIC RESPONSE IS SUSPECTED. WE RECOMMEND THAT YOU DISCUSS ANY POSITIVE RESULTS WITH YOUR GP OR PHARMACIST.

The presence of IgE antibodies is only an indication that you may be allergic to a particular substance (allergen). This is not a definitive diagnosis on its own as reactions will only show up on the test if you have been exposed to the particular allergen previously. Results must always be considered in conjunction with clinical symptoms.

If you have been previously advised of an allergy but your **Food & Environmental Allergy Test** results do not show a positive result you **MUST** continue to avoid the known cause of the allergy. If you know that you have a bad reaction to a particular food then **DO NOT** eat it. An allergy test negative result **DOES NOT** mean that you are not allergic to the particular food or environmental factor. **POTENTIALLY FATAL ANAPHYLACTIC REACTIONS OF VARYING SEVERITY CAN STILL OCCUR ON EXPOSURE TO ALLERGENS EVEN IF YOU OBTAIN A NEGATIVE RESULT FROM THE TEST.**

You **MUST** always use caution whenever an allergy is suspected. It is advisable to discuss any results you are concerned about with your GP or Pharmacist.

Yours in good health,

Dr Gill Hart FIBMS
Scientific Director