

Food & Environmental Allergy Test

Why is it important to take the test?

Help your employees' find out about their IgE reactions to foods and environmental factors. Allergies can be life-changing, with various symptoms like itching, swelling, vomiting, and diarrhoea; we provide an accurate test to help them to understand what might be contributing. An anaphylactic reaction can potentially be fatal, so there's no time to waste in finding out what foods could be the issue.

What we offer...

- Accurate, scientific analysis
- Simple and reliable home to lab finger-prick blood test
- Receive clear test results for IgE reactions to 23 foods and 19 environmental allergens
- Personalised support from our customer care team



Assisting with your employees' health has never been easier!

What we test against

Foods:

- Egg white • Milk • Cod • Salmon • Crab • Shrimp • Meat mix (pork, beef, chicken, lamb) • Wheat • Rice • Soy • Potato • Peanut • Hazelnut • Almond • Tomato • Carrot • Orange • Strawberry • Apple • Peach

Environmental:

- Birch • Hazelnut pollen • Olive • Cypress • Ash, European • Timothy grass • Rye • Bermuda grass • Bahia grass • Common ragweed • Mugwort • English plantain • Cat dander • Horse dander • Dog dander • House dust mites (*D. pteronyssinus* and *D. farinae*) • Cockroach • Cladosporium herbarum

Dear Trevor,

Please see below the results of your **Food and 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.

Food and Environmental Allergy Test

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

FOOD	CLASS SCORE	ENVIRONMENTAL	CLASS SCORE
Orange	6	Horse dander	6
Soy	6	Rye	6
Cod	6	Cat dander	5
Carrot	5	Timothy grass	5
Rice	5	English plantain	4
Milk	5	Ash (European)	4
Wheat	4	Cladosporium herbarum	3
Egg white	4	Mugwort	3
Tomato	4	Cypress	3
Almond	3	Cockroach	2
Meat mix (pork, beef, chicken, lamb)	3	Common ragweed	2
Peach	2	Olive	2
Hazelnut	2	House dust mites (D. pteronyssinus and D. farinae)	1
Shrimp	2	Bahia grass	1
Apple	1	Hazelnut pollen	1
Peanut	1	Bermuda grass	0
Crab	1	Birch	0
Strawberry	0	Dog dander	0
Potato	0		
Salmon	0		

YOU MUST ALWAYS BE CAUTIOUS WHENEVER AN ALLERGIC RESPONSE IS SUSPECTED. IT IS ADVISABLE TO DISCUSS ANY POSITIVE RESULTS WITH YOUR GP OR PHARMACIST.

Please also refer to advice given below as provided with these results.

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 and 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

If you have any further questions regarding your results or our Food and Environmental Allergy Test please call our Customer Care team on 01904 410 410 or visit our Website www.yorktest.com

Finally may we thank you for using YorkTest Laboratories.

Yours sincerely,

YorkTest Team



What do the results show?

Once your employees' receive their results, they'll have the power to take the next steps to improve their lifestyle for good. No more guessing which foods/environmental factors might be a problem; our clear results provide guidance on what foods or environmental allergens they should avoid.

How to take the test?

The **Food & Environmental Allergy Test** is a simple at home finger prick blood test. Just one finger-prick blood sample is required with blood collection kits and instructions for use issued from YorkTest with the kit box. Once the blood sample is taken send it back to our laboratory and your employee will receive their results directly.

Ongoing support YorkTest provides to your employees'

- Personalised support from our customer care team.

