

Client Name: Example Client
Contact ID: 100001
Sample ID: 2015000001
Results Date: 25/03/15

Mr Example Practitioner
Example Practice
62 Example Street
York
YO10 5DQ
UK

Dear Example Practitioner

Please find enclosed a letter, results and guidebook for your client, Mrs Client. The test analysed their blood sample for food specific (IgG) reactions. The results are graded by Reaction(R), Borderline(B) and No Reaction.

Please note: This is a food intolerance test, not an allergy test. If your client suffers classical allergic (IgE) reactions to any of these foods they should not eat them. These test results are complementary to and not a substitute for the best medical help. The test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic of coeliac disease. If any of your client's chronic symptoms do not improve significantly over the next few weeks, we advise them to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.

For your records, a summary of your clients' results is below. If you have any queries, contact our Customer Care team on 01904 428 550 or email info@lorisian.com.

Yours sincerely,

Lorisia Customer Care



Mrs Example Client (100001)

Hazelnut	R
Cows Milk	R
Wheat	R
Kidney Bean	B
Gluten (Gliadin)	B
Chilli Pepper	B

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Mrs Example Client
Example Practice
62 Example Street
York
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UK



Dear Mrs Client

Please find enclosed the results of your Lorisian food intolerance test. The test analysed your blood sample for food specific (IgG) reactions.

REACTION - indicates you have raised IgG antibody levels to these food(s) and you should try to eliminate them completely from your diet. You may benefit from removing all foods scored REACTION from your diet.

BORDERLINE - indicates you have a borderline reaction to these foods and may or may not benefit by limiting their consumption.

NO REACTION - these foods can be eaten without restriction, unless you already know that they cause you a reaction and you have been avoiding them, in which case you should continue to do so.

Please note that this is a food intolerance test and not an allergy test. If you suffer classical allergic (IgE) reactions to any of these foods please do not eat them. Your test results are complementary to and not a substitute for the best medical help. The test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic of coeliac disease. The advice given is not intended to replace any recommendations offered by your GP or healthcare practitioner, as they will have full details of your medical history.

If your chronic symptoms do not improve significantly over the next few weeks we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.

Please be aware that you may notice some unexpected results from your food and drink intolerance test.

- There are many hidden ingredients in the things that we consume e.g. lychee can be found in sweetened alcoholic drinks, and beetroot is used in many things as a natural colourant. Therefore, you may not consciously be aware of eating some of the items that are flagged as avoid or limit, so it is very important to always look at the list of ingredients carefully.
- Please also note that if you have already been successfully excluding certain foods from your diet due to a previously suspected intolerance then that intolerance may not show up on the results.

P.T.O.

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- There may be cross-reactivity between similar proteins in different foods. If you have a positive result to a food or drink ingredient that you do not normally eat then continue to avoid it.

Many people wish to start re-introducing ingredients into their diet following a period of exclusion. This must be done with care and slowly. Introduce one food or drink ingredient at a time and leave one week between the introduction of that ingredient and the next. If there are no symptoms after a few days then use that ingredient on a four day rotation to maintain increased tolerance. If at any time your symptoms start to return or you start to feel ill DO NOT continue with the re-introduction of that ingredient.

We know from our research that the majority of people who alter their diet in accordance with their test results show a significant improvement in their symptom(s) within three weeks. We hope that you are one of them.

Yours sincerely,

Lorisian Customer Care



Food Intolerance Test 150+

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 REACTION
 BORDERLINE
 NO REACTION

	REACTION	BORDERLINE	NO REACTION		REACTION	BORDERLINE	NO REACTION
Hazelnut	●			Guarana			●
Cows Milk	●			Haricot Bean			●
Wheat	●			Hemp			●
Kidney Bean		●		Hibiscus			●
Gluten (Gliadin)		●		Hops			●
Chilli Pepper		●		Juniper			●
Acai Berry			●	Kiwi			●
Agave			●	Lamb			●
Almond			●	Lemon			●
Anise Seed			●	Lentils			●
Apple			●	Lettuce			●
Apricot			●	Lime			●
Asparagus			●	Lychee			●
Aubergine			●	Mango			●
Avocado			●	Melon Mix			●
Banana			●	Millet			●
Barley			●	Mint Mix			●
Beef			●	Mollusc Mix			●
Beetroot			●	Mulberry			●
Bilberry			●	Mushroom			●
Blackberry			●	Mustard Mix			●
Blackcurrant			●	Mustard Seed			●
Blueberry			●	Nettle			●
Boysenberry			●	Nutmeg/Peppercorn			●
Brazil			●	Oat			●
Buckwheat			●	Oily Fish Mix			●
Carob			●	Olive			●
Carrot			●	Onion			●
Cashew			●	Orange			●
Celery			●	Papaya			●
Chamomile			●	Parsley			●
Cherry			●	Pea			●
Chicken			●	Peach			●
Cinnamon/Clove			●	Peanut			●
Cocoa Bean			●	Pear			●
Coconut			●	Peppers (Capsicum)/Paprika			●
Coffee			●	Pineapple			●
Cola Nut			●	Plaice/Sole			●
Coriander/Cumin/Dill			●	Plum			●
Corn (Maize)			●	Pomegranate			●
Cranberry			●	Pork			●
Crustacean Mix			●	Potato			●
Cucumber			●	Raspberry			●
Dandelion/Burdock Mix			●	Rhubarb			●
Duck			●	Rice			●
Egg White			●	Rooibos (Redbush tea)			●
Egg Yolk			●	Rosehip			●
Elderberry/Elderflower Mix			●	Rye			●
Garlic			●	Salmon/Trout			●
Ginger			●	Sesame Seed			●
Ginseng (Korean/Siberian Mix)			●	Sheeps Milk			●
Goats Milk			●	Soya Bean			●
Grape (Cabernet Sauvignon)			●	Spinach			●
Grape (Chardonnay)			●	Strawberry			●
Grape (Chenin Blanc)			●	String Bean			●
Grape (Concord)			●	Sugar Cane			●
Grape (Malbec)			●	Sunflower Seed			●
Grape (Merlot)			●	Tea			●
Grape (Pinot Gris/Grigio)			●	Tomato			●
Grape (Pinot Noir)			●	Tuna			●
Grape (Red/White Zinfandel Mix)			●	Turkey			●
Grape (Riesling)			●	Vanilla			●
Grape (Sauvignon Blanc)			●	Walnut			●
Grape (Shiraz)			●	White Fish Mix			●
Grapefruit			●	Yeast			●
Green Tea			●				