

Allergenics



Test Report

Good Health

28 November 2018

Comprehensive Men's Health Test

Contact us

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Comprehensive Men's Health Test

Thank you for choosing our testing service for your Comprehensive Men's Health Test. Before you continue reading through this report, we would like to share some important information with you regarding the body and its function. This will help you to better understand your results and the explanations in the report that follows.

Your body is made up of an extremely complex and diverse array of structures that work together to facilitate all the necessary physiological functions that it needs to perform on a daily basis. These physiological functions strive to keep the body in a state of balance or 'homeostasis'. Your body is programmed to carry out all of these necessary functions, and there is an increasing amount of research to indicate that your major organs and body systems do not function in isolation, but rather are constantly communicating with each other through chemical compounds, nutrients, hormones and neurotransmitters. So understanding the health of your body involves viewing its function holistically rather than as separate entities.

Many factors can interfere with the way in which the body maintains a healthy balance and while it is usually able to buffer the negative influences, if allowed to continue, the body enters into a state of imbalance. Some factors impacting on this 'homeostasis' include the following:

- poor nutrition
- stress
- environmental toxin exposure
- genetic factors
- certain medications
- ageing process

An imbalance in one organ or body system, may certainly affect the function of one or several other body systems. The affected organ or body system may slow down in function (known as hypofunction) or show an abnormal increase in function (known as hyperfunction). In both cases, the dysfunction creates a stress on the body which can impact on one's health.

The Allergenics testing method uses a unique energy measurement technology that can detect disruptions to normal energy patterns in the body. Each part of the body has a particular unique energy pattern that can be measured. Changes to these energy patterns can be identified and recorded and this can give you a rapid insight into the overall health of your body. It allows you to see areas of deficiency and to target those organs and systems which might require support, be it in the short-term or long-term. The results of the Comprehensive Men's Health Test may be used to assess the current state of functioning of your body as a fully integrated system.

If you have any additional questions relating to the results of your test or the explanation provided, please discuss these with a qualified natural health practitioner or with one of our healthcare consultants.

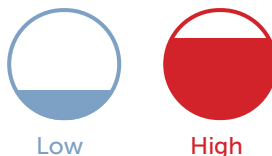
What we test for

Hormones	ACTH, Androstenedione, Cortisol, DHEA, Human Growth Hormone (HGH), Insulin, Oestradiol, Pregnenolone, Progesterone, Prolactin, RT3, TSH, Testosterone, Thyroxine (T4), Triiodothyronine (T3).	Specialised Nutrients	Carnitine, Coenzyme Q10, Glutathione, Ubiquinol.
Organs and Body Systems	Adrenal Glands, Bladder, Body Fluid mix (NAET), Cardiovascular System, Central Nervous System, Gallbladder, Heart, Hypothalamus, Immune System, Kidneys, Large Intestine, Liver, Lung, Lymphatic System, MTHFR Gene Expression, Pancreas, Parasympathetic Nervous System, Parathyroid Glands, Pituitary Gland, Prostate Gland, Skin, Small Intestine, Spleen, Stomach, Sympathetic Nervous System, Thyroid Gland.		

Your Test Results

Reactive scale

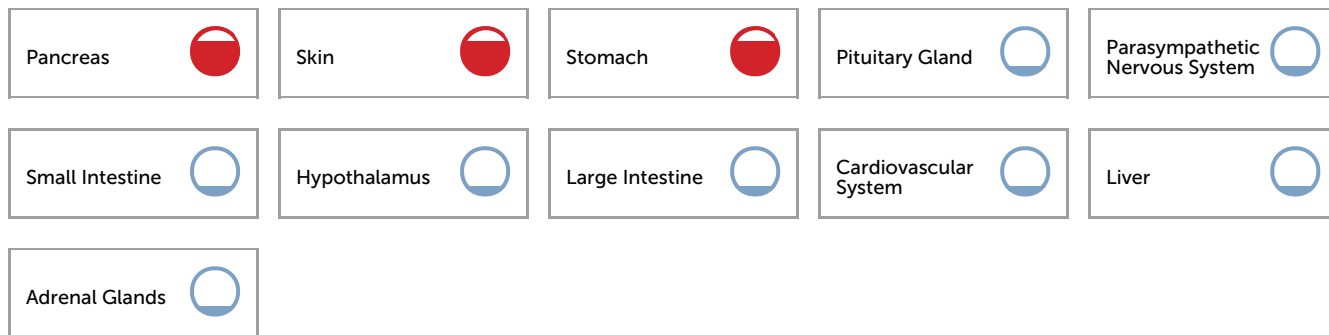
This section provides you with the results of your test. It will tell you which hormones, body systems and specialised nutrients are in a state of imbalance, thus causing a stress to your body.



Hormones



Organs and Body Systems



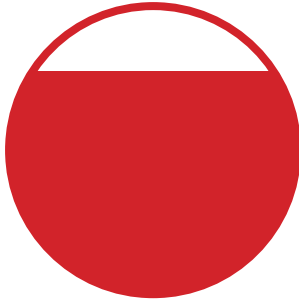
Specialised Nutrients



Deep dive into your significant results

Cortisol

Your reactivity: **Score 4.5: High**



Cortisol is a steroid hormone produced by the adrenal glands. It is released in response to stress and low blood-glucose concentrations. It functions mainly to increase blood sugar levels, suppress the immune system, aid in metabolism of carbohydrate, protein and fats, and it decreases bone density. Cortisol rhythms in humans are tightly controlled, cortisol levels peak in the morning and slowly decline as the day progresses. They are at their lowest at night. Cortisol production is extremely sensitive to both emotional and physiological stressors.

What This Means

Low Cortisol: A low cortisol level is usually associated with disorders of either pituitary or adrenal gland function. Low cortisol may lead to fatigue, digestive problems and low blood pressure. Low cortisol may also be a sign of a condition called Addison's disease.

High Cortisol: A high cortisol level is usually associated with chronic stress. Chronically elevated levels of cortisol may contribute to digestive problems, obesity, sleep problems and depression. Elevated cortisol may also be a sign of a condition called Cushing's syndrome or the use of steroid medication.

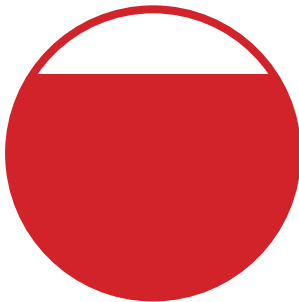
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High Score: scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Pancreas

Your reactivity: **Score 3: High**



The pancreas is an important digestive and endocrine organ. It has a dual function in that it secretes enzymes that aid in the digestion of carbohydrates, proteins and fats and it secretes hormones like insulin, which is responsible for regulating blood glucose levels. Optimal pancreatic function is essential to general health and well-being. Problems with the pancreas include Type 1 Diabetes and pancreatitis (inflammation of the pancreas) which is primarily an alcohol-induced condition.

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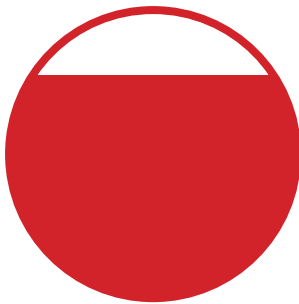
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Insulin

Your reactivity: **Score 3: High**



Insulin is a hormone made by the pancreas, an organ located behind the stomach. The pancreas releases insulin into the bloodstream in response to a rise in glucose after we eat. It is a hormone essential for us to live and has many effects on the whole body, mainly in controlling how the body uses carbohydrate and fat found in food. Insulin allows cells in the muscles, liver and fat (adipose tissue) to take up sugar (glucose) that has been absorbed into the bloodstream from food. This provides energy to the cells. This glucose can also be converted into fat to provide energy stores when glucose levels are too low. In addition, insulin has several other metabolic effects (such as stopping the breakdown of protein and fat). Insulin production in a healthy individual is tightly controlled however this fine control can break down leading to diseases such as insulin resistance and type 1 and type 2 diabetes.

What This Means

Low Insulin: A low insulin reading is indicative of insufficient production of this hormone. It is commonly associated with later stages of insulin resistance and type 1 and type 2 diabetes (by different mechanisms).

High Insulin: A high insulin reading is indicative of metabolic syndrome (elevated glucose and insulin levels), or excessive use of insulin medication by individuals with type 1 diabetes. Elevated insulin may also be seen in polycystic ovarian disease.

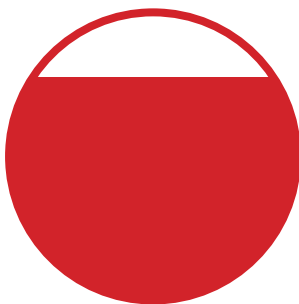
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Skin

Your reactivity: **Score 2.5: High**



The skin is the outer covering of the body and the largest organ of the human body. It is an important barrier to pathogens and is involved in processes such as insulation, temperature regulation, sensation, Vitamin D synthesis, control of evaporation, excretion and absorption. Problems with the skin are numerous and involve damage or injury, infection and inflammation.

What This Means

Low Score: Indicates chronic stress on the skin. This may be due to chronic infection, chronic inflammation (infection or allergy), chronic hormonal problems and chronic liver function problems. It may also be indicative of chronic problems with skin structure.

High Score: Indicates acute stress on the skin. This may be due to an acute infection, acute inflammation (infection or allergy) and acute hormonal problems. It may also be indicative of acute problems with skin structure.

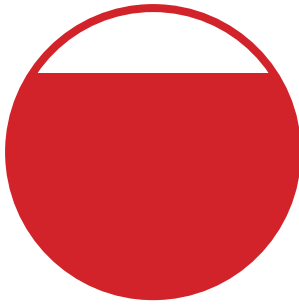
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Stomach

Your reactivity: **Score 2.5: High**



The stomach is an important muscular organ of the digestive tract. Its main functions are to secrete protein-digesting enzymes and strong acids to aid in food digestion. Problems with the stomach (gastric function) may arise due to incorrect dietary practises, infection, inflammation and stress.

What This Means

Low Score: Indicates chronic stress on stomach function. This may be due to long-term insufficient production of hydrochloric acid (hypochlorhydria) and protein-digesting enzymes. It may be associated with symptoms such dietary-induced heartburn and reflux, indigestion, delayed emptying of the stomach and bloating. Hypochlorhydria may also lead to inadequate mineral absorption.

High Score: Indicates acute stress on the stomach. This may be due to infection with *Helicobacter pylori*, gastric ulceration or poor dietary practises (for example: spicy foods, acidic foods, fried fatty foods), high alcohol consumption, high or low stomach acid, stress and anxiety. It may be associated with symptoms such as heartburn, reflux, nausea and indigestion.

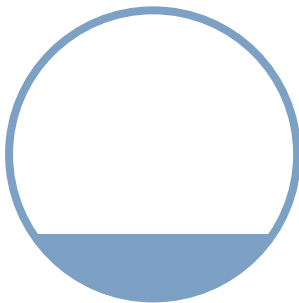
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Carnitine

Your reactivity: **Score -2.5: Low**



Carnitine is a vitamin-like compound that can be synthesised by the body. It is found in highest concentrations in the muscles and heart - where the needs of cellular metabolism are highest. It functions in the oxidation of fatty acids, stabilises precursors involved in cell metabolism. Main food sources include red meat, pork and tempeh. It is found in lower amounts in chicken, fish, fruits and vegetables.

Vegans, vegetarians and individuals on fad diets may have a higher requirement for this nutrient. Valproic acid may reduce carnitine levels in the body.

What This Means

Low Carnitine: A low reading is indicative of insufficient dietary intake of nutrients required for its synthesis. Symptoms are usually associated with a reduction in cellular energy production particularly in skeletal and heart muscle. Low levels may also lead to hypoglycaemia.

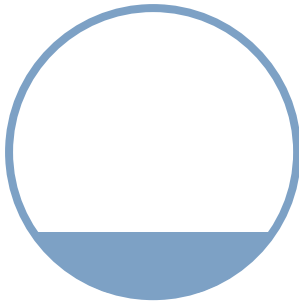
High Carnitine: A high reading is indicative of supplementation with this nutrient or increased dietary intake of carnitine-rich foods. Excess intake may lead to increased production of an atherosclerosis-promoting compound by certain intestinal flora. In the absence of increased dietary or supplemental intake, a high carnitine reading may be indicative of cardiovascular disease.

What To Do Next

Low score indicates the need for supplementation with this nutrient. A high score indicates the need to reduce exposure to oral and environmental forms of this nutrient.

Pituitary Gland

Your reactivity: **Score -2.5: Low**



The pituitary gland is a small endocrine gland that sits under the hypothalamus in the base of the brain. It consists of two lobes, the anterior lobe and posterior lobe. The pituitary gland is considered to be the “master” gland in the body, secreting a range of different stimulating and inhibitory hormones which have an effect on other endocrine glands and tissues in the body. The pituitary gland is under the control of the hypothalamus. Problems with pituitary gland function can cause a host of different physiological effects in the body due to the gland’s broad range of action.

What This Means

Low Score: Indicates chronic stress on pituitary gland function. This may impact on a variety of different physiological functions in the body that are under hormonal control. Functions such as blood pressure, growth, temperature regulation, fluid balance, thyroid gland function, adrenal gland function and pregnancy/childbirth processes may be compromised.

High Score: Indicates acute stress on the pituitary gland. This may impact on a variety of different physiological functions in the body that are under hormonal control. High pituitary function is however rare.

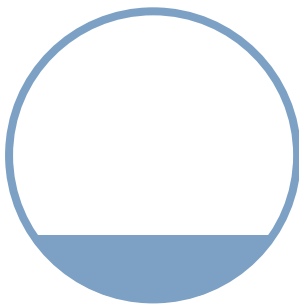
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High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Parasympathetic Nervous System

Your reactivity: **Score -2.5: Low**



The parasympathetic nervous system (PSNS) is one of the two main parts of the autonomic nervous system, the other being the sympathetic nervous system. The autonomic nervous system is a control system that acts largely unconsciously and regulates bodily functions such as the heart rate, digestion, respiratory rate, pupil response, urination, and sexual arousal. The PSNS is responsible for stimulation of “rest-and-digest” activities that occur when the body is at rest, especially after eating, including sexual arousal, salivation, tears production, urination, digestion and defecation. Its action is described as being complementary to that of the sympathetic nervous system, which is responsible for stimulating activities associated with the fight-or-flight response.

What This Means

Low Reading: Indicates chronic stress on the parasympathetic nervous system.

High Reading: Indicates acute stress on the parasympathetic nervous system.

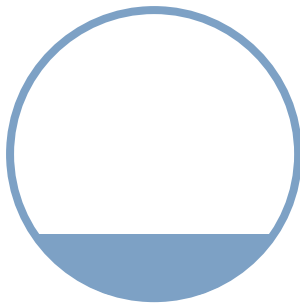
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Small Intestine

Your reactivity: **Score -2.5: Low**



The small intestine is part of the digestive system that lies between the stomach and large intestine. It consists of the duodenum, ileum and jejunum, and is the major site for food digestion and the absorption of nutrients such as vitamins and minerals. The duodenum is under hormonal control and regulates the rate at which food empties from the stomach. It indirectly influences the liver and gall bladder to release bile, which aids digestion. The ileum and jejunum are the major sites for absorption bile salts, vitamins and minerals and is also the final site for the digestion and absorption of dietary protein, carbohydrate and fats. Problems with the small intestine may arise due to incorrect diet, gastric insufficiency, pancreatic insufficiency, infection and inflammation.

What This Means

Low Reading: Indicates chronic stress on small intestine function. This may be due to a chronic malabsorption problems, food sensitivity and intolerance or insufficient digestive enzyme production. It may present with symptoms of bloating, a sensation of fullness, abdominal discomfort and poor nutrient absorption. Poor dietary selections may also contribute to this.

High Reading: Indicates acute stress on the small intestine. This may be due to recent infection, inflammation, poor dietary practises, duodenal ulcer or food sensitivity and intolerance. It may present with symptoms of pain, burning, bloating, abdominal discomfort and flatulence.

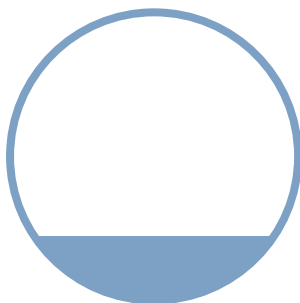
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Hypothalamus

Your reactivity: **Score -2.5: Low**



The hypothalamus is a neuron-rich part of the brain and an integral part of the limbic system (neuroendocrine system). Its main function is to link nervous system functions with endocrine (hormone) functions. It is responsible for some metabolic processes and secretes certain neurohormones called hypothalamic-releasing hormones. These hormones directly stimulate or inhibit pituitary gland function. The hypothalamus controls body temperature, hunger, thirst fatigue, sleep and circadian cycles. Problems with hypothalamic function may result from a decrease or increase in activity of any target endocrine gland in the body, through disruption in the normal feedback mechanism.

What This Means

Low Reading: Indicates chronic stress on hypothalamic function. This may impact on a variety of different physiological functions in the body that are under hormonal control, mainly pituitary gland function.

High Reading: Indicates acute stress on hypothalamic function. This may impact on a variety of different physiological functions in the body that are under hormonal control. High hypothalamic function is rare.

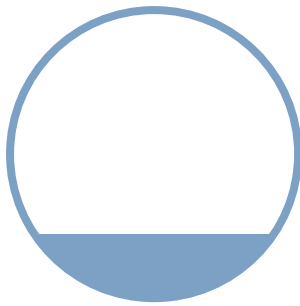
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Large Intestine

Your reactivity: **Score -2.5: Low**



The colon is an organ of the digestive system and forms the major part of the large intestine. Its main functions are to store wastes, extract salt and water from solid wastes before they are eliminated, absorb some vitamins such as Vitamin K and facilitate the fermentation of unabsorbed wastes by beneficial bacteria resident in the colon. Problems with the colon may occur as a result of incorrect diet, infections, autoimmune disease and stress.

What This Means

Low Score: Indicates chronic stress on colon function. This may present with an inability to eliminate wastes effectively, chronic infrequent bowel elimination and/or sensations of fullness and abdominal bloating, chronic irritable bowel syndrome (IBS) and diverticulosis. It may be caused by poor dietary selections, an imbalance in healthy intestinal flora, low fibre intake and chronic stress.

High Score: Indicates acute stress on the colon. The causes of this are more recent and may be due to food allergy or intolerance, infection, stress, compromised gastric and duodenal digestive activity, deficiency of beneficial bacterial flora and overuse of laxative medication. Irritation may lead symptoms of bloating, flatulence, mild pain or discomfort, altered bowel movements and "irritable bowel syndrome".

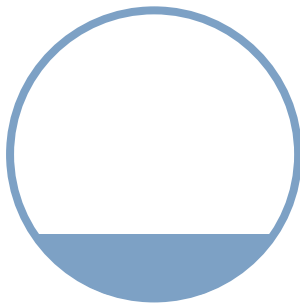
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Testosterone

Your reactivity: **Score -2.5: Low**



Testosterone is the primary male hormone that is produced in the testes. Small quantities are also produced by the adrenal glands. It initiates the development of the male internal and external reproductive organs during foetal development and is essential for the production of sperm in adult life. This hormone also signals the body to make new blood cells, ensures that muscles and bones stay strong during and after puberty and enhances libido. Testosterone is linked to many of the changes seen in boys during puberty. It also regulates the secretion of luteinising hormone and follicle stimulating hormone. To effect these changes, testosterone is often converted into another androgen called dihydrotestosterone (DHT).

What This Means

Low Testosterone: A low testosterone level in men is linked to a reduction in muscle bulk, loss of body hair and a wrinkled 'parchment-like' appearance of the skin. Levels decline naturally as men age. Low levels can cause mood disturbances, increased body fat, loss of muscle tone, inadequate erections and poor sexual performance, osteoporosis, difficulty with concentration, memory loss and sleep difficulties.

High Testosterone: A high testosterone level in men is rare and may be indicative of supplementation with this hormone or the use of anabolic steroids.

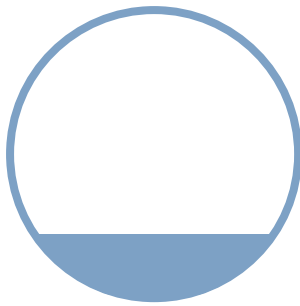
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Cardiovascular System

Your reactivity: **Score -3: Low**



The cardiovascular system or blood circulation system, delivers nutrients and oxygen to all cells and tissues in the body. It consists of the heart and the blood vessels running throughout the entire body. The arteries carry blood away from the heart while the veins carry it back to the heart. The system of blood vessels resembles a tree: The main artery or aorta, branches into large arteries, which lead to smaller and smaller vessels. The smallest arteries end in a network of tiny vessels called the capillary network. There are two circulatory systems in the body which are connected. The systemic circulation and pulmonary circulation.

What This Means

Low Score: Indicates chronic stress on cardiovascular function. This may be due to genetic factors, a pre-existing cardiovascular condition, arteriosclerosis, atherosclerosis, hypertension, prolonged smoking or the ageing process. Symptoms may be absent or if present, may include elevated blood pressure, breathlessness and leg swelling.

High Score: Indicates acute stress on heart function. This could be due elevated cholesterol levels, cardiovascular disease resulting from dietary or genetic factors, and chronic respiratory illnesses. Symptoms may or may not be present.

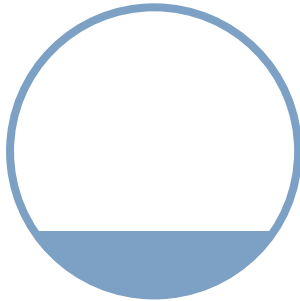
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DHEA

Your reactivity: **Score -3: Low**



Dehydroepiandrosterone, or DHEA, is a precursor hormone, which has powerful effects when converted into other hormones such as testosterone and oestradiol. It is produced by the adrenal glands, although it is also made by the testes and ovaries in small amounts. It circulates in the blood as dehydroepiandrosterone sulphate, which prevents the hormone being broken down. Production increases from around nine or ten years of age, peaks during the 20s and gradually decreases in old age. It is also produced in small amounts by the brain.

What This Means

Low DHEA: A low DHEA reading is indicative of chronic stress on the production or function of this hormone. In men, inadequate levels are associated with low libido and reduced male hormone production.

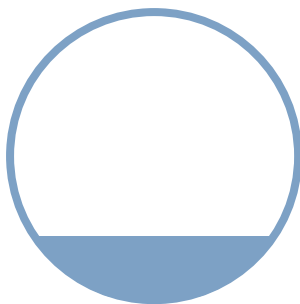
High DHEA: A high DHEA reading is indicative of acute stress on the body by this hormone. Elevated DHEA may result from supplementation with this hormone and is also seen in women with polycystic ovary disease (PCOD) and hirsutism.

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Liver

Your reactivity: **Score -3: Low**

The liver is one of the body's most important organs. It serves a wide range of functions including detoxification, protein synthesis, cholesterol production, production of digestive compounds, metabolism and hormone production. Maintaining the health of this organ is vital to overall health and well-being.

What This Means

Low Score: Indicates chronic stress on the liver. Common causes of this include poor diet, imbalance in healthy intestinal flora, chronic alcohol consumption and chronic medication use. Symptoms associated with this include: chronic weakened immunity, low energy levels, fatigue, elevated cholesterol levels, blood sugar imbalances, mood swings, poor concentration, bad breath and/or body odour, white coating on the tongue, inability to lose weight, poor hair, skin and nail quality. It may also affect the way in which hormones are conjugated resulting in hormone imbalances in both males and females.

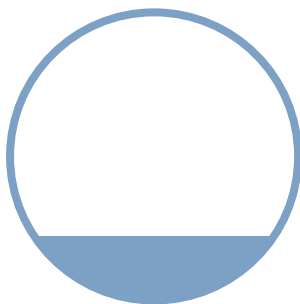
High Score: Indicates acute stress on the liver. This can be due to excessive alcohol consumption, the recent use of certain medications, recent infection, gall bladder dysfunction, digestive problems and fatty liver disease.

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Adrenal Glands

Your reactivity: **Score -3.5: Low**

The adrenal glands are small triangular-shaped glands located at the top of the kidneys. The hormones they produce are vital to the body's metabolism and physiology. The outer part of the gland (cortex) produces the steroid hormones cortisol, testosterone and aldosterone while the inner part (medulla) produces the fright-or-flight stress hormone adrenalin and noradrenalin. While serious diseases of the adrenal gland are uncommon hormone output by these glands can very quickly become compromised, leading to a hormonal imbalance. Notable causes of this include acute and chronic stress, lifestyle factors, dietary habits, ageing and imbalances in brain neurotransmitters.

What This Means

Low Score: Indicates chronic stress on the adrenal glands. Some causes include chronic stress and anxiety, chronic illness, recreational drug use, chemical and toxin exposure, genetic factors and poor dietary habits. Symptoms associated with this include fatigue, exhaustion, weight gain, carbohydrate intolerance, reduced thyroid activity, brain fog, libido changes, mood changes, chronic allergy and recurrent infections.

High Score: Indicates acute stress on the adrenal glands. This can be due to recent stress or trauma, the use of certain medications and dietary factors. Symptoms associated with this include low-grade inflammation in the body, immune system imbalances, over-active immune response, allergies, increased anxiety and sometimes weight loss or weight gain.

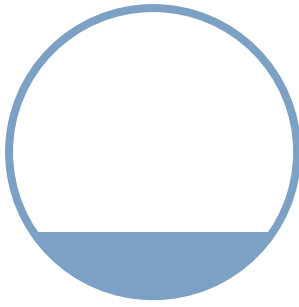
What To Do Next

Low Score: scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score: scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Coenzyme Q10

Your reactivity: **Score -4: Low**



Coenzyme Q10 (CoQ10) is an antioxidant compound found naturally occurring in the cells of the body. It is the oxidised form of ubiquinol and functions as both antioxidant and a cofactor in cellular energy production (formation of ATP). The body is able to synthesise CoQ10 and therefore it is not considered to be an essential nutrient. Animal proteins are the main dietary source of CoQ10. Its role in the cell cycle of energy production is critical to the healthy function of cells, particularly metabolically active cells such as cells of the heart, liver and skeletal muscle.

What This Means

Low CoQ10: A low CoQ10 reading is indicative of insufficient cellular stores of this nutrient. Causes include the use of statin medication for cholesterol-lowering or any other factors that impact on cellular energy production. Symptoms include physical and mental fatigue, an increase in pain-related disorders such as headaches, migraine, muscle and joint pain, neurological symptoms, weakened immunity and increased risk of heart disease and obesity.

High CoQ10: A high Co Q10 reading is indicative of supplementation with CoQ10 or ubiquinol.

What To Do Next

Low Score: scores within this range indicate chronic stress of a particular nutrient in the body. This may be indicative of a deficiency or imbalance of the nutrient. Nutritional support to restore normal function may be required.

High Score: Scores within this range indicate acute stress of a particular nutrient. This may be indicative of an acute imbalance or elevated level of the nutrient. Nutritional support to restore normal function may be required.

Your Supplement Prescription

Name: Good Health

Date: 28 November 2018

Dear Good,

Upon reviewing your test results we recommend the following supplements program.

Orthoplex – GIT ImmunoBiotic

May help to protect and repair the intestinal mucosa.

May help to decrease the inflammatory mediators in the digestive tract.

May help to relieve the symptoms of bloating, digestive discomfort, diarrhoea and dysbiosis.

May help to improve immune function.

Dosage: 1 metric teaspoon once

Price: \$62.00

Orthoplex – AdrenoEnhance 60 caps

Orthoplex AdrenoEnhance is a comprehensive adrenal, adaptogenic and activated B complex formula that supports healthy adrenal and immune function.

Dosage: Take 1 capsule twice daily, or as directed by a healthcare practitioner.

Price: \$56.00

BioCeuticals – Mega B Q10

Mega B Q10 contains the readily bioavailable and metabolically active forms of B vitamins together with coenzyme Q10 and antioxidants.

Dosage: Take 1 capsule once daily

Price: \$42.00

To order your prescription please contact Natasha on info@qhealth.co.nz who will take care of this process for you. If you would like assistance with interpreting your results or additional dietary advice, please feel free to contact us to make an appointment at team@allergenics.co.nz

What To Do Next

1. Order Your Prescription

You may have received a nutritional supplement prescription with your test report. The recommended prescription may assist in bringing your body back into balance, together with all other recommendations in your report. Please order your prescription by contacting Natasha on info@qhealth.co.nz

2. Consult With A Healthcare Practitioner

If you would like to further discuss your test results with a qualified healthcare professional, please contact us for a list of practitioners in your area.

3. Retesting

We recommend retesting at least 6 months after first implementing any dietary or nutritional changes. Please contact us if you require any further information on retesting.