

GENETIC BEAUTY LAB

Your Personalised Allergy & Food Intolerance Report

Prepared exclusively for

Name

Report Date: 00-00-00

*THIS REPORT IS STRICTLY CONFIDENTIAL AND PREPARED SOLELY FOR
THE INDIVIDUAL NAMED ABOVE.*

Knowledge is power.
Health begins with understanding.

Understand
your results,
recognise
potential triggers
and
take informed
next steps.



Welcome to Your Personalised Report

Dear Name,

Understanding how your body responds to the foods you eat and the environment around you can be an important step towards making more informed choices about your health and wellbeing. At Genetic Beauty Lab, we believe that personalised insights can help you better understand your body and support decisions that are right for you.

This report provides a clear summary of your Allergy & Food Intolerance Test results, including any findings identified by our accredited laboratory partner. You'll also find easy-to-understand explanations of what your results may mean, personalised guidance, practical food alternatives, and recommendations to help you interpret your results alongside your symptoms and lifestyle.

Whilst these results can provide valuable information, they should always be considered alongside your individual health history and any symptoms you experience. They are intended to support informed decision-making and should not replace medical assessment where appropriate.

PLEASE NOTE: THIS REPORT IS PROVIDED FOR EDUCATIONAL AND WELLNESS PURPOSES ONLY. THE LABORATORY ANALYSIS HAS BEEN PERFORMED BY OUR ACCREDITED LABORATORY PARTNER. ALLERGY (IGE) AND FOOD INTOLERANCE (IGG4) RESULTS SHOULD ALWAYS BE INTERPRETED ALONGSIDE YOUR SYMPTOMS, MEDICAL HISTORY AND, WHERE APPROPRIATE, ASSESSMENT BY A QUALIFIED HEALTHCARE PROFESSIONAL. THIS REPORT DOES NOT DIAGNOSE FOOD ALLERGIES, FOOD INTOLERANCES OR OTHER MEDICAL CONDITIONS, AND OUR RECOMMENDATIONS ARE INTENDED TO SUPPORT YOUR UNDERSTANDING OF YOUR RESULTS RATHER THAN REPLACE MEDICAL ADVICE. IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH OR EXPERIENCE SYMPTOMS OF AN ALLERGIC REACTION, PLEASE SEEK ADVICE FROM A QUALIFIED HEALTHCARE PROFESSIONAL IMMEDIATELY.

Welcome to your personalised report

Your Allergy & Food Intolerance Test assessed immune antibody responses to a selection of foods, environmental allergens and pollens.

The test contains two separate sections:

Allergy screening – IgE

This looks for sensitisation associated with immediate-type allergic reactions.

Food intolerance screening – IgG4

This measures IgG4 antibody responses to selected foods and may help identify foods to explore alongside your symptoms and dietary history.

Class	Reaction	Indicator
0	No Reaction	0
1	Very Mild Reaction	1
2	Mild Reaction	2
3	Moderate Reaction	3
4	Elevated Reaction	4
5	High Reaction	5
6	Very High Reaction	6

Your results should always be interpreted alongside your personal symptoms. A raised antibody result does not, by itself, confirm that you have a clinical allergy or intolerance. This distinction is important because specific IgE results support an allergy assessment only when interpreted alongside a relevant clinical history, while professional allergy organisations do not recommend using food IgG4 results alone to diagnose food intolerance.

YOUR
RESULTS
ARE
IN

Your Allergy Screening Results

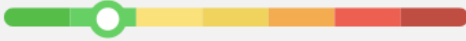
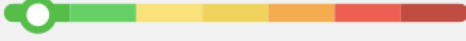
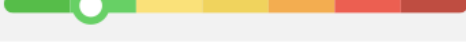
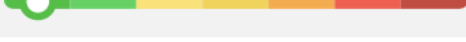
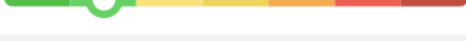
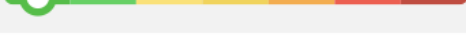
What your allergy results mean

The allergy section measured allergen-specific IgE. IgE is associated with immediate allergic symptoms such as:

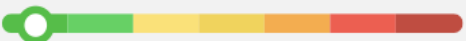
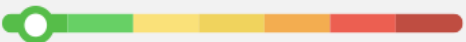
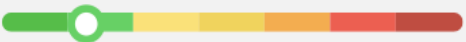
- Hives or itching
- Swelling of the lips, face or eyes
- Wheezing or breathing difficulty
- Vomiting shortly after eating
- Sneezing, itchy eyes or nasal symptoms after environmental exposure

Your results: showed only very mild Class 1 sensitisation and no stronger IgE responses.

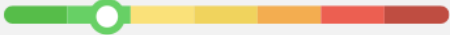
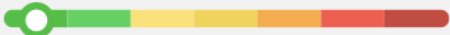
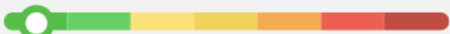
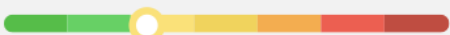
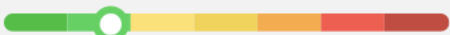
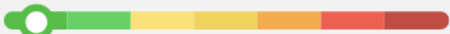
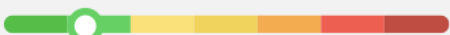
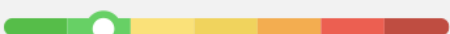
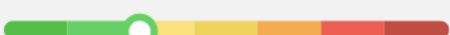
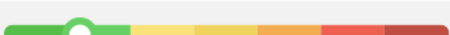
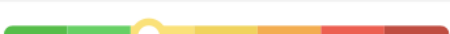
Your test result - Different types of pollen

Name	Your value	Class	Scale
Ash (pollen)	 1.32		
Bahia grass (pollen)	 <0.35		
Bermuda grass (pollen)	 <0.35		
Birch (pollen)	 <0.35		
Cypress (pollen)	 <0.35		
Hazelnut (pollen)	 <0.35		
Mugwort (pollen)	 0.68		
Olive (pollen)	 0.40		
Rye (pollen)	 <0.35		
Ribwort plantain (pollen)	 1.20		
Timothy grass (pollen)	 <0.35		
Wormwood Ambrosia (pollen)	 2.18		

Your test results - Non-Foods

Name	Your value	Class	Scale
Cat	 <0.35		
Cockroach	 0.51		
Dog	 <0.35		
Horse	 0.37		
Mite	 0.63		
Mold (Cladosporium herbarum)	 <0.35		

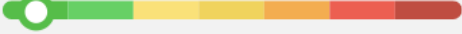
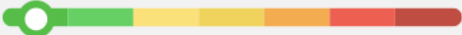
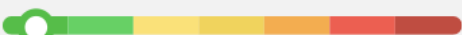
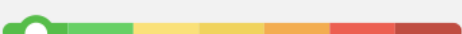
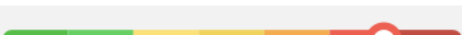
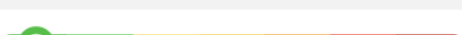
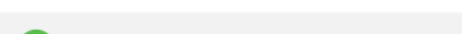
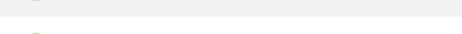
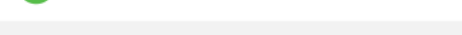
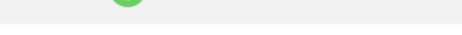
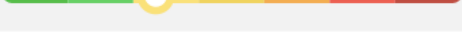
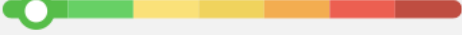
Your test results - Foods

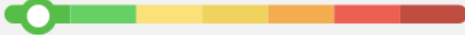
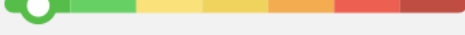
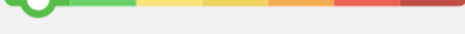
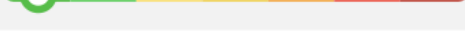
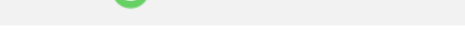
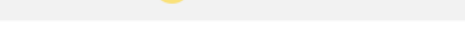
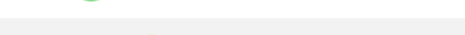
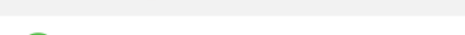
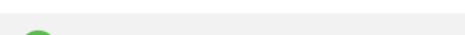
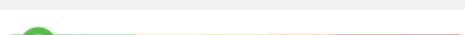
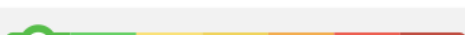
Name	Your value	Class	Scale
Almonds	 1.45		
Apple	 0.58		
Carrot	 <0.35		
Cod	 <0.35		
Cow's milk	 <0.35		
Crayfish	 0.44		
Egg white	 3.79		
Hazelnuts	 27.11		
Meat (pork, beef, chicken, lamb)	 1.63		
Orange	 <0.35		
Peach	 <0.35		
Peanuts	 2.18		
Potato	 0.56		
Rice	 <0.35		
Salmon	 1.32		
Shrimp	 0.61		
Soy	 2.79		
Strawberry	 <0.35		
Tomato	 0.37		
Wheat	 4.36		

Your Food Intolerance Screening Results

This section measured food-specific IgG4 antibody levels.

IgG4 responses can reflect immune exposure to foods and do not independently prove that a food is causing symptoms. These results are therefore best treated as **foods to explore**, rather than confirmed intolerances.

Name	Your value	Class	Scale
Almonds	 <0.35		
Amaranth	 0.43		
Apple	 <0.35		
Banana	 <0.35		
Beef	 <0.35		
Buckwheat	 <0.35		
Carrots	 <0.35		
Celery	 <0.35		
Chicken	 100.00		
Cod	 <0.35		
Corn	 <0.35		
Cow's milk	 <0.35		
Cucumber	 2.25		
Egg white	 64.78		
Egg yolk	 6.26		
Garlic	 3.49		
Goat milk	 42.31		
Green peas	 <0.35		
Haricot verts	 <0.35		
Hazelnuts	 <0.35		

Name	Your value	Class	Scale
Herring	 <0.35		
Kale	 4.19		
Kiwi	 <0.35		
Mussel	 <0.35		
Mustard	 <0.35		
Oats	 <0.35		
Onion	 <0.35		
Orange	 <0.35		
Peanuts	 <0.35		
Pork	 <0.35		
Potato	 2.25		
Rice	 <0.35		
Rye	 11.08		
Salmon	 0.69		
Sheep's milk	 3.34		
Shrimp	 <0.35		
Soy	 <0.35		
Tomato	 <0.35		
Walnuts	 <0.35		
Wheat	 94.34		

PERSONALISED FINDINGS

Priority Findings

Finding 1 – Chicken

Your result: High IgG4 Response

Consider

Finding 2 – Wheat

Your result

High IgG4 Response

Mild IgE response

Consider

Finding 3 – Egg

Your result

- **Egg White: Elevated IgG4 Response**
- **Egg Yolk: Mild IgE Response**

Consider

Finding 4 – Goat’s & Sheep’s Milk

Your result

- **Goat’s Milk:** Moderate IgG4 Response
- **Sheep’s Milk:** Mild IgG4 Response

Consider

Finding 5 – Hazelnuts

Your result

Moderate IgG4 Response

Consider

Other Foods Identified

Milder responses were also identified to:

- Garlic
- Kale
- Rye

These foods do not usually need to be prioritised initially unless you regularly notice symptoms after eating them.

GBL RECOMMENDATIONS

- *****
- *****
- *****
- *****
- *****
- *****
- *****

Your Personalised Action Plan

Step 1

Keep a food diary for 7–14 days.

Record:

- Foods eaten
- Portion size
- Timing

- Digestive symptoms
- Skin symptoms
- Energy levels
- Sleep
- Stress

Step 2

Explore one food at a time.

Avoid changing several foods together, as this makes it difficult to identify which foods may be contributing to your symptoms.

Step 3

Review your findings.

If symptoms consistently improve after reducing one food and return after reintroducing it, discuss the findings with a healthcare professional before making long-term dietary changes.

Personalised Food Alternatives

If you choose to reduce any of the foods highlighted in your results, here are some alternative options to consider.

Chicken

Try instead: Turkey, fish, lean beef, tofu, lentils or chickpeas.

Wheat

Try instead: Rice, quinoa, potatoes, gluten-free oats or gluten-free bread and pasta.

Eggs

Try instead: Flaxseed egg, chia egg, chickpea flour or a commercial egg replacer when baking.

Goat's & Sheep's Milk

Try instead: Cow's milk (if tolerated), fortified oat milk, soy milk or dairy-free yoghurts.

Hazelnuts

Try instead: Pumpkin seeds, sunflower seeds or seed butters.

Garlic

Try instead: Chives, spring onion tops, fresh herbs or garlic-infused oil.

Kale

Try instead: Spinach, rocket, Swiss chard or watercress.

Rye

Try instead: Rice, quinoa, gluten-free oats or gluten-free bread.

Conclusion

Your results have identified several findings that may be worth exploring alongside your symptoms, lifestyle and dietary habits. Every individual is different, and these results are intended to support a more personalised understanding of your health rather than provide a diagnosis. We hope this report helps you make informed decisions and serves as a useful starting point for discussions with your healthcare professional where appropriate.

Our Recommended Next Steps

To support your results and take your plan further, we recommend exploring additional tools designed to optimise your outcomes.

Our digital guides are designed to **educate and empower you**, offering step-by-step support tailored to your lifestyle. Our hormone blood testing provides deeper insight into internal factors that may influence your skin, hair, and overall wellbeing.

Based on your results, we recommend:

1:1 Consultation

Our Nutrition Blueprint (Personalised diet plan)

Your Consultation

Our 1:1 virtual consultation is available as an optional add-on to your Genetic Beauty Lab experience.

This session provides an opportunity to explore your results in greater detail, ask questions, and receive further personalised guidance from a member of our team.

Whether you would like support understanding your report, refining your routine, or exploring your results more deeply, the consultation is designed to offer additional clarity and direction tailored to you.

If you would like to book a consultation, please contact us via email or Instagram and we will arrange a suitable time for your session.

WHAT TO EXPECT

- A guided walkthrough of your allergy and food intolerance findings.
- Help interpreting your results alongside your symptoms.
- Personalised discussion around diet, lifestyle and practical food swaps.
- Guidance on symptom tracking and next steps.
- Time to ask questions about your report.

HOW TO PREPARE

- Review your report in advance
- Make a note of any questions or areas you would like to focus on
- Have a list of your current diet, supplements and any recent symptoms available if you would like personalised guidance.
- Choose a quiet, comfortable space for your session

BOOK YOUR CONSULTATION

Email: geneticbeautylab@gmail.com

Instagram: [@geneticbeautylab](https://www.instagram.com/geneticbeautylab)

IMPORTANT INFORMATION & MEDICAL DISCLAIMER

THIS REPORT HAS BEEN PREPARED BY GENETIC BEAUTY LAB FOR EDUCATIONAL AND WELLNESS PURPOSES ONLY. IT IS DESIGNED TO HELP YOU BETTER UNDERSTAND YOUR LABORATORY RESULTS AND SHOULD NOT BE USED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY MEDICAL CONDITION.

THE ALLERGY SECTION MEASURES ALLERGEN-SPECIFIC IGE ANTIBODIES, WHILE THE FOOD INTOLERANCE SECTION MEASURES FOOD-SPECIFIC IGG4 ANTIBODIES. THESE LABORATORY FINDINGS SHOULD ALWAYS BE INTERPRETED ALONGSIDE YOUR SYMPTOMS, MEDICAL HISTORY AND, WHERE APPROPRIATE, ASSESSMENT BY A QUALIFIED HEALTHCARE PROFESSIONAL. A POSITIVE LABORATORY RESULT DOES NOT, ON ITS OWN, CONFIRM A CLINICAL ALLERGY OR FOOD INTOLERANCE, AND A NEGATIVE RESULT DOES NOT COMPLETELY EXCLUDE ONE.

GENETIC BEAUTY LAB DOES NOT PROVIDE MEDICAL DIAGNOSES, PRESCRIBE TREATMENTS OR REPLACE THE ADVICE OF YOUR GP, REGISTERED DIETITIAN, ALLERGY SPECIALIST OR OTHER HEALTHCARE PROFESSIONAL. ANY DIETARY CHANGES SHOULD BE PROPORTIONATE, EVIDENCE-INFORMED AND BASED ON YOUR INDIVIDUAL CIRCUMSTANCES. LONG-TERM ELIMINATION OF FOODS WITHOUT APPROPRIATE PROFESSIONAL GUIDANCE MAY INCREASE THE RISK OF NUTRITIONAL DEFICIENCIES.

IF YOU SUSPECT COELIAC DISEASE, **DO NOT REMOVE GLUTEN FROM YOUR DIET BEFORE SPEAKING WITH YOUR GP**, AS THIS MAY AFFECT THE ACCURACY OF DIAGNOSTIC TESTING.

SEEK MEDICAL ADVICE IF YOU:

- EXPERIENCE PERSISTENT OR WORSENING DIGESTIVE SYMPTOMS.
- DEVELOP UNEXPLAINED WEIGHT LOSS, ONGOING DIARRHOEA, BLOOD IN YOUR STOOL OR PERSISTENT ABDOMINAL PAIN.
- HAVE SYMPTOMS SUGGESTIVE OF COELIAC DISEASE, INFLAMMATORY BOWEL DISEASE OR ANOTHER UNDERLYING MEDICAL CONDITION.
- ARE CONSIDERING REMOVING MULTIPLE FOODS OR MAJOR FOOD GROUPS FROM YOUR DIET.
- HAVE CONCERNS ABOUT MEETING YOUR NUTRITIONAL REQUIREMENTS FOLLOWING DIETARY CHANGES.
- ARE PREGNANT, BREASTFEEDING OR HAVE AN EXISTING MEDICAL CONDITION REQUIRING SPECIALIST DIETARY ADVICE.

SEEK URGENT MEDICAL ATTENTION (CALL 999 OR ATTEND YOUR NEAREST EMERGENCY DEPARTMENT) IF YOU EXPERIENCE:

- DIFFICULTY BREATHING, WHEEZING OR SHORTNESS OF BREATH.
- SWELLING OF THE LIPS, TONGUE, MOUTH OR THROAT.
- DIFFICULTY SWALLOWING OR SPEAKING.
- COLLAPSE, FAINTING OR FEELING SUDDENLY VERY UNWELL AFTER EXPOSURE TO A FOOD.
- WIDESPREAD HIVES OR RASH ACCOMPANIED BY BREATHING DIFFICULTIES OR DIZZINESS.

THESE SYMPTOMS MAY INDICATE A SEVERE ALLERGIC REACTION (ANAPHYLAXIS), WHICH REQUIRES IMMEDIATE EMERGENCY MEDICAL TREATMENT.