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food intolerances

The items on this report identify intolerance levels listed from the most severe/high red and moderate yellow intolerances. Intolerances may create inflammation at varying degress.

high intolerance	medium intolerance
Yam	Walnut
Wheat Gluten	Tuna, Yellowfin
Tomato	Tuna, Bluefin
Tilapia	Salmon, Pacific
Sweet Potato	Pork
Spinach	Onion
Shrimp	Haddock
Rye Gluten	Flaxseed
Pistachio	Eggplant (Aubergine)
Peanut	Cocoa
Lobster	Cabbage
Lentils	Bell Pepper (red)
Lactose	Beef
Kiwi	Almond
Hemp Seed	
E951 Aspartame	
E129 Allura Red AC	
Cauliflower	
Barley Gluten	
Banana	

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nutrient deficiencies

Next let's review your nutritional deficiencies. The items on this list have indicated a potential deficiency. The nutrients that have shown as a potential deficient in your system can typically be improved.

optimal	fair	low
Vitamin E	Meso-Inositol	Vitamin A
Omega 3	Zn Zinc	Magnesium
Vitamin C	Omega 9	Potassium
	Omega 6	Vitamin D3
		Carnitine

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toxins & metals

With regards to the metals test results, don't worry. We always absorb from the environment and our food. This is a helpful tool so can make connections, to potential symptoms.

high traces	medium traces	low traces
Mercury (Hg)	Sodium (Na)	Beryllium (Be)
		Platinum (Pt)