

NEXT STEPS



FOOD & DRINKS

**HEAVY METALS
& TOXINS**

YEAST & FUNGI

**VITAMINS,
MINERALS &
FATTY ACIDS**

GUT BIOME

**DIGESTIVE
PROCESS**

Dear Valued Customer,

We are delighted to present to you your **epigenetic test results!**

Your results have been created with our state-of-the-art bio-technology epigenetic cellular testing machine and have been conducted by Lab Administrator: Kiera.

Your results have been divided into different sections depending on which level of test you purchased. Within each section, you will find an overview page explaining what each section means then following on to your results which have been formatted into simple and easy-to-read traffic light systems.

For Next Steps on how to utilize this information to its maximum potential please refer to this [Next Step Guide Book](#) along with your login portal.

We look forward to facilitating a life that is suited to you and your body's biological needs, helping you to live a nutritious, energetic, healthy, and optimal life!

If you have any further questions you can always contact us via email.

To your health,

Advanced Food Intolerance Labs

orders@advancedfoodintolerancelabs.com



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YOUR RESULTS (CONTINUED)

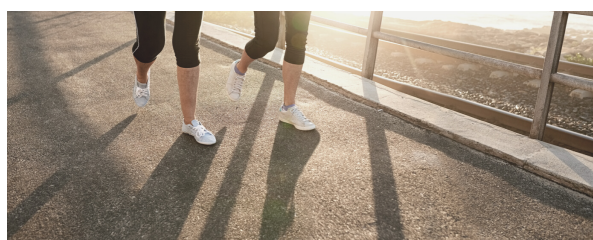
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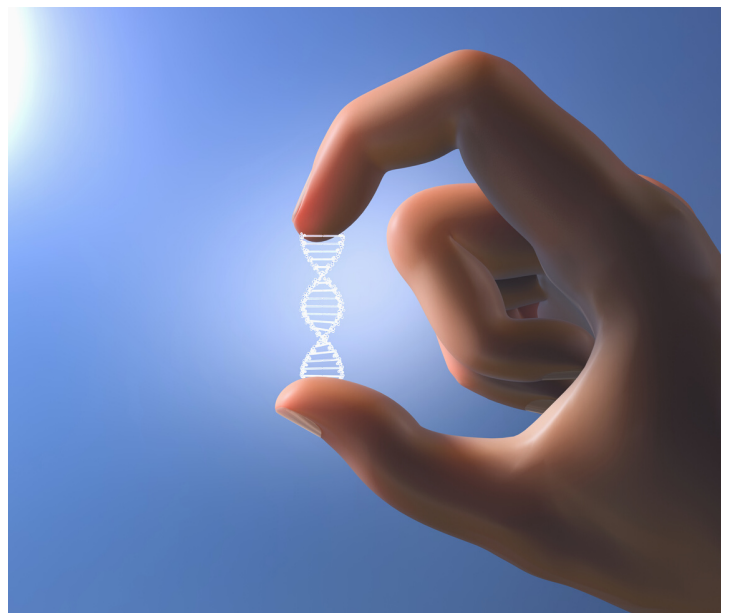
INTRODUCING EPIGENETICS

WHAT IS THE DIFFERENCE BETWEEN GENETICS AND EPIGENETICS?

The **genes (genetics)** we are born with do not change. For example, a person may be born with blue eyes or lighter or darker skin.

Epigenetics on the other hand is the gene expression which can be altered depending on a person's external factors, diet, bacteria levels, environmental exposure, and so on. For example, the sunshine which is an external factor, has the capacity to alter a person's gene expression with respect to their skin color.

This is epigenetics. Therefore, a person's diet can also have the ability and equally can affect their gene expression, which may manifest to a healthier or unhealthy state of wellbeing.



EPIGENETIC TESTING

The test may have picked up an element of the molecular structure found in different foods which appears your body may not like or tolerate epigenetically. There are a few reasons for this.

1



Lets think of our muscles! When we overstimulate or over-exercise a certain muscle it can grow tired or weaker if we do not allow for the muscle cells time to heal and recalibrate. Our digestive system is also a muscle and can get "tired" or "weak" of the same foods and molecular structures of that particular food. Unlike allergies (which we do not test for) epigenetic food intolerances which we do test for have an ability to heal. Which is why it's commonly stated that "variation and rotation is key" when it comes to our diets and eating habits. It is very often customers see more of the foods they consume frequently on a day-to-day basis listed in the red or orange zone on their results.

2



The molecular structure of that item is just not compatible with the current epigenetic state of your body. Even though the differences of the food items may be relatively small (i.e. dried cilantro and fresh cilantro) they still can bear an influence over a person's epigenetic expression and respectively their health overall.

RESULTS



INTERPRETING YOUR RESULTS

Interpreting Your Results - Explainer



ALLERGIES

WE DO NOT TEST FOR THESE



INTOLERANCES

WE TEST FOR THESE

Known Allergy

You may have a known allergy; so let's help you to interpret sensitivity results to this item.

Scenario 1 The item you are allergic to shows as a moderate or high reactivity item.

This means that as well as a food allergy you may have an epigenetic food sensitivity. If you have already removed this item from your diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroducing this food item following the elimination diet.

Scenario 2 The item you are allergic to shows as a no reactivity item.

This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergies. Any allergy related advice should be given to you by your medical specialist.

WE DO NOT TEST FOR THIS

WE TEST FOR THIS

FOOD ALLERGY

**INTOLERANCES/
CELL INFLAMMATION
RESPONSE**

SAMPLE	blood sample, skin prick	hair sample
WHAT IT TESTS	Ige antibody response	energy cell response
WHERE IT IS FOUND	antibodies found in the skin, blood, lungs	energy found within the cells Low energy = cells working slower High energy = cells working optimally
WHAT IT TESTS	Ige antibody response	energy cell response
MILD SYMPTOMS	sneezing, blocked nose, itchy skin, tummy, fatigue. cough	fatigue, excess gas, congestion
MODERATE SYMPTOMS	swollen lips, tongue, difficulty in breathing, vomitting, diarrhea, extreme fatigue	Constipation, diarrhea, skin issues, hormonal imbalances, irritability, digestive issues, decreased mental physical performance
SEVERE SYMPTOMS	anaphylaxis, death	N/A
TIME TO SURFACE	seconds, minutes to 2 hours	3-5 days up to 2 weeks, month or years

Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.



Gut Health

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.



COMPLEMENTARY AND ALTERNATIVE MEDICINE

What is Complementary and Alternative Medicine?

A complementary therapy is used alongside conventional medicine or treatment, whilst alternative therapy is used in place of conventional medicine or treatment. Some therapies or practices could be used as either complementary or alternative; it depends on whether it is combined with conventional medicine alongside or not. Other therapies and practices, which are considered complementary and alternative medicine:

- Functional Medicine
- Naturopathic Medicine
- Aromatherapy
- Acupuncture
- Homeopathy
- Massage therapy
- Chiropractic Care
- Osteopathy
- Pilates
- Yoga



Finding Practitioners for Alternative Medicine

When using complementary and alternative medicine it is important that you look for a credentialed practitioner registered in their field of expertise. The credentials required for complementary healthcare practitioners in the US varies between states, so it is important to check what is required in the state where you are consulting a practitioner.





FOOD & DRINKS ANALYSIS

FOOD SENSITIVITY VS FOOD ALLERGY

Food Sensitivity

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.



Food Allergy

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician. Our testing requires a hair sample and therefore does not have the capability to test for allergies.

What to do about it?

We advocate an elimination diet as shown in the report, which means abstaining from the foods listed in the red zone and if possible, the orange zone, for a period of **6 - 8 weeks**.

You can then opt to re-introduce this item and watch for a reaction, which could occur anytime over a period of **3 days after consumption**.

The main challenge with epigenetic food intolerances is that they **can take up to 3 days to surface**, sometimes even weeks, months or years which can make them very hard to find.

As you can imagine, a person may have consumed over 100+ different singular items in a period of 3 days for breakfast, snacks, drinks, lunch, and dinner (inclusive of all spices and additives, etc.) So which food is it that caused the symptom?

Although not mandatory, customers opt for a **re-test after an 8+ week period** to see if any healing has taken place.

The **main objective** we have as a company is to help our valued customers **get more "in tune"** with their most blessed asset; **their bodies and overall state of being**.



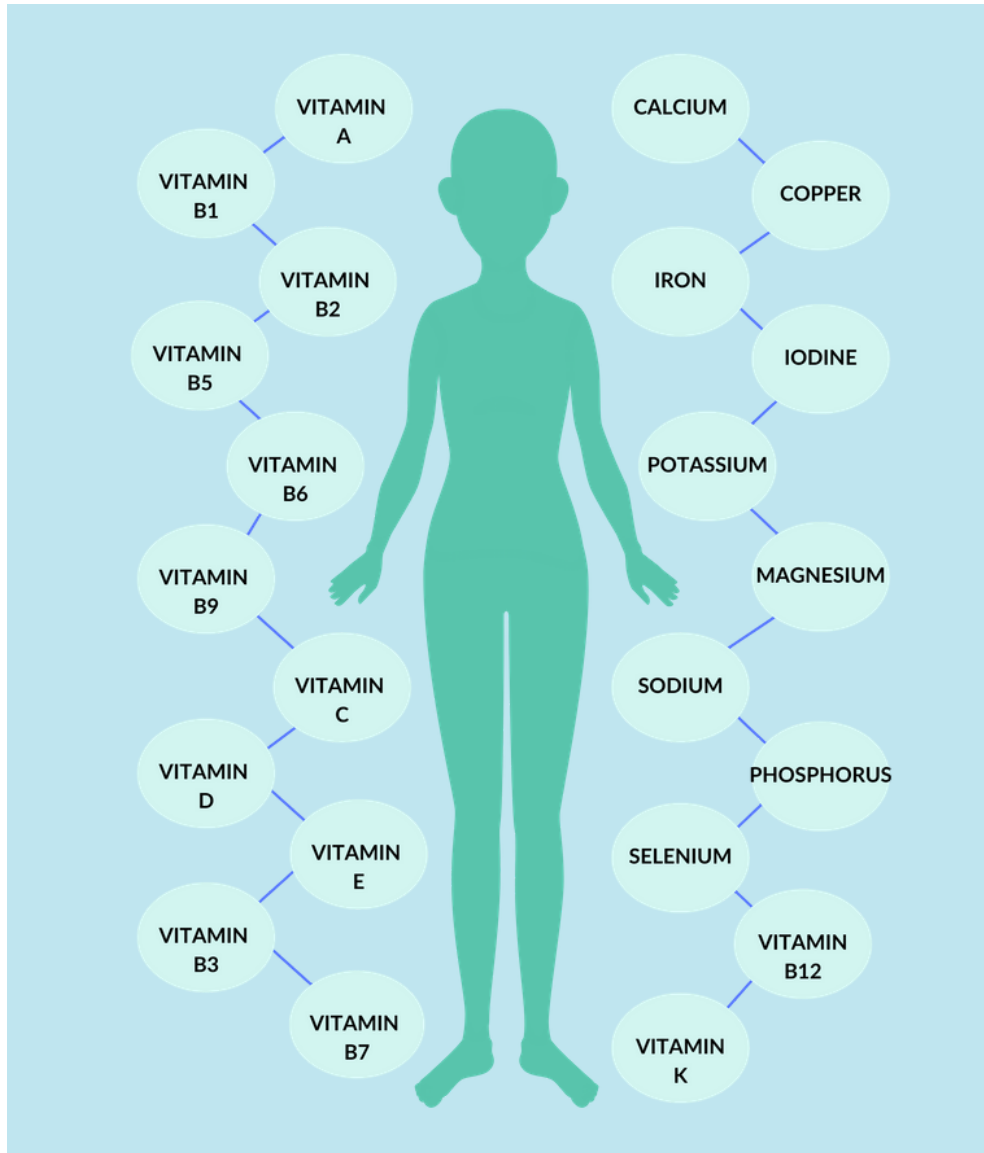


THE ROLE OF FOOD TYPES

The Role of Food Types

Food contains nutrients in the form of vitamins and minerals. **Vitamins and minerals** are considered essential as they enable the body to complete literally hundreds of tasks, which are vital for day-to-day function, health, and wellbeing. To name a few vitamins and minerals facilitate energy production, hormone production, metabolism, wound healing, immune system function, blood clotting, and fetal development. For more information on the highest containing nutrient dense food sources view the Vitamins section on Page 22 - 25.

Vitamins and Minerals Within The Body





TOXINS ANALYSIS (ENVIRONMENTAL & HOUSEHOLD)

You have been tested for 157 Environmental Toxins



Environmental Toxins are difficult to completely eliminate. These are found:

- Trees, shrubs, bushes
- Pets, animals, and rodents
- Flowers and flower related products

By being aware of these household toxins such as making sure you wear protective gloves when gardening, making sure pets are clean and are de-wormed, or contacting a pest controller you can start to lower your intolerance threshold to these toxins.

You have been tested for 187 Household Toxins



Household Toxins are difficult to completely eliminate. These are found in things like:

- In-organic foods (pesticides, insecticides)
- Packaged foods and drinks
- Bleaches and cleaners
- Paints in houses
- Furniture

By being aware of these household toxins and replacing them if possible with more organic and natural products you can start to lower the intolerance threshold to these toxins.



HEAVY METAL ANALYSIS



Heavy metals are not to be confused with minerals. These have either been refined or processed and can be classified as heavy metals. Heavy metals can be found in things like:

- Cosmetics; Makeup, Shampoo, Conditioner, Hairspray, Nail Varnish, etc
- Personal Care Products; deodorants, aftershave, perfume, etc
- Jewelry and razors
- Household Products; Paints in houses, varnishes on floors, etc
- Dental materials; bridges, implants; root canals, fillings, veneers, etc
- Prosthetic and cosmetic implants
- In the environments; fumes, built up polluted areas and workplaces, etc
- Canned and Pre-packaged food and drinks products
- Pesticides and Insecticides sprayed on foods and goods
- Cigarettes and Electronic Cigarettes
- And more!

By becoming more aware of where these heavy metals are coming from you can start to eliminate or reduce exposure and choose more natural sourced products where possible to increase your intolerance thresholds.



VITAMINS A TO K ANALYSIS

Vitamin A to K Analysis

Low Mineral Levels

There are recommended daily amounts of each vitamin that should be consumed on a daily basis. However, vitamin requirements do vary from person to person depending upon life stage, diet, activity level, stress level, health conditions, and medications.

Low vitamin levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food, or there are digestive issues, hormonal imbalances present or other medical conditions.



What should you do if you have low vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most natural and best way of improving intake. Vitamins come from a variety of sources, the richest sources being unrefined choices. For guidance on specific vitamins and the foods where they are found please refer to the page below.

Ideally, nutrients should all be consumed through the diet, however, if this is not possible due to dietary restrictions or dislikes supplementation is an option you can view more supplements on well known stores such as Amazon and look for supplements which are bioavailable (i.e. the body readily recognises them.) Please also consult your medical professional.

You should not discontinue any advice given to you by your medical professional or any blood work for deficiencies you may have had. Blood deficiencies are different and are tested via a blood sample.

Sources of Vitamins

Water-soluble vitamins

B VITAMINS

Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean flour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

B12

Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, eggs, yogurt, Swiss cheese, fortified products.

VITAMIN C

Red peppers, guavas, kale, kiwi, broccoli, Brussel sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

Fat-soluble vitamins

VITAMIN A

(Retinol) Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, paté, goat's cheese, eggs, cheddar, cream cheese, butter, goat's cheese.

BETA CAROTENE

Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers, tuna fish, mackerel, butter.

VITAMIN D

Salmon, trout, swordfish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortified products.

VITAMIN E

Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunflowers seeds, prawn/shrimp, crayfish, salmon, smoked salmon, swordfish, herring, trout, olive oil, sunflower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

VITAMIN K

Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussel sprouts, cabbage, chili powder, paprika, fennel, leeks.

Minerals

CALCIUM

Calcium Watercress, kale, broccoli, low fat mozzarella, low fat cheddar, yogurt, pak choi, tofu, sugar snap peas, almonds, tinned sardines in oil with bones, tinned pink salmon

MAGNESIUM

Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, brazil nuts, peanuts, walnuts, tofu, coconut, soya beans, figs, apricots, dates, prawns, corn, avocado, spinach, kale, broccoli swiss chard, turnip greens, collards.

ZINC

Rye, spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms.

IRON

Rye, whole wheat, pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, Swiss chard, kale, dark chocolate.

MANGANESE

Rye, oats, brown rice, barley, mussels, hazelnuts, pine nuts, pecans, lima beans, chickpeas, aduki beans, lentils, pumpkin seeds, sesame seeds, sunflower seeds, pineapple, spinach, kale, tofu, soybeans, sweet potato, blueberries, raspberries, strawberries.

COPPER

Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, liver, spirulina, dark chocolate, collard greens, Swiss chard, spinach, kale.

POTASSIUM

Dried apricots, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, butternut squash, spinach, mushrooms, bananas, potatoes, low fat yogurt

SELENIUM

Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower seeds, liver, eggs, beef, turkey, cottage cheese.





MINERALS & FATTY ACIDS ANALYSIS

Mineral and Other Nutrient Analysis

Low Mineral Levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, diet, activity level, stress level, health conditions and medications.

Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.



Phyto Nutrients



Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods that contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals, there are no recommended daily amounts to consume. However, we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol, and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant.

The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. is an option you can view more supplements on well known stores such as Amazon and look for supplements which are bioavailable (i.e. the body readily recognises them.) Please also consult your medical professional.

You should not discontinue any advice given to you by your medical professional or any blood work for deficiencies you may have had. Blood deficiencies are different and are tested via a blood sample.





YEAST & FUNGUS ANALYSIS

Yeast and Fungus.

Yeasts and fungus commonly referred to as *Candida* is a yeast that can grow in the system. We need some yeast and fungus in the system in healthy amounts to break down food, however in some cases where antibiotics have been consumed, certain types of medication, on a diet too rich in refined carbohydrates or white sugar, if you have been under a lot of stress physically, emotionally, or nutritionally then *Candida* can grow.



This can then lead on to things like IBS, thrush (genital or oral), skin irritations, brain fog and generally not feeling as energetic as usual.



To bring *Candida* back in to balance it is important to cut off its food supply - which is sugar and refined carbohydrates, things like bread, pasta, rice, cookies, sweets, and cakes, etc. This can then help bring *candida* back into a state of balance.

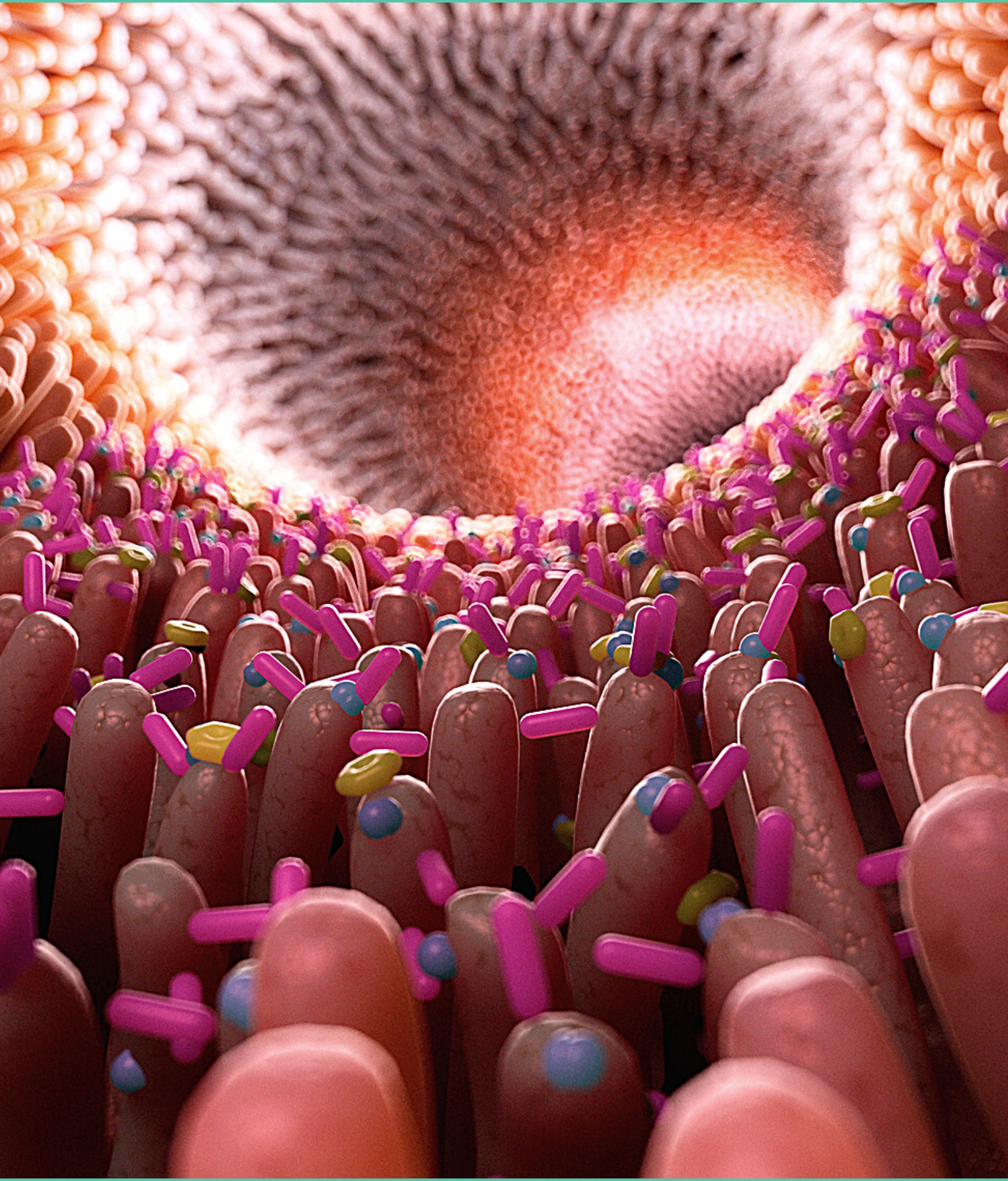
Regarding stress levels, we recommend meditation and trying to obtain a good night's sleep, preferably **before 10:30 pm** without any distraction, for example, noise or radiation interference. Placing your mobile in airplane mode when you are about to go to sleep also helps to reach a deeper state of sleep.

The body undergoes a lot of different **restoration processes** during the hours of 12 - 7 am so it's quite important that we have reach a deep state of sleep during these hours.

Candida and Yeasts can also thrive when the body is not rested and restored. We do need candida in healthy amounts within the body, however, holistically speaking, when we do one of some things which tip the scale, it can then cause Candida to be thrown out of balance here also.

In the same way, it was put out of balance, it can also be put back in to balance. When we put the body back into balance, Candida has no place to stay and so it naturally leaves the body.





GUT BIOME ANALYSIS

Gut Biome

The **gut biome** is a complex ecosystem that is found everywhere, mostly inside of our digestive tract. **An interesting fact here is that humans are actually made up of more bacteria than human cells - so in other words...**

.....we are actually more bacteria than humans!

A person can have around 300 to 500 different species of bacteria in their digestive tract. While some microorganisms are harmful to our health, many are incredibly beneficial and even necessary to a healthy body

Gut Biome imbalances are very commonly shown in people with IBS symptoms, digestive issues or stomach upset.

Other symptoms of gut biome imbalances may be:

- Leaky Gut Syndrome
- Chronic Fatigue Syndrome
- Constipation & Diarrhea
- Skin Issues
- Weight Problems
- Hormonal Imbalances
- And even Food Intolerances!
- Plus many more.



Probiotics are a way to be able to obtain more friendly bacteria to try and repopulate the gut with friendly strains. In some other cases you can obtain friendly bacteria by consuming more fermented foods such as:

- Kimchi
- Natto
- Kombucha
- Live yogurt
- Kefir
- Raw sauerkraut



DIGESTIVE PROCESS ANALYSIS

Digestive Processes

The **digestive process** also known as the **digestive enzymes** inside the digestive tract play a key role in breaking down the food you eat. These proteins speed up chemical reactions that turn nutrients into substances that your digestive tract can absorb.

Saliva has digestive enzymes in it as well as some of your organs, including your pancreas, liver and gallbladder also release them. Cells on the surface of your intestines store them too!




Different types of enzymes target different nutrients:

- **Amylase** breaks down carbs and starches (rice, potatoes, flour etc)
- **Protease** works on proteins (meats, fish, legumes, etc)
- **Lipase** handles fats (olive oil, cheeses, milk, nuts etc)
- **Pepsin** breaks down proteins in to smaller molecules
- **HCL (Hydrochloric Acid)** also known as stomach acid breaks down food and kills bacteria.

In some cases digestive enzymes can become depleted due to an overconsumption of a specific food group (too many fats, too much protein), not chewing food thoroughly, snacking too much and not allowing the system to rest, not having enough sleep; when the body doesn't have enough rest it can work slower to conserve its energy.

By understanding which digestive enzyme you may have an imbalance in you can aim to adjust your food groups accordingly as well as ensuring you are chewing your food thoroughly, limiting snacking and getting plenty of sleep and rest.



Diet Plan

- 1.
- 2.
- 3.

YOUR NEXT STEPS

This is where your journey to a healthier life begins!

You have read through all of your results, so what now? We believe that these test results can be the start of your wellness journey towards a healthier and optimal life!

The next step we would recommend is the completion of an elimination diet. This entails the removal of all red and orange zone foods for a period of time followed by reintroduction. An elimination diet is a powerful tool, which provides much clarity for individuals on which foods work for them and which do not.

Objectives

Before you embark upon any new project, venture or undertaking, in this case making positive dietary changes, it is always good to write down your aims and objectives. You can refer back to these notes in times of doubt or reflect on whether you achieved your objectives.

You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for the elimination diet and beyond.



ELIMINATION DIET

What is an Elimination Diet?

An *elimination diet* is the removal of intolerant or problematic foods and drinks from your daily diet. It is conducted over a short period of time, normally around six weeks. In certain cases, a person may be recommended to conduct a longer elimination diet, however generally around six weeks is sufficient time to get good results.

At the end of this period, you can reintroduce items one by one at the same time as monitoring your symptoms and general wellbeing.

01

HOW DOES IT WORK

In the removal and then reintroduction of items you get a clear understanding of those foods which make you feel good, allow you to think with clarity, and leave you feeling energized and those which make you feel lethargic, sluggish, sap your energy levels and provoke symptoms like bloating or headaches.



02

ELIMINATION DIET

All red and orange zone foods and drinks are removed from the diet, along with any known allergy or intolerant foods. You can eat freely from those foods in the no reactivity category. You should aim for this phase to last six weeks



03

RE-INTRODUCTION PHASE

During the reintroduction phase, you should bring one item in at a time and then monitor symptoms for the next two days. You will find a reintroduction diary at the end of this section where you can note the food and drinks that you consume along with any symptoms you experience.



What CAN'T you eat on an Elimination Diet or in the Re-Introduction Phase?

Each person will be different in the foods they should eliminate during the elimination phase. The priority items to remove are those, which are shown in the red zone.

If eliminating these items alone seems like a big undertaking stick with the removal of only these items. However, if you feel you can also achieve the removal of those foods in the orange zone during the elimination phase also do so.

You must also respect any known allergies or intolerances. For example if you know you are allergic to wheat or lactose intolerant and it comes up in the no reactivity section, do not bring it back into your diet.



ALLERGIES

WE DO NOT TEST FOR THESE



INTOLERANCES

WE TEST FOR THESE

What CAN you eat on an elimination diet?

You can eat any items, which are shown in green, except any to which you have known allergies, medical conditions or other intolerances.

What's IMPORTANT during an Elimination Diet?

In removing items from your diet you are also removing nutrients. Whilst it is only for a short period of time it remains important that you maintain a good daily intake of vitamins and minerals through your diet.

Please consult Page 22-24 to ensure that in the removal of food items you are still getting the daily recommended nutrition through other food sources.





RE-INTRODUCTION PHASE & DIARY

Re-Introduction Diet. What happens AFTER an Elimination Diet?

Following an elimination diet you should have good clarity on which foods work well for you and which provoke symptoms or make you feel less than your best. If you do find there are items or food groups, which provoke symptoms, it is worth considering the reduction or removal of these items from your diet.

Should you choose to greatly reduce or eliminate an item or food group from your diet ensure you replace the nutrients you would have got from the item or food group with alternative sources.

To get the best from your diet and to support your health and wellbeing ensure that, in the most part, your food comes from non-processed, natural sources and contains a breadth of vitamins and minerals.



Reintroduction Diary

	LIST OF FOODS AND DRINKS (note time consumed)	SYMPTOMS
MON		
TUE		
WED		
THUR		
FRI		
SAT		
SUN		



Contact Us

If you have any questions, please get in touch with the team

orders@advancedfoodintolerancelabs.com

913-444-9407
