U.K. PET.
FOOD INTOLERANCE
HELPING THE NATION'S PETS

# PREMIUM

## SENSITIVITY AND HEALTH TEST

### FOR CAT AND DOG

- 500 ITEMS
- FOOD
- NON-FOODS
- E-NUMBERS
- VITAMINS AND MINERALS

## Introduction

Welcome to your Comprehensive Pet Wellness and Sensitivity Report! This detailed analysis offers valuable insights into your pet's reactions to various substances, including foods, environmental factors, and more. Our aim is to empower you with the knowledge needed to optimize your pet's health and well-being.

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Understanding your pet's unique health profile is the first step toward a happier, healthier life. Whether adjustments to their diet, lifestyle, or supplements are necessary, this report serves as your roadmap to supporting your pet's optimal well-being.

Please review each section carefully and consider consulting with a veterinary professional to discuss the results and how best to implement these recommendations.

Your pet’s journey to better health begins now!
Kind Regards,
Drool Testing team.

## Table of content

## Understanding Your Pet’s Test Results

Each section of your Pet Wellness and Sensitivity Report uses a color-coded system to help you easily interpret your pet’s results at a glance. Here’s what each color indicates:

**Green:** This means the tested substances are within a healthy range and show no significant sensitivity. Items marked in green are considered well-tolerated by your pet’s system, suggesting that they are balanced and generally safe to include in your pet’s diet or environment.

**Yellow:** Signifies a mild to moderate sensitivity or imbalance. While not immediately concerning, items in yellow may require attention if symptoms are present or if there is a personal or family history of related issues. These items may warrant further monitoring or moderation in your diet or environment..

**Red:** Highlights items where a potential imbalance or significant sensitivity has been detected. Red indicates that these substances may be contributing to adverse health effects your pet could be experiencing..

Use this color-coding system as a guide to prioritize changes in your pet's diet, lifestyle, or environment. This information serves as a valuable starting point for supporting your pet’s well-being. For the best results, consider consulting with your pet professional or pet nutritionist to develop a tailored plan based on these findings.

## Understanding the Difference: Food Allergy vs. Food Intolerance in Pets

As you conclude this report, it's important to understand the difference between food allergies and food intolerances, as this document focuses specifically on food intolerance.

**Food Allergy:** A food allergy involves the immune system and can cause a rapid, potentially life-threatening reaction. Allergic responses can occur even if only a small amount of the allergen is consumed. Symptoms might include swelling, hives, vomiting, difficulty breathing, or severe reactions like anaphylaxis. These reactions are typically mediated by IgE antibodies, which the immune system mistakenly produces in response to a harmless substance. True food allergies in pets are less common but require immediate veterinary attention if suspected.

**Food Intolerance:** Food intolerance is generally less severe and often dose-dependent, meaning larger quantities of the offending food need to be consumed to trigger a reaction. Unlike allergies, food intolerances do not involve the immune system directly. They usually occur due to difficulties digesting certain substances, leading to symptoms such as gastrointestinal discomfort, bloating, excessive gas, diarrhea, or lethargy. These symptoms may take hours or even days to appear, making it challenging to pinpoint the exact cause.

This report highlights potential food intolerances to help you understand how specific foods may affect your pet’s well-being. Identifying and addressing these intolerances can lead to improved digestion, comfort, and overall health for your pet.

If you suspect your pet has a food allergy, or if any items in this report trigger severe symptoms indicative of an allergic reaction, consult a veterinarian immediately for appropriate testing and tailored guidance.

# FOOD-ITEM SENSITIVITIES

## Food Items Protein

- Alpaca
- Artificial Beef Flavour
- Artificial Duck Flavour
- Artificial Turkey Flavour
- Bacon
- Beef
- Buffalo
- Chicken
- Chicken Fat
- Chicken Gravy
- Chicken Heart
- Chicken Kidney
- Chicken Liver
- Chicken Meal
- Crocodile
- Duck
- Duck Blood
- Duck Intestines
- Goat
- Goose
- Goosefoot
- Ground Beef
- Ground Chicken
- Ground Duck
- Ground Lamb
- Ground Turkey
- Horse
- Kangaroo
- Lamb
- Lamb Heart
- Lamb Kidney
- Liver (Lamb)
- Liver (Ox)
- Liver (Pig)
- Moose Meat/Elk
- Ostrich
- Ox Heart
- Ox Kidney
- Pheasant
- Pig Ear
- Pig Heart
- Pig Kidney
- Pork
- Pork Sausage
- Rabbit
- Rawhide
- Tripe
- Turkey
- Venison
- Wild Boar

## Food items - Dairy

- A-lactalbumin
- B-lactoglobulin
- Casein
- Cheddar Cheese (Cows)
- Cottage Cheese
- Cream Cheese
- Edam
- Egg Shell
- Egg White
- Egg Yolk
- Feta
- Gouda
- Greek Yogurt
- Kefir
- Lactose
- Milk Fat
- Milk From Cows
- Milk From Goats
- Milk From Sheep
- Mozzarella (Buffalo)
- Natural Yoghurt
- Parmesan (Cows)
- Red Leicester
- Soybean Milk
- Yak Milk

## Food Items - Fruit

- Acai Berry
- Apples
- Apricots
- Bananas
- Bilberries
- Blackberries
- Blueberries
- Cranberries
- Dates
- Dragon Fruit
- Elderberry
- Figs
- Galia Melon
- Guava
- Hawthorn Fruit
- Honeydew Melon
- Jujube Fruit
- Kiwis
- Lychee
- Mandarin
- Mango
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Raspberries
- Rosehip
- Strawberry
- Watermelon
- Waxberry Fruit

## Food Items - Grains

- Amaranth
- Barley
- Bread - Wholemeal & Brown
- Bread, White Bread
- Buckwheat
- Bulgar Wheat
- Corn Meal
- Gluten
- Kamut
- Oat Flour
- Oats
- Pasta
- Quinoa
- Rice
- Rice Flour
- Rice-Brown
- Rye
- Seitan
- Spelt
- Tapioca
- Wheat
- Wheat, Whole Grain
- Yeast - Bakers
- Yeast - Brewers

## Food Items - Spices

- Anise
- Basil
- Cardamom
- Chamomile
- Cinnamon
- Coriander
- Cumin
- Dill
- Fennel
- Fenugreek
- Ginger
- Milk Thistle
- Mint
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- Thyme
- Turmeric

## Food Items - Nuts/Seeds

- Brazil Nuts
- Cashew Nuts
- chia seeds
- Coconut

- Flaxseed
- Hemp Seeds
- Pine Nuts
- Pumpkin Seeds
- Roasted Chestnut
- Roasted Peanuts
- Sunflower Seeds

## Food Items - Oils

- Almond Oil
- Chicken Oil
- Coconut Oil
- Cod Liver Oil
- Evening Primrose Oil
- Fish Oil
- Flax Seed Oil
- Krill Oil
- Olive Oil
- Palm Oil
- Rapeseed Oil
- Salmon Oil
- Sea Blackthorn Oil
- Sesame Oil

## Food Items - Seafood

- Abalone Shellfish
- Algae
- Anchovy
- Blue Mussels
- Catfish
- Chub Mackerel
- Clams
- Cod
- Crab
- Crayfish
- Cuttle Fish
- Green Lipped Mussels
- Haddock
- Hake
- Halibut
- Herring
- Laver Seaweed
- Lobster
- Mackerel
- Octopus
- Oyster
- Pilchard
- Plaice
- Pollock
- Prawns
- Salmon
- Scallops
- Shrimp
- Skate
- Sole
- Sprats
- Squid
- Tilapia
- Trout
- Tuna
- Winkles
- Yellow Croaker Fish

## Food Items - Vegetables

- Asparagus
- Aubergine
- Bamboo Shoots
- Beans (Green)
- Beans, Lima
- Beets
- Broccoli
- Brussel Sprouts
- Butternut Squash
- Cabbage
- Capsicum (Green)
- Capsicum (Red)
- Capsicum (Yellow)
- Carrots
- Cauliflower
- Chicory

- Courgette
- Edamame Beans
- Endive
- Kale
- Kidney Beans
- Lentils
- Okra
- Parsnip
- Peas
- Potato
- Pumpkin
- Runner Beans
- Soya Bean
- Swede
- Sweet Corn
- Sweet Potato
- Turnip
- Yams
- Zucchini

## Food Items - Vegetables (raw)

- Beans (Green)
- Broccoli
- Capsicum (Green)
- Capsicum (Red)
- Capsicum (Yellow)
- Cauliflower
- Celery
- Chicory
- Courgette
- Cucumber
- Edamame Beans
- Endive
- Okra
- Radish
- Zucchini

## Food Items - Sweetners

- Beet pulp
- Guar Guar Gum
- Honey
- Maple Syrup
- Molasses

## Food Items - Supplements

- B-Glucans
- Butylated Hydroxyanisole (BHA)
- Butylated Hydroxytoluene (BHT)
- Charcoal
- Collagen
- Fructo-Oligosaccharides
- Glucosamine
- Mannan-Oligosaccharides
- Spirulina
- Valerian Root

## The Importance of an Elimination Diet for Your Pet.

Implementing an elimination diet is one of the most effective ways to manage food intolerances identified through your pet's sensitivity test. By systematically removing and reintroducing specific foods, you can pinpoint the exact ingredients that may be causing discomfort or adverse reactions in your pet. This process not only helps confirm the test findings but also provides valuable insights into your pet's unique dietary needs.

An elimination diet works by initially removing all potential trigger foods identified in the test results. After a period of time, you reintroduce each food one at a time while carefully monitoring your pet's response. This method allows you to observe any physical or behavioral changes, such as digestive issues, skin irritations, or changes in energy levels, which may indicate intolerance.

## Benefits of an Elimination Diet:

- **Tailored Nutrition**Helps you create a customized diet that supports your pet's overall health and well-being.
- **Symptom Relief**Reduces or eliminates symptoms like gastrointestinal distress, itching, and lethargy, improving your pet's comfort and quality of life.
- • **Long-term Health**Helps you create a customized diet that supports your pet's overall health and well-being.

Consistency and patience are key to a successful elimination diet. Keeping a detailed journal of your pet's symptoms, diet changes, and reactions will help you and your veterinarian or pet nutritionist make informed decisions.

By following an elimination diet, you're taking an active role in promoting your pet's health, ensuring they receive the best possible nutrition tailored to their specific needs. This thoughtful approach paves the way for a happier, healthier life for your furry companion.

# NON-FOOD AND ENVIRONMENTAL SENSITIVITIES

In addition to food sensitivities, this report includes a detailed analysis of non-food items that may affect your pet’s health and well-being. Pets can encounter various environmental substances—such as pollen, household cleaners, fabrics, or grooming products—that may trigger sensitivities. Identifying these potential irritants can help you create a safer and more comfortable environment for your pet.

Understanding your pet's reactions to non-food items allows you to make informed choices about their surroundings and daily care. This section aims to highlight any detected sensitivities, offering guidance to minimize exposure and reduce potential symptoms like itching, respiratory issues, or behavioural changes.

## Non-Food/Environmental

| | | | |
|---|---|---|---|
| Alder | Algae | American Beech | American Tree Moss (Climacium Americanum) |
| Aspen (Populus Tremula) | Aspergillus Fumigatus | Aspergillus Niger | Aster |
| Barley Plant | Bee Pollen | Beech Tree | Bermuda Grass |
| Birch Pollen | Box Elder | Bracken | Brome Grass |
| Buttercup Flower | Canary Grass | Casuarina Pine | Cedar |
| Chamomile | Cladosproium Herbarum | Clover | Common haircap (Polytrichum commune) |
| Common Reed | Common Silver Birch | Common tamarisk moss (Thuidium tamariscinum) | Cotton Crop |
| Cotton Seed | Cotton Wool | Cushion Moss (Leucobryum glaucum) | Daisy |
| Dandelion | Douglas Fir | Downy Birch (Betula Verrico) | Dust |
| Elder Plant | Elm | English Plantain | Eucalyptus |
| European Beech | False Acacia (Robinia Pseudacacia) | False Oat Grass | Firebush |
| Giant Ragweed | Goldenrod (Solidago Virgaurea) | Hawthorn Tree | Hazel Tree |

- Hop (Humulus Lupulus)
- Hornbeam
- Horse Chestnut Plant
- Italian Cypress Tree
- Japanese Beech
- Japanese Cedar
- Juniper Bush
- Kammgras (Cynosurus Cristatus)
- Laburnum
- Larch
- Leather
- Lilac (Syringa Vulgaris)
- Linden Tree
- Maple Tree
- Meadow Fescue (Festuca Pratensis)
- Meadow Fox Tail Grass
- Meadow Grass
- MINT
- Mood Moss (Dicranum scoparium)
- Mountain Juniper
- Nettle
- Nylon
- Oak (Quercus Robur)
- Ordinary moss (Brachythecium rutabulum)
- Perennial Ryegrass (Lolium Perenne)
- Pine
- Poplar Tree
- Rapeseed
- Rose Plant
- Rye Grass
- Salt Grass
- Scotch heather
- Seaweed
- Springy Turf Moss (Rhytidiadelphus squarrosus)
- Spruce (Picea Abies)
- Stinging Nettle
- Storage Mite
- Sunflower
- Swan’s-neck thyme moss (Mnium hornum)
- Thistle Plant
- Timothy Grass
- Tousled Treasure (Callicladium haldanianum)
- White Pine
- Wild Oat (Avena Fatua)
- Wild Rye Grass
- Willow Tree
- Wool

## Conclusion: Understanding Your Pet’s Intolerance Test Results

Your pet’s intolerance test findings provide valuable insights into their unique health profile, helping you identify potential triggers that could be affecting their well-being. By addressing both food and non-food sensitivities highlighted in this report, you can take proactive steps to improve your pet’s comfort, vitality, and overall health.

Implementing dietary adjustments, considering an elimination diet, and minimizing exposure to identified non-food irritants are crucial steps in managing sensitivities. These changes can lead to noticeable improvements, such as better digestion, healthier skin, increased energy levels, and a happier demeanor.

Remember, each pet is unique, and their responses to different substances vary. Consistent monitoring and working closely with a veterinarian or pet nutritionist will help you fine-tune their care plan and ensure the best outcomes.

By understanding and addressing these sensitivities, you’re not only enhancing your pet’s quality of life but also strengthening the bond you share. This report is a valuable tool on your journey toward supporting your pet’s optimal health and well-being.

# VITAMINS AND MINERALS

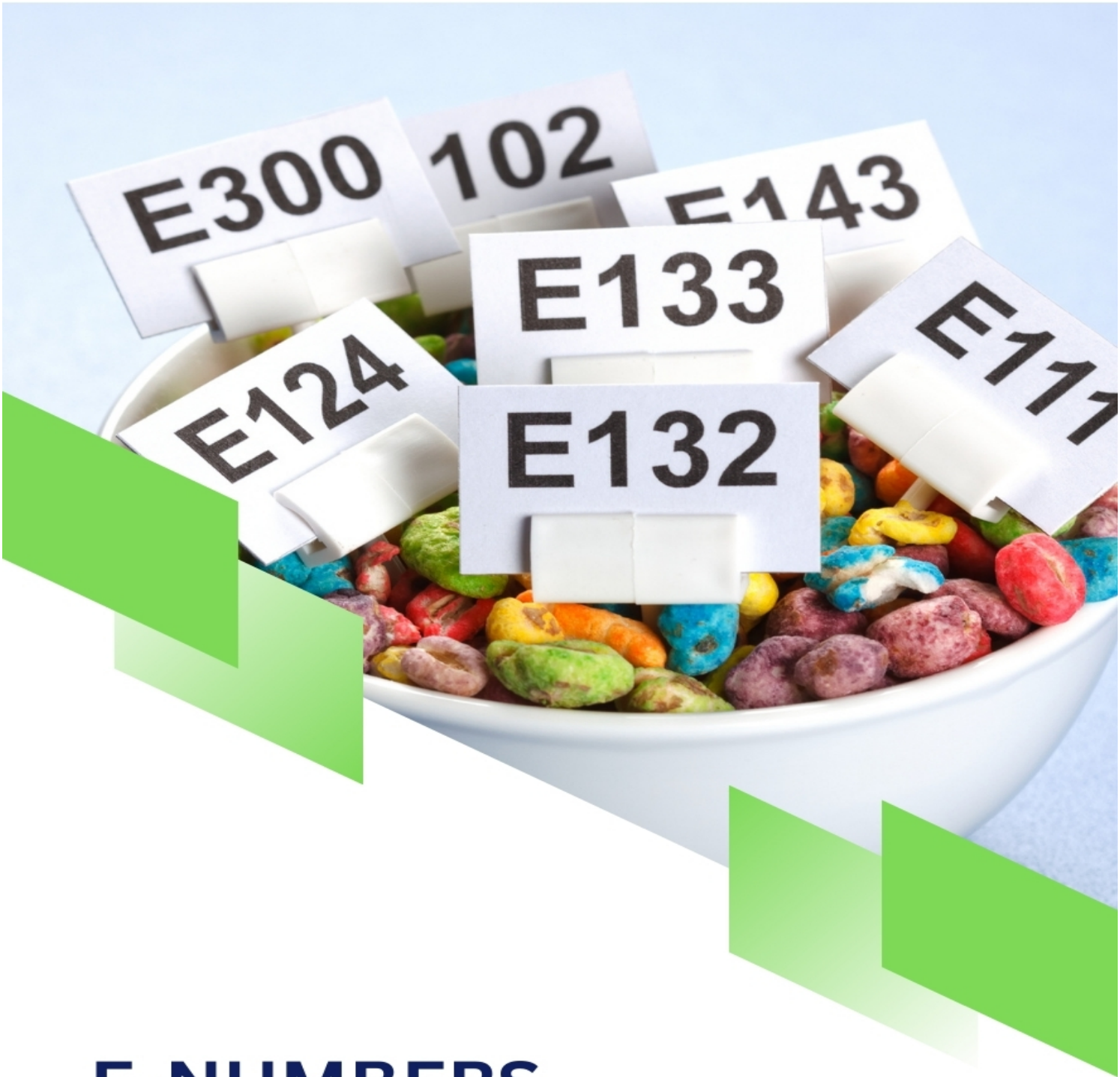
## Vitamins

- Beta-Carotene
- Biotin
- Bromelain
- Calcium
- Chromium
- Citrus Bio-Flavonoids
- Copper
- Folic Acid
- Histidine
- Iodine
- Iron
- L-Glutamine
- Lecithin
- Leucine
- Lignans
- Lutein
- Magnesium
- Manganese
- Molybdenum
- Omega 3
- Omega 6
- phosphorus
- Potassium
- selenium
- Vitamin A
- Vitamin B1
- Vitamin B12
- Vitamin B2
- Vitamin B3
- Vitamin B4
- Vitamin B5
- Vitamin B6
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K
- Zinc

## Conclusion following the Vitamins and Minerals Analysis

Your pet's intolerance test results may have identified sensitivities to specific vitamins and minerals, which may be affecting their overall well-being. Ensuring a balanced diet while avoiding excessive intake of these particular nutrients can help support their health.
We recommend carefully reviewing their diet, including food, treats, and supplements, to make any necessary adjustments. Monitoring their response to these changes will be key in understanding their individual needs.

If symptoms persist or you need further guidance, consulting a pet nutritionist who can provide tailored recommendations. By making informed dietary choices, you can help promote your pet's long- term health and vitality.




# E-NUMBERS

## E-Numbers

- E100 - Curcumin (Yellow food coloring)
- E101 - Riboflavin (Yellow food coloring)
- E102 - Tartrazine (Yellow food coloring)
- E1103 Invertase
- E120 - Cochineal, Carminic acid (Red food coloring)
- E1200 Polydextrose
- E1201 - Polyvinylpyrrolidone (PVP)
- E1202 - Polyvinylpolypyrrolidone (PVPP)
- E1203 - Polyvinyl alcohol
- E1204- Pullulan
- E1205 - Basic methacrylate copolymer
- E1206 - Neutral methacrylate copolymer
- E1207 - Anionic methacrylate copolymer
- E1208 - Polyvinylpyrrolidone-vinyl acetate copolymer
- E1209 - Polyvinyl alcohol-polyethylene glycol-graft copolymer; PVA-PEG graft copolymer
- E140 - Chlorophylls and Chlorophyllins (Green food coloring)
- E1404 - Oxidised starch
- E141 - Copper Complexes of Chlorophylls and Chlorophyllins (Green food coloring)
- E1410 - Carnauba wax
- E150a - Plain caramel (Brown food coloring)
- E150b - Caustic sulphite caramel (Brown food coloring)
- E150c - Ammonia caramel (Brown food coloring)
- E150d - Sulphite ammonia caramel (Brown food coloring)
- E151 - Brilliant Black BN (Black food coloring)
- E1518 GlycerinE TriacetatE (triacetin)
- E1518- Glyceryl triacetate; triacetin
- E1520 - Propan-1,2-diol; propylene glycol
- E153 - Vegetable carbon (Black food coloring)
- E155 Brown
- E160a - Carotenes (Yellow to Orange food coloring)
- E160b - Annatto, Bixin, Norbixin (Yellow to Orange food coloring)
- E161g - Canthaxanthin (Orange food coloring)
- E200 - Sorbic acid (Preservative)
- E211 - Sodium benzoate (Preservative)
- E212 - Potassium benzoate (Preservative)
- E223 - Sodium metabisulphite (Preservative)
- E224 - Potassium metabisulphite (Preservative)
- E226 - Calcium sulphite (Preservative)
- E234 - Nisin (Preservative)
- E235 - Natamycin (Preservative)

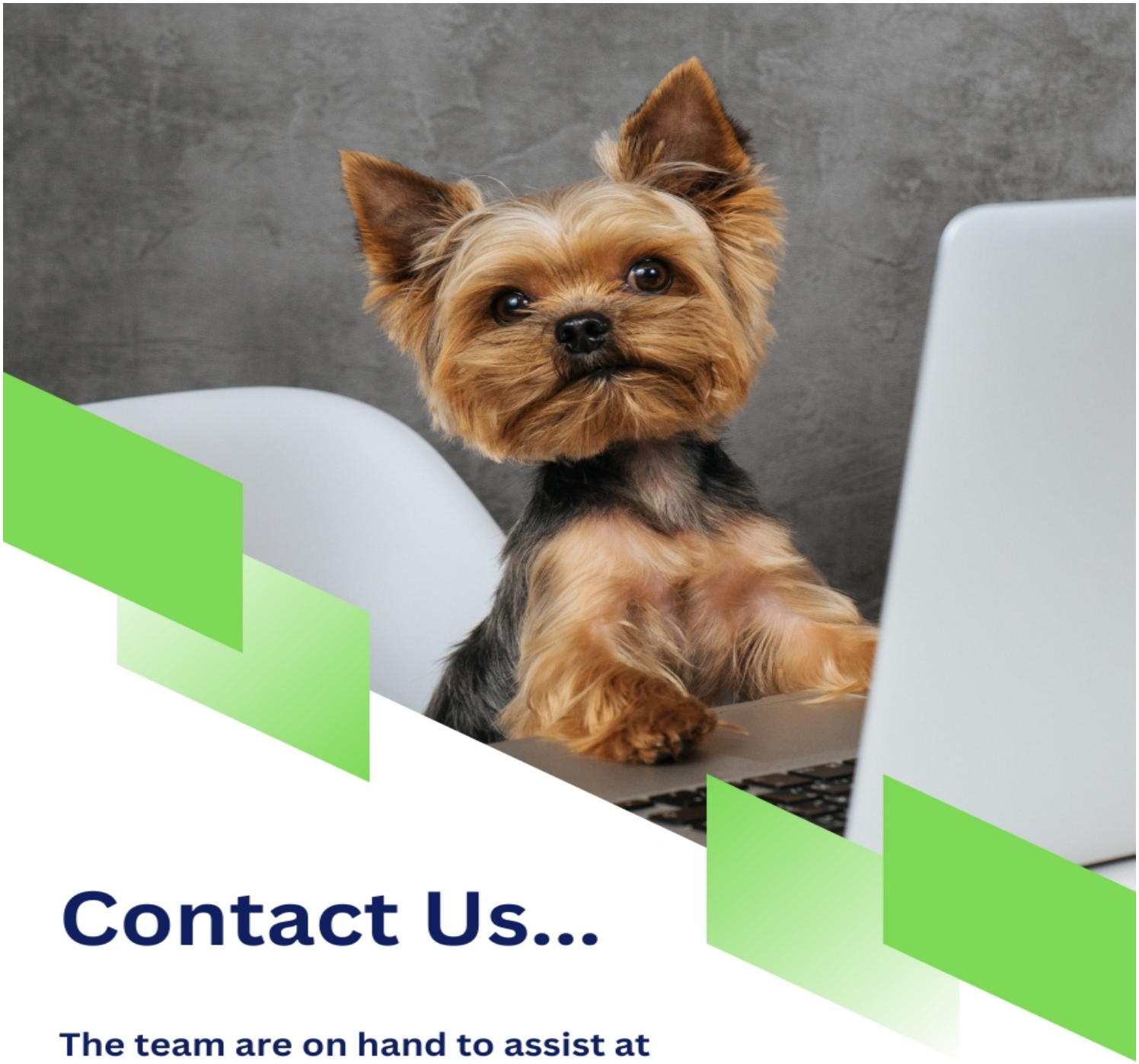
- E280 - Propionic acid (Preservative)
- E281 - Sodium propionate (Preservative)
- E282 - Calcium propionate (Preservative)
- E284 - Boric acid (Preservative)
- E285 - Sodium tetraborate, borax (Preservative)
- E300 - Ascorbic acid (Antioxidant)
- E301 - Sodium ascorbate (Antioxidant)
- E302 - Calcium ascorbate (Antioxidant)
- E304 - Ascorbyl palmitate (Antioxidant)
- E306 - Tocopherol, Vitamin
- E307 - Alpha-tocopherol (Antioxidant)
- E308 - Gamma-tocopherol (Antioxidant)
- E309 - Delta-tocopherol (Antioxidant)
- E320 - Butylated hydroxyanisole (BHA) (Antioxidant)
- E321 - Butylated hydroxytoluene (BHT) (Antioxidant)
- E322 - Lecithins (Emulsifier)
- E330 - Citric acid (Acidifier)
- E331 - Sodium citrates (Acidity regulator, Emulsifier)
- E332 - Potassium citrates (Acidity regulator)
- E400 - Alginic acid (Stabilizer, Thickener, Emulsifier)
- E401 - Sodium alginate (Stabilizer, Thickener, Emulsifier)
- E402 - Potassium alginate (Stabilizer, Thickener, Emulsifier)
- E406 - Agar (Stabilizer, Thickener, Emulsifier)
- E407a - Processed eucheuma seaweed
- E410 - Locust bean gum (Stabilizer, Thickener, Emulsifier)
- E412 - Guar gum (Stabilizer, Thickener, Emulsifier)
- E413 - Tragacanth (Stabilizer, Thickener, Emulsifier)
- E414 - Acacia gum (Stabilizer, Thickener, Emulsifier)
- E415 - Xanthan gum (Stabilizer, Thickener, Emulsifier)
- E416 - Karaya gum (Stabilizer, Thickener, Emulsifier)
- E417 - Tara gum (Stabilizer, Thickener, Emulsifier)
- E418 - Gellan gum (Stabilizer, Thickener, Emulsifier)
- E420 - Sorbitol (Sweetener, Humectant)
- E421 - Mannitol (Sweetener, Humectant)
- E422 - Glycerol (Humectant, Solvent, Sweetener)
- E440a - Pectin
- E440b - Amidated pectin
- E460 - Cellulose (Stabilizer, Thickener, Anti-caking agent)
- E461 - Methyl cellulose (Stabilizer, Thickener, Emulsifier)
- E463 - Hydroxypropyl cellulose (Stabilizer, Thickener)
- E464 - Hydroxypropyl methyl cellulose (Stabilizer, Thickener)
- E465 - Ethyl methyl cellulose (Stabilizer, Thickener)
- E466 - Carboxymethyl cellulose (Stabilizer, Thickener)
- E468 -Crosslinked sodium carboxymethyl cellulose

- E469 - Enzymatically hydrolysed carboxymethyl cellulose
- E470b - Magnesium salts of fatty acids
- E500 - Sodium carbonates (Acidity regulator, Raising agent)
- E501 - Potassium carbonate
- E503 - Ammonium carbonates (Acidity regulator, Raising agent)
- E507 - Hydrochloric acid
- E513 - Sulphuric acid
- E524 - Sodium hydroxide
- E526 - Calcium hydroxide
- E535 - Sodium ferrocyanide
- E536 - Potassium ferrocyanide
- E541 - Sodium aluminium phosphate
- E551 - Silicon dioxide (Silica)
- E552 - Calcium silicate
- E553b - Talc
- E570 - Fatty acids; stearic acid
- E620 - L-Glutamic acid
- E621 - Monosodium glutamate (MSG)
- E622 - Monopotassium glutamate
- E623 - Calcium glutamate
- E624 - Monoammonium glutamate
- E626 - Guanylic acid
- E627 - Disodium guanylate
- E628 -Dipotassium guanylate
- E629 - Calcium guanylate
- E630 - Inosinic acid
- E632 - Dipotassium inosinate
- E635 - Sodium-5-ribonucleotide
- E640 - Glycine and its sodium salt
- E650 - Zinc acetate
- E940 - Oxidised starch

## Conclusion following your E-Numbers Analysis

Following this part of the analysis, your pet's intolerance test results may have highlighted sensitivities to specific E-numbers, which may be contributing to discomfort or adverse reactions. By identifying and reducing exposure to these additives, you can help support their overall well-being. We recommend carefully reviewing ingredient lists on pet food, treats, and supplements to avoid problematic E-numbers.

As every pet is unique, monitoring their response to dietary changes is key. If symptoms improve after eliminating certain additives, this confirms their sensitivity. Should you need further guidance, we encourage consulting a pet nutritionist or veterinarian for tailored advice. By making informed choices, you can enhance your pet's health and quality of life.



# Contact Us...

The team are on hand to assist at

sales@petfoodintolerance.co.uk

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# THANK YOU!

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