

The testing service is provided by Allergy Link, a small independent alternative allergy specialist.
We are specialised in combination Allergy & Intolerance Testing - and don't provide health checks or dietary guidance.

Choosing The Right Test

There are only 12 common foods which make up 85% of all food related reactions:

Milk & Dairy, Soy, Egg, Wheat, Shellfish, Tomato, Peanut, Kiwi, Orange, Tree Nuts, Sweet corn, Fish. These foods are covered in all tests.

Standard Tests (All ages - children & adults)

Suitable for acute and chronic health concerns - as well as constant or occasional symptoms:

Hay fever & seasonal symptoms. Respiratory conditions: **asthma**, breathing difficulties, **cough**, sinusitis, **sneezing** & wheezing Digestive conditions: **IBS**, indigestion, **constipation**, wind, **diarrhoea**, bloatedness, **abdominal pain**. reflux & **heartburn**, stomach cramps, **migraines** / **headaches**, Tinnitus. **Skin conditions**: dermatitis, **eczema**, hives, **rashes**, rosacea, etc.

The Basic 75

Suitable for children & Babies

Suitable for any age and health concern - from minor to severe symptoms.

The test covers all basic allergens known to cause reactions - foods and non-food substances. **Included are the 12 most common foods** (above) as well as: **lactose**, **gluten**, cocoa, **wine**, strawberries, **yeast** & penicillin, **food additives**, cat hair, **house dust mite**, pollen & grasses, **perfume** and **detergents**, etc.

Standard 150

Suitable for children

Suitable for any age and health concern - from minor to severe symptoms.

The best All-Round-Test, covering all common foods and non-food substances known to cause reactions.

Advanced Tests (Adults)

Suitable for people with Multiple symptoms, such as asthma, eczema and rhinitis together, or several seemingly unrelated symptoms such as eczema + IBS/IBD + migraine. Auto immune disorders, Asthma, Allergic Rhinitis, CFS-Chronic Fatigue Syndrome, Chronic Urticaria, Celiac disease, Crohn's disease, Pulmonary Disease (COPD), Cystic fibrosis, convulsions, Eczema, Environmental Illness, Multiple Chemical Sensitivity (MCS), Electrical Sensitivity, Eosinophilic Esophagitis (EoE), Fibromyalgia, GERD Gastroint.Reflux Disease, Histamine toxicity, Hyperactivity ADD, ADHD, Autism (ASD), Immuno Deficiency Disease, Lyme disease / chronic borreliosis, Myalgic Encephalomyelitis (ME), Multiple sclerosis (MS), Psoriasis, Inflammatory Bowel disease (IBD / IBS, diarrhoea, pain & cramps, mouth ulcers), Oral Allergy Syndrome, Rosacea, Tinnitus, Otitis / recurrent ear infections, UTI, Bladder infections, Systemic Mastocytosis, Vertigo.

Complex 250

Only *limited suitability for children

Suitable for people with serious and complex health conditions - with multiple symptoms.

Multiple symptoms, such as asthma, eczema and rhinitis together, or several seemingly unrelated symptoms such as hives, mouth ulcers, migraines together.

*Limited suitability for children (with complex severe health problems)

Digestion 300

Not suitable for children or babies

Suitable for people who suffer from digestion related health concerns. Complex and severe conditions or health problems with multiple symptoms and chronic conditions. Severe reactions and multiple intolerances to various foods.

Gastro intestinal conditions: chronic & severe IBS, Inflammatory Bowel Disease IBD (diarrhoea, pain & cramps, mouth ulcers), vomiting, Celiac disease, Crohn's disease, GERD Gastroesophageal Reflux Disease, Oral Allergy Syndrome, etc

Comprehensive 500

Not suitable for children or babies

Only suitable for people with complex, severe & serious health conditions - with multiple symptoms and chronic conditions - such as multiple allergies: Asthma, Eczema and Rhinitis together.

Auto immune disorders/ Immuno Deficiency Disease, CFS-Chronic Fatigue Syndrome, Celiac disease, Crohn's disease, Cystic fibrosis, Fybromalgia, Environmental Illness, Multiple Chemical Sensitivity (MCS), Hypereosinophilic Syndrome (HES), Hyper IgE Syndrome (HIES), ABPA, COPD, EoE, MCS, MS, Parkinson's disease, etc

This unique test is the most comprehensive and holistic test available; and only a sensible choice for people with serious and complex health problems. Please bear in mind, bigger isn't always better or appropriate for that matter.

This test is not appropriate for minor or common symptoms that can be covered in the Standard Tests.

We understand that you would want a large test - also for your child. Though, bigger isn't always better or appropriate for that matter - the complexity is often completely unnecessary for people with common ailments as there are too many items that do not apply, and do not apply for children at all. In addition - there is a severe shortage of allergy specialists in the UK and the demand in testing is high. However, the testing capacity is limited and thus do we have to prioritize and regulate the use of our test service. We thank you for your understanding.

Testing for Children:

- The only tests recommended for children (age 1-12) are the Standard Tests 75 to 150 items, as children are usually only affected by the 12 most common allergens (above).
- Babies can be tested from the age of app. 6 months, please tick on front if the Baby is breastfeed. Supply list of formulas and or foods.
- If the Baby is still breastfeed, it is suggested that the mother has a test too, because foods she eats may affect the baby.
- All small tests have a check-point to indicate if a larger test would be required.
- Any larger test order may be processed as Standard 150 by default.

No associated Symptoms? Just want to check if you have an Allergy?

The tests are by no means suitable as a health-check-up! People with general interest only, who are not suffering with any symptoms - usually have no allergies or intolerances - showing in their hair, making a test most un-helpful and waste valuable resources.

It is very likely that nothing shows up in the test result at all. The test service is only beneficial for people with health problems associated with allergies and intolerances. The demand in testing is high and there is a severe shortage of allergy specialists in the UK. Our testing capacity is limited, and thus do we now have to prioritize and regulate the use of our test service, as more and more people with acne, constipation and wind are unnecessarily ordering large tests. The only test we can provide for people who have minor symptoms is the Basic 75 items.

Important: We reserve the right to reject and return any test-application with no valid reason or symptoms. Any unnecessary test order may be returned, as testing for people with health problems take priority. Please do not waste our expertise or time for unnecessary tests.

Office use only

Test Format: 75 150 250 300 500 VM

Received:

Pre-Payment by

CHQ / BACS / PayPal

paid:

MON

TUE

WED

THU

FRI

SAT

Invoice: CNT-1842-