

Optimum Intolerance Test Result



allergytest.co.nz

Allergy, intolerance and sensitivity testing
New Zealand

Food Intolerances

Here is your list of the foods and substances your body has most strongly reacted to. They are in descending order of reaction severity.

Firstly Don't Panic!

This is important information in your journey into wellness and some of these foods you might not even mind giving up for a short time. These foods or substances may be causing inflammation in your body affecting your health and wellbeing.

What should I do?

We recommend that you take these items out of your diet for 8 weeks. If this seems overwhelming make a start date in a week's time. This allows you to get your head around the results, use up items in your fridge or pantry and start planning alternative foods and or products. But the sooner you start the sooner you will see results.

We also recommend you take a broad spectrum probiotic while on your intolerance elimination to support your digestive and immune systems and to help reduce inflammation in your body.

During this initial phase of treatment we recommend that you reduce strong stimulants that may increase reactions such as alcohol, coffee, tea, chocolate and recreational drugs.

If the test is for a baby or child who is being breastfed the mother needs to follow these guidelines as well to avoid the allergens coming through in her breast milk.

What do I do after 8 weeks?

Reintroduce the food back into your diet one item at a time beginning with a small serving, if no reaction occurs then at a following meal on the same day have a larger serving. Observing any reactions in your body over the next few days. You can keep a food diary to help. If a reaction occurs eliminate it for a further 4 weeks. If you think you are ok we then advise you to only eat these foods once every 3-4 days. Repeat with the other foods or substances in your test result individually.

Retesting every 6-12 months is recommended to keep up with how your body is interacting with your environment and to maximise your health and wellness.

Test result

Test	Severity
05 Diet and Nutrition / Foods sensitives / Yeasts / Brewers yeast	100
05 Diet and Nutrition / Foods sensitives / Fruit (Raw) / Strawberries	99
05 Diet and Nutrition / Foods sensitives / Spices / Thyme	98
05 Diet and Nutrition / Foods sensitives / Cereal or Grain Products / Quinoa	98
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Pumpkin	98
05 Diet and Nutrition / Foods sensitives / Dairy Products / Sour cream	97
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Maize	97
05 Diet and Nutrition / Foods sensitives / Fruit (Raw) / Kiwi, golden	97
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Beans (borlotti)	97
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Swede	96
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Cabbage	96

05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Beans (cannellini)	95
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Squash	95
05 Diet and Nutrition / Foods sensitives / Fruit (Raw) / Nectarine	95
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Capsicum (yellow)	94
05 Diet and Nutrition / Foods sensitives / Spices / Vanilla	94
05 Diet and Nutrition / Foods sensitives / Meat / Egg	94
05 Diet and Nutrition / Foods sensitives / Sea food/Fish / Hoki	93
05 Diet and Nutrition / Foods sensitives / Sea food/Fish / Gurnard	93
05 Diet and Nutrition / Foods sensitives / Meat / Chicken	93
05 Diet and Nutrition / Food additives (E-additives) / Preservatives / E 200 Sorbic acid	92
05 Diet and Nutrition / Food additives (E-additives) / Preservatives / E 250 Sodium nitrite	91
05 Diet and Nutrition / Foods sensitives / Cereal or Grain Products / Rye	90
05 Diet and Nutrition / Foods sensitives / Nuts / Peanuts	90
05 Diet and Nutrition / Food additives (E-additives) / Colourings / E 123 Amaranth	90
05 Diet and Nutrition / Foods sensitives / Cereal or Grain Products / Sesame	89
05 Diet and Nutrition / Foods sensitives / Sea food/Fish / Sardine	89
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Rhubarb	88
05 Diet and Nutrition / Foods sensitives / Fruit (Raw) / Blueberry	87
05 Diet and Nutrition / Foods sensitives / Drinks / Tea (black/normal, i.e. not green)	87
05 Diet and Nutrition / Foods sensitives / Fruit (Raw) / Boysenberry	87
05 Diet and Nutrition / Foods sensitives / Fats, general / Canola oil	86
05 Diet and Nutrition / Foods sensitives / Meat / Venison	85
05 Diet and Nutrition / Foods sensitives / Meat / Egg yolk	85
05 Diet and Nutrition / Foods sensitives / Fruit (Raw) / Blackberries	85
05 Diet and Nutrition / Foods sensitives / Cereal or Grain Products / Soya	84
05 Diet and Nutrition / Foods sensitives / Sweeteners / Glucose syrup	84
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Broccoli	84
05 Diet and Nutrition / Foods sensitives / Nuts / Walnuts	83
05 Diet and Nutrition / Foods sensitives / Meat / Pork	83
05 Diet and Nutrition / Foods sensitives / Dairy Products / Milk from cows	83
05 Diet and Nutrition / Foods sensitives / Fruit (Raw) / Apples	82
05 Diet and Nutrition / Foods sensitives / Drinks / Red bush tea	82
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Chickpeas	81
05 Diet and Nutrition / Foods sensitives / Sweeteners / Sugar, white	81
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Potatoes	81
05 Diet and Nutrition / Foods sensitives / Cereal or Grain Products / Wheat	80
05 Diet and Nutrition / Foods sensitives / Vegetables (raw) / Onions	80
05 Diet and Nutrition / Foods sensitives / Vegetables (cooked) / Beets	80

Allergens

Test	Severity
03 Various Resonance Tests / Allergy test / Allergies (pollen) / Grasses/Herbs / Dock (Rumex acetosa)	99
03 Various Resonance Tests / Allergy test / Allergies (pollen) / Shrubs / Privet (Ligustrum spp.)	98
03 Various Resonance Tests / Allergy test / Animal epithelia / Cats	97
03 Various Resonance Tests / Allergy test / Allergies (pollen) / trees / Birch	92
03 Various Resonance Tests / Allergy test / Allergies (pollen) / Grasses/Herbs / Browntop (Agrostis)	86
03 Various Resonance Tests / Allergy test / Allergies (pollen) / Grasses/Herbs / Dogstail (Cynosurus)	83
03 Various Resonance Tests / Allergy test / Allergies (pollen) / trees / Poplar (Populus spp.)	83

Heavy metals, Toxins, Pathogens

Test	Severity
08 Pathogens / Microbiology / Fungi, general / Candida albicans	94
03 Various Resonance Tests / Elements and compounds / Fluorine (F)	85

Candida albicans

<https://draxe.com/candida-symptoms/>

Fluorine-Flouride

The realm of fluoride detox, or fluoride detoxification, is often left untouched. After all, this poisonous substance is still considered perfectly safe by many despite even Harvard admitting that it completely wreaks havoc on IQ and brain development. But this article isn't about the history of fluoride, it's about getting it out of your system. Thankfully, a number of fluoride detox methods do exist that can help remove sodium fluoride from your body in addition to another of other concerning materials.

Selenium

Selenium is one nutrient that oftentimes is the first answer given to those seeking to combat the existence of sodium fluoride in their bodies. As FoodConsumer reports, selenium has actually been found to help block the effects of fluoride as well as fluoride elimination. A great natural source of selenium is Brazil nuts, but is important to keep your intake in balance. I don't recommend you start eating handfuls of Brazil nuts. Many in the field of natural health recommend a dose of 100 to 200 micrograms, though this does fall below the National Institute of Health's 'upper limit' of 400 micrograms.

Brazil nuts vary in selenium content depending on a number of factors, but on average you can expect 70 to 90 micrograms per serving. Selenium is also found in fish, meat, and nuts. Don't forget also that taking selenium along with high doses of vitamin C and zinc can actually inhibit proper absorption. Here is a useful list of foods that contain selenium that includes microgram count.

Nascent Iodine

Iodine is important in many ways even outside of fluoride detox, but the reality is that fluoride directly attacks the thyroid. The key here is that iodine, preferably nascent iodine which is the best quality, helps to remove sodium fluoride through the urine as calcium fluoride. I recommend and personally take Dr. Edward Group's Detoxadine (as always, I was not paid to recommend this product — I actually take it and purchase it myself).

Tamarind

Have you ever heard of tamarind? It's a staple in the ancient Ayurvedic medicine system, which is considered to be the 'mother' of natural medicine. In addition to yielding delicious teas when added to your favorite tea beverage, tamarind also helps expel fluoride through the urine.

Dry Sauna

As with many other toxic substances, a powerful dry sauna session can help to excrete sodium fluoride from fatty tissues. Be sure to drink up on purified water to replenish yourself afterwards.

Detoxifying fluoride from your body can be challenging, but it is a process that can help alleviate the massive build up of this toxic chemical sold to the public as 'safe' and 'effective' by pseudo-scientific fraudsters. While you cannot go back in time and avoid all exposure to fluoride, you can utilize these methods to detoxify it from within your body today.

<http://naturalsociety.com/fluoride-detox-poison-how-get-out-of-your-system/>

Mineral deficiencies

Test	Severity
05 Diet and Nutrition / Minerals / Minerals, deficiency / Manganese	88
05 Diet and Nutrition / Minerals / Minerals, deficiency / Copper	81

Manganese

The health benefits of manganese include its contribution to healthy bone structure, bone metabolism, and helping to create essential enzymes for building bones. It also acts as a co-enzyme to assist metabolic activities in the human body. Apart from these, there are other health benefits of manganese including the formation of connective tissues, absorption of calcium, proper functioning of the thyroid gland and sex hormones, regulation of blood sugar level, and metabolism of fats and carbohydrates.

Manganese is a naturally occurring mineral in our bodies in very small amounts. Manganese is an actual component of manganese superoxide dismutase enzyme. It is a powerful antioxidant that seeks out the free radicals in the human body and neutralizes these damaging particles, thereby preventing many of the potential dangers they cause.

The body may contain, at most, 20 mg of manganese, which is concentrated in our kidneys, pancreas, liver, and bones. Manganese is very important for the normal functioning of the brain and proper activity of our nervous system throughout the body. As far as research can tell, it is an essential trace mineral for every form of life.

Deficiency Symptoms Of Manganese

The symptoms of manganese deficiency include high blood pressure, heart ailments, muscular contraction, bone malformation, high cholesterol, poor eyesight, hearing trouble, severe memory loss, shivers, and tremors. Even though some medical experts argue that manganese deficiency is quite rare, more than 35 % of the world population is possibly deficient. Poor dietary habits are the leading cause of such deficiencies.

In some cases, calcium and iron are believed to interfere with the appropriate use of manganese in the human body. Eye problems, sweating, fast heartbeats, weakness, and severe cramps maybe some of the deficiency symptoms. Severe deficiency may cause infertility in women, pancreatic damage, heart problems, and osteoporosis.

Important Sources Of Manganese

The most important sources of manganese are raspberries, pineapples,garlic, grapes, beetroot, green beans, rice, peppermint, oats, nuts, watercress,mustard greens, strawberries, blackberries, tropical fruits, lettuce, spinach,molasses, cloves, turmeric, leeks, tofu, whole wheat, bananas, cucumbers,kiwis, figs, and carrots. The best sources of naturally abundant manganese are green vegetables, brown rice, coconuts, almonds, and hazelnuts since they maximize the absorption of this important mineral.

Health Benefits of Manganese

- Healthy Bones
- Prevents Diseases
- Controls Sugar Level
- Prevents Epileptic Seizures
- Boosts Metabolism
- Reduces Inflammation
- Prevents Osteoporosis
- Alleviates PMS Syndrome
- Improves Thyroid Health

- Boosts Vitamin Absorption
- Improves Cognitive Function
- Regulates Glucose Metabolism
- Improves Digestion

<https://www.organicfacts.net/health-benefits/minerals/health-benefits-of-manganese.html>

Copper

The health benefits of copper include the proper growth of the body, efficient utilization of iron, proper enzymatic reactions, as well as improved health of connective tissues, hair, and eyes. It is also integral to preventing premature aging and increasing energy production. Apart from these, regulated heart rhythm, balanced thyroid glands, reduced symptoms of arthritis, quick wound healing, increased red blood cell formation, and reduced cholesterol are other health benefits of copper.

The health benefits of copper are crucial for an overall healthy existence, as this mineral enables a normal metabolic process in association with amino acids and vitamins. It cannot be produced by the body and therefore needs to be added from external food sources. It is the third most prevalent mineral in the body and is mostly carried by the blood plasma protein, ceruloplasmin. In order to enjoy the health benefits, it must be included in the daily diet, as it is used up in daily bodily processes.

Symptoms Of Copper Deficiency

A deficiency of copper can have the following symptoms in human beings:

Anemia, Low body temperature, Brittle bones, Osteoporosis, Dilated veins, Low white blood cell count, Uneven heartbeat, Elevated cholesterol levels, Low resistance to infections, Birth defects, Low skin pigmentation, Thyroid disorders

Other symptoms include lethargy, paleness, sores, edema, stunted growth, hair loss, anorexia, diarrhea, bleeding under the skin, and dermatitis. In infant boys, inherited copper deficiency of the rare Menkes' syndrome can happen, where natural absorption of copper becomes impossible. Early medical intervention is essential in such cases.

Important Sources Of Copper

It is present in various food sources including liver, meat, seafood, beans, whole grains, soy flour, wheat bran, almonds, avocados, barley, garlic, nuts, oats, blackstrap molasses, beets, and lentils. It also enters the human body through drinking water in copper pipes and by using copper cookware. Oysters are the richest sources. Copper content is lost because of prolonged storage of food in tin cans and in foods that are high in acid content.

Health Benefits of Copper

- Cures Arthritis
- Ensures Proper Growth
- Regulates Melanin Production
- Skin Care
- Brain Stimulant
- Co-enzymatic Reactions
- Absorption of Iron and Sugar
- Prevents Premature Aging
- Increases Energy Production
- Prevents Growth of E. Coli
- Improves Thyroid Health

- Promotes Formation of RBC
- Boosts Immunity
- Reduces Cholesterol Levels

<https://www.organicfacts.net/health-benefits/minerals/health-benefits-of-copper.html>

Vitamin deficiencies

Test	Severity
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Melatonin	98
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Vitamin D4	97
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Vitamin E	89
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Vitamin C	87
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Vitamin B6	87
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Vitamin K1	85
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Vitamin B3	85
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Vitamin B5	81
05 Diet and Nutrition / Vitamins / Vitamins, imbalance / Vitamin B12	81

Melatonin

Many people use melatonin to improve their sleep patterns, but there is a lot more to this chemical compound than meets the eye.

What Is Melatonin?

Melatonin is a hormone produced by the pineal gland, which is located in the middle part of the brain. This chemical is closely related to our sleep cycle since it tends to fluctuate in response to our natural cycles, i.e., in the morning the levels drop, while they rise in the evening, as we prepare for sleep. When we are ready to slumber, the melatonin helps to ease the body into a relaxing state. Now, the level of this hormone in your body can be affected by a number of things, including the waking and sleep cycle you set for yourself, along with the amount of light that you get each day. The body's internal clock is a sensitive thing, however, so even slight fluctuations in your average melatonin levels can have measurable effects.

If people are struggling with insomnia or other nervous system disorders, melatonin comes in a supplement form that can help to regulate your hormone levels. Although there is some controversy about the efficacy of this hormone, it is largely accepted, particularly by natural health practitioners. As we age, our body naturally produces less of this hormone, or may even completely stop, which can result in a myriad of health concerns, including insomnia, seasonal affective disorder (SAD), jet lag, depression, and cluster headaches. Generally speaking, regardless of how or why you are using melatonin, this hormone is considered safe, provided it is used in moderation, under the care of a medical professional. There are some side effects, but they are usually minimal.

Melatonin Benefits

- Insomnia
- Heart Disease
- Immune System
- Jet Lag
- Cancer
- Menopause
- Bladder Dysfunction
- Stress
- Autism

Melatonin Side Effects

- Pregnancy and Breastfeeding
- Depression

- Diabetes
- Vivid Dreams
- Morning Grogginess

<https://www.organicfacts.net/melatonin.html>

Vitamin D4

Vitamin D4, also called dihydrotachysterol, is used to elevate the levels of calcium in the blood. The vitamin also has the ability to stimulate proteins in the body to better transport calcium through the blood. Medical conditions can be treated through the use of vitamin D4 supplementation. Along with vitamin D4, your doctor may also recommend a calcium supplement.

The benefit of vitamin D4 is that it helps your body absorb calcium and eliminate phosphorous. Calcium is better absorbed by the intestines and phosphorous excretion is increased.

<https://www.livestrong.com/article/244892-do-you-need-vitamin-d3-when-taking-calcium/>

Vitamin E

The health benefits of vitamin E or Tocopherol include a reduced risk of cataracts, cancer, heart, and cardiovascular diseases. It also helps in improving metabolism and the immune system, along with boosting stamina and vitality.

A set of eight related Tocopherols is collectively known as vitamin E. This vitamin is best known for its fat soluble and antioxidant properties. Vitamin E was first discovered through experimentation on rats in 1922. The deficiency of this vitamin caused infertility in rats. Although there is no firm confirmation that this vitamin helps to increase fertility in humans, many people, especially men, claim that the regular intake of Vitamin E increases their sexuality and vitality.

Vitamin E is an essential vitamin for the human body. Out of the eight tocopherols, alpha-tocopherols are the most commonly available and are also preferentially absorbed and used by the body. In supplements, it is either available in natural or synthetic form. The synthetic form is only half as active as its natural form.

Health Benefits of Vitamin E

- Prevents Cancer
- Improves Immune System
- Prevents Heart Diseases
- Delays Growth of Cataracts

<https://www.organicfacts.net/vitamin-e-tocopherol.html>

Vitamin C

The health benefits of vitamin C, also known as ascorbic acid include prevention and treatment of scurvy, common cold, lead toxicity, and cancer. It aids in boosting the immune system, lowering hypertension, curing cataracts, combating stroke, maintaining the elasticity of skin, healing wounds, and controlling the symptoms of asthma.

Vitamin C or ascorbic acid is one of the most effective and safest nutrients. It is a water-soluble vitamin and a powerful antioxidant in the synthesis of collagen, which helps to make blood vessels and body muscles strong. The human body doesn't have the capacity to generate vitamin C. Therefore, it needs to be received through food and other supplements.

Important Sources Of Vitamin C

The important sources of vitamin C are citrus fruits such as oranges and grapes. Strawberries, raspberries, cabbages, cauliflowers, other leafy vegetables, red peppers, potatoes, broccoli, chilies, watercresses, parsley, brussels sprouts, cantaloupes, mange touts, and kiwi fruits are also rich sources of this vitamin. Cooking food at low temperatures and for a shorter period is important to keep the vitamin C preserved and beneficial.

Health Benefits of Vitamin C

- Prevents Scurvy
- Treats Common Cold
- Lowers Hypertension
- Treats Vasodilation
- Cures Lead Toxicity
- Cures Cataracts (Eye Disorder)
- Treats Cancer
- Combats Stroke
- Improves your Mood
- Boosts Immunity
- Repairs Wounds
- Controls Asthma
- Cures Diabetes
- Prevents Heart Diseases

<https://www.organicfacts.net/health-benefits/vitamins/health-benefits-of-vitamin-c-or-ascorbic-acid.html>

Vitamin B6

The health benefits of vitamin B6 or pyridoxamine include positive effects on skin conditions, immune system, co-enzymatic activities, improvement in metabolism, and premenstrual syndrome. It aids in hormone control and treating emotional disorders, cardiac diseases, kidney disorders, carpal tunnel syndrome, multiple sclerosis, anemia, arthritis, and influenza.

Vitamin B6, also known as pyridoxamine, plays an essential role in human life. If you are becoming ill in any way, the inclusion of this nutrient in your diet is of great significance. This water-soluble vitamin is helpful in treating a vast number of problems related to the heart and skin, as well as depression, fatigue, the nervous system, and much more.

Vitamin B6 Deficiency Symptoms

The deficiency symptoms of vitamin B6 are seen in the form of fatigue, loss of appetite, an emergence of dry skin, hair loss, the appearance of cracks around the lips, insomnia, and swelling of the mouth and tongue. Apart from all these, one may also experience a reduction in walking coordination, anemia, irritability, mental confusion, and weakness in different body parts.

Important Sources Of Vitamin B6

The availability of vitamin B6 is highest in foods like whole grains, cereals, green beans, walnuts, and wheat germ. Also, one can include fish, eggs, meat, liver, and other types of meat to ensure a fair quantity of this vitamin. Other good sources of pyridoxamine are bananas, cauliflower, cabbage, soya beans, carrots, and spinach.

Health Benefits of Vitamin B6

- Co-enzymatic Activities
- Strengthens Immune System

- Boosts Metabolism
- Treats Premenstrual Syndrome
- Treats Emotional Disorders
- Balances Hormones
- Skin Care
- Prevents Cardiac Diseases
- Other Benefits

<https://www.organicfacts.net/health-benefits/vitamins/health-benefits-of-vitamin-b6-or-pyridoxamine.html>

Vitamin K1

Vitamin K is a group of fat-soluble vitamins that share similar chemical structures.

Vitamin K was accidentally discovered in the 1920s and 1930s after restricted diets in animals led to excessive bleeding.

Although there are several different types of vitamin K, the two most often found in the human diet are vitamin K1 and vitamin K2.

Vitamin K1, also called phylloquinone, is mostly found in plant foods like leafy green vegetables. It makes up about 75–90% of all vitamin K consumed by humans.

Vitamin K2 is found in fermented foods and animal products, and is also produced by gut bacteria. It has several subtypes called menaquinones (MKs) that are named by the length of their side chain. They range from MK-4 to MK-13.

Food Sources of Vitamin K1

Vitamin K1 is produced by plants. It is the predominant form of vitamin K found in the human diet.

The following list includes several foods that are high in vitamin K1. Each value represents the amount of vitamin K1 in 1 cup of the cooked vegetable.

- Kale: 1,062 mcg
- Collard greens: 1,059 mcg
- Spinach: 889 mcg
- Turnip greens: 529 mcg
- Broccoli: 220 mcg
- Brussels sprouts: 218 mcg

Vitamin K1 is primarily found in leafy green vegetables, while K2 is most abundant in fermented foods and some animal products.

Vitamin K2 may be absorbed better by the body and some forms may stay in the blood longer than vitamin K1. These two things may cause K1 and K2 to have different effects on your health.

Vitamin K likely plays an important role in blood clotting and promoting good heart and bone health. Some research suggests that K2 may be superior to K1 in some of these functions, but further research is needed to confirm this.

For optimal health, focus on increasing food sources of both vitamin K1 and K2. Try to include one green vegetable daily and incorporate fermented foods and K2-rich animal products into your diet.

<https://www.healthline.com/nutrition/vitamin-k1-vs-k2#section2>

Vitamin B3

The health benefits of vitamin B3, also known as niacin, include maintaining good blood circulation, healthy robust skin condition, normal functioning of the brain, boosting memory power, aiding the digestive tract to absorb sufficient carbohydrates, proteins, and fats, reducing the effects of arthritis and improving the symptoms of schizophrenia. The most important benefit, however, is its ability to lower cholesterol levels and control them.

Important Food Sources Of Vitamin B3

Niacin may be found in meat, turkey, tuna fish, eggs, poultry products, curds, brewer's yeasts, peanuts, legumes, potatoes, cheese, brown rice, oats, barley, wheat flakes and milk. Foods like bread and cereals are also rich in niacin. Even tryptophan-rich foods like yogurt and eggs can boost niacin levels. Foods such as fish, nuts, dried grains, liver, chicken, lean red meat, whole grains, enriched refined grains and dried beans are good sources of vitamin B3.

Vitamin B3 releases energy into the body's cells, but it is primarily used to lower high cholesterol levels. You may get niacin in supplement stores, but it is always sensible to buy it when specifically instructed by a doctor.

Vitamin B3 and its various forms are popularly used as therapeutic vitamins to relieve many ailments. It is also used to treat respiratory or vascular disorders, and as an effective dietary supplement for treating pellagra, along with Lovastatin. It mainly comes in 3 types or forms, which include nicotinic acid, niacinamide, and Inositol hexaniacinate as supplement tablets or doses. Nicotinic acid helps to reduce high blood cholesterol levels, whereas niacinamide may be found in nutritional supplements. However, those benefits are just the tip of the iceberg.

Health Benefits of Vitamin B3 or Niacin

- Improves Digestion
- Treats Pellagra
- Reduces Cholesterol Levels
- Water-soluble Vitamin
- Treats Impotence
- Provides Energy
- Improves Mental Health
- Treats Diabetes

Word of Caution: Niacin may have a drug effect when taken in very high dosages, and as always, it is best to consult a doctor or medical professional before taking any supplements or changing your diet in any considerable way.

<https://www.organicfacts.net/health-benefits/vitamins/vitamin-b3-or-niacin.html>

Vitamin B5

Vitamin B5 also known as Pantothenic Acid affects every important aspect of maintaining your health.

Vitamin B5 Deficiency Symptoms

The most common and irritating symptom of vitamin B5 deficiency is burning foot syndrome, in which a person experiences a lack of feeling in their feet, accompanied by intense inflammatory pain. Along with this comes a constant feeling of fatigue and weakness throughout the body. Other major symptoms include insomnia, anemia, vomiting, contraction of muscles, and abnormal skin developments.

Important Sources Of Vitamin B5

The most important sources of vitamin B5 include mushrooms, broccoli, cabbage, legumes, salmon, and collard green. There are other significant sources of this water-soluble vitamin, including foods like eggs, fish, brewer's yeast, nuts, milk and dairy products like cheese. You can also obtain the vitamin from wheat, peanut, soybeans, molasses, and collard greens.

Health Benefits Of Vitamin B5

There are many health benefits of vitamin B5, some of which include healthy heart, lower stress levels, and skin and hair care.

<https://www.organicfacts.net/health-benefits/vitamins/vitamin-b5-or-pantothenic-acid.html>

Vitamin B12

The health benefits of Vitamin B12 or Cobalamin include improved cell maintenance, DNA formation, relief from fatigue, high cholesterol levels, sickle cell disorder, Alzheimer's disease, pernicious anemia, megaloblastic anemia, and breast cancer.

Vitamin B12 or cobalamin is an important member of a family called the vitamin B complex. It is during the process of digestion that this vitamin is processed from proteins in human body. This reaction is also highly dependent on hydrochloric acid.

Vitamin B12 is associated with a substance called Intrinsic Factor to perform useful tasks for maintaining good health of the human body. It is one of the essential components for taking good care of red blood cells, nerve cells, and other essential entities in the body.

Deficiency Symptoms Of Vitamin B12

The deficiency symptoms of vitamin B12 include a lack of sensation in the hands and feet, along with a loss of memory, poor coordination while walking, insomnia, drowsiness, constipation, and headaches. Apart from all of these indications, the deficiency of this vitamin is signified by depression, problems in vision, swelling of the tongue, and hearing unusual voices, along with neurological disorders, and mouth soreness. Also, a person suffering from a deficiency of this vitamin typically experiences weight loss, nausea, and fatigue.

Important Sources Of Vitamin B12

To ensure that one's diet is never deficient in vitamin B12, pay close attention to the following explanation of major sources of this vitamin. It is mainly provided by foods like beef liver, salmon, oysters, tuna, milk, yogurt, chicken, and cheese. There are other items rich in this vitamin, which include eggs, fish, lamb's kidney, and other animal products. As a matter of fact, this vitamin is mainly provided by animal products. Thus, plants products are not included in the list of rich sources of vitamin B12.

Health Benefits Of Vitamin B12

Vitamin B12 or cobalamin has a wide spectrum of benefits to offer as far as human health is concerned. You can find the list of most commendable benefits derived from this vitamin

<https://www.organicfacts.net/vitamin-b12-cyanocobalamin.html>

Extra support

Please contact us if you have any questions

info@allergytest.co.nz

naturopath@allergytest.co.nz

022 040 6160

If you require further help with these diet and lifestyle changes please contact your health professional or naturopath.

You can have a Skype or phone appointment with our naturopath.

Contact naturopath@allergytest.co.nz for more details.

The information provided is not designed to diagnose any medical conditions or replace a full consultation with a health practitioner, if you have any questions please consult with your health care provider