

Health starts
at home.

Premium Allergy Test

Home-to-lab



IgE Blood sample test



Check my body health™

Andrei Diaconu

Date of birth: 16/07/00

Unique reference code: CMBHUK529EE030E0

Report date: 27/03/26

Dear Andrei,

Check My Body Health are pleased to provide your test results. Our laboratory has analysed your blood sample for an Premium Allergy Test.

This Premium Allergy Test analyzes your reaction to 174 allergens to give you the most comprehensive picture of your body.

This test report contains

- An explanation of the test undertaken
- Your allergy test results with a colour coded flag indicating the level of IgE reaction
- Results summary showing the items that produced a reaction and the recommended action
- Results explainer and guidance

Sincerely,

Dr Gareth James
Medical Director



If you have a known allergy to any particular item you have been tested for, please avoid from consuming this item entirely.



If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.



If you have any questions please email
info@checkmybodyhealth.com



We would love to hear about your experience
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Allergy test analysis

The amount of allergen-specific IgE antibodies are quantitatively analysed as IU/mL and the class of reaction is determined using the easy to follow colour-coding as below. The class of reaction ranges from Class 0 - No reactivity, to Class 6 - Severe reactivity.

Reaction classes:

Class 0	No reactivity.
Class 1	Mild reactivity. We recommend notifying your GP.
Class 2	Moderate reactivity. We recommend notifying your GP.
Class 3	Moderately high reactivity. We recommend notifying your GP.
Class 4	High reactivity. Please notify your GP.
Class 5	Very high reactivity. Please notify your GP urgently.
Class 6	Severe reactivity. Please notify your GP urgently.

Allergen-specific IgE antibody reaction measurements

No reaction has taken place:

≤ 0.34 IU/mL Class 0 reaction

Laboratory reporting on IgE-antibody levels starts from 0.35 IU/mL, only levels above this are considered to be clinically significant.

A reaction has taken place:

0.35 - 0.69 IU/mL	Class 1 reaction
0.70 - 3.49 IU/mL	Class 2 reaction
3.50 - 17.49 IU/mL	Class 3 reaction
17.50 - 49.99 IU/mL	Class 4 reaction
50.00 - 99.99 IU/mL	Class 5 reaction
>100 IU/mL	Class 6 reaction

A higher class indicates a stronger laboratory reaction, however the class and level of reaction does NOT predict the experience of physical symptoms. It is therefore possible to have a strong reaction in testing and mild or no symptoms. There is also no significance of having a low class 5 or a high class 6; it still remains a class 6.

Understanding your results and recommended actions

Total IgE Reaction

Total IgE (Immunoglobulin E) is a type of antibody produced by the immune system in response to allergens. It plays a crucial role in allergic reactions by identifying and binding to foreign substances such as pollen, pet dander, and certain foods. Elevated levels of total IgE in the blood can indicate an allergic response or heightened sensitivity to various allergens. Measuring total IgE is an important diagnostic tool in understanding and managing allergies, helping healthcare professionals to identify specific allergic triggers and tailor appropriate treatment plans.

Total IgE reaction classes:

Normal

A total IgE level below 75 IU/mL is generally considered within the normal range. This suggests there is no strong overall allergic tendency, although specific allergies can still occur even when total IgE is normal.

Elevated

A total IgE level above 75 IU/mL may indicate an increased likelihood of allergic sensitisation. However, a raised total IgE level does not identify which substances may be involved, and it does not indicate the severity of an allergy. Further allergen-specific IgE testing is required to identify potential triggers.

Cross-Reactive Carbohydrate Determinants (CCD)

Cross-Reactive Carbohydrate Determinants (CCD) are natural sugar structures found in many plant-based allergens (such as pollens, fruits and vegetables). Your CCD result helps us interpret your allergy profile more accurately. Some people produce IgE antibodies to CCD.

However, a positive CCD result does not mean you have a true allergy. Instead, CCD antibodies can sometimes cause allergy tests to appear positive to multiple plant-based allergens, even when you do not experience symptoms.

CCD result:

Class 0

CCD is unlikely to affect interpretation of plant-based allergens.

Class 1

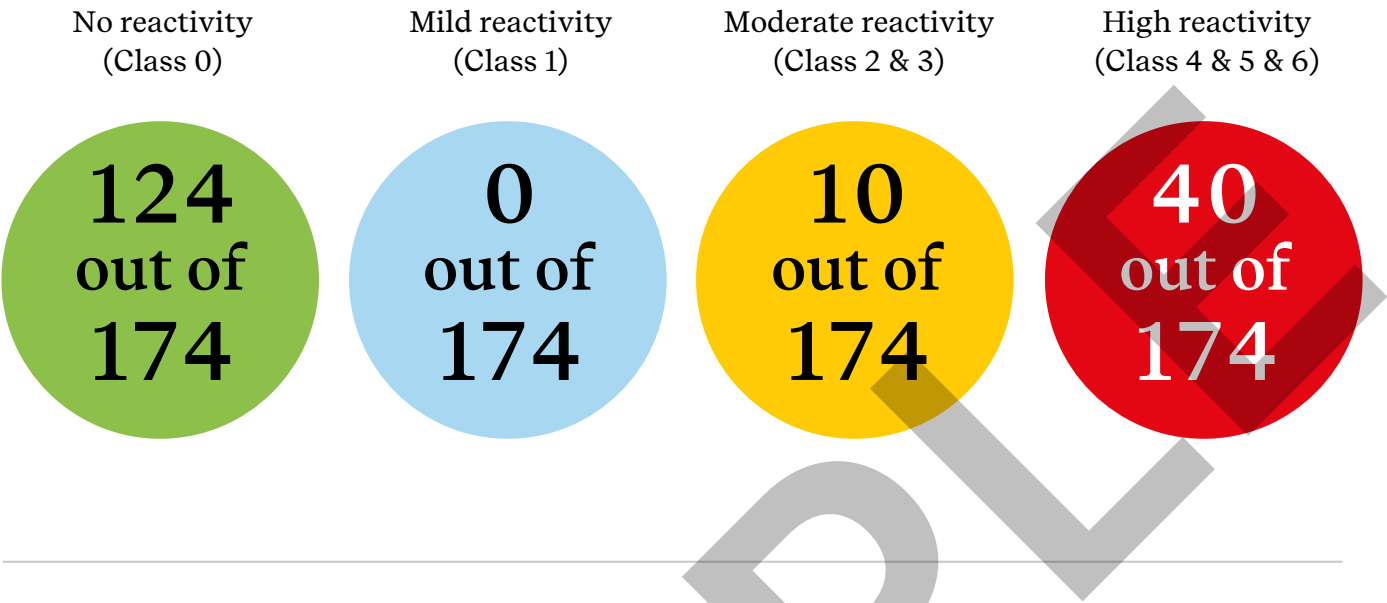
Some positive results to plant-derived allergens (e.g., pollens, fruits, vegetables) may be influenced by CCD cross-reactivity rather than a true allergy. Clinical symptoms should guide decisions.

Please note:

IgE antibody testing DOES NOT test for coeliac disease, lactose intolerance, histamine intolerance or any other food intolerance.

Your test results are interpreted in the context of your overall health, including any symptoms that you may have. A positive IgE test result only indicates that the patient has the potential to react to an allergen. Some patients may have positive IgE results but no symptoms. If you have any medical conditions, are pregnant, breast-feeding or below the age of 18 we recommend that any dietary changes are made under the supervision of a healthcare professional.

Your allergy test results summary



IgE category results summary

Here are your overall category ratings based on your test results. Each category rating reflects the highest-rated item within that group, providing a clear indication of which areas may require your immediate attention. This overview allows you to quickly identify the categories that should be prioritised for further investigation

Food Allergens		Environmental Allergens	
	Egg & Dairy		Indoor Allergens
	Fish & Seafood		Pollen
	Meat Proteins		Moulds & Fungi
	Fruits		Animal Allergens
	Wheat, Grain & Cereal		Venoms
	Vegetables & Legumes	Other Allergens	
	Nuts & Seeds		Antibiotics & Drugs
	Soy Allergens		Chemical Allergens

Allergen-Specific IgE

Immunoglobulin E (IgE) is a class of antibody, which functions as part of the body's immune system. It is associated with allergic reactions. It is found in very small amounts in the blood and testing it measures the amount of allergen-specific IgE in the blood. Elevated levels of allergen-specific IgE can suggest the presence of allergy however results must be interpreted with a full clinical history.

Food Allergens

Egg & Dairy					
	Value (IU/mL)	Reaction			
Cheddar Cheese	≤ 0.34	Class 0	Lamb meat	≤ 0.34	Class 0
Egg White (Ovalbumin – Gal d 2)	≤ 0.34	Class 0	Pork	≤ 0.34	Class 0
Egg White (Ovomucoid – Gal d 1)	≤ 0.34	Class 0	Pork (Major Allergen Protein)	≤ 0.34	Class 0
Egg white	≤ 0.34	Class 0	Fruits		
Egg yolk	≤ 0.34	Class 0		Value (IU/mL)	Reaction
Milk	≤ 0.34	Class 0	Apple	≤ 0.34	Class 0
Milk (Alpha-Lactalbumin)	≤ 0.34	Class 0	Apple (Lipid Transfer Protein)	≤ 0.34	Class 0
Milk (Beta-Lactoglobulin)	≤ 0.34	Class 0	Apple (PR-10 Protein)	≤ 0.34	Class 0
Milk (Casein)	≤ 0.34	Class 0	Banana	>100	Class 6
Fish & Seafood			Kiwi	≤ 0.34	Class 0
	Value (IU/mL)	Reaction	Mango	>100	Class 6
Anchovy	21.42	Class 4	Orange	≤ 0.34	Class 0
Blue mussel	≤ 0.34	Class 0	Peach	>100	Class 6
Clam	≤ 0.34	Class 0	Peach (PR-10 Protein)	≤ 0.34	Class 0
Codfish	≤ 0.34	Class 0	Peach (Profilin Protein)	>100	Class 6
Codfish (Parvalbumin)	>100	Class 6	Strawberry	≤ 0.34	Class 0
Crab	≤ 0.34	Class 0	Wheat, Grain & Cereal		
Eel	≤ 0.34	Class 0		Value (IU/mL)	Reaction
Lobster	≤ 0.34	Class 0	Bakers yeast	≤ 0.34	Class 0
Mackerel	≤ 0.34	Class 0	Barley meal	≤ 0.34	Class 0
Oyster	≤ 0.34	Class 0	Buckwheat	≤ 0.34	Class 0
Pacific squid	≤ 0.34	Class 0	Buckwheat (Major Protein)	≤ 0.34	Class 0
Plaice	≤ 0.34	Class 0	Buckwheat (Secondary Protein)	≤ 0.34	Class 0
Salmon	≤ 0.34	Class 0	Rice	≤ 0.34	Class 0
Scallop	≤ 0.34	Class 0	Rye	≤ 0.34	Class 0
Shrimp	≤ 0.34	Class 0	Wheat (Gliadin)	2.68	Class 2
Shrimp (Tropomyosin)	≤ 0.34	Class 0	Wheat (Glutenin)	≤ 0.34	Class 0
Tuna	≤ 0.34	Class 0	Wheat (Omega-5 Gliadin)	≤ 0.34	Class 0
Meat Proteins			Wheat flour	7.11	Class 3
	Value (IU/mL)	Reaction	Vegetables & Legumes		
Alpha-Gal (Red Meat Marker)	≤ 0.34	Class 0		Value (IU/mL)	Reaction
Beef	≤ 0.34	Class 0	Carrot	≤ 0.34	Class 0
Chicken	≤ 0.34	Class 0	Celery	≤ 0.34	Class 0
			Corn	≤ 0.34	Class 0
			Cucumber	≤ 0.34	Class 0

Vegetables & Legumes	Value (IU/mL)	Reaction
Garlic	≤ 0.34	Class 0
Mushroom	≤ 0.34	Class 0
Onion	≤ 0.34	Class 0
Peanut	≤ 0.34	Class 0
Potato	≤ 0.34	Class 0
Soy bean	≤ 0.34	Class 0
Tomato	≤ 0.34	Class 0
White bean	≤ 0.34	Class 0

Nuts & Seeds	Value (IU/mL)	Reaction
Almond	>100	Class 6
Brazil nut	>100	Class 6
Cacao	≤ 0.34	Class 0
Cashew nut	>100	Class 6
Coconut	≤ 0.34	Class 0
Hazel nut	≤ 0.34	Class 0
Hazelnut (Lipid Transfer Protein)	≤ 0.34	Class 0
Hazelnut (PR-10 Protein)	1.99	Class 2
Macadamia nut	≤ 0.34	Class 0
Peanut (Ara h 1 – Storage Protein)	≤ 0.34	Class 0
Peanut (Ara h 2 – Storage Protein)	≤ 0.34	Class 0
Peanut (Ara h 3 – Storage Protein)	≤ 0.34	Class 0
Peanut (Lipid Transfer Protein)	3.40	Class 2
Peanut (PR-10 Protein)	≤ 0.34	Class 0
Pine nut	≤ 0.34	Class 0
Sesame	≤ 0.34	Class 0
Sweet chestnut	≤ 0.34	Class 0
Walnut	>100	Class 6
Walnut (Lipid Transfer Protein)	≤ 0.34	Class 0
Walnut (Storage Protein)	≤ 0.34	Class 0

Soy Allergens	Value (IU/mL)	Reaction
Soy (Beta-Conglycinin – Storage Protein)	≤ 0.34	Class 0
Soy (Glycinin – Storage Protein)	43.64	Class 4
Soy (PR-10 Protein)	5.43	Class 3