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optimal health for life

Gluten Sensitivity Report

Example2 Example1

| Date of Birth: **01 Jan 2001**	Date Reported: **10 Jun 2024**	Sample Number: **12345678-New**
Referring Practitioner: **Private**		

Welcome to your gluten sensitivity report

From your DNA sample we have used a process called the Polymerase Chain Reaction (PCR), which copies the DNA of your genes many times over so that we can generate sufficient quantities to analyse your genetic material. We then identify unique DNA sequences in some of your genes. Certain changes (polymorphisms) in these genes have been studied in detail, with evidence that correlates these polymorphisms with an individual's risk of developing certain chronic disease conditions or altered metabolic processes. Having identified the presence or absence of these polymorphisms, we are able to qualitatively assess particular areas of health risk related to the specific genes. To make a holistic assessment of health risks, environmental factors (diet and lifestyle) need to be considered in conjunction with the accompanying genetic profile.
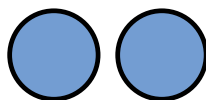
How to read your results

You will find your genetic results in the following pages. On the left side you will see the gene name and description. On the right side you will find your specific result and an explanation of the results, associated risks, and diet and lifestyle recommendations. The impact can be identified by the colour of the circle (please see the key below).
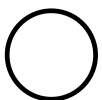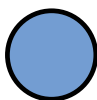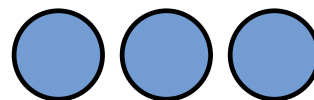
No Impact	Low Impact	Moderate Impact	High Impact	Beneficial Impact

Gluten Intolerance

Particular nutrients and certain food components in different foodstuffs can affect individuals in different ways. With new research coming to light in this area, specific genes can be tested to give more insight to how an individual might respond to a particular food component.

	Gene Name	Genetic Variation	Your Result	Gene Impact
Gluten intolerance	HLA	DQ2/DQ8	DQ2.2 & DQ2.5	

Gluten intolerance

HLA DQ2 / DQ8

Coeliac disease (CD) is a common, autoimmune disorder in which the small intestine is damaged in response to a severe gluten intolerance. Specific Human Leukocyte Antigen (HLA) alleles represent the major genetic predisposition. A positive HLA test is indicative of genetic susceptibility but does not necessarily mean the disease will develop.

YOUR RESULT: DQ2.2 & DQ2.5

The analysis shows a positive result for both DQ2,2 and DQ2,5. This result suggests that you have a significantly greater chance of developing coeliac disease when on a diet high in gluten. This is not a diagnosis of coeliac disease, but coeliac disease cannot be excluded. If you suffer from gastrointestinal symptoms, such as bloating, cramps, diarrhea, flatulence, as well as other general symptoms such as fatigue and joint pain, and have not excluded gluten from your diet, we recommend you discuss further coeliac testing with your dietitian or general practitioner.

Notes for practitioners