



Welcome to your Nutrition Guide

The aim of this guide is to help you develop a nutritious and enjoyable daily diet, which leaves you feeling both satisfied and free from uncomfortable symptoms.

WHAT'S IN YOUR GUIDE?

Symptoms And Results

Your Symptoms Understanding Your Symptoms Your Test Results

Taking Action

The Elimination Diet Keys to Success

Building A Daily Diet

The Wellness Plate Substitute Foods Vitamins & Minerals

Living Well Every Day

Digestive Health Hydration Sleep Movement Supplementation

Keeping A Record

12-Week Food / Symptom Diary

New Recipes

Meat Free Butternut Squash and Chickpea Casserole

Gluten Free Chocolate Brownies

Dairy Free Mushroom Stroganoff

Wheat Free Spelt bread

Egg Free Spanish Omelette

SYMPTOMS AND RESULTS

Your Symptoms

Please list the symptoms you have been experiencing below and rate their severity. When evaluating each symptom think about the frequency, level of pain, duration and extent to which it affects your daily life.

SYMPTOM	SEVERITY OF SYMPTOM				
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(1 = Best 5 = Worst)

Understanding Symptoms

We are each unique and individual. This is particularly important to remember when considering physical symptoms and the impact our food and drink can have. Diagnostic testing is a vital part of understanding allergies and intolerances. However it is only in applying laboratory test results to the individual and the physical symptoms they are experiencing that we get a true picture of what is happening. Some people may have a 'high' reaction level in testing to an item yet appear to experience no symptoms, whilst others may experience debilitating symptoms but have a 'low' level reaction in testing.

Your Test Results

Please list your allergies and/or intolerances, which have been identified below.

ALLERGIES	INTOLERANCES



TAKING ACTION

The Elimination Diet

- Refer to your test results and note your allergic/ intolerant foods in the 'Your Test Results' section.
- 2. Refer to the section on 'Substitute Foods' to understand which foods you can use in place of the foods you are removing from your diet.
- 3. Ensure you have been shopping and are fully prepared for the removal of the identified foods. Please note that initially it is important to remove ALL the foods identified as allergic and those identified as 'HIGH' in the intolerances section..
- **4.** Write the starting date in your food/ symptom diary.
- Start your food/ symptom diary list all your meals, snacks and drinks and any symptoms your experience.
- 6. During the elimination phase of the elimination diet it is recommended that you use a gut 'soother' such as I-glutamine or aloe vera to soothe the intestinal lining. See the 'Digestive Health' section for more detail.

- 7. After 4 weeks you can start to assess how you feel; consider your energy levels, sleep, mood, digestion, bowel habits and physical symptoms.
- If there are foods which you would like to try reintroducing* to understand whether they bring about physical symptoms you need to do so one at a time.
- 9. After reintroducing a food (day 1), take note of any changes over the two following days (day 2 and 3), this is because food intolerance reactions can take a period of time to come about. You are looking for the following symptoms:
 - Insomnia
 - Fatique
 - Joint pain and/or inflammation
 - Skin breakouts or rashes
 - Headaches
 - Bowel changes or abdominal pain
 - Bloating
 - Brain foa
 - Sinus or other respiratory issues
 - Changes in energy levels
- **10**. You can repeat the process with another food on day 4 should you like.
- * If you have been identified as **ALLERGIC** to a certain item we do not recommend the reintroduction of this food.



THE WELLNESS SOLUTION

HEALTH & WELLBEING

Sleeping and feeding times are important determinants of overall health. Sleep 7-9 hours ideally starting before midnight. Eat regular meals and avoid snacking.

DRINKS

Drink water, tea (black, green, fruit and herbal infusions), avoid drinks that are high in sugar or sweeteners, including fruit juice.

SUPPLEMENTS

Multi-vitamins and extra vitamin D for most people. Probiotics and blood sugar support, as advised by nutrition healthcare professional.

> Eat 1-3 palm-sized portions of fruit a day. Choose different colours and eat locally (e.g. pears, apples, plums, berries) and seasonally.

FRUIT

LEAFY GREENS & SALADS

OTHER VEG

ROOT VEG & WHOLEGRAINS

Eat root vegetables as well as whole grains (like wild

and brown rice, whole oats, quinoa). Limit refined grains (like pasta and bread) which affect the body in a similar way to sugar.

EXERCISE

Keep moving and stay active. Use the stairs, walk whenever you can. Walk an extra stop. Park further away. Stand rather than sit at your desk.



OILS

Use olive oil as your everyday fat for both cooking and seasoning, and butter in moderation. Avoid margarines and trans fats. Eat raw nuts. seeds and avocados.

EAT A RAINBOW 7 a day

(5 Veg & 2 Fruit)

Make fish, poultry and eggs your principal source of protein, and eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, beans, chickpeas) and nuts and seeds as vegetable protein. Limit dairy to a small matchbox of cheese, half a cup of live unsweetened yoghurt or a small glass of milk a day.

ALTERNATIVE FOODS

We have listed substitute foods for the main food groups below. This is to give you some ideas when constructing your new daily diet. You can also refer to the Lifelab Results Report for more ideas.



Gluten

Breads

Buckwheat, rice, millet, gluten-free mix

Flours

Buckwheat, chickpea, gluten-free mix, coconut

Pastas

Red lentil, green lentil, chickpea, buckwheat, rice



Wheat

Breads

Spelt, rye, buckwheat, rice

Flours

Spelt, rye, buckwheat, corn, chickpea, coconut

Pastas

Red lentil, green lentil, chickpea, buckwheat, spelt, rice



Meat

- Quorn products
- Tofu
- Plant based diet



Cow's Milk

Milk

Goat's milk, almond, soya, rice, oat, coconut, hazelnut, cashew, hemp

Cheese

- Halloumi (sheep)
- Buffalo mozzarella (buffalo)
- Hard goat's cheese (similar consistency to cheddar)
- Greek feta (sheep) (check it is not made with cow's milk)

Yogurt

Soya, coconut, goat's milk



Eggs (For Baking)

- Applesauce
- Banana
- Flaxseed
- Vegetable oil
- Water, oil and baking powder



VITAMINS & MINERALS

Vitamin A

Retinol

Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, paté, goat's cheese, cheddar, cream cheese, butter and eggs.

Beta Carotene

Sweet potato, carrots, kale, spinach, collards, swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, dried apricots, prunes, peaches, melon, red peppers, tuna fish, mackerel, mango, eggs and butter.

B Vitamins

Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean flour, split peas, pecans, soybeans, oatmeal, buckwheat flour, sunflower seeds, lentils, rye flour, cashews, chickpeas, broccoli, hazelnuts, brown rice, whole wheat flour and peppers.

B12

Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, milk, yogurt, eggs, swiss cheese and fortified products.

Vitamin C

Red peppers, guavas, kale, kiwi, broccoli, brussel sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple and melon.

Vitamin D

Salmon, trout, swordfish, mackerel, tuna, mushrooms, buttermilk, some yogurt, sunlight and fortified products.

Vitamin E

Dark leafy greens – cooked spinach, swiss chard, turnip greens, collards, kale, nuts – almonds, hazelnuts, pistachios, sunflowers seeds, avocado, shellfish – shrimp, crayfish, fish – rainbow trout, swordfish, herring, smoked salmon, salmon, plant oil – olive oil, sunflower oil, grapeseed oil, canola oil, broccoli, butternut squash, sweet potato, blackberries, kiwifruit, mango, peaches, nectarines, apricots, guavas and raspberries.

Vitamin K

Dried herbs – basil, thyme, coriander, sage, parsley, green leafy vegetables – kale, spinach, mustard greens, spring onions, cress, brussel sprouts, cabbage, chilli powder, paprika, fennel, leeks, soy beans and olive oil.

Calcium

Watercress, kale, low fat mozzarella, low fat cheddar, yogurt, pak choi, tofu, broccoli, sugar snap peas, almonds, tinned sardines in oil with bones and tinned pink salmon.

Potassium

Dried apricots, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, potatoes, butternut squash, spinach, low fat yogurt, mushrooms and bananas.

Magnesium

Kelp, wheat bran, almonds, cashews, buckwheat, brazil nuts, peanuts, millet, pecans, rye, walnuts, tofu, coconut meat, soya beans, brown rice, figs, apricots, dates, collard greens, prawns, corn, avocado and leafy green vegetables.

Iron

Pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, swiss chard, kale and dark chocolate.

Quick Note on Minerals

Minerals come from the soil into plants therefore the richest sources are fruits, vegetables, grains, pulses, nuts and seeds.





LIVING WELL EVERY DAY

Digestive Health

The digestive system has such great importance in our everyday wellbeing. The digestive system contains 70% of the body's immune system cells, protecting the body against bacteria, viruses and parasites on a daily basis. Good digestive health starts with maintaining the integrity of the intestinal tract, ensuring it is nourished in order to optimise nutrient absorption and your gut bacteria is able to flourish.

When you embark upon an elimination diet it is the perfect time to give your digestive system some TLC. Over time things like stress, sugar, alcohol, smoking and processed foods can result in the integrity of the digestive tract being compromised and under nourished. There are some excellent gut 'soothers' available such as I-glutamine and aloe vera which can help to restore a healthier, happier intestinal tract. Cutting down on culprits such as sugar, alcohol, smoking and processed foods is also recommended.

A further step, which you can take towards better digestive health, is maintaining a good level of beneficial gut bacteria. This can be through probiotic foods, such as good quality plain yogurt, goat's cheese, kefir, sauerkraut, good quality dark chocolate, microalgae (spirulina, chorella, blue-green algae), miso soup, pickles, and tempuh.

If these aren't foods that you would eat consider a good quality daily probiotic supplement.

Keeping the gut bacteria well nourished through consuming prebiotic foods is also important. Prebiotic foods are high fibre foods, which are used by the bacteria in the large intestine to feed from, such as artichoke, onion, garlic, leeks, cabbage, asparagus, banana, pulses, root vegetables, apples, oats and whole wheat.

Hydration

Fluid requirements are highly individual and can vary greatly, even on a day-to-day basis. The need for fluid intake depends upon factors such as age, gender, body mass, physical activity and climate. One thing is for certain; water is an essential nutrient for life and wellness. The regular intake of water is essential for maintaining water balance in the body, does wonders for your detoxification processes, benefits the skin and aids digestive function.

The European Food Safety Authority (EFSA) recommends 2.5 litres of water for men and 2.0 litres of water for women per day. This should be consumed via food and drink of which 70-80% should come from drinks and 20-30% from food.

TIP – Try chopping fruit or herbs and putting into a jug of water to enhance the flavour naturally. Try lemon, lime, melon, cucumber, mint or strawberries, or do some experimenting of your own!

Sleep

Sleep is essential for health and wellbeing. It allows recovery from both mental and physical exertion. Again the amount each person requires is individual, however what everybody does need is good quality sleep.

There are a few tips which can help improve sleep quality; block out light, maintain a comfortable temperature (18°is recommended) in your bedroom, stick to a consistent bedtime if possible, avoid heavy alcohol or meals before bed, make exercise or movement a part of your lifestyle and turn off devices with electromagnetic fields (such as phones and tablets) or remove from your bedroom altogether.

Movement

Physical activity has an important place in maintaining wellbeing. It strengthens the cardiovascular system, helps maintain a healthy body weight and composition, builds and maintains muscular strength, is an excellent stress reliever and has huge benefits for mental health.

The UK recommendation for physical activity is 150 minutes per week, which broken down equates to 5 lots of 30 minutes per week. If you enjoy going to the gym, fitness classes, running or a sport fantastic! But if structured exercise isn't something you enjoy, find something movement based, which fits for you. Some ideas; try walking with a friend, get stuck into some gardening, take your children to play a ball game and make sure you run for every ball, the stairs instead of taking the lift (up and down).

Supplementation

Supplementation is entirely individual and should be considered on a case-by-case basis. In an ideal world an individual should be able to get all vitamins and minerals from their food. However this is not always possible due to higher than average requirements. This could be as a result of a deficiency, medical condition, the individual's level of physical activity, a high level of stress or the quality of food produce available.



USE THIS SECTION TO NOTE ANY FOODS YOU HAVE ELIMINATED/ REINTRODUCED

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12 WEEK FOOD/SYMPTOM DIARY 🛗

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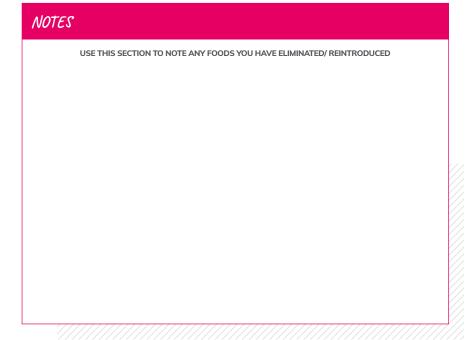
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MEAT FREE

BUTTERNUT SQUASH AND CHICKPEA CASSEROLE

Benefits

This recipe is high in vitamin A in the form of beta carotene and vitamin C from the butternut squash and sweet potato. Quinoa and chickpeas add B vitamins, magnesium, copper, manganese, phosphorus, zinc and iron.

Method

Step 1 Sauté onion and garlic in a little oil
Step 2 Add cumin and paprika, cook for
further 2 minutes

Step 3 Add in chopped sweet potato, red pepper and butternut squash

Step 4 Add tomatoes, red wine, vegetable stock, quinoa and chickpeas

Step 5 Simmer for approximately 30 minutes or until the vegetables have softened and the quinoa has cooked Step 6 Serve topped with grated cheese and a portion of green vegetables

Source: Adapted from a recipe on BBC Good Food

Ingredients:

- 1x diced onion
- 1x red pepper
- 2x cloves of chopped/crushed garlic
- 400g tin of chickpeas
- 400g tin of chopped tomatoes
- 1x medium sweet potato
- 1x butternut squash (about 500g) peeled and chopped
- 300ml vegetable stock
- 200ml red wine
- 1x tsp. ground cumin
- 1x tbsp. paprika
- 75g quinoa



GLUTEN FREE

FUDGY CHOCOLATE BROWNIES

Benefits

This recipe is rich in minerals from the almonds and walnuts as well as B vitamins and vitamin E, the cacao powder also makes these brownies antioxidant rich.

Method

Step 1 Melt the coconut oil in a pan or the microwave

Step 2 Add the rest of the ingredients to the melted coconut oil

Step 3 Pour into a tin lined with baking paper

Step 4 Bake at 160 degrees for 16 minutes

Step 5 Allow to cool and put into the fridge for 30 minutes

Step 6 Cut into squares

Source: The World of The Happy Pear Cookbook by David Flynn and Stephen Flynn

Ingredients:

- 200g ground almonds
- 2x tbsp. coconut oil
- 100g walnuts
- 100q spelt flour
- 150ml agave/maple syrup
- 2x tsp. baking powder
- 200ml whole milk/ almond/ soya milk
- 40q cacao powder
- 1x tbsp. vanilla extract

DAIRY FREE

MUSHROOM STROGANOFF

Benefits

Mushrooms are an excellent source of B vitamins as well as a range of minerals. They are also the only natural vegan source of vitamin D.

Method

Step 1 Dissolve arrowroot in 2 cups of the vegetable stock and put to one side

Step 2 Cook onion until soft, add the garlic, mushrooms and thyme and cook for 15 minutes

Step 3 In another pan simmer the rest of the vegetable stock with paprika

Step 4 Reduce heat and add arrowroot, cook for 5 minutes

Step 5 Add the nutritional yeast, soya milk and mustard, mix well and reduce heat to prevent the soya milk boiling

Step 6 Add peas and cook for 5 minutes

Step 7 Add the mushroom mixture to the sauce, mix well and serve

Source: Carol West

Ingredients:

- 1x diced onion
- 500g sliced mushrooms (closed cup or chestnut)
- 3x cloves of chopped/crushed garlic
- 3x cups vegetable stock
- 2x tbsp. thyme
- 1x tbsp. paprika
- ½ cup nutritional yeast
- 2x tsp. Dijon mustard
- ½ cup soya milk
- 1x cup peas
- 2x tbsp. arrowroot (or corn flour/ potato starch)

WHEAT FREE

EASY SPELT BREAD

Benefits

Spelt has a nutty flavour, contains good levels of fibre and is an excellent source of calcium, magnesium, selenium, zinc, iron and manganese. It also offers vitamin E and B vitamins.

Method

Step 1 Heat the oven to 200C/400F/gas mark 6

Step 2 Combine all the ingredients, adding the water last. Mix well and turn the dough into a greased loaf tin

Step 3 Put straight into the oven and bake for an hour

Source: The Telegraph

Ingredients:

- 500g spelt flour
- 2x sachets/10g fast-acting dried yeast
- ½ tsp. sea salt
- 50g sunflower seeds
- 50g sesame seeds
- 50g linseeds (optional)
- 500ml warm water

EGG FREE

SPANISH OMELETTE

Benefits

The sweet potato, potato and chickpea flour in this recipe offer an array of vitamins and minerals; vitamin A, B vitamins, magnesium, iron, potassium, manganese and zinc.

Method

Step 1 Put 1 tbsp. olive oil in the pan, add potatoes and onion. Cook on a low heat for about 20 minutes. Add a splash of water to help the potatoes cook

Step 2 In a separate bowl mix flour, water and salt

Step 3 Add the garlic to the pan, cook for a couple of minutes, then add the mixture to the chickpea flour and water mix

Step 4 Rinse the pan, add the remaining 1 tbsp. olive oil, add the mixture and cook on a medium heat for 5-8 minutes

Step 5 Once the bottom is cooked either flip it over or put under a pre-heated grill to cook the top

Step 6 Cut into slices and serve hot or cold with a green salad

Source: Vegan Gastronomy Culinary Academy

Ingredients:

- 1x diced red onion
- 2x cloves of crushed garlic
- 100g diced sweet potato
- 175g diced white potato
- 200g gram (chickpea) flour
- 470ml water
- 2x tbsp. olive oil
- 2x tsp. black salt



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🔀 social@lifelabtesting.com

U 01332 32 18 92

Lifelab Testing Ltd, Castle Donington, Derby DE74 2BZ









