

Please attach
Hair-Sample
here



20-30 strands
1-3cm / 1 inch
In bag or with Sellotape

Food Intolerance & Substance Sensitivity Test



ALLERGY LINK
INTOLERANCE TESTING BY POST

Independent Alternative Specialist

Tripenhad, Tripenhad Road, Ferryside, SA17 5RS, UK/Wales
info@allergylink.co.uk / www.allergylink.co.uk

Delivery
as ordered / paid for:
by post by email

Test Format:

- Basic 75
 Stand 150
 Complex C250*
 Digestion D300*
 Comprehensive C500*

Test Application Form

- Please complete in CAPITAL LETTERS and sign the form -

Date:

Test for Baby? Please specify if your baby is still **breastfeed** or has already been **weaned** . Please **list Formula & solid foods overleaf**.

Office use only:

Ref-No:

Date received:

Date processed:

First Name:

Surname:

Year of Birth: or Age: Gender: Female Male

Email address: if different from online order

I have read and understand, that the information I give is for the purpose of testing only; and that all personal details are kept secure and strictly confidential. By submitting this form you agree to the **Terms & Conditions** as outlined on our website www.allergylink.co.uk as well as our **Privacy Policy** and **Disclaimer**; and that you are aware that AllergyLink provides an alternative testing service that is not medically validated or approved. If you are ordering the test for someone else - other than yourself - please ensure that you do have legal consent to do so. **This form will be destroyed after testing** (within 3 weeks). Electronic data 'Test-Reports' will be kept safe and secure for 6 years, unless deletion is requested - please let us know.

Current processing time is app. 7-10 working days from date received. Delays can occur in times of high demand / unforeseen circumstances.

Signature:

* Please specify - only for C250, D300, C500 tests - if you agree to include testing for parasites: Yes No

Please complete both sections (medical history) ↓ →

1. Main reason / condition for taking the test:

acute constant often incident serious concern

2. Do you have any known allergies or intolerances? e.g.

✓ Penicillin, Dairy, Gluten, Egg, Shellfish, Fish, Nuts, Latex, Pollen, Dust mite,

No Yes :

3. Did you ever experience an **Anaphylactic Shock**?

✓ Penicillin, Egg, Shellfish, Fish, Nuts, Peanuts, Soya, Corn, Bee/Wasp, Latex, ...

No Yes :

4. Did you **avoid any foods** for more than 3 months?

If you have been avoiding known 'allergens' - foods or substances, these may not show in the allergy report.

No Yes :

5. In the last 3 years - did you have:

A course of Antibiotics Vaccination

Medication

Operation Metal 'implant'

6. Are you : Pet owner Smoker

drinking Alcohol drinking Diet Soda

Vegetarian Vegan on a special diet

7. Are you taking any **Vitamins/Supplements** No Yes :

8. Medical condition /History:

..... use space overleaf

Indicate the **Main Symptoms** you are **currently experiencing**

A=acute C=chronic O=often S=sometimes

Digestive Symptoms: None

...Itchy mouth ...tingling mouth/tongue ...mouth ulcers

...IBS ...constipation ...bloating ...wind

...Diarrhoea ...nausea ...vomiting ...reflux (GERD)

...Stomach cramps ...abdominal pain ...heartburn

...Celiac ...Crohn's disease ...Colitis /Diverticulitis

Skin conditions: None

...Eczema ...Dermatitis ...Psoriasis

...Rashes ...red / itchy spots ...Rosacea

...Itchy ears ...red ears ...dark circles under eyes

...Hives / Urticaria acute chronic ...Boils/Acne

Swelling of: mouth tongue lips throat face

Respiratory conditions: None

...Asthma acute ...Breathing problems acute

...coughing ...wheezing ...Catarrh ...Nasal Congestion

...Sinusitis ...Rhinitis ...Tinnitus

...**Hay Fever** **Eyes:** ...itchy/red watery swollen

Nose: ...itchy sneezing runny

Other conditions present: None

...CFS / ME (chronic fatigue syndrome)

...Hyperactivity ...Palpitations ...Panic attacks

...Migraines ...Dizziness / Vertigo

...Extreme mood swings ...Depression ...Stress

...Cystitis/UTI ...Thrush..... ...Painful joints

...Weight loss ...Weight gain

other

.....Any other symptoms - use space overleaf

3 Simple Steps - to Complete your Test Order



Online Order: Now that you have successfully chosen and ordered your test/s, **simply follow the 3 Steps below to complete your order.**

Ordering directly: you can print and post your form directly to us and make a BACS payment. Please make sure you include your full contact details for delivery (email and postal address) and use the **Order Reference:** AL#DIRECT.

Step 1



Print and Complete

Please print and fully complete the **Test Application Form** (below), printing in CAPITAL LETTERS and in your own handwriting. Don't forget to sign and date it. If you have ordered 2 or more tests, please print the form for each person (same order number - note on back)

Can't print? You can order the **test application form** from us and we will post it to you.

Contact us: by email info@allergylink.co.uk message: 'Please post **test application form**'; or by phone 0345 094 3298 / Mob/Text **07866 835708**. Don't forget to quote your order reference no.

Step 2



Provide a Hair Sample

Cut a small sample of hair from your head (20-50 strands - approximately 1-3cm long) Attach the hair to the **Test Application Form** with clear tape.

No hair? If no hair is available you can send us nail clippings. For babies you can use a cotton bud to send us a saliva swab from the mouth. For hygiene reason please place nail-clippings or saliva swab in a plastic bag or wrap in cling film.

Hair coloured? It doesn't matter if the hair has been previously coloured.

Hair care products? Foam, gel or spray products are best to be avoided. Conditioners are fine.

Step 3



Post the Test Application Form & Hair Sample

Put the completed **Test Application Form** with **hair sample** in a standard sized envelope and post it to us at:

**Allergy Link
Tripenhad
Tripenhad Road
Ferryside
SA17 5RS
United Kingdom**

1st class postage is advised
(2nd class can sometimes take 3-5 days).
You don't have to send by recorded delivery unless you prefer to do so.

Please write your Order Number (#21888) on the envelope, so we can send you a confirmation email that we have received your test-form letter.

What happens next?

Once we receive your **Test Application Form/s** your test/s will usually be processed within 7-10 working days. Please allow up to 21 days for your report(s) to be produced.

Need your test urgently? Under some circumstances your Test can be processed within 2 working days. (Subject to demand, excluding weekends & public holidays). **If you require an urgent test please contact us first.**

Please Note: The 'urgent test service' was introduced as an option for people with genuine 'urgent circumstances', serious and acute health conditions. So far this option has been free of charge, regulated by sensible use. However, there is a limit, and not every test request can be accepted as urgent. Thus a prompt return can not be guaranteed.

Delivery - Receiving Your Test Report/s - as ordered and paid for - on the website.

Reports by E-mail: Once completed, your Allergy Intolerance Test Report will be sent digitally (PDF) to the e-mail address you gave when you placed your order. Look out for the email from info@allergylink.co.uk. If you provided a different email address **checking your spam/junk folder** before contacting us has proven successful in many cases :)

Reports by Post: If you chose to receive your report by post the report will be sent via 1st class Royal Mail to the postal address you gave when you placed your order. You will also receive the test report by email.

Still need some help with your order?

If you have any questions regarding your order please **contact Mrs.Ute Eden** at Allergy Link by email: info@allergylink.co.uk or call: **0345 094 3298** (local rate) or Mob:**07866 835708**
www.allergylink.co.uk