

Test Report : Food Groups

Patient Name: Sample Report
Patient Number: 111
Date of Birth: 01/01/2000

Analysis Date: 11/11/2021
Test Reference: Example

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
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DAIRY / EGG

19	Alpha-Lactalbumin	94	Egg White	86	Milk (Cow)
26	Beta-Lactoglobulin	<15	Egg Yolk	38	Milk (Goat)
71	Casein	<15	Milk (Buffalo)	47	Milk (Sheep)

GRAINS (Gluten-Containing)*

53	Barley	15	Malt	21	Wheat
<15	Couscous	45	Oat	<15	Wheat Bran
<15	Durum Wheat	<15	Rye		
<15	Gliadin*	<15	Spelt		

GRAINS (Gluten-Free)

20	Amaranth	32	Corn (Maize)	<15	Rice
<15	Buckwheat	<15	Millet	<15	Tapioca

FRUIT

<15	Apple	25	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	<15	Plum
<15	Banana	17	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant
<15	Cherry	<15	Mulberry	<15	Rhubarb
<15	Cranberry	<15	Nectarine	<15	Strawberry
<15	Date	<15	Olive	<15	Tangerine
<15	Fig	19	Orange	<15	Watermelon
<15	Grape (Black/Red/White)	<15	Papaya		
<15	Grapefruit	<15	Peach		

VEGETABLES

<15	Artichoke	<15	Cauliflower	29	Potato
<15	Asparagus	21	Celery	<15	Quinoa
<15	Aubergine	<15	Chard	<15	Radish
<15	Bean (Broad)	<15	Chickpea	<15	Rocket
<15	Bean (Green)	<15	Chicory	<15	Shallot
30	Bean (Red Kidney)	<15	Cucumber	28	Soya Bean
48	Bean (White Haricot)	<15	Fennel (Leaf)	<15	Spinach
<15	Beetroot	<15	Leek	<15	Squash (Butternut/Carnival)
<15	Broccoli	<15	Lentil	<15	Sweet Potato
<15	Brussel Sprout	<15	Lettuce	<15	Tomato
<15	Cabbage (Red)	<15	Marrow	<15	Turnip
<15	Cabbage (Savoy/White)	<15	Onion	<15	Watercress
<15	Caper	53	Pea	<15	Yuca
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

<15	Anchovy	<15	Hake	<15	Salmon
<15	Bass	<15	Herring	<15	Sardine
<15	Carp	18	Lobster	<15	Scallop
20	Caviar	<15	Mackerel	<15	Sea Bream (Gilthead)
22	Clam	<15	Monkfish	<15	Shrimp/Prawn
<15	Cockle	<15	Mussel	<15	Sole
<15	Cod	<15	Octopus	<15	Squid
<15	Crab	16	Oyster	<15	Swordfish
<15	Cuttlefish	<15	Perch	<15	Trout
37	Eel	<15	Pike	<15	Tuna
<15	Haddock	<15	Plaice	<15	Turbot

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Partridge	<15	Veal
<15	Duck	<15	Pork	<15	Venison
<15	Horse	<15	Quail	<15	Wild Boar
<15	Lamb	<15	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Parsley
<15	Basil	<15	Garlic	<15	Peppercorn (Black/White)
<15	Bayleaf	<15	Ginger	<15	Peppermint
<15	Camomile	<15	Ginseng	<15	Rosemary
<15	Cayenne	<15	Hops	<15	Saffron
<15	Chilli (Red)	<15	Liquorice	<15	Sage
<15	Cinnamon	<15	Marjoram	<15	Tarragon
<15	Clove	<15	Mint	<15	Thyme
<15	Coriander (Leaf)	<15	Mustard Seed	<15	Vanilla
<15	Cumin	<15	Nettle		
<15	Curry (Mixed Spices)	18	Nutmeg		

NUTS / SEEDS

<15	Almond	15	Hazelnut	<15	Rapeseed
<15	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
22	Cashew Nut	16	Peanut	<15	Sunflower Seed
<15	Coconut	<15	Pine Nut	15	Tiger Nut
<15	Flax Seed	23	Pistachio	<15	Walnut

MISCELLANEOUS

43	Agar Agar	28	Cocoa Bean	<15	Tea (Green)
<15	Aloe Vera	16	Coffee	<15	Yeast (Baker's)
<15	Carob	<15	Mushroom	30	Yeast (Brewer's)
<15	Chestnut	<15	Tea (Black)		

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

Test Report : Order of Reactivity

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ELEVATED FOODS (≥30 U/ml)

94	Egg White	48	Bean (White Haricot)	37	Eel
86	Milk (Cow)	47	Milk (Sheep)	32	Corn (Maize)
71	Casein	45	Oat	30	Bean (Red Kidney)
53	Barley	43	Agar Agar	30	Yeast (Brewer's)
53	Pea	38	Milk (Goat)		

BORDERLINE FOODS (24-29 U/ml)

29	Potato	28	Soya Bean	25	Guava
28	Cocoa Bean	26	Beta-Lactoglobulin		

NORMAL FOODS (≤23 U/ml)

23	Pistachio	<15	Gliadin*	<15	Grape (Black/Red/White)
22	Cashew Nut	<15	Haddock	<15	Hake
22	Clam	<15	Spinach	<15	Lychee
21	Celery	<15	Sunflower Seed	<15	Mussel
21	Wheat	<15	Buckwheat	<15	Rhubarb
20	Amaranth	<15	Cranberry	<15	Rosemary
20	Caviar	<15	Pineapple	<15	Saffron
19	Alpha-Lactalbumin	<15	Yeast (Baker's)	<15	Carp
19	Orange	<15	Brazil Nut	<15	Fig
18	Lobster	<15	Durum Wheat	<15	Grapefruit
18	Nutmeg	<15	Chard	<15	Lemon
17	Lime	<15	Egg Yolk	<15	Mackerel
16	Coffee	<15	Lentil	<15	Marrow
16	Oyster	<15	Rice	<15	Mint
16	Peanut	<15	Nectarine	<15	Peppermint
15	Hazelnut	<15	Walnut	<15	Pomegranate
15	Malt	<15	Aloe Vera	<15	Quail
15	Tiger Nut	<15	Apple	<15	Raspberry
<15	Blackcurrant	<15	Beetroot	<15	Thyme
<15	Carob	<15	Curry (Mixed Spices)	<15	Wheat Bran
<15	Perch	<15	Flax Seed	<15	Basil
<15	Rye	<15	Leek	<15	Cauliflower
<15	Radish	<15	Redcurrant	<15	Chicken
<15	Squash (Butternut/Carnival)	<15	Scallop	<15	Cinnamon
<15	Ginger	<15	Shallot	<15	Cockle
<15	Plum	<15	Squid	<15	Dill
<15	Almond	<15	Bass	<15	Garlic
<15	Anchovy	<15	Cabbage (Savoy/White)	<15	Horse
<15	Bean (Broad)	<15	Carrot	<15	Lettuce

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NORMAL FOODS ...continued

<15	Papaya	<15	Cucumber	<15	Ginseng
<15	Pear	<15	Cuttlefish	<15	Herring
<15	Pine Nut	<15	Monkfish	<15	Hops
<15	Plaice	<15	Mushroom	<15	Kiwi
<15	Raisin	<15	Mustard Seed	<15	Lamb
<15	Salmon	<15	Peach	<15	Liquorice
<15	Spelt	<15	Sole	<15	Macadamia Nut
<15	Tea (Green)	<15	Strawberry	<15	Mango
<15	Bean (Green)	<15	Sweet Potato	<15	Melon (Galia/Honeydew)
<15	Blackberry	<15	Swordfish	<15	Milk (Buffalo)
<15	Broccoli	<15	Tea (Black)	<15	Millet
<15	Cherry	<15	Tomato	<15	Nettle
<15	Clove	<15	Turkey	<15	Octopus
<15	Cumin	<15	Turnip	<15	Olive
<15	Marjoram	<15	Vanilla	<15	Onion
<15	Mulberry	<15	Aniseed	<15	Ostrich
<15	Parsley	<15	Asparagus	<15	Partridge
<15	Pepper (Green/Red/Yellow)	<15	Avocado	<15	Peppercorn (Black/White)
<15	Pike	<15	Banana	<15	Pork
<15	Quinoa	<15	Beef	<15	Rapeseed
<15	Rabbit	<15	Blueberry	<15	Rocket
<15	Sage	<15	Cabbage (Red)	<15	Sardine
<15	Shrimp/Prawn	<15	Camomile	<15	Sea Bream (Gilthead)
<15	Trout	<15	Caper	<15	Sesame Seed
<15	Venison	<15	Cayenne	<15	Tangerine
<15	Yuca	<15	Chestnut	<15	Tapioca
<15	Apricot	<15	Chickpea	<15	Tarragon
<15	Artichoke	<15	Chicory	<15	Tuna
<15	Aubergine	<15	Chilli (Red)	<15	Turbot
<15	Bayleaf	<15	Coriander (Leaf)	<15	Veal
<15	Brussel Sprout	<15	Couscous	<15	Watercress
<15	Coconut	<15	Date	<15	Watermelon
<15	Cod	<15	Duck	<15	Wild Boar
<15	Crab	<15	Fennel (Leaf)		

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