

FOOD SENSITIVITY TEST

Discover Your Sensitivities to 190 Common Foods

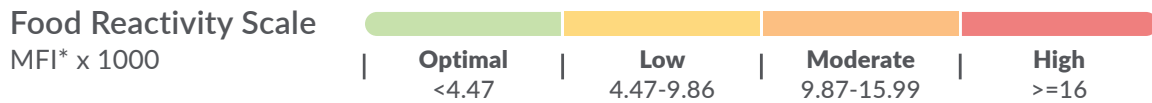


Getting Better Together™

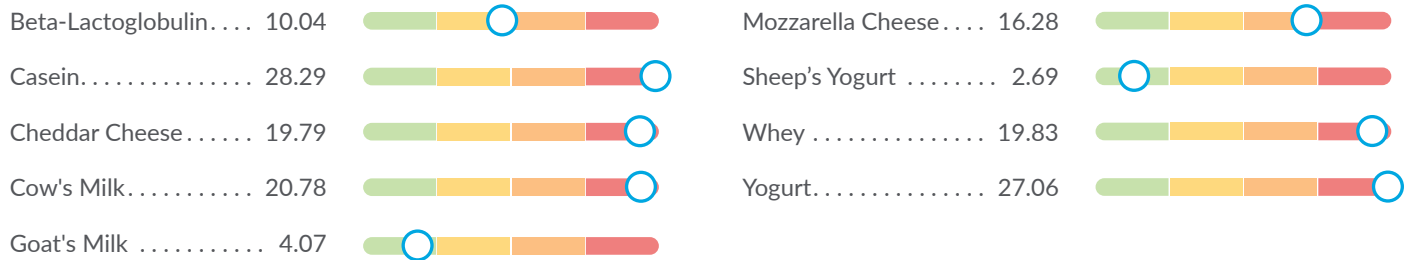
Patient:
DOB:
Height:
Weight:

Practitioner:
Lab #:
Collection Date: 11-14-2022
Received: 11-16-2022

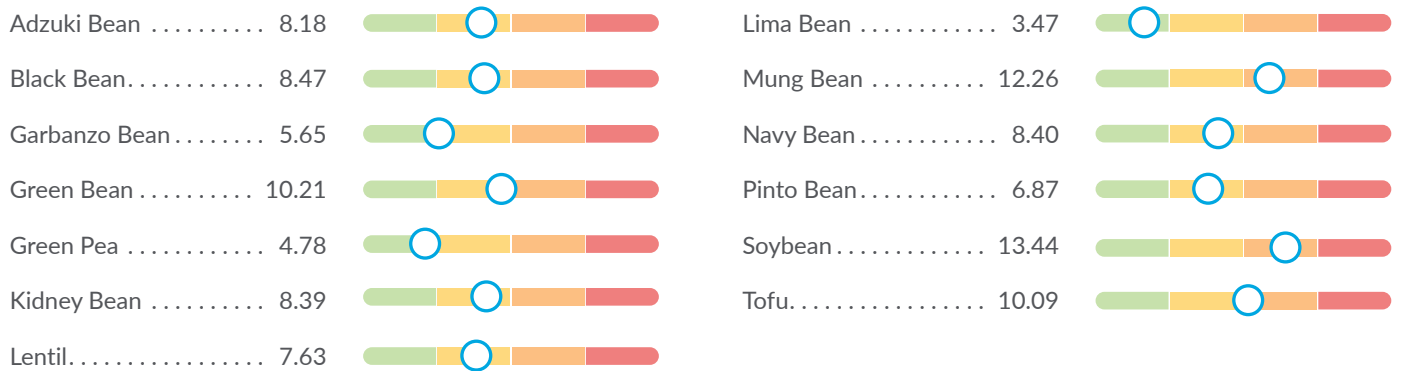
How to Read Your IgG Food Sensitivity Results



Dairy



Legumes (Beans & Peas)



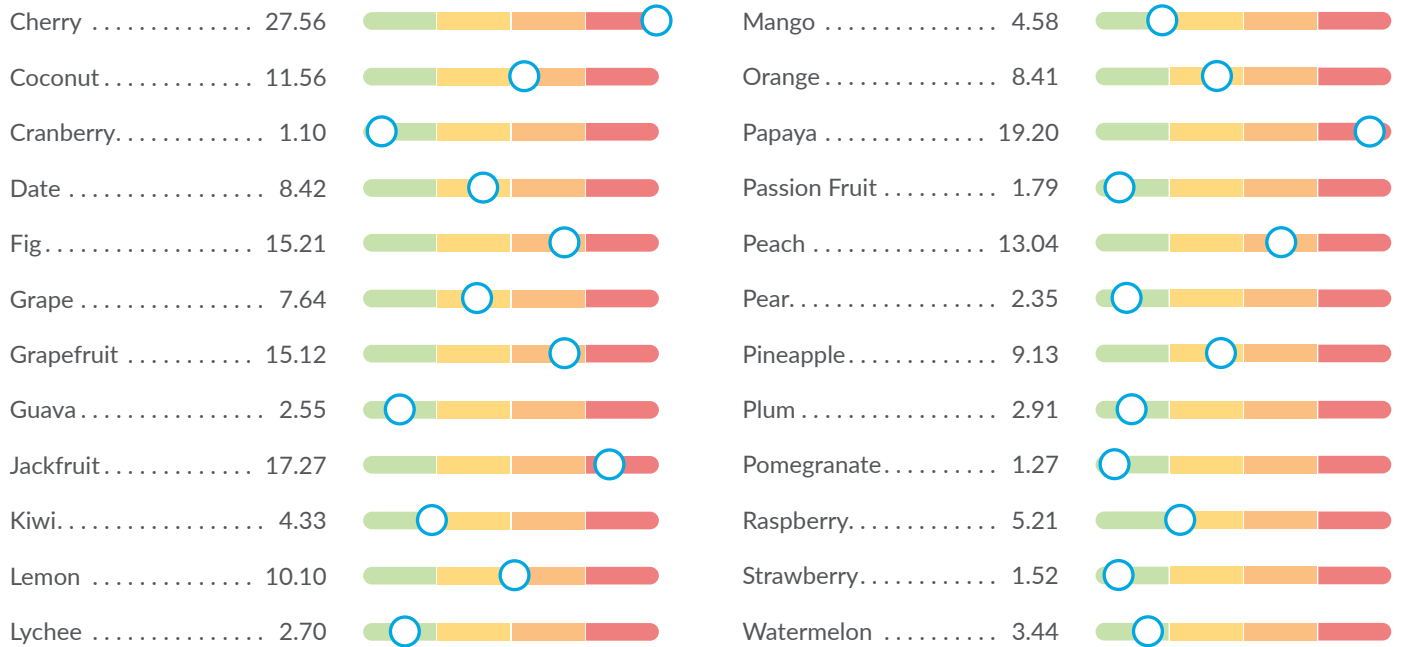
Fruit



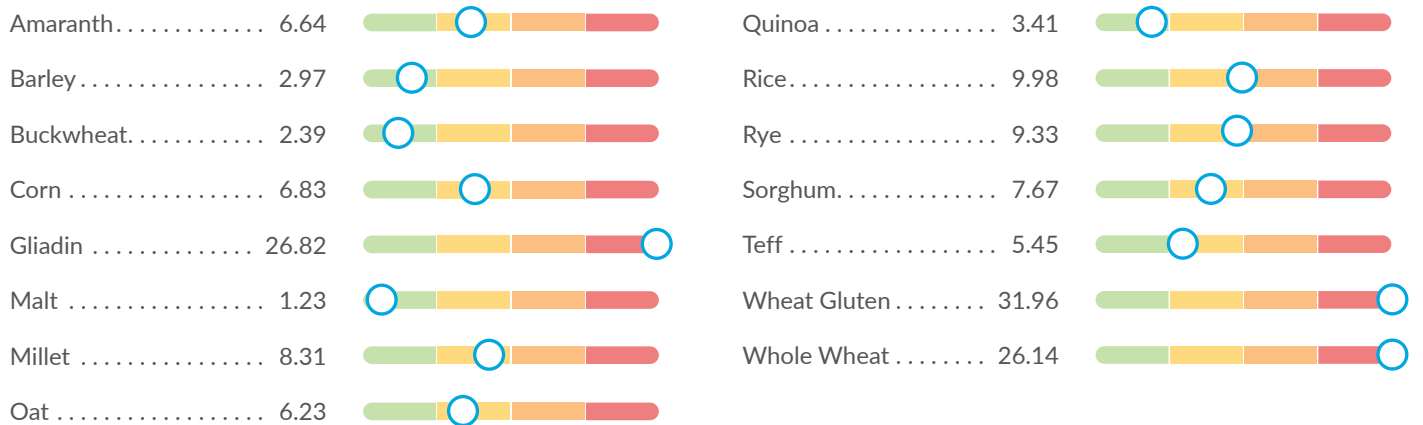
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Collection Date: 11-14-2022

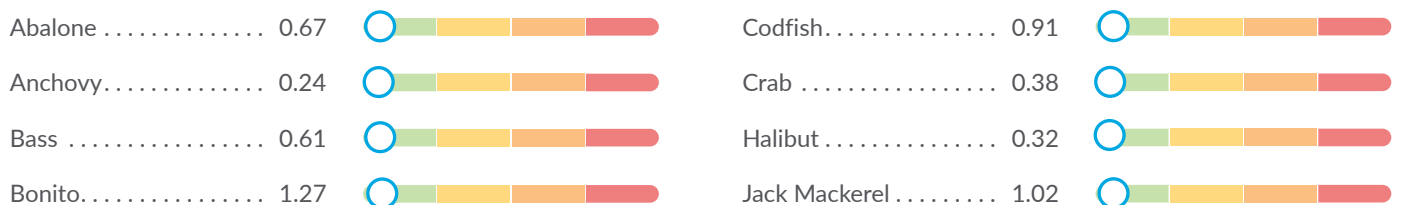
Fruit (cont')



Grains



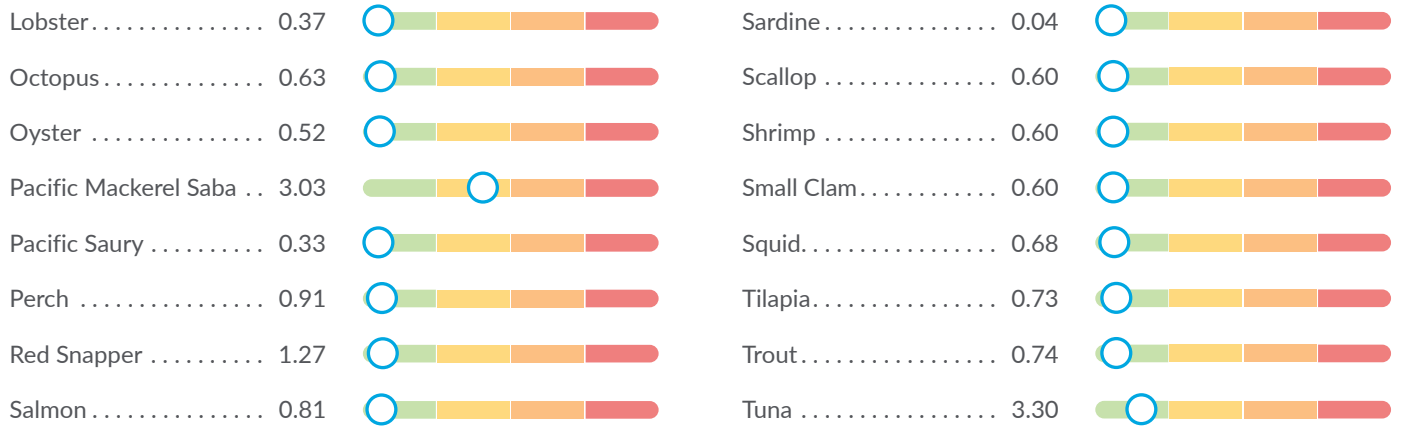
Fish / Seafood



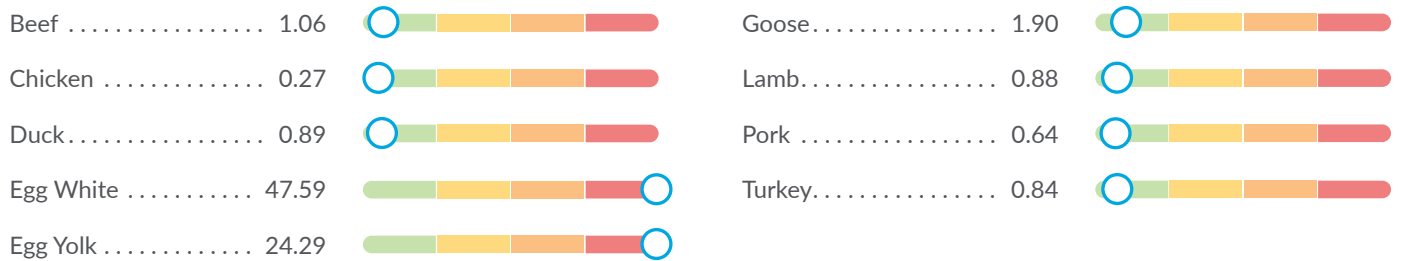
Patient:

Collection Date: 11-14-2022

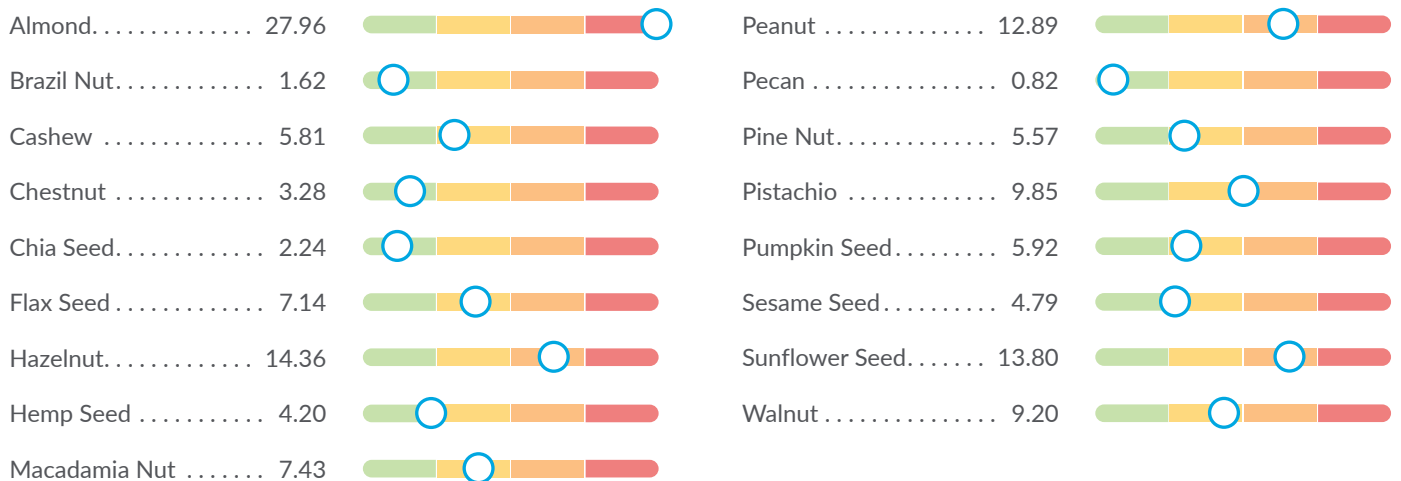
Fish / Seafood (cont')



Meat / Fowl



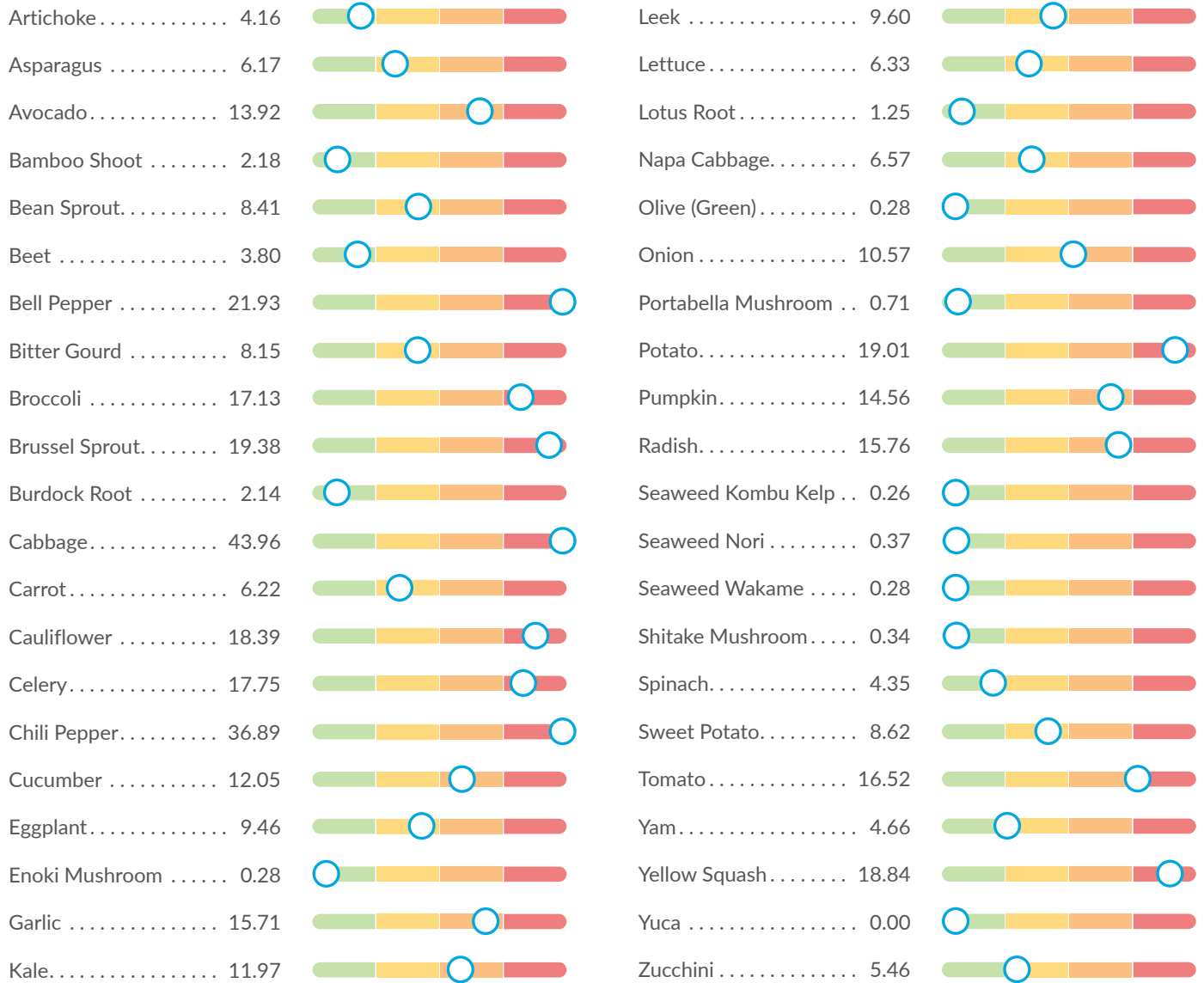
Nuts / Seeds



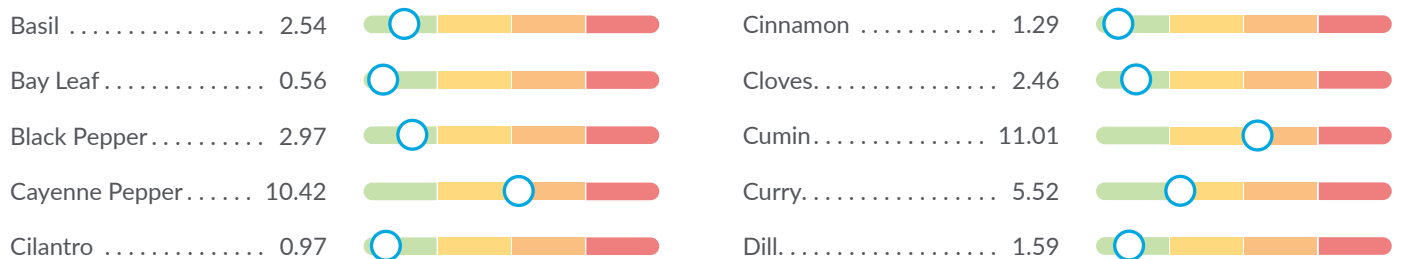
Patient:

Collection Date: 11-14-2022

Vegetables



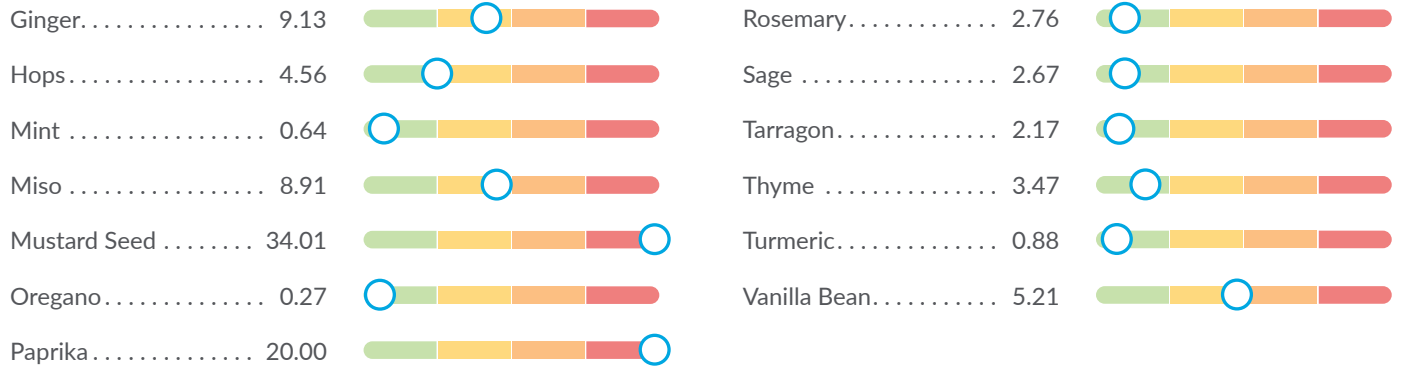
Herbs/Spices



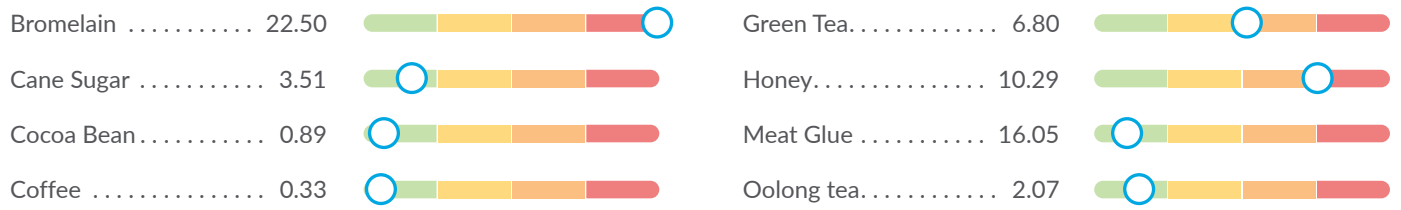
Patient:

Collection Date: 11-14-2022

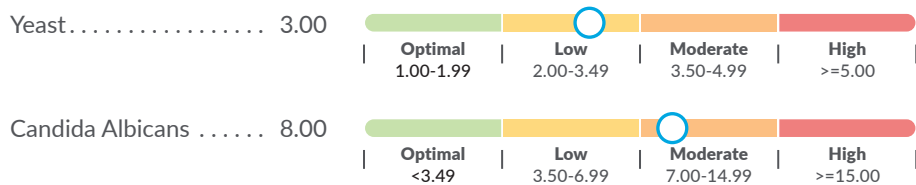
Herbs / Spices (cont')



Miscellaneous



Yeast



Patient:

Collection Date: 11-14-2022

Reactivity Summary

HIGH

Almond	Cheddar Cheese	Mustard Seed
Apricot	Cherry	Papaya
Bell Pepper	Chili Pepper	Paprika
Broccoli	Cow's Milk	Potato
Bromelain	Egg White	Tomato
Brussel Sprout	Egg Yolk	Wheat Gluten
Cabbage	Gliadin	Whey Yogurt
Casein	Jackfruit	Whole Wheat
Cauliflower	Meat Glue	Yellow Squash
Celery	Mozzarella Cheese	

MODERATE

Avocado	Grapefruit	Peach
Beta-Lactoglobulin	Green Bean	Peanut Rice
Cayenne Pepper	Hazelnut	Pumpkin
Coconut	Honey	Radish
Cucumber	Kale	Soybean
Cumin	Lemon	Sunflower Seed
Fig	Mung Bean	Tofu
Garlic	Onion	

LOW

Acai Berry	Ginger	Pine Nut
Adzuki Bean	Green Pea	Pineapple
Amaranth	Green Tea	Pinto Bean
Asparagus	Hops	Pistachio Rye
Banana	Kidney Bean	Pumpkin Seed
Bean Sprout	Leek	Raspberry
Bitter Gourd	Lentil	Sesame Seed
Black Bean	Lettuce	Sorghum
Carrot	Macadamia Nut	Sweet Potato
Cashew	Mango	Teff
Corn	Millet	Vanilla Bean
Curry	Miso	Walnut
Date	Napa Cabbage	Yam
Eggplant	Navy Bean	Zucchini
Flax Seed Grape	Oat	
Garbanzo Bean	Orange	

Foods Summary

The lab also detects IgG immune responses to Yeasts in foods as well as Candida Albicans, the yeast in the gut. Food-based yeast such as baker's and brewer's yeasts can be found in breads, rolls, crackers, pretzels, beer, etc. A reactivity to yeast in this section indicates an IgG based response to the yeast that is in food.

Candida, on the other hand, is a yeast that can be a part of the normal intestinal microbiome. However, in the presence of too much Candida, the body may create a larger immune response. Possible symptoms of candida overgrowth include bloating, gas, constipation, brain fog, fatigue or skin rashes. If you experience digestive based symptoms, please see the Recommendations Section for further information.

Yeast Summary

This Food Sensitivity Test evaluates IgG immune responses to 190 different food proteins. This type of immune response is an inflammatory reaction that occurs 24-72 hours after eating which may cause symptoms such as fatigue, headaches, joint pain, skin rashes or acne, brain fog or irritability.

There may be foods that are showing as reactive that are being eaten every day causing symptoms. This test helps to determine which food(s) may be impacting symptoms at a root cause level. On a different note, some foods will show as reactive even if you haven't eaten them in years — this is more of a longer term sensitivity and these foods should ideally be avoided.

It is important to note that if a food has an elevated reactivity, it does not indicate that the food is associated with symptoms of bloating, gas, indigestion or loose stool. There may be other reasons for these symptoms and recommendations are provided below. Additionally, this test does not evaluate IgE reactions (allergic reactions), which can be more serious in nature.

Please see the Recommendations Section to help you create an individualized food elimination plan depending on the strength of the IgG reaction.

Patient:

Collection Date: 11-14-2022

Food Recommendations

Based on the food list above, it is recommended to remove certain foods from the diet for the specified amount of time depending on the level of reactivity.

- **OPTIMAL:** Foods listed here show a normal IgG immune response by the body. There is no need to eliminate these foods from the diet.
- **LOW:** These foods are creating a mild IgG reaction in the body. It is recommended to remove these foods from the diet for a period of 6 weeks.
- **MODERATE:** These foods are creating a moderate IgG reaction in the body. It is recommended to remove these foods from the diet for a period of 12 weeks.
- **HIGH:** These foods are creating an elevated IgG reaction in the body. It is recommended to remove these foods from the diet for a period of 6 months.

After the elimination period, add foods back in one at a time over a 3 day period of time while monitoring for a noticeable change in energy, mood, skin, headaches, etc. If you do not notice any symptoms, you may incorporate the food 1-2 times per week for 1-2 months, continuing to monitor how you are feeling. Recheck your Food Sensitivity Test 6 months after starting your eliminations since these sensitivities can change over time.

Based on the test results, it also is recommended to continue supporting the body at a foundational level with the Daily Nutritional Support powder, which is the all-in-one multivitamin and plant-based protein. If you prefer capsules, you may choose the Daily Activated Multivitamin instead. Continue to support healthy immune system function with Full Spectrum Vitamin C and Full Spectrum Magnesium.

If you have more than 10 foods in the "High Reactivity" section, it is recommended to support the lining of the gut from inflammation with Healthy Gut Support, using 1 scoop per day for 8-12 weeks.

Yeast Recommendations

The reaction to baker's and brewer's yeasts shows a mild IgG immune response by the body. It is recommended to eliminate foods like bread, crackers, pretzels, rolls, beer, etc. from the diet for 6 weeks before reintroducing them.

The reaction to Candida albicans shows a moderate IgG immune response by your body. If you experience symptoms such as bloating, gas, indigestion, brain fog, skin rashes, loose stool or constipation, it is recommended to pursue further testing to evaluate gut-based imbalances with the Candida Metabolic and Vitamins Test. If you wish to forego testing, you may choose to begin with the Candida & Bacterial Optimizer (CBO) Protocol.

If you experience fullness with meals, slower digestion or tiredness after eating, you may add in Daily Digestive Enzymes taking 1-2 per meal to aid in better digestion.

If you do not have digestive-based symptoms, you may add the Daily Probiotic daily for ongoing support of a balanced microbiome.

Patient:

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Product Recommendations

Daily Nutritional Support

- Daily Nutritional Support is a vegan, hypoallergenic protein powder, fortified with a wide range of activated vitamins, minerals, antioxidants, detox cofactors, and electrolytes, making it a one-stop-shop to fill the nutritional gaps in your diet.

[View Product](#)

Daily Activated Multi-Vitamin

- EquiLife's Daily Activated Multi-Vitamin is a high quality source of key methylated vitamins and minerals for superior absorption to restore common deficiencies. It includes a key blend of antioxidants that protect from free radicals as well as providing essential nutrients that are necessary for supporting immune health and detoxification. [View Product](#)

Full Spectrum Vitamin C

- Full Spectrum Vitamin C is an easy way to boost your immunity with powerful antioxidants and plant-based flavonoids. As a known immune booster, Vitamin C protects the body against immune challenges alongside its key involvement in a wide variety of biological functions including skin, blood vessels, arteries, and gum health. [View Product](#)

Full Spectrum Magnesium

- Full Spectrum Magnesium utilizes three unique delivery formats ensuring maximum absorption and effectiveness in the body. It is a superior source of magnesium for better bioavailability, helps the body to relax and achieve restful sleep, promotes improved mental clarity, and aids in muscle relaxation. [View Product](#)

Healthy Gut Support

- Healthy Gut Support is designed to seal and soothe the gut lining, using specific nutrients to facilitate normal gut function. Healthy Gut Support improves digestion and absorption while minimizing unwanted toxins, microbes, or food particles from permeation.

[View Product](#)

Candida Metabolic and Vitamins Test

- The simple at-home Complete Candida, Metabolic & Vitamins Test will assess how well your digestive system is functioning, along with your energy and mood metabolites using a urine sample. Plus, you'll get a clear picture of your digestive and metabolic health and how to support any imbalances to feel your best again.

[View Product](#)

Candida & Bacterial Optimizer (CBO) Protocol

- The CBO Protocol (Candida and Bacterial Optimizer) is a three-month protocol to rebalance your gut and slowly reintroduce beneficial microbes. This comprehensive protocol is designed to slowly alter the state of your microbiome, remove unwanted microbes, and slowly reintroduce beneficial probiotic strains.

[View Product](#)

Daily Digestive Enzymes

- Daily Digestive Enzyme gives your body what it needs to optimize digestion and enhance the absorption of nutrients from your food. Everyone reacts differently to different foods, and Daily Digestive Enzyme is here to make digestion easier for everyone.

[View Product](#)

Daily Probiotic Support

- Our bodies are home to trillions of microorganisms that help us digest, extract energy from food, and maintain a healthy inflammatory response. Daily Probiotic Support provides eight beneficial well-researched strains of beneficial microbes known to survive the passage of digestion, in powerful doses to help promote optimal gut health. [View Product](#)

Food Sensitivity IgG Test

- You should recheck your food sensitivities about 6 months after starting your eliminations since these sensitivities can change over time. [View Product](#)

If this lab is for a child under 18 years old, please see the Children's Dosing Guide here: <http://equi.life/children-dosing>

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.