

INTRODUCTORY FOOD SENSITIVITY TEST

Discover Your Sensitivities to 5 Common Foods

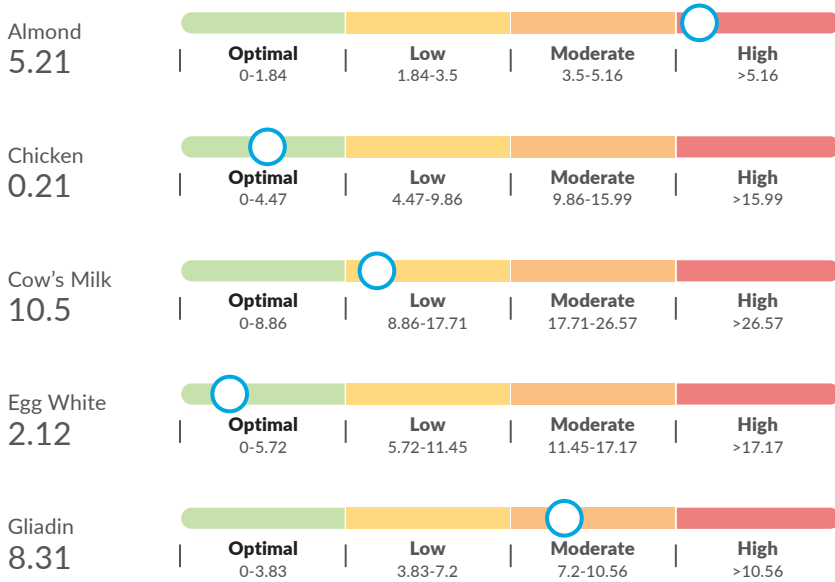


Getting Better Together

Patient: Jane Doe
DOB: 03-29-1959
Height: 5' 3"
Weight: 183 lbs

Practitioner: Joey Labs
Lab #: 346790
Collection Date: 11-14-2022
Received: 11-16-2022

IgG Food Sensitivity Results (MFI* x 1000)



Summary

This Food Sensitivity Test evaluates IgG immune responses to 5 common 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

Next Steps & Recommendations

Daily Nutritional Support

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

[View Product](#)

Daily Activated Multi-Vitamin

- The Daily Activated Multi-Vitamin was formulated to restore common deficiencies with high-quality sources of key vitamins and minerals. Utilizing principles of Functional Medicine, the Daily Activated Multi-Vitamin goes above-and-beyond by using activated and methylated forms for superior absorption.

[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](#)

Summary

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

Normal: 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 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.