



Patient Name: Report Sample

Date of Birth: Apr 10, 2005

Gender: M

Practitioner NO PHYSICIAN

Date of Collection: Dec 1, 2022

Time of Collection:

Print Date: Apr 6, 2023

Report Date: December 01, 2021

IgG Food MAP (190) - DBS

Dairy Beta-Lactoglobulin Casein Cheddar Cheese Cow's Milk Goat's Milk Mozzarella Cheese Sheep's Yogurt Whey Yogurt

Beans and Peas

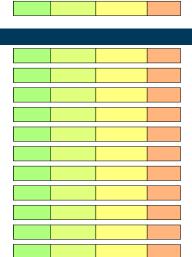
Beans and Peas		
Adzuki Bean		
Black Bean		
Garbanzo Bean		
Green Bean		
Green Pea		
Kidney Bean		
Lentil		
Lima Bean		
Mung Bean		
Navy Bean		
Pinto Bean		
Soybean		
Tofu		

Fruits		
Acai Berry		
Apple		
Apricot		
Banana		
Blueberry		
Cantaloupe		
Cherry		
Coconut		

Cranberry	
Date	
Fig	
Grape	
Grapefruit	
Guava	
Jackfruit	
Kiwi	
Lemon	
Lychee	
Mango	
Orange	
Papaya	
Passion Fruit	
Peach	
Pear	
Pineapple	
Plum	
Pomegranate	
Raspberry	
Strawberry	
Watermelon	

Grains

Amaranth	
Barley	
Buckwheat	
Corn	
Gliadin	
Malt	
Millet	
Oat	
Quinoa	
Rice	
Rye	



Testing performed by The Great Plains Laboratory, LLC., Overland Park, Kansas. The Great Plains Laboratory has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration.





Requisition #: 9900001 **Patient Name:** Report Sample Date of Birth: Apr 10, 2005

Gender: М

NO PHYSICIAN Practitioner

Dec 1, 2022 **Date of Collection:** Not Given

Time of Collection:

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IgG Food MAP (190) - DBS

Grains	Continued	Duck	
Sorghum	Continued	Egg White	
Teff		Egg Yolk	
		Goose	
Wheat Gluten		Lamb	
Whole Wheat		Pork	
Fish/Seafood		Turkey	
Abalone			
Anchovy		Nuts/Seeds	
Bass		Almond	
Bonito		Brazil Nut	
Codfish		Cashew	
Crab		Chestnut	
Halibut		Chia Seed	
Jack Mackerel		Flax Seed	
Lobster		Hazelnut	
Octopus		Hemp Seed	
Oyster		Macadamia Nut	
Pacific Mackerel (Saba)		Peanut	
Pacific Saury		Pecan	
Perch		Pine Nut	
Red Snapper		Pistachio	
Salmon		Pumpkin Seed	
Sardine		Sesame Seed	
		Sunflower Seed	
Scallop		Walnut	
Shrimp		Vanatablas	
Small Clam		Vegetables	
Squid		Artichoke	
Tilapia		Asparagus	
Trout		Avocado	
Tuna		Bamboo Shoot	
Meat/Fowl		Bean Sprout	
Beef		Beet	
Chicken		Bell Pepper	

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Bitter Gourd	Vegetables	Continued	Yuca	
Brussel Sprout Brussel Sprout Burdock Root Burdock Root Basil Burdock Root Basil Bay Leaf Carbage Black Pepper Carrot Cauliflower Cauliflower Cilantro Cilentro Cilentro Cilentro Cilentro Cilonamon Chili Pepper Cioves Curmin Eggplant Enoki Mushroom Gariic Kale Burdock Burdock Basil Bay Leaf Cayenne Pepper Ciovene Cilonamon Ciloves Dill Curry Dill Curry Dill Curry Dill Curry Dill Carric Miso Curry Dill Carric Calee Cal		Continued	Zucchini	
Brussel Sprout Basil Bay Leaf Bay Leaf			Horbs/Spices	
Burdock Root Bay Leaf Black Pepper Carrot Cayenne Pepper Carrot Cayenne Pepper Calliflower Cilantro C			·	
Cabbage Black Pepper Carrot Cayenne Pepper Cauliflower Clantro Celery Cinamon Chill Pepper Cloves Cucumber Cumin Eggplant Curry Enoki Mushroom Dill Garlic Ginger Kale Hops Leek Mint Lettuce Miso Lotus Root Mustard Seed Napa Cabbage Oregano Olive (Green) Paprika Portabella Mushroom Sage Portabella Mushroom Sage Potato Tarragon Fadish Thyme Seaweed Nori Seaweed Nori Seaweed Wakame Bromelain Shitake Mushroom Cocca Bean Shitake Mushroom Cocca Bean Shitake Mushroom Green Tea Shitake Mushroom Green Tea				
Carrot Cayenne Pepper Cauliflower Cilantro Celery Cinamon Chili Pepper Cloves Cucumber Cumin Eggplant Curry Enoki Mushroom Dill Garlic Ginger Kale Hops Leek Mint Lettuce Miso Lotus Root Mustard Seed Napa Cabbage Oregano Olive (Green) Paprika Onion Rosemary Portabella Mushroom Sage Potato Thyme Pumpkin Thyme Radish Turmeric Seaweed Kombu Kelp Vanilla Bean Seaweed Wakame Bromelain Shitake Mushroom Cane Sugar Spinach Cocca Bean Coffee Coffee Green Tea Honey			•	
Califlower Cilantro Celery Cinnamon Chili Pepper Cloves Cucumber Cumin Eggplant Curry Enoki Mushroom Dill Garlic Ginger Kale Hops Leek Mint Lettuce Miso Lotus Root Mustard Seed Napa Cabbage Oregano Olive (Green) Paprika Onion Rosemary Portabella Mushroom Sage Potato Tarragon Pumpkin Thyme Radish Turmeric Seaweed Kombu Kelp Vanilla Bean Seaweed Wakame Bromelain Shitake Mushroom Cane Sugar Spinach Cocoa Bean Sweet Potato Coffee Tomato Green Tea Honey Honey	-			
Celery Cinnamon Indiana Chili Pepper Cloves Indiana Cucumber Cumin Indiana Eggplant Curry Indiana Enoki Mushroom Dill Indiana Garlic Ginger Indiana Kale Indiana Indiana Leek Indiana Indiana Lettuce Indiana Indiana Lotus Root Indiana Indiana Napa Cabbage Oregano Indiana Olive (Green) Paprika Indiana Onion Rosemary Indiana Portabella Mushroom Sage Indiana Pumpkin Thyme Indiana Radish Turmeric Indiana Seaweed Kombu Kelp Vanilla Bean Seaweed Wakame Bromelain Indiana Shitake Mushroom Cane Sugar Cocoa Bean Sweet Potato Cocoa Bean Indiana Cocoa Bean Indiana Indiana Cocoa				
Cloves				
Cucumber Cumin Image: Curry				
Eggplant				
Enoki Mushroom				
Garlic Ginger Kale Hops Leek Mint Lettuce Miso Lotus Root Mustard Seed Napa Cabbage Oregano Olive (Green) Paprika Onion Rosemary Portabella Mushroom Sage Potato Tarragon Pumpkin Thyme Radish Turmeric Seaweed Kombu Kelp Vanilla Bean Seaweed Wakame Bromelain Shitake Mushroom Bromelain Spinach Cocoa Bean Sweet Potato Coffee Tomato Honey				
Kale Hops Leek Mint Lettuce Miso Lotus Root Mustard Seed Napa Cabbage Oregano Olive (Green) Paprika Onion Rosemary Portabella Mushroom Sage Potato Tarragon Pumpkin Thyme Radish Turmeric Seaweed Kombu Kelp Vanilla Bean Seaweed Wakame Bromelain Shitake Mushroom Bromelain Spinach Cocoa Bean Sweet Potato Coffee Tomato Honey				
Leek Mint Lettuce Miso Lotus Root Mustard Seed Napa Cabbage Oregano Olive (Green) Paprika Onion Rosemary Portabella Mushroom Sage Potato Tarragon Pumpkin Thyme Radish Turmeric Seaweed Kombu Kelp Vanilla Bean Seaweed Nori Seaweed Wakame Shitake Mushroom Bromelain Spinach Cocoa Bean Sweet Potato Cocoa Bean Tomato Green Tea Honey	Garlic		Ginger	
Lettuce Lotus Root Napa Cabbage Olive (Green) Olive (Green) Onion Rosemary Portabella Mushroom Potato Pumpkin Radish Seaweed Kombu Kelp Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Yam Miso Mustard Seed Negano Negano Paprika Tarragon Tarragon Thyme Thyme Turmeric Turmeric Turmeric Turmeric Turmeric Turmeric Tocoa Bean Tocoa Bean Tocoa Bean Tocoffee Green Tea Honey	Kale		Hops	
Lotus Root Napa Cabbage Oregano Olive (Green) Onion Portabella Mushroom Potato Pumpkin Radish Radish Seaweed Kombu Kelp Seawed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Mustard Seed Negaro Tarragon Thyme Th	Leek		Mint	
Napa Cabbage Olive (Green) Olive (Green) Onion Rosemary Portabella Mushroom Potato Pumpkin Radish Radish Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Oregano Paprika In I	Lettuce		Miso	
Olive (Green) Onion Rosemary Portabella Mushroom Potato Potato Pumpkin Radish Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Paprika Paprika Nessemary Name Nasemary Natiral Bean Natiral Bean Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey	Lotus Root		Mustard Seed	
Onion Rosemary Sage Sage Sage Sage Sage Sage Sage Sage	Napa Cabbage		Oregano	
Portabella Mushroom Potato Potato Tarragon Thyme Radish Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Sage Tarragon Thyme Vanilla Bean Turmeric Vanilla Bean Miscellaneous Bromelain Cane Sugar Coccoa Bean Coffee Green Tea Honey	Olive (Green)		Paprika	
Potato Pumpkin Pumpkin Radish Turmeric Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Tarragon Thyme Intervel Inter	Onion		Rosemary	
Pumpkin Radish Turmeric Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Thyme Turmeric Vanilla Bean Vanilla Bean Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey	Portabella Mushroom		Sage	
Radish Seaweed Kombu Kelp Vanilla Bean Miscellaneous Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Turmeric Vanilla Bean Vanilla Bean Vanilla Bean Cocoa Bean Cocoa Bean Cocoa Bean Coffee Green Tea Honey	Potato		Tarragon	
Radish Seaweed Kombu Kelp Vanilla Bean Miscellaneous Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Turmeric Vanilla Bean Vanilla Bean Vanilla Bean Cocoa Bean Cocoa Bean Cocoa Bean Coffee Green Tea Honey	Pumpkin		Thyme	
Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey				
Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey	Seaweed Kombu Kelp		Vanilla Bean	
Seaweed Wakame Shitake Mushroom Cane Sugar Spinach Sweet Potato Cocoa Bean Coffee Tomato Yam Bromelain Cane Sugar Cocoa Bean Cocoa Bean Honey	·		Missellanson	
Shitake Mushroom Spinach Sweet Potato Cocoa Bean Coffee Tomato Yam Cane Sugar Cocoa Bean Coffee Honey	Seaweed Wakame			
Spinach Sweet Potato Cocoa Bean Coffee Tomato Yam Cane Sugar Cocoa Bean Coffee Honey	Shitake Mushroom			
Sweet Potato Cocoa Bean Coffee Tomato Yam Honey				
Tomato Yam Coffee Green Tea Honey				
Yam Green Tea Honey				
Honey			Green Tea	
	Yellow Squash		Honey	

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Miscellaneous	Continued	Reactivity Sumi	nary	
Meat Glue		Low		
Oolong Tea		Black Bean	Green Bean	Whey

Food Reactivity Scale

Not Significant

Low

Moderate

High

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Reactivity Details

Dairy

Dany						Truits					
Antigen Name	Analyte	Scale	Value *	Not S	Significant	Antigen Name	Analyte	Scale	Value *	Not S	Significant
Beta-Lactoglobulin	IgG	Not Significant	1.00	<	4.47	Acai Berry	IgG	Not Significant	0.00	<	4.47
Casein	IgG	Not Significant	1.00	<	13.72	Apple	IgG	Not Significant	0.00	<	4.47
Cheddar Cheese	IgG	Not Significant	6.00	<	9.14	Apricot	IgG	Not Significant	0.00	<	4.47
Cow's Milk	IgG	Not Significant	2.00	<	8.86	Banana	IgG	Not Significant	0.00	<	4.47
Goat's Milk	IgG	Not Significant	1.00	<	6.13	Blueberry	IgG	Not Significant	0.00	<	4.47
Mozzarella Cheese	IgG	Not Significant	4.00	<	9.91	Cantaloupe	IgG	Not Significant	0.00	<	4.47
Sheep's Yogurt	IgG	Not Significant	1.00	<	3.79	Cherry	IgG	Not Significant	0.00	<	4.47
Whey	IgG	Low	9.00	<	4.53	Coconut	IgG	Not Significant	0.00	<	4.47
Yogurt	IgG	Not Significant	5.00	<	9.25	Cranberry	IgG	Not Significant	0.00	<	4.47
Beans and Peas						Date	IgG	Not Significant	0.00	<	4.47
Antigen Name	Analyte	Scale	Value *	Not S	Significant	Fig	IgG	Not Significant	0.00	<	4.47
Adzuki Bean	lgG	Not Significant	1.00	<	4.47	Grape	IgG	Not Significant	0.00	<	4.47
Black Bean	lgG	Low	7.00	<	4.47	Grapefruit	IgG	Not Significant	0.00	<	4.47
Garbanzo Bean	lgG	Not Significant	1.00	<	4.47	Guava	IgG	Not Significant	0.00	<	4.47
Green Bean	lgG	Low	9.00	<	4.47	Jackfruit	IgG	Not Significant	0.00	<	4.47
Green Pea	lgG	Not Significant	4.00	<	4.47	Kiwi	lgG	Not Significant	0.00	<	4.47
Kidney Bean	lgG	Not Significant	0.00	<	4.47	Lemon	IgG	Not Significant	0.00	<	4.47
Lentil	lgG	Not Significant	0.00	<	4.47	Lychee	IgG	Not Significant	0.00	<	4.47
Lima Bean	lgG	Not Significant	0.00	<	4.47	Mango	IgG	Not Significant	0.00	<	4.47
Mung Bean	lgG	Not Significant	0.00	<	4.47	Orange	IgG	Not Significant	0.00	<	4.47
Navy Bean	IgG	Not Significant	0.00	<	4.47	Papaya	IgG	Not Significant	0.00	<	4.47
Pinto Bean	IgG	Not Significant	0.00	<	4.47	Passion Fruit	IgG	Not Significant	0.00	<	4.47
Soybean	IgG	Not Significant	0.00	<	4.47	Peach	IgG	Not Significant	0.00	<	4.47
Tofu	IgG	Not Significant	0.00	<	4.47	Pear	IgG	Not Significant	0.00	<	4.47
						Pineapple	IgG	Not Significant	0.00	<	7.19
						Plum	IgG	Not Significant	0.00	<	4.47
						Pomegranate	IgG	Not Significant	0.00	<	4.47
						Raspberry	IgG	Not Significant	0.00	<	4.47
						Strawberry	IgG	Not Significant	0.00	<	4.47
* MFI x 1000						Watermelon	IgG	Not Significant	0.00	<	4.47

Fruits

Grains						Meat/Fowl				
Antigen Name	Analyte	Scale	Value *	Not 9	Significant	Antigen Name	Analyte	Scale	Value *	Not Significan
Amaranth	lgG	Not Significant	0.00	<	4.47	Beef	lgG	Not Significant	0.00	< 4.47
Barley	IgG	Not Significant	0.00	<	4.47	Chicken	IgG	Not Significant	0.00	< 4.47
Buckwheat	lgG	Not Significant	0.00	<	4.47	Duck	lgG	Not Significant	0.00	< 4.47
Corn	lgG	Not Significant	0.00	<	4.47	Egg White	lgG	Not Significant	0.00	< 5.72
Gliadin	lgG	Not Significant	0.00	<	3.83	Egg Yolk	lgG	Not Significant	0.00	< 4.47
Malt	lgG	Not Significant	0.00	<	4.47	Goose	lgG	Not Significant	0.00	< 4.47
Millet	lgG	Not Significant	0.00	<	4.47	Lamb	lgG	Not Significant	0.00	< 4.47
Oat	lgG	Not Significant	0.00	<	4.47	Pork	lgG	Not Significant	0.00	< 4.47
Quinoa	lgG	Not Significant	0.00	<	4.47	Turkey	lgG	Not Significant	0.00	< 4.47
Rice	lgG	Not Significant	0.00	<	4.47	Nuts/Seeds	Ü			
Rye	IgG	Not Significant	0.00	<	2.29	Antigen Name	Analyte	Scale	Value *	Not Significant
Sorghum	IgG	Not Significant	0.00	<	4.47	Almond	lgG	Not Significant	0.00	< 1.84
Teff	IgG	Not Significant	0.00	<	4.47	Brazil Nut	lgG	Not Significant	0.00	< 4.47
Wheat Gluten	lgG	Not Significant	0.00	<	2.91	Cashew	lgG	Not Significant	0.00	< 4.47
Whole Wheat	lgG	Not Significant	0.00	<	3.63	Chestnut	lgG	Not Significant	0.00	< 4.47
Fish/Seafood						Chia Seed	lgG	Not Significant	0.00	< 4.47
Antigen Name	Analyte	Scale	Value *	Not 9	Significant	Flax Seed	lgG	Not Significant	0.00	< 4.47
Abalone	lgG	Not Significant	0.00	<	4.47	Hazelnut	lgG	Not Significant	0.00	< 4.47
Anchovy	lgG	Not Significant	0.00	<	4.47	Hemp Seed	lgG	Not Significant	0.00	< 4.47
Bass	lgG	Not Significant	0.00	<	4.47	Macadamia Nut	lgG	Not Significant	0.00	< 4.47
Bonito	lgG	Not Significant	0.00	<	4.47	Peanut	lgG	Not Significant	0.00	< 4.73
Codfish	lgG	Not Significant	0.00	<	4.47	Pecan	lgG	Not Significant	0.00	< 4.47
Crab	lgG	Not Significant	0.00	<	4.47	Pine Nut	lgG	Not Significant	0.00	< 4.47
Halibut	lgG	Not Significant	0.00	<	4.47	Pistachio	lgG	Not Significant	0.00	< 4.47
Jack Mackerel	lgG	Not Significant	0.00	<	4.47	Pumpkin Seed	lgG	Not Significant	0.00	< 4.47
Lobster	lgG	Not Significant	0.00	<	4.47	Sesame Seed	lgG	Not Significant	0.00	< 2.59
Octopus	lgG	Not Significant	0.00	<	4.47	Sunflower Seed	lgG	Not Significant	0.00	< 4.47
Oyster	lgG	Not Significant	0.00	<	4.47	Walnut	lgG	Not Significant	0.00	< 4.47
Pacific Mackerel (Sa	lgG	Not Significant	0.00	<	4.47	Vegetables	.3.2	J	2.00	1.71
Pacific Saury	IgG	Not Significant	0.00	<	4.47	Antigen Name	Analyte	Scale	Value *	Not Significant
Perch	lgG	Not Significant	0.00	<	4.47	Artichoke	lgG	Not Significant	0.00	< 4.47
Red Snapper	lgG	Not Significant	0.00	<	4.47	Asparagus	lgG	Not Significant	0.00	< 4.47 < 4.47
Salmon	lgG	Not Significant	0.00	<	4.47	Avocado	lgG	Not Significant	0.00	< 4.47
Sardine	lgG	Not Significant	0.00	<	4.47	Bamboo Shoot	lgG	Not Significant	0.00	< 4.47 < 4.47
Scallop	lgG	Not Significant	0.00	<	4.47	Bean Sprout	lgG	Not Significant	0.00	< 4.47 < 4.47
Shrimp	IgG	Not Significant	0.00	<	4.47	Beet	lgG	Not Significant	0.00	< 4.47 < 4.47
Small Clam	lgG	Not Significant	0.00	<	4.47	Bell Pepper	lgG	Not Significant	0.00	< 4.47 < 4.47
Squid	lgG	Not Significant	0.00	<	4.47	Bitter Gourd	lgG	Not Significant	0.00	
Tilapia	lgG	Not Significant	0.00	<	4.47	Broccoli	lgG	Not Significant	0.00	
Trout	lgG	Not Significant	0.00	<	4.47	Brussel Sprout	lgG	Not Significant	0.00	
Tuna	lgG	Not Significant	0.00	<	4.47	Burdock Root	_	Not Significant		
. MEL v 1000						DUI AJOUR ROOL	lgG	NOT SIGNIFICANT	0.00	< 4.47

* MFI x 1000

Cabbage	lgG	Not Significant	0.00	<	4.47	Herbs/Spices				
Vegetables(Cont)						Antigen Name	Analyte	Scale	Value *	Not Significant
Antigen Name	Analyt	e Scale	Value *	Not 9	Significant	Basil	lgG	Not Significant	0.00	< 4.47
Carrot	lgG	Not Significant	0.00	<	4.47	Bay Leaf	lgG	Not Significant	0.00	< 4.47
Cauliflower	lgG	Not Significant	0.00	<	4.47	Black Pepper	lgG	Not Significant	0.00	< 4.47
Celery	lgG	Not Significant	0.00	<	4.47	Cayenne Pepper	lgG	Not Significant	0.00	< 4.47
Chili Pepper	lgG	Not Significant	0.00	<	4.47	Cilantro	lgG	Not Significant	0.00	< 4.47
Cucumber	lgG	Not Significant	0.00	<	4.47	Cinnamon	lgG	Not Significant	0.00	< 4.47
Eggplant	lgG	Not Significant	0.00	<	4.47	Cloves	lgG	Not Significant	0.00	< 4.47
Enoki Mushroom	lgG	Not Significant	0.00	<	4.47	Cumin	lgG	Not Significant	0.00	< 4.47
Garlic	lgG	Not Significant	0.00	<	4.47	Curry	lgG	Not Significant	0.00	< 4.47
Kale	lgG	Not Significant	0.00	<	4.47	Dill	lgG	Not Significant	0.00	< 4.47
Leek	lgG	Not Significant	0.00	<	4.47	Ginger	lgG	Not Significant	0.00	< 4.47
Lettuce	lgG	Not Significant	0.00	<	4.47	Hops	lgG	Not Significant	0.00	< 4.47
Lotus Root	lgG	Not Significant	0.00	<	4.47	Mint	lgG	Not Significant	0.00	< 4.47
Napa Cabbage	lgG	Not Significant	0.00	<	4.47	Miso	lgG	Not Significant	0.00	< 2.39
Olive (Green)	lgG	Not Significant	0.00	<	4.47	Mustard Seed	lgG	Not Significant	0.00	< 4.47
Onion	lgG	Not Significant	0.00	<	4.47	Oregano	lgG	Not Significant	0.00	< 4.47
Portabella Mushroom	lgG	Not Significant	0.00	<	4.47	Paprika	lgG	Not Significant	0.00	< 4.47
Potato	lgG	Not Significant	0.00	<	4.47	Rosemary	lgG	Not Significant	0.00	< 4.47
Pumpkin	lgG	Not Significant	0.00	<	4.47	Sage	lgG	Not Significant	0.00	< 4.47
Radish	lgG	Not Significant	0.00	<	4.47	Tarragon	lgG	Not Significant	0.00	< 4.47
Seaweed Kombu Ke	lgG	Not Significant	0.00	<	4.47	Thyme	lgG	Not Significant	0.00	< 4.47
Seaweed Nori	lgG	Not Significant	0.00	<	4.47	Turmeric	lgG	Not Significant	0.00	< 4.47
Seaweed Wakame	lgG	Not Significant	0.00	<	4.47	Vanilla Bean	lgG	Not Significant	0.00	< 2.03
Shitake Mushroom	lgG	Not Significant	0.00	<	4.47	Miscellaneous				
Spinach	lgG	Not Significant	0.00	<	4.47	Antigen Name	Analyte	Scale	Value *	Not Significant
Sweet Potato	lgG	Not Significant	0.00	<	4.47	Bromelain	IgG	Not Significant	0.00	< 2.71
Tomato	lgG	Not Significant	0.00	<	4.47	Cane Sugar	lgG	Not Significant	0.00	< 4.47
Yam	lgG	Not Significant	0.00	<	4.47	Cocoa Bean	lgG	Not Significant	0.00	< 4.47
Yellow Squash	lgG	Not Significant	0.00	<	4.47	Coffee	lgG	Not Significant	0.00	< 4.47
Yuca	lgG	Not Significant	0.00	<	4.47	Green Tea	lgG	Not Significant	0.00	< 4.47
Zucchini	lgG	Not Significant	0.00	<	4.47	Honey	lgG	Not Significant	0.00	< 4.47
						Meat Glue	lgG	Not Significant	0.00	< 4.47
						Oolong Tea	lgG	Not Significant	0.00	< 4.47
						3	.90	g	0.00	¬. ¬ !

^{*} MFI x 1000

Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods:

A patient's serum or dry blood spot sample is introduced to a protein extract from each of the 190 foods. The test report indicates the level of IgG antibodies to those specific food proteins. If food-specific binding occurs between a food antigen and the patient's IgG antibodies, the result will appear on the graph as low, moderate, or high in relation to a reactivity scale.

Using IgG Food MAP results to build elimination or exclusion diets:

Symptomatic reactions to IgG-reactive foods are difficult to connect with specific foods. A diet eliminating some or all reactive foods may improve symptoms and is not as challenging as a full elimination or elemental diet. As reactive foods are removed from the diet, it is useful to observe any changes in digestion, skin condition, energy level, mood, or pain level.

The IgG Food MAP Test includes two separate reports: the IgG Food MAP report (190 foods) and the IgG Yeast Allergy report (Candida albicans and Saccharomyces cerevisiae yeast).

Because yeasts' primary antigens are rich in glycans, and not suited for the protein-specific assay, they are tested by an ELISA method and results are provided **in a separate report**, which may occasionally be delivered or available in the portal on a different date.

For additional information and references on IgG and dietary intervention, please visit www.greatplainslaboratory.com, Select A Test – IgG

Four Day Rotation Diet – Customized for Report Sample



Congratulations, Report

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

The Great Plains Laboratory, LLC.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load, as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also "unmask" hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

For additional information and references on IgG and dietary intervention, please visit www.greatplainslaboratory.com, Select A Test – IgG



Four Day Rotation Diet – Customized for Report Sample								
Day 1	Day 2	Day 3	Day 4					
Dairy								
Cheddar Cheese Cheddar Cheese Cow's Milk Cow's Milk Mozzarella Cheese Mozzarella Cheese Yogurt Yogurt	Whey Whey	Goat's Milk Goat's Milk Sheep's Yogurt Sheep's Yogurt						
Beans and Peas								
Black Bean Black Bean Green Bean Green Bean Kidney Bean Kidney Bean Navy Bean Navy Bean Pinto Bean Pinto Bean	Adzuki Bean Adzuki Bean Mung Bean Mung Bean Soybean Soybean Tofu	Lentil Lentil Lima Bean Lima Bean	Garbanzo Bean Garbanzo Bean Green Pea Green Pea					
Fruits								
Apple Apple Date Date Jackfruit Jackfruit Lychee Lychee Passion Fruit Pear	Acai Berry Acai Berry Cantaloupe Cantaloupe Grapefruit Grapefruit Guava Guava Lemon Lemon Orange	Apricot Apricot Blueberry Blueberry Cherry Cherry Cranberry Cranberry Fig Fig Grape	Banana Banana Coconut Coconut Mango Mango Papaya Papaya Pineapple Pineapple					
Grains								
Millet Millet Sorghum Sorghum Teff Teff Wheat Gluten Wheat Gluten Whole Wheat Whole Wheat	Amaranth Amaranth Buckwheat Buckwheat Oat Oat Quinoa Quinoa	Corn	Barley Barley Malt Malt Rice Rice Rye Rye					

Fish/Seafood			
Anchovy Anchovy Codfish Codfish Halibut Halibut Sardine Sardine	Abalone Abalone Crab Crab Jack Mackerel Jack Mackerel Lobster Lobster Octopus Octopus Oyster	Perch Perch Red Snapper Red Snapper Salmon Salmon Trout Trout	Bass Bass Bonito Bonito Pacific Mackerel (Saba) Pacific Mackerel (Saba) Pacific Saury Pacific Saury Tuna Tuna
Meat/Fowl			
Beef Beef Lamb Lamb	Chicken Chicken Duck Duck Goose Goose Turkey Turkey	Egg White Egg White Egg Yolk Egg Yolk	Pork Pork
Nuts/Seeds			
Almond Almond Flax Seed Flax Seed Pine Nut Pine Nut Sesame Seed Sesame Seed	Chestnut Chestnut Hazelnut Hazelnut Hemp Seed Hemp Seed Pecan Pecan Sunflower Seed Sunflower Seed Walnut	Cashew Cashew Chia Seed Chia Seed Macadamia Nut Macadamia Nut	Brazil Nut Brazil Nut Peanut Peanut Pistachio Pistachio Pumpkin Seed Pumpkin Seed
Vegetables			
Broccoli Broccoli Brussel Sprout Brussel Sprout Cabbage Cabbage Cauliflower Cauliflower Kale Kale Napa Cabbage	Artichoke Artichoke Beet Beet Bitter Gourd Bitter Gourd Burdock Root Burdock Root Cucumber Cucumber Pumpkin	Asparagus Asparagus Avocado Avocado Bell Pepper Bell Pepper Chili Pepper Chili Pepper Eggplant Eggplant Garlic	Bamboo Shoot Bamboo Shoot Bean Sprout Bean Sprout Carrot Carrot Celery Celery Enoki Mushroom Enoki Mushroom Lettuce

Herbs/Spices			
Bay Leaf	Black Pepper	Basil	Cilantro
Bay Leaf	Black Pepper	Basil	Cilantro
Cinnamon	Cayenne Pepper	Mint	Cumin
Cinnamon	Cayenne Pepper	Mint	Cumin
Cloves	Ginger	Oregano	Curry
Cloves	Ginger	Oregano	Curry
Mustard Seed	Miso	Rosemary	Dill
Mustard Seed	Miso	Rosemary	Dill
Tarragon	Paprika	Sage	Hops
Tarragon	Paprika	Sage	Hops
5 -	Turmeric	Thyme	Vanilla Bean

Miscellaneous

Miscellaneous foods are not rotated. Remove foods with a moderate or high antibody response.





Patient Name: Report Sample

Date of Birth: Apr 10, 2005

Gender: M

Practitioner NO PHYSICIAN

Date of Collection: Dec 1, 2022

Time of Collection: Not Given

Print Date: Mar 21, 2023

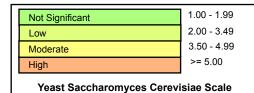
Report Date: December 01, 2021

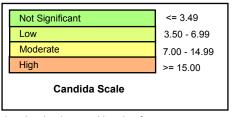
lgG Yeasts Allergy Test (2) Serum



Reactivity Summary

Not Significant
Candida Albicans
Yeast





The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

Testing performed by The Great Plains Laboratory, LLC., Overland Park, Kansas. This test has not been evaluated by the U.S. Food and Drug Administration.





December 01, 2021

Requisition #: 9900001 Practitioner NO PHYSICIAN

Patient Name:Report SampleDate of Collection:Dec 1, 2022

Date of Birth: Apr 10, 2005 Time of Collection: Not Given

Gender: M Print Date: Mar 21, 2023

Report Date:

lgG Yeasts Allergy Test (2) Serum

Comments

High levels of IgG antibodies to Candida, a genus of yeast:

A separate test for IgG antibody to Candida (serum and DBS) is included because of Candida's importance to overall health. IgG antibodies to Candida may be due to current or past infection or intestinal overgrowth. An elevated Candida IgG indicates the immune system has interacted with Candida. Although Candida and related fungal species are normal constituents of GI flora, use of antibiotics, oral contraceptives, chemotherapy, or anti-inflammatory steroids increases the possibility of fungal overgrowth and imbalance of GI flora. Dietary improvements and/or antifungal therapy may lower Candida antibodies and reduce symptoms.

Testing performed by The Great Plains Laboratory, LLC., Overland Park, Kansas. This test has not been evaluated by the U.S. Food and Drug Administration.