



**OptiWay**<sup>TM</sup>  
Optimise Health, Optimise Nutrition

**FOODPRINT**<sup>®</sup>

Food IgG Antibody Test

# PATIENT REPORT



13/03/2020

Dear An Example,

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

#### TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

- 1) **Food Groups** – foods are listed according to their respective food group
- 2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED** **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

#### PATIENT GUIDEBOOK

- ✓ Information about food intolerance and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact us.

Kind regards  
The Optiway Team



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# Test Report : Food Groups

**Patient Name:** An Example  
**Patient Number:**  
**Date of Birth:**

**Sample Date:**  
**Analysis Date:**  
**Clinic:**

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

113	Alpha-Lactalbumin	57	Egg White	91	Milk (Cow)
29	Beta-Lactoglobulin	13	Egg Yolk	97	Milk (Goat)
65	Casein	14	Milk (Buffalo)	70	Milk (Sheep)

**GRAINS (Gluten-Containing)\***

37	Barley	50	Malt	16	Wheat
53	Couscous	64	Oat	35	Wheat Bran
34	Durum Wheat	54	Rye		
57	Gliadin*	31	Spelt		

**GRAINS (Gluten-Free)**

58	Amaranth	57	Millet	12	Tapioca
36	Buckwheat	12	Polenta		
67	Corn (Maize)	46	Rice		

**FRUIT**

22	Apple	37	Guava	20	Pear
16	Apricot	22	Kiwi	24	Pineapple
11	Avocado	2	Lemon	20	Plum
19	Banana	25	Lime	47	Pomegranate
8	Blackberry	9	Lychee	13	Raisin
27	Blackcurrant	9	Mango	54	Raspberry
56	Blueberry	32	Melon (Galia/Honeydew)	33	Redcurrant
16	Cherry	81	Mulberry	29	Rhubarb
20	Cranberry	29	Nectarine	5	Strawberry
16	Date	22	Olive	4	Tangerine
39	Fig	26	Orange	21	Watermelon
13	Grape (Black/Red/White)	11	Papaya		
20	Grapefruit	34	Peach		

**VEGETABLES**

13	Artichoke	12	Cauliflower	22	Potato
23	Asparagus	18	Celery	29	Quinoa
7	Aubergine	12	Chard	55	Radish
41	Bean (Broad)	4	Chickpea	45	Rocket
0	Bean (Green)	26	Chicory	1	Shallot
20	Bean (Red Kidney)	22	Cucumber	44	Soya Bean
24	Bean (White Haricot)	17	Fennel (Leaf)	24	Spinach
7	Beetroot	11	Leek	8	Squash (Butternut/Carnival)
9	Broccoli	35	Lentil	7	Sweet Potato
12	Brussel Sprout	29	Lettuce	51	Tomato
76	Cabbage (Red)	10	Marrow	20	Turnip
32	Cabbage (Savoy/White)	16	Onion	34	Watercress
41	Caper	41	Pea	20	Yuca
11	Carrot	16	Pepper (Green/Red/Yellow)		

Patient Name: An Example  
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### FISH / SEAFOOD

19	Alga Espaguette	12	Haddock	5	Sardine
2	Alga Spirulina	14	Hake	12	Scallop
8	Alga Wakame	7	Herring	34	Sea Bream (Gilthead)
6	Anchovy	5	Lobster	41	Sea Bream (Red)
5	Barnacle	4	Mackerel	4	Shrimp/Prawn
30	Bass	12	Monkfish	36	Sole
32	Carp	51	Mussel	8	Squid
47	Caviar	5	Octopus	8	Swordfish
34	Clam	8	Oyster	13	Trout
3	Cockle	10	Perch	13	Tuna
8	Cod	15	Pike	5	Turbot
16	Crab	18	Plaice	7	Winkle
5	Cuttlefish	12	Razor Clam		
17	Eel	8	Salmon		

### MEAT

43	Beef	12	Ostrich	10	Turkey
5	Chicken	6	Ox	20	Veal
30	Duck	18	Partridge	16	Venison
8	Goat	3	Pork	26	Wild Boar
20	Horse	12	Quail		
22	Lamb	16	Rabbit		

### HERBS / SPICES

15	Aniseed	30	Dill	15	Nutmeg
10	Basil	23	Garlic	20	Parsley
9	Bayleaf	26	Ginger	32	Peppercorn (Black/White)
31	Camomile	31	Ginkgo	18	Peppermint
32	Cayenne	20	Ginseng	13	Rosemary
12	Chilli (Red)	6	Hops	23	Saffron
7	Cinnamon	53	Liquorice	15	Sage
34	Clove	69	Marjoram	25	Tarragon
27	Coriander (Leaf)	14	Mint	35	Thyme
52	Cumin	17	Mustard Seed	82	Vanilla
17	Curry (Mixed Spices)	56	Nettle		

### NUTS / SEEDS

41	Almond	70	Hazelnut	1	Rapeseed
80	Brazil Nut	67	Macadamia Nut	15	Sesame Seed
77	Cashew Nut	44	Peanut	49	Sunflower Seed
69	Coconut	10	Pine Nut	14	Tiger Nut
30	Flax Seed	79	Pistachio	43	Walnut

### MISCELLANEOUS

58	Agar Agar	27	Cocoa Bean	19	Tea (Black)
44	Aloe Vera	32	Coffee	21	Tea (Green)
12	Cane Sugar	29	Cola Nut	1	Transglutaminase
17	Carob	13	Honey	67	Yeast (Baker's)
25	Chestnut	100	Mushroom	79	Yeast (Brewer's)

\* 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

**Patient Name:** An Example  
**Patient Number:**  
**Date of Birth:**

**Sample Date:**  
**Analysis Date:**  
**Clinic:**

### ELEVATED FOODS (≥30 U/ml)

113	Alpha-Lactalbumin	55	Radish	36	Buckwheat
100	Mushroom	54	Raspberry	36	Sole
97	Milk (Goat)	54	Rye	35	Lentil
91	Milk (Cow)	53	Couscous	35	Thyme
82	Vanilla	53	Liquorice	35	Wheat Bran
81	Mulberry	52	Cumin	34	Clam
80	Brazil Nut	51	Mussel	34	Clove
79	Pistachio	51	Tomato	34	Durum Wheat
79	Yeast (Brewer's)	50	Malt	34	Peach
77	Cashew Nut	49	Sunflower Seed	34	Sea Bream (Gilthead)
76	Cabbage (Red)	47	Caviar	34	Watercress
70	Hazelnut	47	Pomegranate	33	Redcurrant
70	Milk (Sheep)	46	Rice	32	Cabbage (Savoy/White)
69	Coconut	45	Rocket	32	Carp
69	Marjoram	44	Aloe Vera	32	Cayenne
67	Corn (Maize)	44	Peanut	32	Coffee
67	Macadamia Nut	44	Soya Bean	32	Melon (Galia/Honeydew)
67	Yeast (Baker's)	43	Beef	32	Peppercorn (Black/White)
65	Casein	43	Walnut	31	Camomile
64	Oat	41	Almond	31	Ginkgo
58	Agar Agar	41	Bean (Broad)	31	Spelt
58	Amaranth	41	Caper	30	Bass
57	Egg White	41	Pea	30	Dill
57	Gliadin*	41	Sea Bream (Red)	30	Duck
57	Millet	39	Fig	30	Flax Seed
56	Blueberry	37	Barley		
56	Nettle	37	Guava		

### BORDERLINE FOODS (24-29 U/ml)

29	Beta-Lactoglobulin	27	Cocoa Bean	25	Lime
29	Cola Nut	27	Coriander (Leaf)	25	Tarragon
29	Lettuce	26	Chicory	24	Bean (White Haricot)
29	Nectarine	26	Ginger	24	Pineapple
29	Quinoa	26	Orange	24	Spinach
29	Rhubarb	26	Wild Boar		
27	Blackcurrant	25	Chestnut		

### NORMAL FOODS (≤23 U/ml)

23	Asparagus	23	Saffron	22	Cucumber
23	Garlic	22	Apple	22	Kiwi

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NORMAL FOODS ...continued

22	Lamb	15	Sage	8	Alga Wakame
22	Olive	15	Sesame Seed	8	Blackberry
22	Potato	14	Hake	8	Cod
21	Tea (Green)	14	Milk (Buffalo)	8	Goat
21	Watermelon	14	Mint	8	Oyster
20	Bean (Red Kidney)	14	Tiger Nut	8	Salmon
20	Cranberry	13	Artichoke	8	Squash (Butternut/Carnival)
20	Ginseng	13	Egg Yolk	8	Squid
20	Grapefruit	13	Grape (Black/Red/White)	8	Swordfish
20	Horse	13	Honey	7	Aubergine
20	Parsley	13	Raisin	7	Beetroot
20	Pear	13	Rosemary	7	Cinnamon
20	Plum	13	Trout	7	Herring
20	Turnip	13	Tuna	7	Sweet Potato
20	Veal	12	Brussel Sprout	7	Winkle
20	Yuca	12	Cane Sugar	6	Anchovy
19	Alga Espaguette	12	Cauliflower	6	Hops
19	Banana	12	Chard	6	Ox
19	Tea (Black)	12	Chilli (Red)	5	Barnacle
18	Celery	12	Haddock	5	Chicken
18	Partridge	12	Monkfish	5	Cuttlefish
18	Peppermint	12	Ostrich	5	Lobster
18	Plaice	12	Polenta	5	Octopus
17	Carob	12	Quail	5	Sardine
17	Curry (Mixed Spices)	12	Razor Clam	5	Strawberry
17	Eel	12	Scallop	5	Turbot
17	Fennel (Leaf)	12	Tapioca	4	Chickpea
17	Mustard Seed	11	Avocado	4	Mackerel
16	Apricot	11	Carrot	4	Shrimp/Prawn
16	Cherry	11	Leek	4	Tangerine
16	Crab	11	Papaya	3	Cockle
16	Date	10	Basil	3	Pork
16	Onion	10	Marrow	2	Alga Spirulina
16	Pepper (Green/Red/Yellow)	10	Perch	2	Lemon
16	Rabbit	10	Pine Nut	1	Rapeseed
16	Venison	10	Turkey	1	Shallot
16	Wheat	9	Bayleaf	1	Transglutaminase
15	Aniseed	9	Broccoli	0	Bean (Green)
15	Nutmeg	9	Lychee		
15	Pike	9	Mango		

\* 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.