Patient Title: Jon-P Jones Date Of Birth: 01/09/1976 Test Ref:
Patient Number: 88290 Analysis Date: 3/16/2021 130575



### FOOD INTOLERANCE PATIENT REPORT

Date Of Birth: **01/09/1976**Analysis Date: **3/16/2021** 

Test Ref: **130575** 

## Dear Jon-P Jones,



#### Here are your test results.

Two different types of Test Report are provided with every Supply Life 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 antibodylevel detected

#### PATIENT GUIDEBOOK

- Information about food intolerance and commonly used terminology
- How to interpret the test results
- How to plan your diet
- o 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.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact. Please find enclosed the Patient Report for your Supply Life 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:

Please note: the Supply Life 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 conditon such as lactose intolerance.

Kind Regards Supply Life

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## Jon-P Jones

**Supply Life Complete** 

ELEVATED (>=30 U/ml)

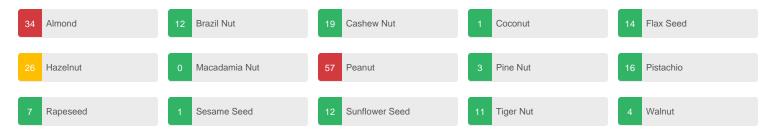
BORDERLINE (24-29 U/ml)

NORMAL (<= 23 U/ml)

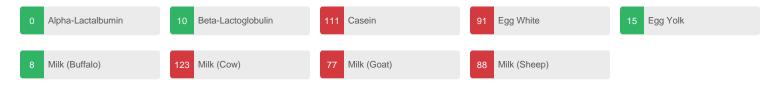
#### **MISCELLANEOUS**



### **NUTS / SEEDS**



#### DAIRY / EGG



## GRAINS (Gluten-Free)



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### FISH / SEAFOOD

5 Anchovy	4 Bass	3 Carp	1 Caviar	11 Clam
4 Cockle	2 Cod	1 Crab	10 Cuttlefish	2 Eel
5 Haddock	2 Hake	3 Herring	3 Lobster	5 Mackerel
2 Monkfish	21 Mussel	22 Octopus	11 Oyster	1 Perch
2 Pike	14 Plaice	6 Salmon	4 Sardine	11 Scallop
0 Sea Bream (Gilthead)	4 Shrimp/Prawn	4 Sole	20 Squid	3 Swordfish
5 Trout	3 Tuna	3 Turbot		

### HERBS / SPICES

2 Aniseed	5 Basil	3 Bayleaf	5 Camomile	4 Cayenne
1 Chilli (Red)	4 Cinnamon	4 Clove	4 Coriander (Leaf)	9 Cumin
13 Curry (Mixed Spices)	6 Dill	2 Garlic	9 Ginger	4 Ginseng
6 Hops	3 Liquorice	4 Marjoram	8 Mint	38 Mustard Seed
5 Nettle	6 Nutmeg	5 Parsley	5 Peppercorn (Black/White)	5 Peppermint
7 Rosemary	2 Saffron	3 Sage	5 Tarragon	5 Thyme
1 Vanilla				

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### **FRUIT**

2 Apple	1 Apricot	1 Avocado	2 Banana	0 Blackberry
10 Blackcurrant	0 Blueberry	0 Cherry	22 Cranberry	3 Date
4 Fig	4 Grape (Black/Red/White)	2 Grapefruit	12 Guava	3 Kiwi
2 Lemon	3 Lime	4 Lychee	4 Mango	2 Melon (Galia/Honeydew)
3 Mulberry	1 Nectarine	1 Olive	3 Orange	2 Papaya
2 Peach	2 Pear	2 Pineapple	25 Plum	6 Pomegranate
1 Raisin	4 Raspberry	9 Redcurrant	7 Rhubarb	2 Strawberry
3 Tangerine	2 Watermelon			

## **VEGETABLES**

2 Artichoke	0 Asparagus	2 Aubergine	12 Bean (Broad)	4 Bean (Green)
10 Bean (Red Kidney)	Bean (White Haricot)	5 Beetroot	6 Broccoli	2 Brussel Sprout
4 Cabbage (Red)	9 Cabbage (Savoy/White)	4 Caper	6 Carrot	5 Cauliflower
13 Celery	5 Chard	3 Chickpea	2 Chicory	3 Cucumber
2 Fennel (Leaf)	5 Leek	11 Lentil	6 Lettuce	3 Marrow
5 Onion	51 Pea	3 Pepper (Green/Red/Yellow)	16 Potato	2 Quinoa
24 Radish	7 Rocket	14 Shallot	27 Soya Bean	8 Spinach
12 Squash (Butternut/Carnival)	5 Sweet Potato	1 Tomato	1 Turnip	3 Watercress
6 Yuca				

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### **GRAINS** (Gluten-Containing)



#### **MEAT**



<sup>\*</sup> 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.

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# Order of Reactivity

#### ELEVATED (>=30 U/ml) Milk (Cow) Casein Egg White Milk (Sheep) Milk (Goat) Yeast (Brewer's) Barley Peanut Pea Gliadin Mustard Seed Wheat Almond Wheat Bran Yeast (Baker's) Spelt BORDERLINE (24-29 U/ml)



## NORMAL (<=23 U/ml)

23 Oat	22 Octopus	22 Cranberry	22 Bean (White Haricot)	21 Mussel
21 Couscous	20 Squid	19 Rice	19 Cashew Nut	19 Amaranth
16 Potato	16 Pistachio	16 Durum Wheat	15 Malt	15 Egg Yolk
14 Shallot	14 Plaice	14 Flax Seed	13 Curry (Mixed Spices)	13 Celery
13 Aloe Vera	12 Sunflower Seed	12 Squash (Butternut/Carnival)	12 Mushroom	12 Guava
12 Brazil Nut	12 Bean (Broad)	11 Tiger Nut	11 Scallop	11 Rye
11 Oyster	11 Lentil	11 Clam	10 Cuttlefish	10 Blackcurrant

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10 Beta-Lactoglobulin	10 Bean (Red Kidney)	9 Redcurrant	9 Ginger	9 Cumin
9 Cabbage (Savoy/White)	8 Spinach	8 Mint	8 Milk (Buffalo)	7 Rosemary
7 Rocket	7 Rhubarb	7 Rapeseed	6 Yuca	6 Salmon
6 Pomegranate	6 Nutmeg	6 Lettuce	6 Lamb	6 Horse
6 Hops	6 Dill	6 Carrot	6 Broccoli	5 Trout
5 Thyme	5 Tarragon	5 Sweet Potato	5 Rabbit	5 Peppermint
5 Peppercorn (Black/White)	5 Parsley	5 Onion	5 Nettle	5 Mackerel
5 Leek	5 Haddock	5 Chicken	5 Chard	5 Cauliflower
5 Camomile	5 Beetroot	5 Basil	5 Anchovy	4 Walnut
4 Venison	4 Tea (Green)	4 Tea (Black)	4 Sole	4 Shrimp/Prawn
4 Sardine	4 Raspberry	4 Ostrich	4 Marjoram	4 Mango
4 Lychee	4 Grape (Black/Red/White)	4 Ginseng	4 Fig	4 Coriander (Leaf)
4 Cocoa Bean	4 Cockle	4 Clove	4 Cinnamon	4 Cayenne
4 Caper	4 Cabbage (Red)	4 Bean (Green)	4 Bass	3 Watercress
3 Turkey	3 Turbot	3 Tuna	3 Tangerine	3 Swordfish
3 Sage	3 Pork	3 Pine Nut	Pepper (Green/Red/Yellow)	3 Orange
3 Mulberry	3 Marrow	3 Lobster	3 Liquorice	3 Lime
3 Kiwi	3 Herring	3 Date	3 Cucumber	3 Coffee
3 Chickpea	3 Carp	3 Beef	3 Bayleaf	2 Watermelon
2 Strawberry	2 Saffron	2 Quinoa	2 Quail	2 Pineapple
2 Pike	2 Pear	2 Peach	2 Papaya	2 Monkfish

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