

Patient Title: **Jon-P Jones**

Patient Number: **88290**

Date Of Birth: **01/09/1976**

Analysis Date: **3/16/2021**

Test Ref:

130575

SUPPLYlife

FOOD INTOLERANCE PATIENT REPORT

Dear Jon-P Jones,

SUPPLYlife

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
- 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

Patient Title: **Jon-P Jones**
Patient Number: **88290**

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

Test Ref:
130575

Jon-P Jones

Supply Life Complete

ELEVATED (≥ 30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤ 23 U/ml)

MISCELLANEOUS

29	Agar Agar	13	Aloe Vera	0	Carob	1	Chestnut	4	Cocoa Bean
3	Coffee	12	Mushroom	4	Tea (Black)	4	Tea (Green)	31	Yeast (Baker's)
69	Yeast (Brewer's)								

NUTS / SEEDS

34	Almond	12	Brazil Nut	19	Cashew Nut	1	Coconut	14	Flax Seed
26	Hazelnut	0	Macadamia Nut	57	Peanut	3	Pine Nut	16	Pistachio
7	Rapeseed	1	Sesame Seed	12	Sunflower Seed	11	Tiger Nut	4	Walnut

DAIRY / EGG

0	Alpha-Lactalbumin	10	Beta-Lactoglobulin	111	Casein	91	Egg White	15	Egg Yolk
8	Milk (Buffalo)	123	Milk (Cow)	77	Milk (Goat)	88	Milk (Sheep)		

GRAINS (Gluten-Free)

19	Amaranth	2	Buckwheat	26	Corn (Maize)	0	Millet	19	Rice
0	Tapioca								

Patient Title: **Jon-P Jones**

Date Of Birth: **01/09/1976**

Test Ref:

Patient Number: **88290**

Analysis Date: **3/16/2021**

130575

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				

Patient Title: **Jon-P Jones**

Date Of Birth: **01/09/1976**

Test Ref:

Patient Number: **88290**

Analysis Date: **3/16/2021**

130575

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)	22	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								

GRAINS (Gluten-Containing)

60	Barley	21	Couscous	16	Durum Wheat	51	Gliadin	15	Malt
23	Oat	11	Rye	30	Spelt	37	Wheat	33	Wheat Bran

MEAT

3	Beef	5	Chicken	2	Duck	6	Horse	6	Lamb
4	Ostrich	0	Partridge	3	Pork	2	Quail	5	Rabbit
3	Turkey	0	Veal	4	Venison	1	Wild Boar		

* 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.

Order of Reactivity

ELEVATED (≥ 30 U/ml)

123	Milk (Cow)	111	Casein	91	Egg White	88	Milk (Sheep)	77	Milk (Goat)
69	Yeast (Brewer's)	60	Barley	57	Peanut	51	Pea	51	Gliadin
38	Mustard Seed	37	Wheat	34	Almond	33	Wheat Bran	31	Yeast (Baker's)
30	Spelt								

BORDERLINE (24-29 U/ml)

29	Agar Agar	27	Soya Bean	26	Hazelnut	26	Corn (Maize)	25	Plum
24	Radish								

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

Patient Title: **Jon-P Jones**

Date Of Birth: **01/09/1976**

Test Ref:

Patient Number: **88290**

Analysis Date: **3/16/2021**

130575

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	3	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

Patient Title: **Jon-P Jones**

Date Of Birth: **01/09/1976**

Test Ref:

Patient Number: **88290**

Analysis Date: **3/16/2021**

130575

2	Melon (Galja/Honeydew)	2	Lemon	2	Hake	2	Grapefruit	2	Garlic
2	Fennel (Leaf)	2	Eel	2	Duck	2	Cod	2	Chicory
2	Buckwheat	2	Brussel Sprout	2	Banana	2	Aubergine	2	Artichoke
2	Apple	2	Aniseed	1	Wild Boar	1	Vanilla	1	Turnip
1	Tomato	1	Sesame Seed	1	Raisin	1	Perch	1	Olive
1	Nectarine	1	Crab	1	Coconut	1	Chilli (Red)	1	Chestnut
1	Caviar	1	Avocado	1	Apricot	0	Veal	0	Tapioca
0	Sea Bream (Gilthead)	0	Partridge	0	Millet	0	Macadamia Nut	0	Cherry
0	Carob	0	Blueberry	0	Blackberry	0	Asparagus	0	Alpha-Lactalbumin

* 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.