

Test Report : Food Groups

Patient Name: -
Patient Number: 1050
Date of Birth: 18/11/1992

Sample Date: 23/02/2016
Analysis Date: 29/03/2016
Clinic:

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
0	Alpha-Lactalbumin	99	Egg White	155	Milk (Cow)
0	Beta-Lactoglobulin	19	Egg Yolk	57	Milk (Goat)
59	Casein	0	Milk (Buffalo)	81	Milk (Sheep)
GRAINS (Gluten-Containing)*					
29	Barley	9	Malt	74	Wheat
15	Couscous	16	Oat	2	Wheat Bran
22	Durum Wheat	10	Rye		
18	Gliadin*	4	Spelt		
GRAINS (Gluten-Free)					
4	Amaranth	0	Millet	0	Tapioca
2	Buckwheat	3	Polenta		
18	Corn (Maize)	13	Rice		
FRUIT					
6	Apple	20	Guava	5	Pear
19	Apricot	3	Kiwi	13	Pineapple
20	Avocado	7	Lemon	29	Plum
2	Banana	8	Lime	7	Pomegranate
4	Blackberry	7	Lychee	11	Raisin
7	Blackcurrant	26	Mango	5	Raspberry
0	Blueberry	4	Melon (Galia/Honeydew)	2	Redcurrant
6	Cherry	4	Mulberry	2	Rhubarb
6	Cranberry	8	Nectarine	3	Strawberry
3	Date	2	Olive	9	Tangerine
12	Fig	8	Orange	7	Watermelon
3	Grape (Black/Red/White)	17	Papaya		
5	Grapefruit	2	Peach		
VEGETABLES					
2	Artichoke	5	Cauliflower	17	Potato
0	Asparagus	22	Celery	21	Quinoa
7	Aubergine	2	Chard	15	Radish
52	Bean (Broad)	22	Chickpea	2	Rocket
0	Bean (Green)	4	Chicory	5	Shallot
38	Bean (Red Kidney)	10	Cucumber	28	Soya Bean
33	Bean (White Haricot)	4	Fennel (Leaf)	1	Spinach
3	Beetroot	6	Leek	19	Squash (Butternut/Carnival)
7	Broccoli	31	Lentil	10	Sweet Potato
14	Brussel Sprout	3	Lettuce	15	Tomato
3	Cabbage (Red)	0	Marrow	16	Turnip
14	Cabbage (Savoy/White)	8	Onion	2	Watercress
12	Caper	65	Pea	15	Yuca
18	Carrot	2	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

16	Alga Espaguettes	7	Haddock	2	Sardine
1	Alga Spirulina	3	Hake	12	Scallop
7	Alga Wakame	10	Herring	0	Sea Bream (Gilthead)
6	Anchovy	5	Lobster	3	Sea Bream (Red)
3	Barnacle	12	Mackerel	4	Shrimp/Prawn
7	Bass	1	Monkfish	8	Sole
6	Carp	36	Mussel	11	Squid
0	Caviar	20	Octopus	2	Swordfish
38	Clam	4	Oyster	4	Trout
3	Cockle	2	Perch	27	Tuna
13	Cod	1	Pike	2	Turbot
11	Crab	6	Plaice	33	Winkle
13	Cuttlefish	0	Razor Clam		
0	Eel	18	Salmon		

MEAT

4	Beef	0	Ostrich	4	Turkey
4	Chicken	12	Ox	0	Veal
0	Duck	0	Partridge	8	Venison
3	Goat	12	Pork	0	Wild Boar
5	Horse	6	Quail		
9	Lamb	6	Rabbit		

HERBS / SPICES

0	Aniseed	2	Dill	1	Nutmeg
9	Basil	0	Garlic	3	Parsley
1	Bayleaf	2	Ginger	5	Peppercorn (Black/White)
0	Camomile	22	Ginkgo	3	Peppermint
6	Cayenne	1	Ginseng	4	Rosemary
12	Chilli (Red)	24	Hops	0	Saffron
4	Cinnamon	0	Liquorice	0	Sage
0	Clove	0	Marjoram	3	Tarragon
0	Coriander (Leaf)	2	Mint	0	Thyme
0	Cumin	15	Mustard Seed	0	Vanilla
9	Curry (Mixed Spices)	0	Nettle		

NUTS / SEEDS

47	Almond	54	Hazelnut	2	Rapeseed
58	Brazil Nut	0	Macadamia Nut	1	Sesame Seed
49	Cashew Nut	93	Peanut	15	Sunflower Seed
2	Coconut	9	Pine Nut	22	Tiger Nut
33	Flax Seed	46	Pistachio	23	Walnut

MISCELLANEOUS

51	Agar Agar	3	Cocoa Bean	1	Tea (Black)
24	Aloe Vera	9	Coffee	0	Tea (Green)
11	Cane Sugar	39	Cola Nut	3	Transglutaminase
6	Carob	1	Honey	20	Yeast (Baker's)
13	Chestnut	4	Mushroom	43	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

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ELEVATED FOODS (≥30 U/ml)

155	Milk (Cow)	57	Milk (Goat)	39	Cola Nut
99	Egg White	54	Hazelnut	38	Bean (Red Kidney)
93	Peanut	52	Bean (Broad)	38	Clam
81	Milk (Sheep)	51	Agar Agar	36	Mussel
74	Wheat	49	Cashew Nut	33	Bean (White Haricot)
65	Pea	47	Almond	33	Flax Seed
59	Casein	46	Pistachio	33	Winkle
58	Brazil Nut	43	Yeast (Brewer's)	31	Lentil

BORDERLINE FOODS (24-29 U/ml)

29	Barley	27	Tuna	24	Hops
29	Plum	26	Mango		
28	Soya Bean	24	Aloe Vera		

NORMAL FOODS (≤23 U/ml)

23	Walnut	15	Radish	10	Sweet Potato
22	Celery	15	Sunflower Seed	9	Basil
22	Chickpea	15	Tomato	9	Coffee
22	Durum Wheat	15	Yuca	9	Curry (Mixed Spices)
22	Ginkgo	14	Brussel Sprout	9	Lamb
22	Tiger Nut	14	Cabbage (Savoy/White)	9	Malt
21	Quinoa	13	Chestnut	9	Pine Nut
20	Avocado	13	Cod	9	Tangerine
20	Guava	13	Cuttlefish	8	Lime
20	Octopus	13	Pineapple	8	Nectarine
20	Yeast (Baker's)	13	Rice	8	Onion
19	Apricot	12	Caper	8	Orange
19	Egg Yolk	12	Chilli (Red)	8	Sole
19	Squash (Butternut/Carnival)	12	Fig	8	Venison
18	Carrot	12	Mackerel	7	Alga Wakame
18	Corn (Maize)	12	Ox	7	Aubergine
18	Gliadin*	12	Pork	7	Bass
18	Salmon	12	Scallop	7	Blackcurrant
17	Papaya	11	Cane Sugar	7	Broccoli
17	Potato	11	Crab	7	Haddock
16	Alga Espaguette	11	Raisin	7	Lemon
16	Oat	11	Squid	7	Lychee
16	Turnip	10	Cucumber	7	Pomegranate
15	Couscous	10	Herring	7	Watermelon
15	Mustard Seed	10	Rye	6	Anchovy

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NORMAL FOODS ...continued

6	Apple	3	Date	1	Nutmeg
6	Carob	3	Goat	1	Pike
6	Carp	3	Grape (Black/Red/White)	1	Sesame Seed
6	Cayenne	3	Hake	1	Spinach
6	Cherry	3	Kiwi	1	Tea (Black)
6	Cranberry	3	Lettuce	0	Alpha-Lactalbumin
6	Leek	3	Parsley	0	Aniseed
6	Plaice	3	Peppermint	0	Asparagus
6	Quail	3	Polenta	0	Bean (Green)
6	Rabbit	3	Sea Bream (Red)	0	Beta-Lactoglobulin
5	Cauliflower	3	Strawberry	0	Blueberry
5	Grapefruit	3	Tarragon	0	Camomile
5	Horse	3	Transglutaminase	0	Caviar
5	Lobster	2	Artichoke	0	Clove
5	Pear	2	Banana	0	Coriander (Leaf)
5	Peppercorn (Black/White)	2	Buckwheat	0	Cumin
5	Raspberry	2	Chard	0	Duck
5	Shallot	2	Coconut	0	Eel
4	Amaranth	2	Dill	0	Garlic
4	Beef	2	Ginger	0	Liquorice
4	Blackberry	2	Mint	0	Macadamia Nut
4	Chicken	2	Olive	0	Marjoram
4	Chicory	2	Peach	0	Marrow
4	Cinnamon	2	Pepper (Green/Red/Yellow)	0	Milk (Buffalo)
4	Fennel (Leaf)	2	Perch	0	Millet
4	Melon (Galia/Honeydew)	2	Rapeseed	0	Nettle
4	Mulberry	2	Redcurrant	0	Ostrich
4	Mushroom	2	Rhubarb	0	Partridge
4	Oyster	2	Rocket	0	Razor Clam
4	Rosemary	2	Sardine	0	Saffron
4	Shrimp/Prawn	2	Swordfish	0	Sage
4	Spelt	2	Turbot	0	Sea Bream (Gilthead)
4	Trout	2	Watercress	0	Tapioca
4	Turkey	2	Wheat Bran	0	Tea (Green)
3	Barnacle	1	Alga Spirulina	0	Thyme
3	Beetroot	1	Bayleaf	0	Vanilla
3	Cabbage (Red)	1	Ginseng	0	Veal
3	Cockle	1	Honey	0	Wild Boar
3	Cocoa Bean	1	Monkfish		

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