



Food Sensitivity REPORT

Dear Sample Report

Please find below your Armstrong Health Food Sensitivity Report.

This report will specify:

1. Food Groups – foods are listed according to their respective food group.
2. Order of Reactivity – foods are ranked by the 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.

Our patient guidebook is supplied to help provide:

- Information about food sensitivity and commonly used terminology.
- Interpretation of your results.
- Specialist advice on how to avoid your trigger foods, and make dietary changes in accordance with your results.
- Further advice on monitoring symptoms, re-introducing foods, and avoiding new food sensitivities.
- A recipe book including a variety of balanced nutritional meal options to support your progression.
- 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.

Following the purchase of your test kit, you will receive a client questionnaire to complete. This information together with the test results will be used by our qualified nutritionists to design a specific, individualised nutrition plan for you.

Please note: Our tests **do 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 your results, please contact info@armstronghealthspecialists.com.

Thank you,
Armstrong Health

* 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.

Sample Report

Premium Food Sensitivity Test

ELEVATED (≥ 30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤ 23 U/ml)

MISCELLANEOUS

<15	Agar agar	18	Aloe vera	<15	Carob	<15	Chestnut	<15	Cocoa bean
<15	Coffee	<15	Mushroom	<15	Tea (black)	<15	Tea (green)	<15	Yeast (baker's)
40	Yeast (Brewer's)								

NUTS & SEEDS

29	Almond	<15	Brazil nut	<15	Cashew nut	<15	Coconut	<15	Flax seed
21	Hazelnut	<15	Macadamia Nut	<15	Peanut	<15	Pine nut	<15	Pistachio
<15	Rapeseed	<15	Sesame seed	18	Sunflower seed	<15	Tiger nut	<15	Walnut

DAIRY / EGG

<15	Alpha-Lactalbumin	<15	Beta-Lactoglobulin	81	Casein	71	Egg White	<15	Egg Yolk
<15	Milk (Buffalo)	112	Milk (Cow)	42	Milk (Goat)	57	Milk (Sheep)		

GRAINS (Gluten-Free)

15	Amaranth	<15	Buckwheat	47	Corn (maize)	<15	Millet	<15	Quinoa
<15	Rice	<15	Tapioca						

GRAINS (Gluten-Containing)

26	Barley	<15	Couscous	<15	Durum Wheat	<15	Gladin	23	Malt
15	Oat	<15	Rye	<15	Spelt	<15	Wheat	21	Wheat Bran

MEAT

<15	Beef	<15	Chicken	<15	Duck	17	Horse	22	Lamb
<15	Ostrich	<15	Partridge	<15	Pork	<15	Quail	<15	Rabbit
<15	Turkey	<15	Veal	43	Venison	<15	Wild Boar		

FISH & SEAFOOD

<15	Anchovy	<15	Bass	16	Carp	81	Caviar	15	Clam
<15	Cockle	<15	Cod	<15	Crab	65	Cuttlefish	<15	Eel
<15	Haddock	<15	Hake	<15	Herring	<15	Lobster	<15	Mackerel
<15	Monkfish	<15	Mussel	<15	Octopus	<15	Oyster	<15	Perch
<15	Pike	<15	Plaice	<15	Salmon	<15	Sardine	<15	Scallop
<15	Sea Bream (Gilthead)	<15	Shrimp/Prawn	<15	Sole	<15	Squid	<15	Swordfish
<15	Trout	<15	Tuna	<15	Turbot				

FRUIT

<15	Apple	<15	Apricot	<15	Avocado	<15	Banana	<15	Blackberry
<15	Blackcurrant	<15	Blueberry	<15	Cherry	28	Cranberry	<15	Date
<15	Fig	<15	Grape (Black/Red/White)	<15	Grapefruit	<15	Guava	<15	Kiwi
<15	Lemon	<15	Lime	<15	Lychee	<15	Mango	<15	Melon (Galia/Honeydew)
<15	Mulberry	<15	Nectarine	<15	Olive	25	Orange	<15	Papaya
<15	Peach	<15	Pear	<15	Pineapple	23	Plum	<15	Pomegranate
<15	Raisin	<15	Raspberry	<15	Redcurrant	<15	Rhubarb	<15	Strawberry
<15	Tangerine	<15	Watermelon						

VEGETABLES

<15	Artichoke	<15	Asparagus	<15	Aubergine	<15	Bean (Broad)	<15	Bean (Green)
<15	Bean (Red Kidney)	22	Bean (White Haricot)	<15	Beetroot	<15	Broccoli	<15	Brussel Sprout
<15	Cabbage (Red)	16	Cabbage (Savoy/White)	<15	Caper	<15	Carrot	<15	Cauliflower
<15	Celery	<15	Chard	<15	Chickpea	<15	Chicory	<15	Cucumber
<15	Fennel (Leaf)	<15	Leek	<15	Lentil	<15	Lettuce	<15	Marrow
<15	Onion	75	Pea	<15	Pepper (Green/Red/Yellow)	<15	Potato	<15	Radish
<15	Rocket	<15	Shallot	<15	Soya bean	<15	Spinach	16	Squash (Butternut/Carnival)
<15	Sweet potato	<15	Tomato	<15	Turnip	<15	Watercress	<15	Yuca

HERBS & SPICES

<15	Aniseed	<15	Basil	<15	Bayleaf	<15	Camomile	<15	Cayenne
<15	Chilli (Red)	<15	Cinnamon	<15	Clove	<15	Coriander (Leaf)	<15	Cumin
<15	Curry (Mixed Spices)	<15	Dill	<15	Garlic	<15	Ginger	<15	Ginseng
<15	Hops	45	Liquorice	<15	Marjoram	<15	Mint	<15	Mustard Seed
<15	Nettle	<15	Nutmeg	<15	Parsley	<15	Peppercorn (Black/White)	<15	Peppermint
21	Rosemary	<15	Saffron	<15	Sage	<15	Tarragon	<15	Thyme
<15	Vanilla								

ORDER OF REACTIVITY

112	Milk (Cow)	81	Casein	81	Caviar	75	Pea	71	Egg White
65	Cuttlefish	57	Milk (Sheep)	47	Corn (Maize)	45	Liquorice	43	Venison
42	Milk (Goat)	40	Yeast (Brewer's)	29	Almond	28	Cranberry	26	Barley
25	Orange	23	Malt	23	Plum	22	Bean (White Haricot)	22	Lamb
21	Hazelnut	21	Rosemary	21	Wheat	18	Aloe Vera	18	Sunflower Seed
17	Horse	16	Cabbage (Savoy/White)	16	Carp	16	Squash (Butternut/Carnival)	15	Amaranth
15	Clam	15	Oat	<15	Agar Agar	<15	Alpha-Lactalbumin	<15	Anchovy
<15	Aniseed	<15	Apple	<15	Apricot	<15	Artichoke	<15	Asparagus
<15	Aubergine	<15	Avocado	<15	Banana	<15	Basil	<15	Bass
<15	Bayleaf	<15	Bean (Broad)	<15	Bean (Green)	<15	Bean (Red Kidney)	<15	Beef
<15	Beetroot	<15	Beta-Lactoglobulin	<15	Blackberry	<15	Blackcurrant	<15	Blueberry
<15	Brazil Nut	<15	Broccoli	<15	Brussel Sprout	<15	Buckwheat	<15	Cabbage (Red)
<15	Camomile	<15	Caper	<15	Carob	<15	Carrot	<15	Cashew Nut
<15	Cauliflower	<15	Cayenne	<15	Celery	<15	Chard	<15	Cherry
<15	Chestnut	<15	Chicken	<15	Chickpea	<15	Chicory	<15	Chilli (Red)
<15	Cinnamon	<15	Clove	<15	Cockle	<15	Cocoa Bean	<15	Coconut
<15	Cod	<15	Coffee	<15	Coriander (Leaf)	<15	Couscous	<15	Crab
<15	Cucumber	<15	Cumin	<15	Curry (Mixed Spices)	<15	Date	<15	Dill
<15	Duck	<15	Durum Wheat	<15	Eel	<15	Egg Yolk	<15	Fennel (Leaf)
<15	Fig	<15	Flax Seed	<15	Garlic	<15	Ginger	<15	Ginseng
<15	Gliadin	<15	Grape (Black/Red/White)	<15	Grapefruit	<15	Guava	<15	Haddock

ORDER OF REACTIVITY

<15 Hake	<15 Herring	<15 Hops	<15 Kiwi	<15 Leek
<15 Lemon	<15 Lentil	<15 Lettuce	<15 Lime	<15 Lobster
<15 Lychee	<15 Macadamia Nut	<15 Mackerel	<15 Mango	<15 Marjoram
<15 Marrow	<15 Melon (Galía/Honeydew)	<15 Milk (Buffalo)	<15 Millet	<15 Mint
<15 Monkfish	<15 Mulberry	<15 Mushroom	<15 Mussel	<15 Mustard Seed
<15 Nectarine	<15 Nettle	<15 Nutmeg	<15 Octopus	<15 Olive
<15 Onion	<15 Ostrich	<15 Oyster	<15 Papaya	<15 Parsley
<15 Partridge	<15 Peach	<15 Peanut	<15 Pear	<15 Pepper (Green/Red/Yellow)
<15 Peppercorn (Black/White)	<15 Peppermint	<15 Perch	<15 Pike	<15 Pine Nut
<15 Pineapple	<15 Pistachio	<15 Plaice	<15 Pomegranate	<15 Pork
<15 Potato	<15 Quail	<15 Quinoa	<15 Rabbit	<15 Radish
<15 Raisin	<15 Rapeseed	<15 Raspberry	<15 Redcurrant	<15 Rhubarb
<15 Rice	<15 Rocket	<15 Rye	<15 Saffron	<15 Sage
<15 Salmon	<15 Sardine	<15 Scallop	<15 Sea Bream (Gilthead)	<15 Sesame Seed
<15 Shallot	<15 Shrimp/Prawn	<15 Sole	<15 Soya Bean	<15 Spelt
<15 Spinach	<15 Squid	<15 Strawberry	<15 Sweet Potato	<15 Swordfish
<15 Tangerine	<15 Tapioca	<15 Tarragon	<15 Tea (Black)	<15 Tea (Green)
<15 Thyme	<15 Tiger Nut	<15 Tomato	<15 Trout	<15 Tuna
<15 Turbot	<15 Turkey	<15 Turnip	<15 Vanilla	<15 Veal
<15 Walnut	<15 Watercress	<15 Watermelon	<15 Wheat Bran	<15 Wild Boar
<15 Yeast (Baker's)	<15 Yuca			