



Australian Biologics
TESTING

PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

Test Report : Food Groups

Patient Name: FirstName LastName
Patient Number: CS***
Date of Birth: DD/MM/YYYY

Sample Date: 12/09/2017
Analysis Date: 14/09/2017
Clinic: Self

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

0	Alpha-Lactalbumin	40	Egg White	55	Milk (Cow)
1	Beta-Lactoglobulin	8	Egg Yolk	23	Milk (Goat)
38	Casein	0	Milk (Buffalo)	24	Milk (Sheep)

GRAINS (Gluten-Containing)*

47	Barley	31	Malt	37	Wheat
32	Couscous	23	Oat	7	Wheat Bran
5	Durum Wheat	2	Rye		
77	Gliadin*	12	Spelt		

GRAINS (Gluten-Free)

14	Amaranth	0	Millet	0	Tapioca
0	Buckwheat	1	Polenta		
46	Corn (Maize)	22	Rice		

FRUIT

1	Apple	11	Guava	1	Pear
0	Apricot	0	Kiwi	0	Pineapple
9	Avocado	1	Lemon	37	Plum
0	Banana	9	Lime	9	Pomegranate
3	Blackberry	1	Lychee	5	Raisin
5	Blackcurrant	3	Mango	0	Raspberry
0	Blueberry	0	Melon (Galia/Honeydew)	4	Redcurrant
3	Cherry	0	Mulberry	0	Rhubarb
9	Cranberry	0	Nectarine	2	Strawberry
0	Date	0	Olive	6	Tangerine
27	Fig	11	Orange	2	Watermelon
4	Grape (Black/Red/White)	0	Papaya		
4	Grapefruit	0	Peach		

VEGETABLES

2	Artichoke	0	Cauliflower	31	Potato
0	Asparagus	12	Celery	12	Quinoa
1	Aubergine	10	Chard	43	Radish
12	Bean (Broad)	6	Chickpea	0	Rocket
4	Bean (Green)	13	Chicory	7	Shallot
19	Bean (Red Kidney)	2	Cucumber	11	Soya Bean
15	Bean (White Haricot)	0	Fennel (Leaf)	0	Spinach
0	Beetroot	0	Leek	10	Squash (Butternut/Carnival)
3	Broccoli	10	Lentil	3	Sweet Potato
3	Brussel Sprout	0	Lettuce	0	Tomato
4	Cabbage (Red)	0	Marrow	6	Turnip
25	Cabbage (Savoy/White)	0	Onion	2	Watercress
1	Caper	64	Pea	3	Yuca
3	Carrot	7	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

2	Alga Espaguette	8	Haddock	2	Sardine
1	Alga Spirulina	0	Hake	12	Scallop
14	Alga Wakame	14	Herring	0	Sea Bream (Gilthead)
5	Anchovy	2	Lobster	4	Sea Bream (Red)
3	Barnacle	1	Mackerel	3	Shrimp/Prawn
0	Bass	0	Monkfish	2	Sole
0	Carp	14	Mussel	1	Squid
4	Caviar	9	Octopus	8	Swordfish
17	Clam	7	Oyster	6	Trout
9	Cockle	0	Perch	3	Tuna
4	Cod	0	Pike	0	Turbot
7	Crab	1	Plaice	10	Winkle
2	Cuttlefish	6	Razor Clam		
0	Eel	4	Salmon		

MEAT

2	Beef	0	Ostrich	3	Turkey
0	Chicken	2	Ox	0	Veal
0	Duck	0	Partridge	3	Venison
0	Goat	0	Pork	0	Wild Boar
1	Horse	0	Quail		
0	Lamb	0	Rabbit		

HERBS / SPICES

0	Aniseed	0	Dill	16	Nutmeg
3	Basil	0	Garlic	0	Parsley
2	Bayleaf	16	Ginger	0	Peppercorn (Black/White)
2	Camomile	55	Ginkgo	6	Peppermint
3	Cayenne	8	Ginseng	18	Rosemary
0	Chilli (Red)	3	Hops	13	Saffron
3	Cinnamon	0	Liquorice	3	Sage
0	Clove	0	Marjoram	0	Tarragon
0	Coriander (Leaf)	13	Mint	0	Thyme
0	Cumin	8	Mustard Seed	0	Vanilla
25	Curry (Mixed Spices)	0	Nettle		

NUTS / SEEDS

19	Almond	31	Hazelnut	0	Rapeseed
24	Brazil Nut	0	Macadamia Nut	2	Sesame Seed
20	Cashew Nut	14	Peanut	15	Sunflower Seed
4	Coconut	2	Pine Nut	8	Tiger Nut
50	Flax Seed	37	Pistachio	3	Walnut

MISCELLANEOUS

14	Agar Agar	3	Cocoa Bean	0	Tea (Black)
34	Aloe Vera	4	Coffee	1	Tea (Green)
13	Cane Sugar	65	Cola Nut	2	Transglutaminase
1	Carob	2	Honey	38	Yeast (Baker's)
2	Chestnut	69	Mushroom	73	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 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)

77	Gliadin*	47	Barley	37	Wheat
73	Yeast (Brewer's)	46	Corn (Maize)	34	Aloe Vera
69	Mushroom	43	Radish	32	Couscous
65	Cola Nut	40	Egg White	31	Hazelnut
64	Pea	38	Casein	31	Malt
55	Ginkgo	38	Yeast (Baker's)	31	Potato
55	Milk (Cow)	37	Pistachio		
50	Flax Seed	37	Plum		

BORDERLINE FOODS (24-29 U/ml)

27	Fig	25	Curry (Mixed Spices)	24	Milk (Sheep)
25	Cabbage (Savoy/White)	24	Brazil Nut		

NORMAL FOODS (≤23 U/ml)

23	Milk (Goat)	12	Spelt	6	Peppermint
23	Oat	11	Guava	6	Razor Clam
22	Rice	11	Orange	6	Tangerine
20	Cashew Nut	11	Soya Bean	6	Trout
19	Almond	10	Chard	6	Turnip
19	Bean (Red Kidney)	10	Lentil	5	Anchovy
18	Rosemary	10	Squash (Butternut/Carnival)	5	Blackcurrant
17	Clam	10	Winkle	5	Durum Wheat
16	Ginger	9	Avocado	5	Raisin
16	Nutmeg	9	Cockle	4	Bean (Green)
15	Bean (White Haricot)	9	Cranberry	4	Cabbage (Red)
15	Sunflower Seed	9	Lime	4	Caviar
14	Agar Agar	9	Octopus	4	Coconut
14	Alga Wakame	9	Pomegranate	4	Cod
14	Amaranth	8	Egg Yolk	4	Coffee
14	Herring	8	Ginseng	4	Grape (Black/Red/White)
14	Mussel	8	Haddock	4	Grapefruit
14	Peanut	8	Mustard Seed	4	Redcurrant
13	Cane Sugar	8	Swordfish	4	Salmon
13	Chicory	8	Tiger Nut	4	Sea Bream (Red)
13	Mint	7	Crab	3	Barnacle
13	Saffron	7	Oyster	3	Basil
12	Bean (Broad)	7	Pepper (Green/Red/Yellow)	3	Blackberry
12	Celery	7	Shallot	3	Broccoli
12	Quinoa	7	Wheat Bran	3	Brussel Sprout
12	Scallop	6	Chickpea	3	Carrot

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NORMAL FOODS ...continued

3	Cayenne	1	Carob	0	Macadamia Nut
3	Cherry	1	Horse	0	Marjoram
3	Cinnamon	1	Lemon	0	Marrow
3	Cocoa Bean	1	Lychee	0	Melon (Galia/Honeydew)
3	Hops	1	Mackerel	0	Milk (Buffalo)
3	Mango	1	Pear	0	Millet
3	Sage	1	Plaice	0	Monkfish
3	Shrimp/Prawn	1	Polenta	0	Mulberry
3	Sweet Potato	1	Squid	0	Nectarine
3	Tuna	1	Tea (Green)	0	Nettle
3	Turkey	0	Alpha-Lactalbumin	0	Olive
3	Venison	0	Aniseed	0	Onion
3	Walnut	0	Apricot	0	Ostrich
3	Yuca	0	Asparagus	0	Papaya
2	Alga Espagouette	0	Banana	0	Parsley
2	Artichoke	0	Bass	0	Partridge
2	Bayleaf	0	Beetroot	0	Peach
2	Beef	0	Blueberry	0	Peppercorn (Black/White)
2	Camomile	0	Buckwheat	0	Perch
2	Chestnut	0	Carp	0	Pike
2	Cucumber	0	Cauliflower	0	Pineapple
2	Cuttlefish	0	Chicken	0	Pork
2	Honey	0	Chilli (Red)	0	Quail
2	Lobster	0	Clove	0	Rabbit
2	Ox	0	Coriander (Leaf)	0	Rapeseed
2	Pine Nut	0	Cumin	0	Raspberry
2	Rye	0	Date	0	Rhubarb
2	Sardine	0	Dill	0	Rocket
2	Sesame Seed	0	Duck	0	Sea Bream (Gilthead)
2	Sole	0	Eel	0	Spinach
2	Strawberry	0	Fennel (Leaf)	0	Tapioca
2	Transglutaminase	0	Garlic	0	Tarragon
2	Watercress	0	Goat	0	Tea (Black)
2	Watermelon	0	Hake	0	Thyme
1	Alga Spirulina	0	Kiwi	0	Tomato
1	Apple	0	Lamb	0	Turbot
1	Aubergine	0	Leek	0	Vanilla
1	Beta-Lactoglobulin	0	Lettuce	0	Veal
1	Caper	0	Liquorice	0	Wild Boar

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