

200+

Test Report : Food Groups



Patient Name: Sample Report
Patient Number: 1234
Date of Birth: 01/01/2000

Analysis Date: 09/03/2022
Test Reference: Example

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

<15	Alpha-Lactalbumin	143	Egg White	118	Milk (Cow)
31	Beta-Lactoglobulin	23	Egg Yolk	73	Milk (Goat)
134	Casein	<15	Milk (Buffalo)	90	Milk (Sheep)

GRAINS (Gluten-Containing)*

86	Barley	24	Malt	53	Wheat
<15	Couscous	30	Oat	44	Wheat Bran
53	Durum Wheat	48	Rye		
85	Gliadin*	59	Spelt		

GRAINS (Gluten-Free)

22	Amaranth	<15	Millet	<15	Tapioca
<15	Buckwheat	<15	Quinoa		
68	Corn (Maize)	21	Rice		

FRUIT

<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	15	Plum
<15	Banana	15	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant
<15	Cherry	<15	Mulberry	<15	Rhubarb
30	Cranberry	<15	Nectarine	<15	Strawberry
<15	Date	<15	Olive	<15	Tangerine
28	Fig	71	Orange	<15	Watermelon
<15	Grape (Black/Red/White)	<15	Papaya		
18	Grapefruit	<15	Peach		

VEGETABLES

<15	Artichoke	<15	Cauliflower	87	Potato
<15	Asparagus	21	Celery	19	Radish
<15	Aubergine	<15	Chard	<15	Rocket
35	Bean (Broad)	<15	Chickpea	17	Shallot
<15	Bean (Green)	<15	Chicory	94	Soya Bean
46	Bean (Red Kidney)	<15	Cucumber	15	Spinach
66	Bean (White Haricot)	<15	Fennel (Leaf)	17	Squash (Butternut/Carnival)
<15	Beetroot	<15	Leek	<15	Sweet Potato
<15	Broccoli	41	Lentil	<15	Tomato
<15	Brussel Sprout	<15	Lettuce	<15	Turnip
<15	Cabbage (Red)	<15	Marrow	<15	Watercress
18	Cabbage (Savoy/White)	<15	Onion	17	Yuca
<15	Caper	80	Pea		
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

<15	Anchovy	<15	Hake	16	Salmon
23	Bass	17	Herring	<15	Sardine
23	Carp	<15	Lobster	22	Scallop
<15	Caviar	18	Mackerel	<15	Sea Bream (Gilthead)
23	Clam	<15	Monkfish	<15	Shrimp/Prawn
<15	Cockle	34	Mussel	18	Sole
<15	Cod	<15	Octopus	20	Squid
17	Crab	26	Oyster	<15	Swordfish
<15	Cuttlefish	21	Perch	41	Trout
<15	Eel	21	Pike	<15	Tuna
<15	Haddock	52	Plaice	<15	Turbot

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Partridge	<15	Veal
<15	Duck	<15	Pork	23	Venison
16	Horse	<15	Quail	<15	Wild Boar
<15	Lamb	17	Rabbit		

HERBS / SPICES

<15	Aniseed	15	Dill	<15	Parsley
<15	Basil	<15	Garlic	<15	Peppercorn (Black/White)
<15	Bayleaf	<15	Ginger	<15	Peppermint
<15	Camomile	<15	Ginseng	18	Rosemary
<15	Cayenne	41	Hops	31	Saffron
<15	Chilli (Red)	<15	Liquorice	17	Sage
<15	Cinnamon	<15	Marjoram	<15	Tarragon
<15	Clove	<15	Mint	<15	Thyme
<15	Coriander (Leaf)	<15	Mustard Seed	<15	Vanilla
<15	Cumin	<15	Nettle		
15	Curry (Mixed Spices)	<15	Nutmeg		

NUTS / SEEDS

23	Almond	58	Hazelnut	<15	Rapeseed
42	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
26	Cashew Nut	48	Peanut	44	Sunflower Seed
23	Coconut	<15	Pine Nut	54	Tiger Nut
55	Flax Seed	65	Pistachio	<15	Walnut

MISCELLANEOUS

60	Agar Agar	<15	Cocoa Bean	<15	Tea (Green)
38	Aloe Vera	<15	Coffee	53	Yeast (Baker's)
<15	Carob	<15	Mushroom	58	Yeast (Brewer's)
<15	Chestnut	<15	Tea (Black)		

* 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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Test Report : Order of Reactivity



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ELEVATED FOODS (≥30 U/ml)

143	Egg White	60	Agar Agar	44	Wheat Bran
134	Casein	59	Spelt	42	Brazil Nut
118	Milk (Cow)	58	Hazelnut	41	Hops
94	Soya Bean	58	Yeast (Brewer's)	41	Lentil
90	Milk (Sheep)	55	Flax Seed	41	Trout
87	Potato	54	Tiger Nut	38	Aloe Vera
86	Barley	53	Durum Wheat	35	Bean (Broad)
85	Gliadin*	53	Wheat	34	Mussel
80	Pea	53	Yeast (Baker's)	31	Beta-Lactoglobulin
73	Milk (Goat)	52	Plaice	31	Saffron
71	Orange	48	Peanut	30	Cranberry
68	Corn (Maize)	48	Rye	30	Oat
66	Bean (White Haricot)	46	Bean (Red Kidney)		
65	Pistachio	44	Sunflower Seed		

BORDERLINE FOODS (24-29 U/ml)

28	Fig	26	Oyster
26	Cashew Nut	24	Malt

NORMAL FOODS (≤23 U/ml)

23	Almond	17	Crab	<15	Tea (Green)
23	Bass	17	Herring	<15	Cayenne
23	Carp	17	Rabbit	<15	Cuttlefish
23	Clam	17	Sage	<15	Guava
23	Coconut	17	Shallot	<15	Lychee
23	Egg Yolk	17	Squash (Butternut/Carnival)	<15	Peppermint
23	Venison	17	Yuca	<15	Tea (Black)
22	Amaranth	16	Horse	<15	Apple
22	Scallop	16	Salmon	<15	Bayleaf
21	Celery	15	Curry (Mixed Spices)	<15	Pomegranate
21	Perch	15	Dill	<15	Thyme
21	Pike	15	Lime	<15	Aniseed
21	Rice	15	Plum	<15	Blackcurrant
20	Squid	15	Spinach	<15	Cocoa Bean
19	Radish	<15	Basil	<15	Grape (Black/Red/White)
18	Cabbage (Savoy/White)	<15	Rhubarb	<15	Marjoram
18	Grapefruit	<15	Sardine	<15	Raspberry
18	Mackerel	<15	Coffee	<15	Beef
18	Rosemary	<15	Couscous	<15	Carrot
18	Sole	<15	Ginger	<15	Coriander (Leaf)

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NORMAL FOODS ...continued

<15	Eel	<15	Chicken	<15	Cinnamon
<15	Garlic	<15	Chickpea	<15	Cockle
<15	Cumin	<15	Chicory	<15	Date
<15	Monkfish	<15	Lamb	<15	Duck
<15	Tarragon	<15	Lemon	<15	Hake
<15	Walnut	<15	Mint	<15	Kiwi
<15	Aubergine	<15	Pine Nut	<15	Lettuce
<15	Buckwheat	<15	Redcurrant	<15	Macadamia Nut
<15	Cauliflower	<15	Camomile	<15	Mango
<15	Chestnut	<15	Carob	<15	Marrow
<15	Cod	<15	Onion	<15	Melon (Galia/Honeydew)
<15	Mushroom	<15	Pear	<15	Milk (Buffalo)
<15	Shrimp/Prawn	<15	Pork	<15	Millet
<15	Bean (Green)	<15	Rocket	<15	Nectarine
<15	Broccoli	<15	Tomato	<15	Nettle
<15	Clove	<15	Turkey	<15	Olive
<15	Haddock	<15	Avocado	<15	Ostrich
<15	Leek	<15	Banana	<15	Papaya
<15	Mustard Seed	<15	Blackberry	<15	Partridge
<15	Nutmeg	<15	Cherry	<15	Peach
<15	Pepper (Green/Red/Yellow)	<15	Fennel (Leaf)	<15	Peppercorn (Black/White)
<15	Quail	<15	Liquorice	<15	Pineapple
<15	Strawberry	<15	Mulberry	<15	Quinoa
<15	Swordfish	<15	Turnip	<15	Raisin
<15	Beetroot	<15	Wild Boar	<15	Rapeseed
<15	Cucumber	<15	Alpha-Lactalbumin	<15	Sea Bream (Gilthead)
<15	Ginseng	<15	Anchovy	<15	Sesame Seed
<15	Lobster	<15	Apricot	<15	Tangerine
<15	Octopus	<15	Asparagus	<15	Tapioca
<15	Parsley	<15	Blueberry	<15	Vanilla
<15	Sweet Potato	<15	Brussel Sprout	<15	Veal
<15	Tuna	<15	Cabbage (Red)	<15	Watercress
<15	Turbot	<15	Caper	<15	Watermelon
<15	Artichoke	<15	Caviar		
<15	Chard	<15	Chilli (Red)		

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