

**Patient Name:** Jane Doe HOLD  
**Accession No:** 1500  
**Doctor/Clinic:** Sample Reports  
**Order Doctor:**  
**Fax#:**

**Age:** 46  
**Test ID:** 50011  
**Doctor ID:** 6055

**Date of Birth:** 10/16/1963  
**External ID:** A12365  
**Data File:** 11JUN00604  
**Technician:** LB

**Date Collected:**  
**Date Received:**  
**Date Run:** 6/3/2011  
**Date Reported:** 6/6/2011

**Comments:** NONE

**AGS Updated:** 6/11/11 - Crab, Sole, Trout

## Final Report

RESULT	Reference Range			ALLERGEN	NOT SAFE		
	Low	Moderate	Avoid		Low	Moderate	Avoid
				DAIRY			
353	Moderate	<186	186 - 580	>580	American Cheese		
441	Avoid	<105	105 - 324	>324	Casein		
212	Moderate	<162	162 - 502	>502	Cheddar Cheese		
488	Avoid	<133	133 - 409	>409	Cottage Cheese		
212	Moderate	<117	117 - 358	>358	Cow's Milk		
26	Low	<125	125 - 391	>391	Goat's Milk		
105	Low	<140	140 - 438	>438	Lactalbumin		
405	Moderate	<138	138 - 430	>430	Mozzarella Cheese		
282	Moderate	<115	115 - 358	>358	Swiss Cheese		
				MEATS			
141	Moderate	<141	141 - 440	>440	Beef		
16	Low	<226	226 - 697	>697	Chicken		
496	Avoid	<111	111 - 345	>345	Egg White		
242	Moderate	<196	196 - 608	>608	Egg Yolk		
105	Low	<153	153 - 479	>479	Lamb		
35	Low	<253	253 - 782	>782	Pork		
4	Low	<129	129 - 402	>402	Turkey		
				GRAINS			
9	Low	<117	117 - 351	>351	Barley		
5	Low	<122	122 - 374	>374	Buckwheat		
5	Low	<113	113 - 337	>337	Corn		
126	Low	<192	192 - 594	>594	Gliadin		
180	Moderate	<115	115 - 363	>363	Gluten		
45	Low	<101	101 - 500	>500	Malt		
0	Low	<143	143 - 447	>447	Oat		
23	Low	<75	75 - 201	>201	Rice		
150	Moderate	<136	136 - 421	>421	Rye		
105	Low	<171	171 - 528	>528	Wheat		
				FISH			
24	Low	<156	156 - 485	>485	Cod		
6	Low	<105	105 - 332	>332	Halibut		
12	Low	<132	132 - 410	>410	Orange Roughy		
5	Low	<148	148 - 463	>463	Red Snapper		
6	Low	<130	130 - 402	>402	Salmon		
5	Low	<100	100 - 308	>308	Sardine		
0	Low	<125	125 - 393	>393	Sole		
0	Low	<147	147 - 459	>459	Trout		
8	Low	<85	85 - 266	>266	Tuna		
				SHELLFISH			
17	Low	<176	176 - 547	>547	Clam		
0	Low	<107	107 - 328	>328	Crab		
29	Low	<146	146 - 452	>452	Lobster		
3	Low	<112	112 - 346	>346	Oyster		
52	Low	<145	145 - 454	>454	Shrimp		
				NUTS			
9	Low	<138	138 - 413	>413	Almond		
42	Low	<206	206 - 638	>638	Peanut		
6	Low	<130	130 - 401	>401	Pecan		
41	Low	<153	153 - 478	>478	Sesame Seed		
31	Low	<295	295 - 911	>911	Sunflower Seed		
5	Low	<129	129 - 391	>391	Walnut		

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## Final Report

RESULT		Reference Range			ALLERGEN	Low	NOT SAFE	
		Low	Moderate	Avoid			Moderate	Avoid
FRUITS								
16	Low	<120	120 - 353	>353	Apple Mix	█		
2	Low	<53	53 - 164	>164	Apricot	█		
0	Low	<93	93 - 282	>282	Avocado			
16	Low	<362	362 - 1104	>1104	Banana	█		
10	Low	<81	81 - 251	>251	Blueberry	█		
20	Low	<125	125 - 385	>385	Cranberry	█		
0	Low	<182	182 - 563	>563	Grapefruit			
4	Low	<191	191 - 596	>596	Lemon	█		
0	Low	<64	64 - 195	>195	Nectarine			
2	Low	<169	169 - 527	>527	Orange	█		
4	Low	<139	139 - 432	>432	Papaya	█		
17	Low	<125	125 - 391	>391	Peach	█		
3	Low	<64	64 - 194	>194	Pear	█		
170	Moderate	<136	136 - 422	>422	Pineapple	██████████		
0	Low	<110	110 - 337	>337	Plum			
0	Low	<146	146 - 444	>444	Raspberry			
0	Low	<113	113 - 346	>346	Red Grape			
0	Low	<116	116 - 357	>357	Strawberry			
23	Low	<167	167 - 519	>519	Watermelon	█		
VEGETABLES								
32	Low	<126	126 - 390	>390	Asparagus	█		
36	Low	<102	102 - 311	>311	Beet	█		
12	Low	<96	96 - 291	>291	Black Olive	█		
9	Low	<188	188 - 589	>589	Broccoli	█		
7	Low	<157	157 - 483	>483	Cabbage	█		
10	Low	<170	170 - 529	>529	Carrot	█		
7	Low	<176	176 - 544	>544	Cauliflower	█		
3	Low	<171	171 - 528	>528	Celery	█		
5	Low	<124	124 - 379	>379	Cucumber	█		
31	Low	<301	301 - 926	>926	Garlic	█		
514	Avoid	<127	127 - 395	>395	Green Bean	██████████		
0	Low	<132	132 - 407	>407	Green Pepper			
1226	Avoid	<258	258 - 793	>793	Kidney Bean	████████████████████		
11	Low	<176	176 - 537	>537	Lentil	█		
19	Low	<187	187 - 581	>581	Lettuce	█		
42	Low	<404	404 - 1252	>1252	Lima Bean	█		
16	Low	<205	205 - 634	>634	Onion	█		
24	Low	<259	259 - 804	>804	Pea	█		
12	Low	<316	316 - 960	>960	Potato	█		
60	Low	<273	273 - 849	>849	Soybean	█		
13	Low	<178	178 - 553	>553	Spinach	█		
7	Low	<199	199 - 581	>581	Squash Mix	█		
3	Low	<156	156 - 482	>482	Tomato	█		
MISCELLANEOUS								
32	Low	<206	206 - 637	>637	Baker's Yeast	█		
48	Low	<157	157 - 477	>477	Brewer's Yeast	█		
4	Low	<90	90 - 281	>281	Cane Sugar	█		
7	Low	<109	109 - 322	>322	Chocolate	█		
21	Low	<149	149 - 452	>452	Coffee	█		
5	Low	<133	133 - 410	>410	Honey	█		
62	Low	<154	154 - 479	>479	Mushroom	█		

MVL Allergy procedure uses both IgE and IgG4 antibodies for combined testing.

Due to literature documented test sensitivity limitations, a negative serum allergy test should not be used to justify exposure to an allergen that is clinically suspected as the cause of an anaphylactic reaction. Volcheck GW. Postgrad Med. 2001 May; 109(5):71.

**Patient Name:** Jane Doe HOLD  
**Accession No:** 1500  
**Doctor/Clinic:** Sample Reports  
**Order Doctor:**  
**Fax#:**

**Age:** 46  
**Test ID:** 50010  
**Doctor ID:** 6055

**Date of Birth:** 10/16/1963  
**External ID:** A12365  
**Data File:** 11JUN00704  
**Technician:** LB

**Date Collected:**  
**Date Received:**  
**Date Run:** 6/3/2011  
**Date Reported:** 6/6/2011

**Comments:** NONE

**AGS Updated:** 6/11/11 - Fig, Lime, Tangerine

RESULT		Reference Range			ALLERGEN	NOT SAFE					
		Low	Moderate	Avoid		Low	Moderate	Avoid			
DAIRY											
193	Moderate	<101	101 - 297	>297	Bleu Cheese						
306	Moderate	<111	111 - 328	>328	Parmesan						
331	Moderate	<153	153 - 472	>472	Ricotta						
385	Moderate	<127	127 - 399	>399	Yogurt						
GRAINS											
13	Low	<75	75 - 201	>201	Brown Rice						
31	Low	<180	180 - 554	>554	Flaxseed						
0	Low	<142	142 - 432	>432	Millet						
0	Low	<43	43 - 124	>124	Psyllium Seed						
43	Low	<137	137 - 430	>430	Safflower Seed						
174	Moderate	<145	145 - 449	>449	Spelt						
120	Moderate	<113	113 - 342	>342	Triticale						
SPICES											
38	Low	<389	389 - 1166	>1166	Allspice						
18	Low	<135	135 - 419	>419	Anise						
42	Low	<304	304 - 956	>956	Basil						
5	Low	<204	204 - 638	>638	Bay Leaf						
10	Low	<147	147 - 449	>449	Black Pepper						
19	Low	<181	181 - 562	>562	Chili Powder						
16	Low	<344	344 - 1065	>1065	Cilantro						
20	Low	<156	156 - 481	>481	Cinnamon						
15	Low	<297	297 - 943	>943	Cloves						
56	Low	<206	206 - 634	>634	Coriander						
34	Low	<115	115 - 351	>351	Cumin						
19	Low	<218	218 - 669	>669	Curry						
17	Low	<147	147 - 456	>456	Dill						
48	Low	<117	117 - 357	>357	Ginger						
22	Low	<127	127 - 387	>387	Horseradish						
17	Low	<424	424 - 1346	>1346	Marjoram						
591	Avoid	<183	183 - 563	>563	Mustard						
33	Low	<87	87 - 257	>257	Nutmeg						
32	Low	<180	180 - 543	>543	Oregano						
3	Low	<131	131 - 380	>380	Paprika						
0	Low	<289	289 - 897	>897	Parsley						
33	Low	<592	592 - 1879	>1879	Peppermint						
14	Low	<95	95 - 285	>285	Poppy Seed						
15	Low	<210	210 - 651	>651	Rosemary						
50	Low	<343	343 - 1059	>1059	Sage						
66	Low	<452	452 - 1421	>1421	Spearmint						
16	Low	<152	152 - 475	>475	Tarragon						
27	Low	<199	199 - 620	>620	Thyme						
38	Low	<55	55 - 166	>166	Turmeric						
155	Moderate	<104	104 - 317	>317	Vanilla						
20	Low	<77	77 - 235	>235	White Pepper						
NUTS											
	Pending	<128	128 - 398	>398	Brazil Nut						
27	Low	<118	118 - 358	>358	Cashew						
8	Low	<194	194 - 605	>605	Coconut						
11	Low	<351	351 - 1050	>1050	Hazelnut						
4	Low	<151	151 - 459	>459	Macadamia Nut						
17	Low	<103	103 - 304	>304	Pistachio						

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**Comments:** NONE

**AGS Updated:** 6/11/11 - Fig, Lime, Tangerine

RESULT		Reference Range			ALLERGEN	Low	NOT SAFE	
		Low	Moderate	Avoid			Moderate	Avoid
FRUITS								
0	Low	<155	155 - 479	>479	Blackberry			
0	Low	<118	118 - 358	>358	Boysenberry			
5	Low	<122	122 - 378	>378	Cantaloupe			
0	Low	<144	144 - 446	>446	Cherry			
5	Low	<261	261 - 813	>813	Currants			
7	Low	<246	246 - 767	>767	Fig			
39	Low	<91	91 - 275	>275	Honeydew			
0	Low	<104	104 - 320	>320	Lime			
0	Low	<148	148 - 442	>442	Persimmon			
0	Low	<116	116 - 344	>344	Rhubarb			
0	Low	<104	104 - 318	>318	Tangerine			
1	Low	<209	209 - 652	>652	White Grape			
VEGETABLES								
103	Low	<139	139 - 411	>411	Alfalfa			
4	Low	<141	141 - 417	>417	Artichoke			
21	Low	<208	208 - 640	>640	Bamboo Shoots			
	Pending	<168	168 - 519	>519	Bean Sprouts			
26	Low	<243	243 - 757	>757	Black-Eyed Pea			
19	Low	<114	114 - 337	>337	Bok Choy			
22	Low	<154	154 - 479	>479	Brussels Sprout			
34	Low	<206	206 - 634	>634	Collard Greens			
25	Low	<122	122 - 366	>366	Garbanzo Bean			
0	Low	<90	90 - 270	>270	Green Olive			
144	Moderate	<98	98 - 301	>301	Kale			
8	Low	<94	94 - 280	>280	Mung Bean			
1269	Avoid	<124	124 - 362	>362	Navy Bean			
15	Low	<76	76 - 229	>229	Okra			
0	Low	<107	107 - 332	>332	Parsnip			
38	Low	<102	102 - 310	>310	Pinto Bean			
0	Low	<115	115 - 350	>350	Radish			
23	Low	<106	106 - 315	>315	Red Pepper			
10	Low	<177	177 - 513	>513	Rutabaga			
43	Low	<114	114 - 340	>340	Summer Squash			
9	Low	<134	134 - 416	>416	Turnip			
9	Low	<63	63 - 189	>189	Water Chestnut			
69	Low	<135	135 - 410	>410	Watercress			
4	Low	<208	208 - 645	>645	Winter Squash			
7	Low	<91	91 - 298	>298	Yam			
15	Low	<153	153 - 475	>475	Zucchini			
MISCELLANEOUS								
0	Low	<134	134 - 408	>408	Carob			
4	Low	<147	147 - 456	>456	Cocoa			
10	Low	<139	139 - 436	>436	Corn Starch			
0	Low	<75	75 - 200	>200	Corn Sugar			
4	Low	<76	76 - 232	>232	Maple Sugar			
0	Low	<87	87 - 271	>271	MSG			
1	Low	<116	116 - 358	>358	Saccharine			
4	Low	<87	87 - 268	>268	Tapioca			
21	Low	<220	220 - 690	>690	Tea			

Accession #: 1500  
 Patient Name: Jane Doe HOLD  
 Data File: 11JUN00604 11JUN00704

## PERSONALIZED FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD

### LOW REACTION FOODS

Alfalfa	Allspice	Almond	Anise	Apple Mix	Apricot	Artichoke	Asparagus	Avocado
Baker's Yeast	Bamboo Shoots	Banana	Barley	Basil	Bay Leaf	Beet	Black Olive	Black Pepper
Blackberry	Black-Eyed Pea	Blueberry	Bok Choy	Boysenberry	Brewer's Yeast	Broccoli	Brown Rice	Brussels Sprout
Buckwheat	Cabbage	Cane Sugar	Cantaloupe	Carob	Carrot	Cashew	Cauliflower	Celery
Cherry	Chicken	Chili Powder	Chocolate	Cilantro	Cinnamon	Clam	Cloves	Cocoa
Coconut	Cod	Coffee	Collard Greens	Coriander	Corn	Corn Starch	Corn Sugar	Crab
Cranberry	Cucumber	Cumin	Currants	Curry	Dill	Fig	Flaxseed	Garbanzo Bean
Garlic	Ginger	Gliadin	Goat's Milk	Grapefruit	Green Olive	Green Pepper	Halibut	Hazelnut
Honey	Honeydew	Horseradish	Lactalbumin	Lamb	Lemon	Lentil	Lettuce	Lima Bean
Lime	Lobster	Macadamia Nut	Malt	Maple Sugar	Marjoram	Millet	MSG	Mung Bean
Mushroom	Nectarine	Nutmeg	Oat	Okra	Onion	Orange	Orange Roughy	Oregano
Oyster	Papaya	Paprika	Parsley	Parsnip	Pea	Peach	Peanut	Pear
Pecan	Peppermint	Persimmon	Pinto Bean	Pistachio	Plum	Poppy Seed	Pork	Potato
Psyllium Seed	Radish	Raspberry	Red Grape	Red Pepper	Red Snapper	Rhubarb	Rice	Rosemary
Rutabaga	Saccharine	Safflower Seed	Sage	Salmon	Sardine	Sesame Seed	Shrimp	Sole
Soybean	Spearmint	Spinach	Squash Mix	Strawberry	Summer Squash	Sunflower Seed	Tangerine	Tapioca
Tarragon	Tea	Thyme	Tomato	Trout	Tuna	Turkey	Turmeric	Turnip
Walnut	Water Chestnut	Watercress	Watermelon	Wheat	White Grape	White Pepper	Winter Squash	Yam
Zucchini								

### MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

American Cheese	Beef	Bleu Cheese	Cheddar Cheese	Cow's Milk	Egg Yolk	Gluten	Kale	Mozzarella Cheese
Parmesan	Pineapple	Ricotta	Rye	Spelt	Swiss Cheese	Triticale	Vanilla	Yogurt

### AVOID THESE FOODS

Casein	Cottage Cheese	Egg White	Green Bean	Kidney Bean	Mustard	Navy Bean
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### PENDING RESULTS

Bean Sprouts	Brazil Nut
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**EXAMPLE:** You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day.

low reaction = lowercas    MODERATE = UPPERCASE    **SIGNIFICANT = IS NOT LISTED IN ROTATION**

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 Data File: 11JUN00604 11JUN00704

## PERSONALIZED FOUR DAY ROTATION FOOD PLAN

### PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts, Seeds and Oils	Herbs and Spices	Miscellaneous
cod	goat milk	barley	mung bean	bamboo shoots	banana	cashew	anise	baker's yeast
lamb	oat milk	gliadin	pinto bean	black olive	fig	olive oil	basil	brewer's yeast
orange roughly		GLUTEN		carrot	papaya	pistachio	black pepper	cane sugar
oyster		malt		celery	persimmon	poppy seed	cilantro	carob
		oat		green olive	red grape	psyllium seed	coriander	grape juice
		RYE		parsnip	white grape		cumin	concentrate used as sweetener
		SPELT		water chestnut			dill	malt, beer
		TRITICALE					marjoram	msg
		wheat					parsley	peppermint tea
							peppermint	spearmint tea
							rosemary	
							sage	
							spearmint	
							thyme	
							white pepper	

### PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts, Seeds and Oils	Herbs and Spices	Miscellaneous
crab	almond milk	potato flour		beet	apple mix	almond	allspice	apple used as sweetener
lobster	potato milk	potato starch		green pepper	blueberry	coconut	chili powder	black tea
salmon		tapioca flour		mushroom	cranberry	macadamia nut	cloves	green tea
trout				okra	currants	safflower oil	oregano	mushroom
turkey				potato	pear	safflower seed	paprika	pear used as sweetener
				red pepper	PINEAPPLE		VANILLA	saccharine
				spinach				tapioca
				tomato				

**EXAMPLE:** You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day.

low reaction = lowercas MODERATE = UPPERCASE SIGNIFICANT = IS NOT LISTED IN ROTATION

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## PERSONALIZED FOUR DAY ROTATION FOOD PLAN

### PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts, Seeds and Oils	Herbs and Spices	Miscellaneous
beef	AMERICAN CHEESE	buckwheat	black-eyed pea	alfalfa	avocado	filbert nut	curry	coffee
clam	BLEU CHEESE	corn	garbanzo bean	asparagus	blackberry	peanut	garlic	corn sugar
halibut	CHEDDAR CHEESE	corn starch	lentil	avocado	boysenberry	peanut oil	ginger	honey
red snapper	COW'S MILK		lima bean	corn	cantaloupe	pecan	nutmeg	
sole	MOZZARELLA CHEESE		soybean	cucumber	honeydew	soy oil	turmeric	
tofu	PARMESAN CHEESE			garlic	raspberry	walnut		
	RICOTTA CHEESE			onion	rhubarb	walnut oil		
	soy milk			pea	strawberry			
	SWISS CHEESE			squash mix	watermelon			
	YOGURT			summer squash				
				winter squash				
				zucchini				

### PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts, Seeds and Oils	Herbs and Spices	Miscellaneous
chicken	rice milk	brown rice		artichoke	apricot	flaxseed	bay leaf	chocolate
EGG YOLK	sesame seed milk	millet		bok choy	cherry	flaxseed oil	cinnamon	cocoa
pork		rice		broccoli	grapefruit	sesame oil	horseradish	maple sugar
sardine		sunchoke flour		brussels sprout	lemon	sesame seed	tarragon	maple syrup
shrimp				cabbage	lime	sunflower oil		
tuna				cauliflower	nectarine	sunflower seed		
				collard greens	orange			
				KALE	peach			
				lettuce	plum			
				radish	tangerine			
				rutabaga				
				turnip				
				watercress				
				yam				

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