



Patient Name: **SAMPLE**  
External ID: A12365  
Accession No: 1500  
Doctor/Clinic: **Sample Reports**  
Fax#:   
Comments: NONE

Age: 46  
Date of Birth: 10/16/1963  
Test ID: 302664  
Data File: **10SEP02007**  
Doctor ID: 6055  
Technician: jj

Date Collected: 7/21/2010  
Date Received: 7/21/2010  
Date Run: 9/28/2010  
Date Reported: 9/29/2010

**Final Report**

RESULT	Reference Range			ALLERGEN	NOT SAFE		
	Low	Moderate	Avoid		Low	Moderate	Avoid
				DAIRY			
2585	<b>Avoid</b>	<190	190 - 600	>600	<b>American Cheese</b>		
2734	<b>Avoid</b>	<190	190 - 600	>600	<b>Casein</b>		
1939	<b>Avoid</b>	<210	210 - 500	>500	<b>Cheddar Cheese</b>		
3000	<b>Avoid</b>	<230	230 - 690	>690	<b>Cottage Cheese</b>		
2228	<b>Avoid</b>	<190	190 - 600	>600	<b>Cow's Milk</b>		
1373	<b>Avoid</b>	<190	190 - 500	>500	<b>Goat's Milk</b>		
2520	<b>Avoid</b>	<190	190 - 700	>700	<b>Lactalbumin</b>		
2431	<b>Avoid</b>	<170	170 - 550	>550	<b>Mozzarella Cheese</b>		
2489	<b>Avoid</b>	<230	230 - 600	>600	<b>Swiss Cheese</b>		
				MEATS			
447	<b>Moderate</b>	<190	190 - 490	>490	<b>Beef</b>		
127	<b>Low</b>	<160	160 - 250	>250	<b>Chicken</b>		
1978	<b>Avoid</b>	<400	400 - 900	>900	<b>Egg White</b>		
663	<b>Moderate</b>	<360	360 - 900	>900	<b>Egg Yolk</b>		
219	<b>Moderate</b>	<140	140 - 270	>270	<b>Lamb</b>		
113	<b>Low</b>	<150	150 - 350	>350	<b>Pork</b>		
103	<b>Low</b>	<120	120 - 250	>250	<b>Turkey</b>		
				GRAINS			
163	<b>Moderate</b>	<110	110 - 210	>210	<b>Barley</b>		
244	<b>Moderate</b>	<120	120 - 250	>250	<b>Buckwheat</b>		
118	<b>Moderate</b>	<110	110 - 200	>200	<b>Corn</b>		
2627	<b>Avoid</b>	<140	140 - 300	>300	<b>Gliadin</b>		
2916	<b>Avoid</b>	<150	150 - 330	>330	<b>Gluten</b>		
304	<b>Avoid</b>	<140	140 - 300	>300	<b>Malt</b>		
107	<b>Moderate</b>	<100	100 - 150	>150	<b>Oat</b>		
90	<b>Low</b>	<120	120 - 200	>200	<b>Rice</b>		
1111	<b>Avoid</b>	<140	140 - 350	>350	<b>Rye</b>		
2916	<b>Avoid</b>	<150	150 - 350	>350	<b>Wheat</b>		
				FISH			
147	<b>Low</b>	<180	180 - 350	>350	<b>Cod</b>		
99	<b>Low</b>	<130	130 - 240	>240	<b>Halibut</b>		
173	<b>Moderate</b>	<160	160 - 250	>250	<b>Orange Roughy</b>		
157	<b>Moderate</b>	<140	140 - 300	>300	<b>Red Snapper</b>		
101	<b>Low</b>	<130	130 - 240	>240	<b>Salmon</b>		
80	<b>Low</b>	<120	120 - 180	>180	<b>Sardine</b>		
143	<b>Low</b>	<160	160 - 250	>250	<b>Sole</b>		
110	<b>Low</b>	<150	150 - 250	>250	<b>Trout</b>		
90	<b>Low</b>	<120	120 - 250	>250	<b>Tuna</b>		
				SHELLFISH			
107	<b>Low</b>	<130	130 - 220	>220	<b>Clam</b>		
135	<b>Low</b>	<150	150 - 250	>250	<b>Crab</b>		
165	<b>Moderate</b>	<160	160 - 250	>250	<b>Lobster</b>		
97	<b>Low</b>	<120	120 - 190	>190	<b>Oyster</b>		
151	<b>Moderate</b>	<140	140 - 240	>240	<b>Shrimp</b>		
				NUTS			
151	<b>Low</b>	<200	200 - 600	>600	<b>Almond</b>		
3856	<b>Avoid</b>	<200	200 - 590	>590	<b>Peanut</b>		
94	<b>Low</b>	<120	120 - 250	>250	<b>Pecan</b>		
113	<b>Low</b>	<120	120 - 250	>250	<b>Sesame Seed</b>		
131	<b>Low</b>	<180	180 - 390	>390	<b>Sunflower Seed</b>		
129	<b>Low</b>	<140	140 - 300	>300	<b>Walnut</b>		

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test.



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RESULT	Reference Range			ALLERGEN	NOT SAFE		
	Low	Moderate	Avoid		Low	Moderate	Avoid
FRUITS							
364	<b>Avoid</b>	<140	140 - 300	>300	<b>Apple Mix</b>		
71	<b>Low</b>	<90	90 - 150	>150	<b>Apricot</b>		
70	<b>Low</b>	<120	120 - 250	>250	<b>Avocado</b>		
199	<b>Low</b>	<220	220 - 370	>370	<b>Banana</b>		
95	<b>Low</b>	<120	120 - 250	>250	<b>Blueberry</b>		
73	<b>Low</b>	<90	90 - 170	>170	<b>Cranberry</b>		
105	<b>Low</b>	<120	120 - 220	>220	<b>Grapefruit</b>		
114	<b>Moderate</b>	<110	110 - 200	>200	<b>Lemon</b>		
133	<b>Moderate</b>	<100	100 - 200	>200	<b>Nectarine</b>		
122	<b>Moderate</b>	<120	120 - 250	>250	<b>Orange</b>		
91	<b>Low</b>	<140	140 - 300	>300	<b>Papaya</b>		
105	<b>Moderate</b>	<90	90 - 190	>190	<b>Peach</b>		
60	<b>Low</b>	<80	80 - 170	>170	<b>Pear</b>		
415	<b>Moderate</b>	<200	200 - 600	>600	<b>Pineapple</b>		
74	<b>Low</b>	<90	90 - 190	>190	<b>Plum</b>		
80	<b>Low</b>	<120	120 - 220	>220	<b>Raspberry</b>		
76	<b>Low</b>	<120	120 - 250	>250	<b>Red Grape</b>		
75	<b>Low</b>	<120	120 - 200	>200	<b>Strawberry</b>		
124	<b>Low</b>	<150	150 - 250	>250	<b>Watermelon</b>		
VEGETABLES							
161	<b>Moderate</b>	<120	120 - 210	>210	<b>Asparagus</b>		
112	<b>Low</b>	<120	120 - 200	>200	<b>Beet</b>		
99	<b>Low</b>	<120	120 - 200	>200	<b>Black Olive</b>		
93	<b>Low</b>	<110	110 - 160	>160	<b>Broccoli</b>		
90	<b>Low</b>	<120	120 - 250	>250	<b>Cabbage</b>		
84	<b>Low</b>	<110	110 - 250	>250	<b>Carrot</b>		
112	<b>Moderate</b>	<110	110 - 200	>200	<b>Cauliflower</b>		
107	<b>Low</b>	<120	120 - 200	>200	<b>Celery</b>		
121	<b>Moderate</b>	<110	110 - 200	>200	<b>Cucumber</b>		
225	<b>Low</b>	<230	230 - 600	>600	<b>Garlic</b>		
1185	<b>Avoid</b>	<150	150 - 400	>400	<b>Green Bean</b>		
120	<b>Low</b>	<130	130 - 380	>380	<b>Green Pepper</b>		
2829	<b>Avoid</b>	<360	360 - 830	>830	<b>Kidney Bean</b>		
105	<b>Low</b>	<120	120 - 240	>240	<b>Lentil</b>		
84	<b>Low</b>	<120	120 - 200	>200	<b>Lettuce</b>		
329	<b>Avoid</b>	<130	130 - 250	>250	<b>Lima Bean</b>		
99	<b>Low</b>	<120	120 - 200	>200	<b>Onion</b>		
99	<b>Low</b>	<130	130 - 250	>250	<b>Pea</b>		
97	<b>Low</b>	<110	110 - 200	>200	<b>Potato</b>		
354	<b>Avoid</b>	<180	180 - 350	>350	<b>Soybean</b>		
84	<b>Low</b>	<120	120 - 200	>200	<b>Spinach</b>		
110	<b>Low</b>	<140	140 - 280	>280	<b>Squash Mix</b>		
107	<b>Low</b>	<120	120 - 250	>250	<b>Tomato</b>		
MISCELLANEOUS							
122	<b>Moderate</b>	<100	100 - 150	>150	<b>Baker's Yeast</b>		
98	<b>Low</b>	<100	100 - 150	>150	<b>Brewer's Yeast</b>		
91	<b>Low</b>	<120	120 - 200	>200	<b>Cane Sugar</b>		
147	<b>Moderate</b>	<120	120 - 200	>200	<b>Chocolate</b>		
111	<b>Low</b>	<120	120 - 200	>200	<b>Coffee</b>		
101	<b>Low</b>	<120	120 - 200	>200	<b>Honey</b>		
113	<b>Low</b>	<140	140 - 250	>250	<b>Mushroom</b>		

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

### LOW REACTION FOODS

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Almond	Apricot	Avocado	Banana	Beet	Black Olive	Blueberry	Brewer's Yeast	Broccoli
Cabbage	Cane Sugar	Carrot	Celery	Chicken	Clam	Cod	Coffee	Crab
Cranberry	Garlic	Grapefruit	Green Pepper	Halibut	Honey	Lentil	Lettuce	Mushroom
Onion	Oyster	Papaya	Pea	Pear	Pecan	Plum	Pork	Potato
Raspberry	Red Grape	Rice	Salmon	Sardine	Sesame Seed	Sole	Spinach	Squash Mix
Strawberry	Sunflower Seed	Tomato	Trout	Tuna	Turkey	Walnut	Watermelon	

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

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Asparagus	Baker's Yeast	Barley	Beef	Buckwheat	Cauliflower	Chocolate	Corn	Cucumber
Egg Yolk	Lamb	Lemon	Lobster	Nectarine	Oat	Orange	Orange Roughy	Peach
Pineapple	Red Snapper	Shrimp						

### AVOID THESE FOODS

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American Cheese	Apple Mix	Casein	Cheddar Cheese	Cottage Cheese	Cow's Milk	Egg White	Gliadin	Gluten
Goat's Milk	Green Bean	Kidney Bean	Lactalbumin	Lima Bean	Malt	Mozzarella Cheese	Peanut	Rye
Soybean	Swiss Cheese	Wheat						

### PENDING RESULTS

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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 = lowercase    MODERATE = UPPERCASE    **SIGNIFICANT = IS NOT LISTED IN ROTATION**

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1500  
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## PERSONALIZED FOUR DAY ROTATION FOOD PLAN

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

<b>Proteins</b>	<b>Dairy</b>	<b>Grains/Flour</b>	<b>Legumes</b>	<b>Vegetables</b>	<b>Fruits</b>	<b>Nuts, Seeds and Oils</b>	<b>Herbs and Spices</b>	<b>Miscellaneous</b>
cod LAMB ORANGE ROUGHY oyster	OAT MILK	BARLEY OAT		black olive carrot celery	banana papaya red grape			BAKER'S YEAST brewer's yeast cane sugar

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

<b>Proteins</b>	<b>Dairy</b>	<b>Grains/Flour</b>	<b>Legumes</b>	<b>Vegetables</b>	<b>Fruits</b>	<b>Nuts, Seeds and Oils</b>	<b>Herbs and Spices</b>	<b>Miscellaneous</b>
crab LOBSTER salmon trout turkey	almond milk potato milk	potato flour potato starch		beet green pepper mushroom potato spinach tomato	blueberry cranberry pear PINEAPPLE	almond		mushroom pear used as sweetener

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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		BUCKWHEAT	lentil	ASPARAGUS	avocado	pecan	garlic	coffee
clam		CORN		avocado	raspberry	walnut		honey
halibut				CORN	strawberry	walnut oil		
RED SNAPPER				CUCUMBER	watermelon			
sole				garlic				
				onion				
				pea				
				squash mix				

### 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	rice		broccoli	apricot	sesame oil		CHOCOLATE
EGG YOLK	sesame seed milk			cabbage	grapefruit	sesame seed		
pork				CAULIFLOWER	LEMON	sunflower oil		
sardine				lettuce	NECTARINE	sunflower seed		
SHRIMP					ORANGE			
tuna					PEACH			
					plum			

**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 = lowercase MODERATE = UPPERCASE **SIGNIFICANT = IS NOT LISTED IN ROTATION**