



Patient Name:
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Final Report

RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
DAIRY							
734	Avoid	<100	100 - 350	>350	Casein	[Bar chart showing level in Avoid zone]	
415	Avoid	<100	100 - 250	>250	Cheddar Cheese	[Bar chart showing level in Avoid zone]	
1084	Avoid	<100	100 - 350	>350	Cottage Cheese	[Bar chart showing level in Avoid zone]	
1025	Avoid	<140	140 - 350	>350	Cow's Milk	[Bar chart showing level in Avoid zone]	
650	Avoid	<120	120 - 370	>370	Goat's Milk	[Bar chart showing level in Avoid zone]	
461	Avoid	<100	100 - 350	>350	Mozzarella Cheese	[Bar chart showing level in Avoid zone]	
1883	Avoid	<150	150 - 250	>250	Whey	[Bar chart showing level in Avoid zone]	
MEATS							
464	Avoid	<110	110 - 260	>260	Beef	[Bar chart showing level in Avoid zone]	
273	Avoid	<130	130 - 220	>220	Buffalo	[Bar chart showing level in Avoid zone]	
73	Low	<160	160 - 310	>310	Chicken	[Bar chart showing level in Low zone]	
1121	Avoid	<180	180 - 450	>450	Egg White	[Bar chart showing level in Avoid zone]	
829	Avoid	<190	190 - 500	>500	Egg Yolk	[Bar chart showing level in Avoid zone]	
284	Avoid	<120	120 - 270	>270	Lamb	[Bar chart showing level in Avoid zone]	
111	Low	<150	150 - 300	>300	Pork	[Bar chart showing level in Low zone]	
62	Low	<150	150 - 300	>300	Turkey	[Bar chart showing level in Low zone]	
GRAINS							
101	Low	<150	150 - 300	>300	Barley	[Bar chart showing level in Low zone]	
112	Low	<150	150 - 300	>300	Buckwheat	[Bar chart showing level in Low zone]	
101	Low	<180	180 - 320	>320	Corn	[Bar chart showing level in Low zone]	
134	Low	<150	150 - 300	>300	Gliadin	[Bar chart showing level in Low zone]	
127	Low	<130	130 - 280	>280	Gluten	[Bar chart showing level in Low zone]	
120	Low	<180	180 - 330	>330	Hemp	[Bar chart showing level in Low zone]	
106	Moderate	<100	100 - 250	>250	Oat	[Bar chart showing level in Moderate zone]	
78	Low	<150	150 - 300	>300	Quinoa	[Bar chart showing level in Low zone]	
105	Low	<200	200 - 350	>350	Rice	[Bar chart showing level in Low zone]	
73	Low	<150	150 - 330	>330	Teff	[Bar chart showing level in Low zone]	
206	Moderate	<120	120 - 260	>260	Wheat	[Bar chart showing level in Moderate zone]	
FISH							
81	Low	<200	200 - 350	>350	Cod	[Bar chart showing level in Low zone]	
71	Low	<190	190 - 340	>340	Halibut	[Bar chart showing level in Low zone]	
108	Low	<200	200 - 350	>350	Salmon	[Bar chart showing level in Low zone]	
83	Low	<150	150 - 300	>300	Sardine	[Bar chart showing level in Low zone]	
109	Low	<160	160 - 310	>310	Sole	[Bar chart showing level in Low zone]	
115	Low	<250	250 - 400	>400	Tilapia	[Bar chart showing level in Low zone]	
77	Low	<200	200 - 350	>350	Trout	[Bar chart showing level in Low zone]	
58	Low	<150	150 - 300	>300	Tuna	[Bar chart showing level in Low zone]	
SHELLFISH							
77	Low	<140	140 - 290	>290	Clam	[Bar chart showing level in Low zone]	
71	Low	<140	140 - 290	>290	Crab	[Bar chart showing level in Low zone]	
81	Low	<170	170 - 320	>320	Lobster	[Bar chart showing level in Low zone]	
84	Low	<110	110 - 260	>260	Oyster	[Bar chart showing level in Low zone]	
101	Low	<150	150 - 300	>300	Shrimp	[Bar chart showing level in Low zone]	
NUTS							
144	Moderate	<130	130 - 280	>280	Almond	[Bar chart showing level in Moderate zone]	
1422	Avoid	<150	150 - 300	>300	Peanut	[Bar chart showing level in Avoid zone]	
107	Low	<180	180 - 330	>330	Pecan	[Bar chart showing level in Low zone]	
100	Low	<150	150 - 300	>300	Pumpkin Seed	[Bar chart showing level in Low zone]	
109	Low	<200	200 - 350	>350	Sesame Seed	[Bar chart showing level in Low zone]	
110	Low	<180	180 - 320	>320	Sunflower Seed	[Bar chart showing level in Low zone]	
130	Low	<250	250 - 400	>400	Walnut	[Bar chart showing level in Low zone]	





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RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
FRUITS							
76	Low	<160	160 - 310	>310	Apple Mix		
63	Low	<120	120 - 270	>270	Apricot		
106	Low	<150	150 - 300	>300	Avocado		
88	Low	<160	160 - 340	>340	Banana		
68	Low	<130	130 - 280	>280	Blueberry		
72	Low	<100	100 - 250	>250	Cranberry		
337	Avoid	<150	150 - 300	>300	Grapefruit		
386	Avoid	<130	130 - 280	>280	Lemon		
386	Avoid	<130	130 - 280	>280	Orange		
82	Low	<180	180 - 310	>310	Papaya		
63	Low	<120	120 - 270	>270	Peach		
59	Low	<100	100 - 250	>250	Pear		
878	Avoid	<110	110 - 300	>300	Pineapple		
69	Low	<130	130 - 280	>280	Plum		
105	Low	<200	200 - 350	>350	Raspberry		
67	Low	<140	140 - 300	>300	Red Grape		
72	Low	<120	120 - 270	>270	Strawberry		
113	Low	<180	180 - 330	>330	Watermelon		
VEGETABLES							
78	Low	<120	120 - 270	>270	Asparagus		
100	Low	<140	140 - 290	>290	Beet		
101	Low	<150	150 - 300	>300	Black Olive		
73	Low	<150	150 - 290	>290	Broccoli		
99	Low	<120	120 - 270	>270	Cabbage		
76	Low	<140	140 - 290	>290	Carrot		
78	Low	<150	150 - 300	>300	Cauliflower		
107	Low	<140	140 - 290	>290	Celery		
103	Low	<150	150 - 300	>300	Cucumber		
222	Moderate	<180	180 - 380	>380	Garlic		
100	Low	<140	140 - 300	>300	Green Bean		
92	Low	<150	150 - 300	>300	Green Pepper		
157	Low	<180	180 - 480	>480	Kidney Bean		
196	Moderate	<130	130 - 280	>280	Lentil		
110	Low	<150	150 - 300	>300	Lettuce		
87	Low	<140	140 - 300	>300	Lima Bean		
82	Low	<130	130 - 280	>280	Onion		
145	Moderate	<120	120 - 270	>270	Pea		
91	Low	<200	200 - 350	>350	Potato		
89	Low	<140	140 - 290	>290	Pumpkin		
91	Low	<150	150 - 300	>300	Soybean		
100	Low	<160	160 - 310	>310	Spinach		
101	Low	<150	150 - 300	>300	Tomato		
MISCELLANEOUS							
73	Low	<150	150 - 350	>350	Baker's Yeast		
73	Low	<100	100 - 250	>250	Brewer's Yeast		
98	Low	<200	200 - 350	>350	Cane Sugar		
122	Low	<130	130 - 280	>280	Coffee		
88	Low	<150	150 - 300	>300	Honey		
98	Low	<150	150 - 300	>300	Mushroom		
62	Low	<100	100 - 250	>250	Xanthan Gum		
CANDIDA SCREEN							
82	Moderate	<70	70 - 100	>100	Candida albicans		



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PERSONALIZED FOUR DAY ROTATION FOOD PLAN



PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1 Choices								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
cod	hemp milk	barley	kidney bean	black olive	banana			baker's yeast
oyster	OAT MILK	gliadin		carrot	papaya			brewer's yeast
		gluten		celery	red grape			cane sugar
		hemp		green bean				mushroom
		OAT		mushroom				xanthan gum
		teff						
		WHEAT						

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 Choices								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
crab	ALMOND MILK	potato flour		beet	apple mix	ALMOND		apple used as sweetener
lobster	potato milk	potato starch		green pepper	blueberry			pear used as sweetener
salmon		quinoa		potato	cranberry			
trout				spinach	pear			
				tomato				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 Choices								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
clam	soy milk	buckwheat	LENTIL	asparagus	avocado	pecan	GARLIC	coffee
halibut		corn	lima bean	corn	watermelon	pumpkin seed		honey
pork			soybean	cucumber		soy oil		
sole				GARLIC		walnut		
tilapia				onion		walnut oil		
tofu				PEA				
				pumpkin				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 Choices								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
chicken	rice milk	rice		broccoli	apricot	sesame oil		
sardine	sesame seed milk			cabbage	peach	sesame seed		
shrimp				cauliflower	plum	sunflower oil		
tuna				lettuce	raspberry	sunflower seed		
turkey					strawberry			

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FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD



LOW REACTION FOODS

Apple Mix	Apricot	Asparagus	Avocado	Baker's Yeast	Banana	Barley
Beet	Black Olive	Blueberry	Brewer's Yeast	Broccoli	Buckwheat	Cabbage
Cane Sugar	Carrot	Cauliflower	Celery	Chicken	Clam	Cod
Coffee	Corn	Crab	Cranberry	Cucumber	Gliadin	Gluten
Green Bean	Green Pepper	Halibut	Hemp	Honey	Kidney Bean	Lettuce
Lima Bean	Lobster	Mushroom	Onion	Oyster	Papaya	Peach
Pear	Pecan	Plum	Pork	Potato	Pumpkin	Pumpkin Seed
Quinoa	Raspberry	Red Grape	Rice	Salmon	Sardine	Sesame Seed
Shrimp	Sole	Soybean	Spinach	Strawberry	Sunflower Seed	Teff
Tilapia	Tomato	Trout	Tuna	Turkey	Walnut	Watermelon
Xanthan Gum						

MODERATE COMSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

ALMOND GARLIC LENTIL OAT PEA WHEAT

AVOID THESE FOODS

BEEF BUFFALO CASEIN CHEDDAR CHEESE COTTAGE CHEESE COW'S MILK EGG WHITE

EGG YOLK GOAT'S MILK GRAPEFRUIT LAMB LEMON MOZZARELLA CHEESE ORANGE

PEANUT PINEAPPLE WHEY

PENDING RESULTS