



Patient Name:
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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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	Low	Moderate	Avoid				
				DAIRY			
733	Avoid	<150	150 - 400	>400	Parmesan		
520	Avoid	<100	100 - 350	>350	Sheep Milk		
630	Avoid	<150	150 - 400	>400	Yogurt		
				MEATS			
964	Avoid	<160	160 - 460	>460	Duck Egg		
80	Low	<150	150 - 300	>300	Duck Meat		
167	Moderate	<150	150 - 350	>350	Venison		
				GRAINS			
88	Low	<150	150 - 300	>300	Amaranth		
98	Low	<160	160 - 310	>310	Arrowroot		
99	Low	<150	150 - 300	>300	Brown Rice		
98	Low	<150	150 - 300	>300	Flaxseed		
83	Low	<150	150 - 300	>300	Hops		
96	Low	<180	180 - 330	>330	Millet		
61	Low	<100	100 - 250	>250	Psyllium Seed		
106	Low	<150	150 - 300	>300	Safflower Seed		
89	Low	<150	150 - 300	>300	Sorghum		
98	Low	<200	200 - 350	>350	Wild Rice		
				SPICES			
96	Low	<150	150 - 300	>300	Allspice		
111	Low	<170	170 - 320	>320	Basil		
98	Low	<150	150 - 300	>300	Black Pepper		
150	Low	<230	230 - 380	>380	Cilantro		
109	Low	<170	170 - 320	>320	Cinnamon		
94	Low	<150	150 - 300	>300	Cloves		
104	Low	<160	160 - 310	>310	Coriander		
111	Low	<150	150 - 300	>300	Cumin		
114	Low	<200	200 - 350	>350	Dill		
160	Low	<200	200 - 350	>350	Ginger		
109	Low	<160	160 - 310	>310	Horseradish		
675	Avoid	<160	160 - 310	>310	Mustard		
93	Low	<150	150 - 300	>300	Nutmeg		
93	Low	<150	150 - 300	>300	Oregano		
139	Low	<160	160 - 310	>310	Parsley		
154	Low	<230	230 - 380	>380	Peppermint		
106	Low	<130	130 - 280	>280	Poppy Seed		
139	Low	<180	180 - 330	>330	Rosemary		
108	Low	<200	200 - 350	>350	Sage		
151	Low	<200	200 - 350	>350	Spearmint		
104	Low	<200	200 - 350	>350	Tarragon		
110	Low	<200	200 - 350	>350	Thyme		
111	Low	<130	130 - 280	>280	Turmeric		
83	Low	<100	100 - 250	>250	Vanilla		
				NUTS			
85	Low	<180	180 - 330	>330	Brazil Nut		
354	Avoid	<150	150 - 300	>300	Cashew		
112	Low	<150	150 - 300	>300	Chia Seed		
84	Low	<150	150 - 300	>300	Coconut		
1090	Avoid	<200	200 - 350	>350	Hazelnut		
112	Low	<160	160 - 310	>310	Macadamia Nut		
89	Low	<180	180 - 330	>330	Pine Nuts		
264	Avoid	<100	100 - 250	>250	Pistachio		





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	Low	Moderate	Avoid				
FRUITS							
82	Low	<160	160 - 310	>310	Blackberry		
85	Low	<160	160 - 310	>310	Boysenberry		
167	Moderate	<150	150 - 300	>300	Cantaloupe		
88	Low	<180	180 - 330	>330	Cherry		
83	Low	<150	150 - 300	>300	Currants		
138	Low	<180	180 - 330	>330	Fig		
494	Avoid	<150	150 - 300	>300	Kiwi		
69	Low	<100	100 - 250	>250	Mango		
535	Avoid	<220	220 - 370	>370	Pomegranate		
72	Low	<120	120 - 270	>270	Rhubarb		
79	Low	<150	150 - 300	>300	White Grape		
VEGETABLES							
91	Low	<110	110 - 250	>250	Alfalfa		
67	Low	<150	150 - 300	>300	Artichoke		
119	Low	<120	120 - 270	>270	Bamboo Shoots		
92	Low	<150	150 - 300	>300	Bean Sprouts		
160	Moderate	<150	150 - 350	>350	Black Bean		
81	Low	<140	140 - 290	>290	Bok Choy		
100	Low	<120	120 - 270	>270	Brussels Sprout		
89	Low	<150	150 - 300	>300	Butternut Squash		
119	Low	<220	220 - 370	>370	Chili Pepper		
113	Low	<180	180 - 330	>330	Eggplant		
93	Low	<150	150 - 300	>300	Endive		
194	Moderate	<150	150 - 300	>300	Garbanzo Bean		
77	Low	<120	120 - 270	>270	Green Olive		
113	Low	<220	220 - 370	>370	Jalapeno		
69	Low	<100	100 - 250	>250	Kale		
656	Low	<850	850 - 1200	>1200	Kelp		
101	Low	<130	130 - 280	>280	Kohlrabi		
77	Low	<100	100 - 250	>250	Mung Bean		
145	Low	<150	150 - 450	>450	Navy Bean		
83	Low	<150	150 - 300	>300	Okra		
75	Low	<150	150 - 350	>350	Pinto Bean		
89	Low	<130	130 - 280	>280	Radish		
83	Low	<150	150 - 300	>300	Rutabaga		
99	Low	<200	200 - 350	>350	Sweet Potato		
99	Low	<180	180 - 330	>330	Water Chestnut		
120	Low	<130	130 - 280	>280	Watercress		
96	Low	<200	200 - 350	>350	Yam		
91	Low	<100	100 - 300	>300	Yellow Squash		
134	Low	<150	150 - 300	>300	Zucchini		
MISCELLANEOUS							
77	Low	<150	150 - 300	>300	Carob		
85	Low	<140	140 - 290	>290	Cocoa		
98	Low	<170	170 - 320	>320	Corn Starch		
85	Low	<180	180 - 330	>330	Corn Sugar		
99	Low	<150	150 - 300	>300	Maple Sugar		
94	Low	<210	210 - 360	>360	Tapioca		
122	Low	<180	180 - 330	>330	Tea		



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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	BLACK BEAN	bamboo shoots	banana	chia seed	basil	baker's yeast
oyster	OAT MILK	gliadin	kidney bean	bean sprouts	fig	psyllium seed	black pepper	brewer's yeast
VENISON		gluten	mung bean	black olive	papaya		cilantro	cane sugar
		hemp	navy bean	carrot	red grape		coriander	carob
		OAT	pinto bean	celery	white grape		cumin	mushroom
		sorghum		green bean			dill	xanthan gum
		teff		green olive			oregano	
		WHEAT		hops			parsley	
				mushroom			peppermint	
				sweet potato			rosemary	
				water chestnut			sage	
				yellow squash			spearmint	
							thyme	

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	arrowroot		beet	apple mix	ALMOND	allspice	apple used as sweetener
lobster	potato milk	potato flour		eggplant	blackberry	coconut	cloves	black tea
salmon		potato starch		green pepper	blueberry	macadamia nut	poppy seed	green tea
trout		quinoa		jalapeno	boysenberry	safflower seed	red chili pepper	pear used as sweetener
				okra	cranberry		vanilla	tapioca
				potato	currants			
				red chili pepper	pear			
				spinach				
				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	amaranth	GARBANZO BEAN	alfalfa	avocado	pecan	GARLIC	coffee
halibut		buckwheat	BEAN	asparagus	CANTALOUPE	pumpkin seed	ginger	corn sugar
pork		corn	LENTIL	butternut	mango	soy oil	nutmeg	honey
sole		corn starch	lima bean	squash	rhubarb	walnut	turmeric	
tilapia			soybean	corn	watermelon	walnut oil		
tofu				cucumber				
				GARLIC				
				onion				
				PEA				
				pumpkin				
				zucchini				

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	brown rice		artichoke	apricot	brazil nut	cinnamon	cocoa
duck meat	sesame seed milk	millet		bok choy	cherry	flaxseed	horseradish	maple sugar
sardine		rice		broccoli	peach	pine nuts	tarragon	
shrimp		wild rice		brussels sprout	plum	sesame oil		
tuna				cabbage	raspberry	sesame seed		
turkey				cauliflower	strawberry	sunflower oil		
				endive		sunflower seed		
				kale				
				kelp				
				kohlrabi				
				lettuce				
				radish				
				rutabaga				
				watercress				
				yam				

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FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD



LOW REACTION FOODS

Alfalfa	Allspice	Amaranth	Apple Mix	Apricot	Arrowroot	Artichoke
Asparagus	Avocado	Baker's Yeast	Bamboo Shoots	Banana	Barley	Basil
Bean Sprouts	Beet	Black Olive	Black Pepper	Blackberry	Blueberry	Bok Choy
Boysenberry	Brazil Nut	Brewer's Yeast	Broccoli	Brown Rice	Brussels Sprout	Buckwheat
Butternut Squash	Cabbage	Cane Sugar	Carob	Carrot	Cauliflower	Celery
Cherry	Chia Seed	Chicken	Chili Pepper	Cilantro	Cinnamon	Clam
Cloves	Cocoa	Coconut	Cod	Coffee	Coriander	Corn
Corn Starch	Corn Sugar	Crab	Cranberry	Cucumber	Cumin	Currants
Dill	Duck Meat	Eggplant	Endive	Fig	Flaxseed	Ginger
Gliadin	Gluten	Green Bean	Green Olive	Green Pepper	Halibut	Hemp
Honey	Hops	Horseradish	Jalapeno	Kale	Kelp	Kidney Bean
Kohlrabi	Lettuce	Lima Bean	Lobster	Macadamia Nut	Mango	Maple Sugar
Millet	Mung Bean	Mushroom	Navy Bean	Nutmeg	Okra	Onion
Oregano	Oyster	Papaya	Parsley	Peach	Pear	Pecan
Peppermint	Pine Nuts	Pinto Bean	Plum	Poppy Seed	Pork	Potato
Psyllium Seed	Pumpkin	Pumpkin Seed	Quinoa	Radish	Raspberry	Red Grape
Rhubarb	Rice	Rosemary	Rutabaga	Safflower Seed	Sage	Salmon
Sardine	Sesame Seed	Shrimp	Sole	Sorghum	Soybean	Spearmint
Spinach	Strawberry	Sunflower Seed	Sweet Potato	Tapioca	Tarragon	Tea
Teff	Thyme	Tilapia	Tomato	Trout	Tuna	Turkey
Turmeric	Vanilla	Walnut	Water Chestnut	Watercress	Watermelon	White Grape
Wild Rice	Xanthan Gum	Yam	Yellow Squash	Zucchini		

MODERATE COMSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

ALMOND	BLACK BEAN	CANTALOUPE	GARBANZO BEAN	GARLIC	LENTIL	OAT
PEA	VENISON	WHEAT				

AVOID THESE FOODS

BEEF	BUFFALO	CASEIN	CASHEW	CHEDDAR CHEESE	COTTAGE CHEESE	COW'S MILK
DUCK EGG	EGG WHITE	EGG YOLK	GOAT'S MILK	GRAPEFRUIT	HAZELNUT	KIWI
LAMB	LEMON	MOZZARELLA CHEESE	MUSTARD	ORANGE	PARMESAN	PEANUT
PINEAPPLE	PISTACHIO	POMEGRANATE	SHEEP MILK	WHEY	YOGURT	

PENDING RESULTS