

Save My Gallbladder Panel

 Patient Name:
 Accession No:
 Doctor/Clinic:
 Order Doctor:
 Doctor ID:
 Comments:

 Age:
 Test Code: 2008

 Date of Birth:
 Data File:
 Technician:

 Date Collected:
 Date Received:
 Date Run:
 Date Reported:

Final Report

RESULT		Reference Range			ALLERGEN	Severity		
		Low	Moderate	Avoid		Low	Moderate	Avoid
					DAIRY			
173	Moderate	<100	100 - 350	>350	Casein	[Bar in Moderate]		
347	Moderate	<100	100 - 350	>350	Cow's Milk	[Bar in Moderate]		
1269	Avoid	<150	150 - 450	>450	Whey	[Bar in Avoid]		
					MEATS			
10	Low	<100	100 - 250	>250	Chicken	[Bar in Low]		
581	Avoid	<150	150 - 450	>450	Egg White	[Bar in Avoid]		
481	Avoid	<150	150 - 450	>450	Egg Yolk	[Bar in Avoid]		
6	Low	<100	100 - 250	>250	Pork	[Bar in Low]		
22	Low	<100	100 - 250	>250	Turkey	[Bar in Low]		
					GRAINS			
78	Low	<100	100 - 250	>250	Corn	[Bar in Low]		
					FISH			
22	Low	<100	100 - 250	>250	Cod	[Bar in Low]		
10	Low	<100	100 - 250	>250	Halibut	[Bar in Low]		
19	Low	<100	100 - 250	>250	Salmon	[Bar in Low]		
0	Low	<100	100 - 250	>250	Sardine	[Bar in Low]		
42	Low	<100	100 - 250	>250	Sole	[Bar in Low]		
30	Low	<100	100 - 250	>250	Tilapia	[Bar in Low]		
16	Low	<100	100 - 250	>250	Trout	[Bar in Low]		
					NUTS			
161	Moderate	<100	100 - 250	>250	Almond	[Bar in Moderate]		
357	Avoid	<100	100 - 250	>250	Peanut	[Bar in Avoid]		
37	Low	<100	100 - 250	>250	Pumpkin Seed	[Bar in Low]		
69	Low	<100	100 - 250	>250	Sunflower Seed	[Bar in Low]		
109	Moderate	<100	100 - 250	>250	Walnut	[Bar in Moderate]		
					VEGETABLES			
47	Low	<100	100 - 250	>250	Cabbage	[Bar in Low]		
72	Low	<100	100 - 250	>250	Green Bean	[Bar in Low]		
47	Low	<150	150 - 450	>450	Kidney Bean	[Bar in Low]		
146	Moderate	<100	100 - 250	>250	Lentil	[Bar in Moderate]		
79	Low	<100	100 - 250	>250	Lima Bean	[Bar in Low]		
82	Low	<100	100 - 250	>250	Onion	[Bar in Low]		
74	Low	<100	100 - 250	>250	Pea	[Bar in Low]		
148	Moderate	<100	100 - 250	>250	Soybean	[Bar in Moderate]		
84	Low	<100	100 - 250	>250	Tomato	[Bar in Low]		
					FRUITS			
14	Low	<100	100 - 250	>250	Apple Mix	[Bar in Low]		
69	Low	<100	100 - 250	>250	Orange	[Bar in Low]		
					MISCELLANEOUS			
165	Moderate	<100	100 - 250	>250	Coffee	[Bar in Moderate]		

MVL Allergy procedure uses both IgE and IgG4 antibodies for combined testing. | References: Volcheck GW. Postgrad Med. 2001 May; 109(5):71. | Due to literature documented test sensitivity limitations, negative serum allergy tests should not be used to justify exposure to an allergen that is clinically suspected as the cause of anaphylactic reaction.

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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 tilapia			kidney bean	green bean				
PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
salmon trout	almond milk			tomato	apple mix	almond		apple used as sweetener
PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
halibut pork sole tofu	casein cow's milk soy milk	corn	lentil lima bean soybean	onion pea		pumpkin seed soy oil walnut walnut oil		coffee
PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
chicken sardine turkey				cabbage	orange	sunflower oil sunflower seed		

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.

KEY: Low reaction= Blue

Moderate = Orange

Significant = IS NOT LISTED IN ROTATION

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PERSONALIZED FOUR DAY ROTATION FOOD PLAN



LOW REACTION FOODS

Apple Mix	Cabbage	Chicken	Cod	Corn	Green Bean	Halibut
Kidney Bean	Lima Bean	Onion	Orange	Pea	Pork	Pumpkin Seed
Salmon	Sardine	Sole	Sunflower Seed	Tilapia	Tomato	Trout
Turkey						

MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

Almond	Casein	Coffee	Cow's Milk	Lentil	Soybean	Walnut
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AVOID THESE FOODS

Egg White	Egg Yolk	Peanut	Whey
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PENDING RESULTS

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