

# Combo E-95 & A-95 Panel

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

Age:  
  
  
Test Code: 2200

Date of Birth:  
  
Data File:  
  
Technician:

Date Collected:  
Date Received:  
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Date Reported:  
Date Final:

## Final Report

RESULT		Reference Range			ALLERGEN	Sensitivity		
		Low	Moderate	Avoid		Low	Moderate	Avoid
DAIRY								
804	Avoid	<100	100 - 350	>350	Casein	[Bar chart showing high sensitivity]		
651	Avoid	<100	100 - 350	>350	Cheddar Cheese	[Bar chart showing high sensitivity]		
1167	Avoid	<100	100 - 350	>350	Cottage Cheese	[Bar chart showing high sensitivity]		
1509	Avoid	<100	100 - 350	>350	Cow's Milk	[Bar chart showing high sensitivity]		
552	Avoid	<100	100 - 350	>350	Goat's Milk	[Bar chart showing high sensitivity]		
489	Avoid	<100	100 - 350	>350	Mozzarella Cheese	[Bar chart showing high sensitivity]		
660	Avoid	<100	100 - 350	>350	Parmesan	[Bar chart showing high sensitivity]		
355	Avoid	<100	100 - 350	>350	Sheep Milk	[Bar chart showing high sensitivity]		
2205	Avoid	<150	150 - 450	>450	Whey	[Bar chart showing high sensitivity]		
766	Avoid	<100	100 - 350	>350	Yogurt	[Bar chart showing high sensitivity]		
MEATS								
19	Low	<100	100 - 250	>250	Beef	[Bar chart showing low sensitivity]		
40	Low	<100	100 - 250	>250	Buffalo	[Bar chart showing low sensitivity]		
49	Low	<100	100 - 250	>250	Chicken	[Bar chart showing low sensitivity]		
894	Avoid	<150	150 - 450	>450	Duck Egg	[Bar chart showing high sensitivity]		
5	Low	<100	100 - 250	>250	Duck Meat	[Bar chart showing low sensitivity]		
2119	Avoid	<150	150 - 450	>450	Egg White	[Bar chart showing high sensitivity]		
1913	Avoid	<150	150 - 450	>450	Egg Yolk	[Bar chart showing high sensitivity]		
89	Low	<100	100 - 250	>250	Lamb	[Bar chart showing low sensitivity]		
0	Low	<100	100 - 250	>250	Pork	[Bar chart showing low sensitivity]		
0	Low	<100	100 - 250	>250	Turkey	[Bar chart showing low sensitivity]		
11	Low	<100	100 - 250	>250	Venison	[Bar chart showing low sensitivity]		
GRAINS								
39	Low	<100	100 - 250	>250	Amaranth	[Bar chart showing low sensitivity]		
7	Low	<100	100 - 250	>250	Arrowroot	[Bar chart showing low sensitivity]		
25	Low	<100	100 - 250	>250	Barley	[Bar chart showing low sensitivity]		
34	Low	<100	100 - 250	>250	Brown Rice	[Bar chart showing low sensitivity]		
24	Low	<100	100 - 250	>250	Buckwheat	[Bar chart showing low sensitivity]		
49	Low	<100	100 - 250	>250	Corn	[Bar chart showing low sensitivity]		
56	Low	<100	100 - 250	>250	Flaxseed	[Bar chart showing low sensitivity]		
279	Avoid	<100	100 - 250	>250	Gliadin	[Bar chart showing high sensitivity]		
217	Moderate	<100	100 - 250	>250	Gluten	[Bar chart showing moderate sensitivity]		
31	Low	<100	100 - 250	>250	Hemp	[Bar chart showing low sensitivity]		
6	Low	<100	100 - 250	>250	Hops	[Bar chart showing low sensitivity]		
21	Low	<100	100 - 250	>250	Millet	[Bar chart showing low sensitivity]		
14	Low	<100	100 - 250	>250	Oat	[Bar chart showing low sensitivity]		
63	Low	<100	100 - 250	>250	Psyllium Seed	[Bar chart showing low sensitivity]		
75	Low	<100	100 - 250	>250	Quinoa	[Bar chart showing low sensitivity]		
30	Low	<100	100 - 250	>250	Rice	[Bar chart showing low sensitivity]		
33	Low	<100	100 - 250	>250	Safflower Seed	[Bar chart showing low sensitivity]		
25	Low	<100	100 - 250	>250	Sorghum	[Bar chart showing low sensitivity]		
51	Low	<100	100 - 250	>250	Teff	[Bar chart showing low sensitivity]		
206	Moderate	<100	100 - 250	>250	Wheat	[Bar chart showing moderate sensitivity]		
31	Low	<100	100 - 250	>250	Wild Rice	[Bar chart showing low sensitivity]		
SHELLFISH								
141	Moderate	<100	100 - 250	>250	Clam	[Bar chart showing moderate sensitivity]		
99	Low	<100	100 - 250	>250	Crab	[Bar chart showing low sensitivity]		
38	Low	<100	100 - 250	>250	Lobster	[Bar chart showing low sensitivity]		
117	Moderate	<100	100 - 250	>250	Oyster	[Bar chart showing moderate sensitivity]		
62	Low	<100	100 - 250	>250	Shrimp	[Bar chart showing low sensitivity]		

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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## Final Report

RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
				FISH			
42	Low	<100	100 - 250	>250	Cod		
32	Low	<100	100 - 250	>250	Halibut		
41	Low	<100	100 - 250	>250	Salmon		
48	Low	<100	100 - 250	>250	Sardine		
69	Low	<100	100 - 250	>250	Sole		
55	Low	<100	100 - 250	>250	Tilapia		
40	Low	<100	100 - 250	>250	Trout		
3	Low	<100	100 - 250	>250	Tuna		
				NUTS			
1251	Avoid	<100	100 - 250	>250	Almond		
25	Low	<100	100 - 250	>250	Brazil Nut		
601	Avoid	<100	100 - 250	>250	Cashew		
59	Low	<100	100 - 250	>250	Chia Seed		
120	Moderate	<100	100 - 250	>250	Coconut		
20	Low	<100	100 - 250	>250	Hazelnut		
413	Avoid	<100	100 - 250	>250	Macadamia Nut		
59	Low	<100	100 - 250	>250	Peanut		
24	Low	<100	100 - 250	>250	Pecan		
549	Avoid	<100	100 - 250	>250	Pine Nuts		
322	Avoid	<100	100 - 250	>250	Pistachio		
13	Low	<100	100 - 250	>250	Pumpkin Seed		
49	Low	<100	100 - 250	>250	Sesame Seed		
178	Moderate	<100	100 - 250	>250	Sunflower Seed		
205	Moderate	<100	100 - 250	>250	Walnut		
				SPICES			
113	Moderate	<100	100 - 250	>250	Allspice		
42	Low	<100	100 - 250	>250	Basil		
93	Low	<100	100 - 250	>250	Black Pepper		
11	Low	<100	100 - 250	>250	Cilantro		
11	Low	<100	100 - 250	>250	Cinnamon		
8	Low	<100	100 - 250	>250	Cloves		
107	Moderate	<100	100 - 250	>250	Coriander		
70	Low	<100	100 - 250	>250	Cumin		
18	Low	<100	100 - 250	>250	Dill		
79	Low	<100	100 - 250	>250	Ginger		
36	Low	<100	100 - 250	>250	Horseradish		
713	Avoid	<100	100 - 250	>250	Mustard		
115	Moderate	<100	100 - 250	>250	Nutmeg		
39	Low	<100	100 - 250	>250	Oregano		
25	Low	<100	100 - 250	>250	Parsley		
5	Low	<100	100 - 250	>250	Peppermint		
59	Low	<100	100 - 250	>250	Poppy Seed		
13	Low	<100	100 - 250	>250	Rosemary		
9	Low	<100	100 - 250	>250	Sage		
28	Low	<100	100 - 250	>250	Spearmint		
20	Low	<100	100 - 250	>250	Tarragon		
36	Low	<100	100 - 250	>250	Thyme		
177	Moderate	<100	100 - 250	>250	Turmeric		
166	Moderate	<100	100 - 250	>250	Vanilla		

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RESULT		Reference Range			ALLERGEN	Sensitivity		
		Low	Moderate	Avoid		Low	Moderate	Avoid
					VEGETABLES			
232	Moderate	<100	100 - 250	>250	Alfalfa	[Bar in Moderate]		
17	Low	<100	100 - 250	>250	Artichoke	[Bar in Low]		
120	Moderate	<100	100 - 250	>250	Asparagus	[Bar in Moderate]		
89	Low	<100	100 - 250	>250	Bamboo Shoots	[Bar in Low]		
102	Moderate	<100	100 - 250	>250	Bean Sprouts	[Bar in Moderate]		
0	Low	<100	100 - 250	>250	Beet	[Bar in Low]		
449	Avoid	<100	100 - 250	>250	Black Bean	[Bar in Avoid]		
24	Low	<100	100 - 250	>250	Black Olive	[Bar in Low]		
43	Low	<100	100 - 250	>250	Bok Choy	[Bar in Low]		
11	Low	<100	100 - 250	>250	Broccoli	[Bar in Low]		
33	Low	<100	100 - 250	>250	Brussels Sprout	[Bar in Low]		
0	Low	<100	100 - 250	>250	Butternut Squash	[Bar in Low]		
10	Low	<100	100 - 250	>250	Cabbage	[Bar in Low]		
5	Low	<100	100 - 250	>250	Carrot	[Bar in Low]		
12	Low	<100	100 - 250	>250	Cauliflower	[Bar in Low]		
9	Low	<100	100 - 250	>250	Celery	[Bar in Low]		
40	Low	<100	100 - 250	>250	Chili Pepper	[Bar in Low]		
25	Low	<100	100 - 250	>250	Cucumber	[Bar in Low]		
66	Low	<100	100 - 250	>250	Eggplant	[Bar in Low]		
11	Low	<100	100 - 250	>250	Endive	[Bar in Low]		
28	Low	<100	100 - 250	>250	Garbanzo Bean	[Bar in Low]		
21	Low	<100	100 - 300	>300	Garlic	[Bar in Low]		
265	Avoid	<100	100 - 250	>250	Green Bean	[Bar in Avoid]		
4	Low	<100	100 - 250	>250	Green Olive	[Bar in Low]		
7	Low	<100	100 - 250	>250	Green Pepper	[Bar in Low]		
28	Low	<100	100 - 250	>250	Jalapeno	[Bar in Low]		
78	Low	<100	100 - 250	>250	Kale	[Bar in Low]		
228	Moderate	<110	110 - 250	>250	Kelp	[Bar in Moderate]		
103	Low	<150	150 - 450	>450	Kidney Bean	[Bar in Low]		
65	Low	<100	100 - 250	>250	Kohlrabi	[Bar in Low]		
44	Low	<100	100 - 250	>250	Lentil	[Bar in Low]		
17	Low	<100	100 - 250	>250	Lettuce	[Bar in Low]		
20	Low	<100	100 - 250	>250	Lima Bean	[Bar in Low]		
17	Low	<100	100 - 250	>250	Mung Bean	[Bar in Low]		
479	Avoid	<150	150 - 450	>450	Navy Bean	[Bar in Avoid]		
86	Low	<100	100 - 250	>250	Okra	[Bar in Low]		
6	Low	<100	100 - 250	>250	Onion	[Bar in Low]		
18	Low	<100	100 - 250	>250	Pea	[Bar in Low]		
8	Low	<100	100 - 300	>300	Pinto Bean	[Bar in Low]		
10	Low	<100	100 - 250	>250	Potato	[Bar in Low]		
25	Low	<100	100 - 250	>250	Pumpkin	[Bar in Low]		
64	Low	<100	100 - 250	>250	Radish	[Bar in Low]		
15	Low	<100	100 - 250	>250	Rutabaga	[Bar in Low]		
98	Low	<100	100 - 250	>250	Soybean	[Bar in Low]		
25	Low	<100	100 - 250	>250	Spinach	[Bar in Low]		
6	Low	<100	100 - 250	>250	Sweet Potato	[Bar in Low]		
22	Low	<100	100 - 250	>250	Tomato	[Bar in Low]		
48	Low	<100	100 - 250	>250	Water Chestnut	[Bar in Low]		
155	Moderate	<100	100 - 250	>250	Watercress	[Bar in Moderate]		
24	Low	<100	100 - 250	>250	Yam	[Bar in Low]		
41	Low	<100	100 - 250	>250	Yellow Squash	[Bar in Low]		
30	Low	<100	100 - 250	>250	Zucchini	[Bar in Low]		

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RESULT		Reference Range			ALLERGEN	Low	Moderate	Avoid
		Low	Moderate	Avoid				
FRUITS								
0	Low	<100	100 - 250	>250	Apple Mix			
21	Low	<100	100 - 250	>250	Apricot	■		
0	Low	<100	100 - 250	>250	Avocado			
17	Low	<100	100 - 250	>250	Banana	■		
14	Low	<100	100 - 250	>250	Blackberry	■		
25	Low	<100	100 - 250	>250	Blueberry	■		
0	Low	<100	100 - 250	>250	Boysenberry	■		
34	Low	<100	100 - 250	>250	Cantaloupe	■		
25	Low	<100	100 - 250	>250	Cherry	■		
8	Low	<100	100 - 250	>250	Cranberry	■		
80	Low	<100	100 - 250	>250	Currants	■		
70	Low	<100	100 - 250	>250	Fig	■		
15	Low	<100	100 - 250	>250	Grapefruit	■		
933	Avoid	<100	100 - 250	>250	Kiwi	■	■	■
75	Low	<100	100 - 250	>250	Lemon	■		
0	Low	<100	100 - 250	>250	Mango	■		
5	Low	<100	100 - 250	>250	Orange	■		
166	Moderate	<120	120 - 250	>250	Papaya	■	■	
0	Low	<100	100 - 250	>250	Peach	■		
0	Low	<100	100 - 250	>250	Pear	■		
102	Low	<120	120 - 300	>300	Pineapple	■		
0	Low	<100	100 - 250	>250	Plum	■		
23	Low	<100	100 - 250	>250	Pomegranate	■		
10	Low	<100	100 - 250	>250	Raspberry	■		
35	Low	<100	100 - 250	>250	Red Grape	■		
0	Low	<100	100 - 250	>250	Rhubarb	■		
4	Low	<100	100 - 250	>250	Strawberry	■		
39	Low	<100	100 - 250	>250	Watermelon	■		
4	Low	<100	100 - 250	>250	White Grape	■		
MISCELLANEOUS								
128	Moderate	<100	100 - 250	>250	Baker's Yeast	■	■	
258	Avoid	<100	100 - 250	>250	Brewer's Yeast	■	■	■
32	Low	<100	100 - 250	>250	Cane Sugar	■		
12	Low	<100	100 - 250	>250	Carob	■		
22	Low	<100	100 - 250	>250	Cocoa	■		
21	Low	<100	100 - 250	>250	Coffee	■		
0	Low	<100	100 - 250	>250	Corn Starch	■		
5	Low	<100	100 - 250	>250	Corn Sugar	■		
25	Low	<100	100 - 250	>250	Honey	■		
24	Low	<100	100 - 250	>250	Maple Sugar	■		
115	Moderate	<100	100 - 250	>250	Mushroom	■	■	
0	Low	<100	100 - 250	>250	Tapioca	■		
21	Low	<100	100 - 250	>250	Tea	■		
257	Avoid	<100	100 - 250	>250	Xanthan Gum	■	■	■
CANDIDA SCREEN								
949	Avoid	<120	120 - 380	>380	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
buffalo	hemp milk	barley	kidney bean	bamboo shoots	banana	chia seed	basil	baker's yeast
cod	oat milk	gluten	mung bean	bean sprouts	fig	olive oil	black pepper	cane sugar
oyster		hemp	pinto bean	black olive	papaya	psyllium seed	cilantro	carob
tilapia		oat		carrot	red grape		coriander	grape juice
venison		sorghum		celery	white grape		cumin	concentrate u
		teff		green olive			dill	as sweetener
		wheat		hops			oregano	mushroom
				mushroom			parsley	peppermint te
				sweet potato			peppermint	spearmint tea
				water chestnut			rosemary	
				yellow squash			sage	
							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	potato milk	arrowroot		beet	apple mix	coconut	allspice	apple used as
lobster		potato flour		eggplant	blackberry	safflower oil	cloves	sweetener
salmon		potato starch		green bell pepper	blueberry	safflower seed	poppy seed	black tea
trout		quinoa		jalapeno	boysenberry		red chili pepper	coconut used
		tapioca flour		okra	cranberry		vanilla	sweetener
				potato	currants			green tea
				red chili pepper	pear			pear used as
				spinach	pineapple			sweetener
				tomato				tapioca

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
beef	soy milk	amaranth	garbanzo bean	alfalfa	avocado	hazelnut	garlic	coffee
clam		buckwheat	lentil	asparagus	cantaloupe	peanut	ginger	corn sugar
halibut		corn	lima bean	avocado	mango	peanut oil	nutmeg	honey
lamb		corn starch	soybean	butternut squash	rhubarb	pecan	turmeric	
pork				cucumber	watermelon	pumpkin seed		
sole				garlic		soy oil		
tofu				onion		walnut		
				pea		walnut oil		
				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	grapefruit	flaxseed oil	tarragon	maple syrup
shrimp		sunchoke flour		brussels sprout	lemon	sesame oil		
tuna		wild rice		cabbage	orange	sesame seed		
turkey				cauliflower	peach	sunflower oil		
				endive	plum	sunflower seed		
				kale	pomegranate			
				kelp	raspberry			
				kohlrabi	strawberry			
				lettuce				
				radish				
				rutabaga				
				watercress				
				yam				

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						
Amaranth	Apple Mix	Apricot	Arrowroot	Artichoke	Avocado	Bamboo Shoot
Banana	Barley	Basil	Beef	Beet	Black Olive	Black Pepper
Blackberry	Blueberry	Bok Choy	Boysenberry	Brazil Nut	Broccoli	Brown Rice
Brussels Sprout	Buckwheat	Buffalo	Butternut Squash	Cabbage	Cane Sugar	Cantaloupe
Carob	Carrot	Cauliflower	Celery	Cherry	Chia Seed	Chicken
Chili Pepper	Cilantro	Cinnamon	Cloves	Cocoa	Cod	Coffee
Corn	Corn Starch	Corn Sugar	Crab	Cranberry	Cucumber	Cumin
Currants	Dill	Duck Meat	Eggplant	Endive	Fig	Flaxseed
Garbanzo Bean	Garlic	Ginger	Grapefruit	Green Olive	Green Pepper	Halibut
Hazelnut	Hemp	Honey	Hops	Horseradish	Jalapeno	Kale
Kidney Bean	Kohlrabi	Lamb	Lemon	Lentil	Lettuce	Lima Bean
Lobster	Mango	Maple Sugar	Millet	Mung Bean	Oat	Okra
Onion	Orange	Oregano	Parsley	Pea	Peach	Peanut
Pear	Pecan	Peppermint	Pineapple	Pinto Bean	Plum	Pomegranate
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	Sweet Potato	Tapioca
Tarragon	Tea	Teff	Thyme	Tilapia	Tomato	Trout
Tuna	Turkey	Venison	Water Chestnut	Watermelon	White Grape	Wild Rice
Yam	Yellow Squash	Zucchini				

MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS						
Alfalfa	Allspice	Asparagus	Baker's Yeast	Bean Sprouts	Clam	Coconut
Coriander	Gluten	Kelp	Mushroom	Nutmeg	Oyster	Papaya
Sunflower Seed	Turmeric	Vanilla	Walnut	Watercress	Wheat	

AVOID THESE FOODS						
Almond	Black Bean	Brewer's Yeast	Casein	Cashew	Cheddar Cheese	Cottage Chees
Cow's Milk	Duck Egg	Egg White	Egg Yolk	Gliadin	Goat's Milk	Green Bean
Kiwi	Macadamia Nut	Mozzarella Cheese	Mustard	Navy Bean	Parmesan	Pine Nuts
Pistachio	Sheep Milk	Whey	Xanthan Gum	Yogurt		

### PENDING RESULTS

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.

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Moderate = Orange

Significant = IS NOT LISTED IN ROTATION