

**Patient:** TEST PATIENT **Sex:** M/F  
**Accession #:** 00000000 **Sample Type:** DBS

**Date of Birth:** YYYY-DD-MM **Age:** #

IgA

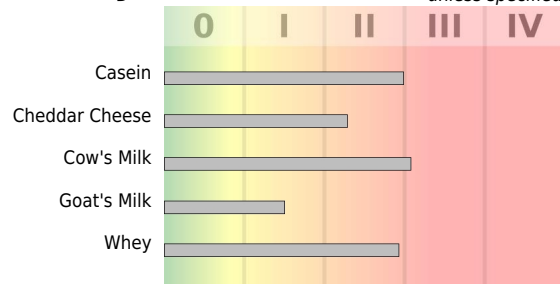
**Collected:** YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

**Physician:** TEST DOCTOR

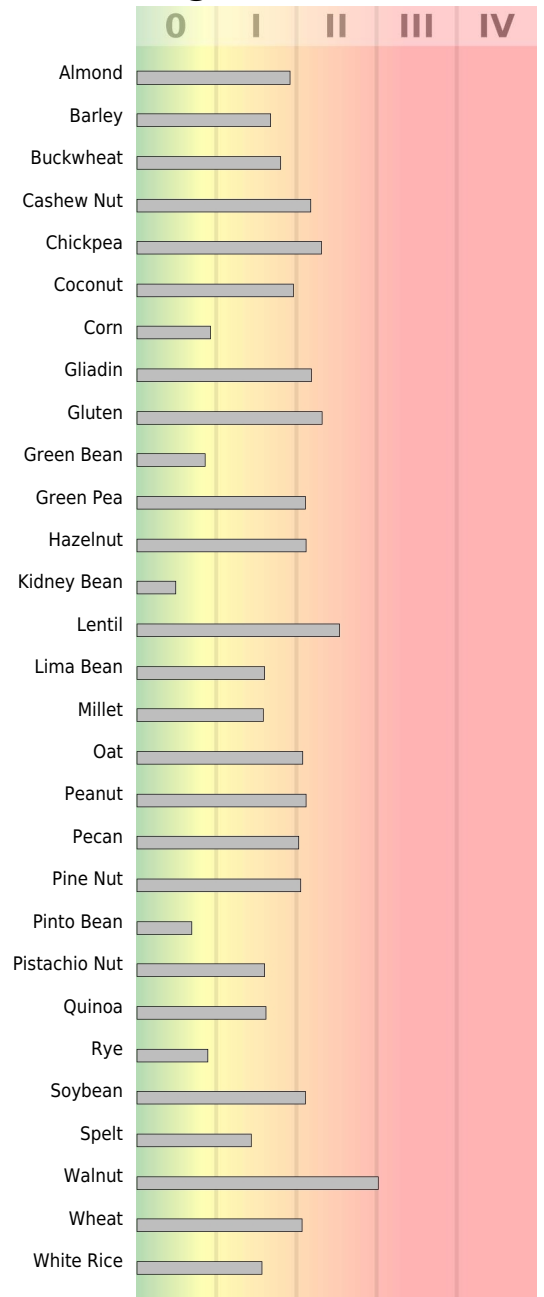
CLIA #: 50D0965661  
COLA accredited

### Dairy

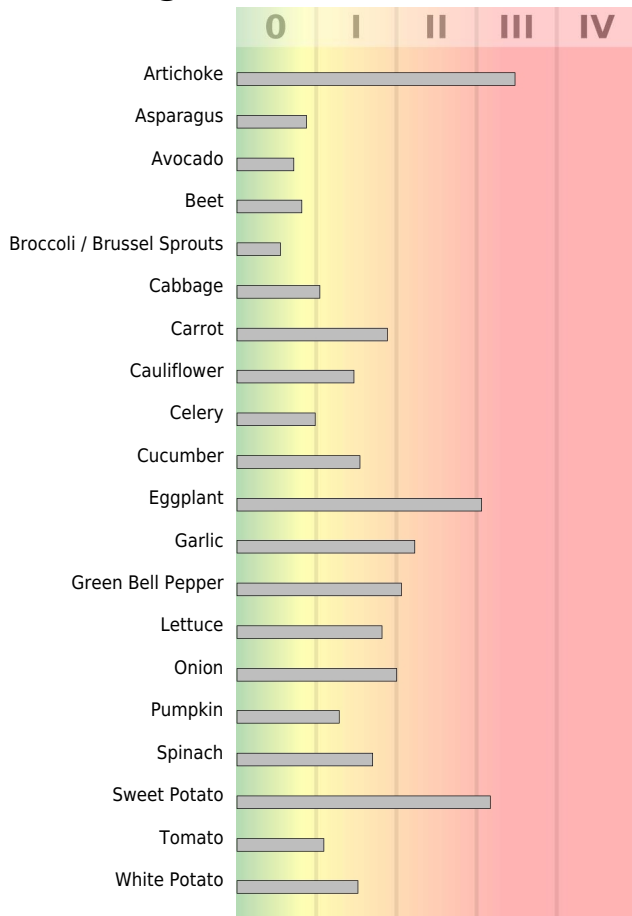
*Bovine-derived unless specified*



### Grains/Legumes/Nuts

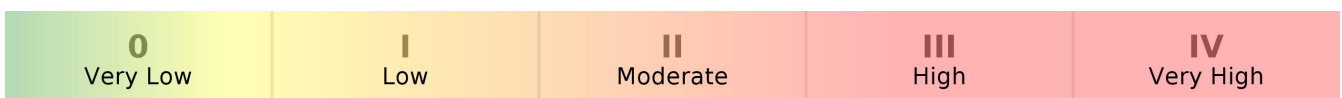


### Vegetables



Reaction Class

Director: Stephen Markus, MD



**Patient:** TEST PATIENT **Sex:** M/F  
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**Date of Birth:** YYYY-DD-MM **Age:** #

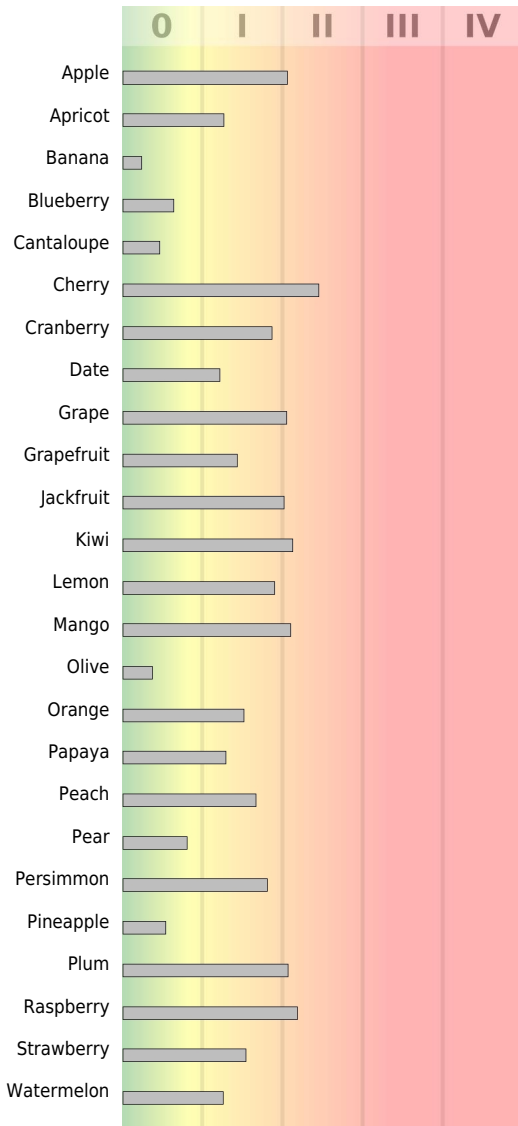
IgA

**Collected:** YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

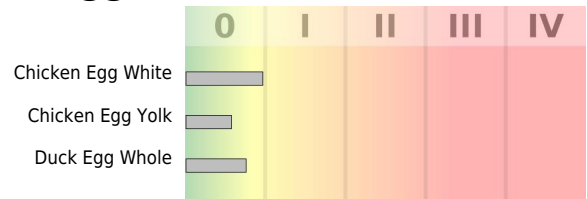
**Physician:** TEST DOCTOR

CLIA #: 50D0965661  
COLA accredited

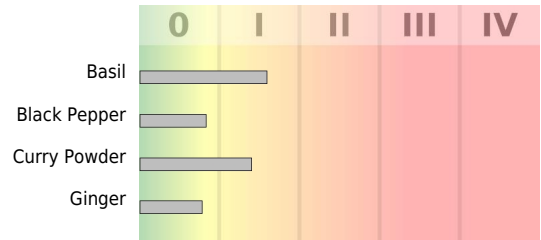
## Fruits



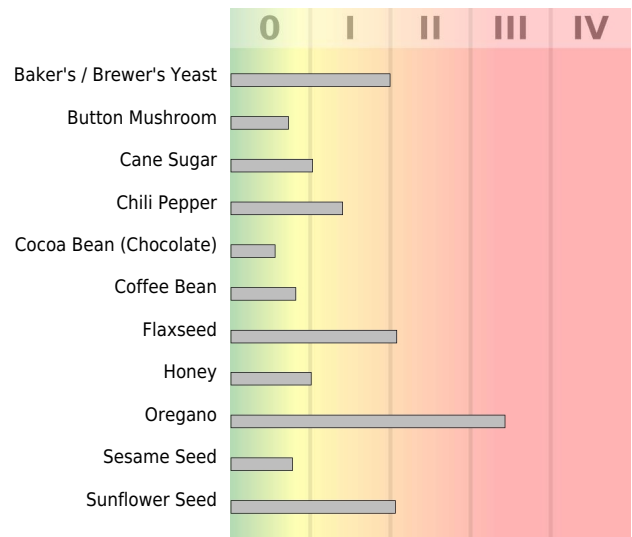
## Egg



## Herbs/Spices

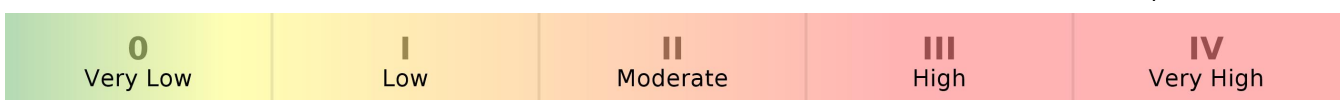


## Miscellaneous



Reaction Class

Director: Stephen Markus, MD



**Patient:** TEST PATIENT **Sex:** M/F  
**Accession #:** 00000000 **Sample Type:** DBS

**Date of Birth:** YYYY-DD-MM **Age:** #

IgA

**Collected:** YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

CLIA #: 50D0965661  
 COLA accredited

**Physician:** TEST DOCTOR

### Dairy

Antigen Name	Analyte	Class	Value	Very Low Range
Casein	IgG	Moderate	7.99 mg/L	<2 mg/L
Cheddar Cheese	IgG	Moderate	5.18 mg/L	<2 mg/L
Cow's Milk	IgG	High	8.69 mg/L	<2 mg/L
Goat's Milk	IgG	Low	3.01 mg/L	<2 mg/L
Whey	IgG	Moderate	7.73 mg/L	<2 mg/L

### Vegetables

Antigen Name	Analyte	Class	Value	Very Low Range
Artichoke	IgG	High	35.85 mg/L	<20 mg/L
Asparagus	IgG	Very Low	4.39 mg/L	<5 mg/L
Avocado	IgG	Very Low	1.43 mg/L	<2 mg/L
Beet	IgG	Very Low	4.87 mg/L	<6 mg/L
Broccoli / Brussel Sprouts	IgG	Very Low	4.09 mg/L	<7.5 mg/L
Cabbage	IgG	Low	3.71 mg/L	<3.5 mg/L
Carrot	IgG	Low	3.78 mg/L	<2 mg/L
Cauliflower	IgG	Low	2.92 mg/L	<2 mg/L
Celery	IgG	Very Low	3.94 mg/L	<4 mg/L
Cucumber	IgG	Low	3.10 mg/L	<2 mg/L
Eggplant	IgG	High	16.99 mg/L	<8 mg/L
Garlic	IgG	Moderate	6.71 mg/L	<2 mg/L
Green Bell Pepper	IgG	Moderate	4.80 mg/L	<2 mg/L
Lettuce	IgG	Low	3.64 mg/L	<2 mg/L
Onion	IgG	Moderate	4.09 mg/L	<2 mg/L
Pumpkin	IgG	Low	2.56 mg/L	<2 mg/L
Spinach	IgG	Low	3.42 mg/L	<2 mg/L
Sweet Potato	IgG	High	18.88 mg/L	<7 mg/L
Tomato	IgG	Low	2.19 mg/L	<2 mg/L
White Potato	IgG	Low	6.05 mg/L	<4 mg/L

### Grains/Legumes/Nuts

Antigen Name	Analyte	Class	Value	Very Low Range
Almond	IgG	Low	3.85 mg/L	<2 mg/L
Barley	IgG	Low	3.37 mg/L	<2 mg/L
Buckwheat	IgG	Low	3.61 mg/L	<2 mg/L
Cashew Nut	IgG	Moderate	4.75 mg/L	<2 mg/L
Chickpea	IgG	Moderate	7.82 mg/L	<2 mg/L
Coconut	IgG	Low	3.93 mg/L	<2 mg/L
Corn	IgG	Very Low	3.71 mg/L	<4 mg/L
Gliadin	IgG	Moderate	4.80 mg/L	<2 mg/L
Gluten	IgG	Moderate	5.30 mg/L	<2 mg/L
Green Bean	IgG	Very Low	6.95 mg/L	<8 mg/L
Green Pea	IgG	Moderate	5.36 mg/L	<2 mg/L
Hazelnut	IgG	Moderate	4.51 mg/L	<2 mg/L
Kidney Bean	IgG	Very Low	3.95 mg/L	<8 mg/L
Lentil	IgG	Moderate	6.20 mg/L	<2 mg/L
Lima Bean	IgG	Low	3.21 mg/L	<2 mg/L
Millet	IgG	Low	6.34 mg/L	<4 mg/L
Oat	IgG	Moderate	4.34 mg/L	<2 mg/L
Peanut	IgG	Moderate	4.52 mg/L	<2 mg/L
Pecan	IgG	Moderate	4.13 mg/L	<2 mg/L
Pine Nut	IgG	Moderate	4.24 mg/L	<2 mg/L
Pinto Bean	IgG	Very Low	2.76 mg/L	<4 mg/L
Pistachio Nut	IgG	Low	3.21 mg/L	<2 mg/L
Quinoa	IgG	Low	3.24 mg/L	<2 mg/L
Rye	IgG	Very Low	3.58 mg/L	<4 mg/L
Soybean	IgG	Moderate	4.46 mg/L	<2 mg/L
Soybean	IgG	Low	5.76 mg/L	<4 mg/L
Wheat	IgG	High	8.19 mg/L	<2 mg/L
Wheat	IgG	Moderate	4.32 mg/L	<2 mg/L
White Rice	IgG	Low	3.16 mg/L	<2 mg/L

### Fruits

Antigen Name	Analyte	Class	Value	Very Low Range
Apple	IgG	Moderate	8.54 mg/L	<5 mg/L
Apricot	IgG	Low	2.55 mg/L	<2 mg/L
Banana	IgG	Very Low	0.98 mg/L	<4 mg/L
Blueberry	IgG	Very Low	5.16 mg/L	<8 mg/L
Cantaloupe	IgG	Very Low	5.52 mg/L	<12 mg/L
Cherry	IgG	Moderate	11.62 mg/L	<5 mg/L
Cranberry	IgG	Low	3.75 mg/L	<2 mg/L
Date	IgG	Low	6.11 mg/L	<5 mg/L
Grape	IgG	Moderate	8.42 mg/L	<4 mg/L
Grapefruit	IgG	Low	2.87 mg/L	<2 mg/L
Jackfruit	IgG	Moderate	4.35 mg/L	<2 mg/L
Kiwi	IgG	Moderate	9.05 mg/L	<4 mg/L
Lemon	IgG	Low	3.82 mg/L	<2 mg/L
Mango	IgG	Moderate	5.27 mg/L	<2 mg/L
Olive	IgG	Very Low	0.74 mg/L	<2 mg/L
Orange	IgG	Low	3.06 mg/L	<2 mg/L
Papaya	IgG	Low	5.17 mg/L	<4 mg/L
Peach	IgG	Low	3.35 mg/L	<2 mg/L
Pear	IgG	Very Low	1.62 mg/L	<2 mg/L
Persimmon	IgG	Low	3.64 mg/L	<2 mg/L
Pineapple	IgG	Very Low	4.36 mg/L	<8 mg/L
Plum	IgG	Moderate	4.96 mg/L	<2 mg/L
Raspberry	IgG	Moderate	9.57 mg/L	<4 mg/L
Strawberry	IgG	Low	5.71 mg/L	<3 mg/L
Watermelon	IgG	Low	5.04 mg/L	<4 mg/L

### Egg

Antigen Name	Analyte	Class	Value	Very Low Range
Chicken Egg White	IgG	Very Low	1.93 mg/L	<2 mg/L
Chicken Egg Yolk	IgG	Very Low	1.15 mg/L	<2 mg/L
Duck Egg Whole	IgG	Very Low	1.50 mg/L	<2 mg/L

### Herbs/Spices

Antigen Name	Analyte	Class	Value	Very Low Range
Basil	IgG	Low	25.58 mg/L	<22 mg/L
Black Pepper	IgG	Very Low	12.56 mg/L	<15 mg/L
Curry Powder	IgG	Low	7.04 mg/L	<5 mg/L
Ginger	IgG	Very Low	9.47 mg/L	<12 mg/L

### Miscellaneous

Antigen Name	Analyte	Class	Value	Very Low Range
Baker's / Brewer's Yeast	IgG	Low	4.00 mg/L	<2 mg/L
Button Mushroom	IgG	Very Low	5.79 mg/L	<8 mg/L
Cane Sugar	IgG	Low	8.09 mg/L	<8 mg/L
Chili Pepper	IgG	Low	2.82 mg/L	<2 mg/L
Cocoa Bean (Chocolate)	IgG	Very Low	13.23 mg/L	<24 mg/L
Coffee Bean	IgG	Very Low	6.48 mg/L	<8 mg/L
Flaxseed	IgG	Moderate	4.32 mg/L	<2 mg/L
Honey	IgG	Low	4.03 mg/L	<4 mg/L
Oregano	IgG	High	22.92 mg/L	<6 mg/L
Sesame Seed	IgG	Very Low	6.17 mg/L	<8 mg/L
Sunflower Seed	IgG	Moderate	4.27 mg/L	<2 mg/L



# FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline



Prepared for:

**TEST PATIENT  
LAB ID:000000**

Accession:

0000000000

Practitioner:

JOHN DOE

Guideline Prepared:

DD/MM/YYYY



Dear Dr JOHN DOE:

Thank you for allowing NutriPATH to assist you in helping your patients towards a healthier lifestyle.

The enclosed report consists of information regarding your patient's immune system's response to certain foods. Depending on which test(s) you ordered, three antibody types: IgA, IgE, and IgG may have been measured in our laboratory utilizing an Enzyme-linked Immunosorbent Assay (ELISA) and Chemiluminescent Assay.

Also attached is a rotation diet guideline. The concept behind rotation-style eating is to eliminate foods that scored high for reactivity and to rotate consumption of foods that scored mild - moderate reactivity. The rotation diet guideline is designed so the patient does not consume the same food more than once every four days and no foods of the same family more than once every two days. Rotation-style eating is designed to encourage diversification of the diet.

**The guideline excludes all tested foods on which your patients scored Class III or greater for IgA and/or IgG antibody analysis and/or Class 0/I and greater for IgE antibody analysis.**

The guideline includes all IgA and/or IgG tested foods on which your patient scored Class 0 to Class III. These foods are rotated throughout a 4-day cycle by their food families (groups of foods that are biologically or botanically related). The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle. Patients may move any food through days 1 to 4 as long as members of the same family are not consumed on consecutive days, and any particular food is not consumed more than once every four days.

Health care practitioners are responsible for interpreting the profile of test results provided by NutriPATH, applying those results to your patient and recommending dietary changes based on these and other data available to you. NutriPATH provides this rotation diet guideline for your consideration only. This is just one suggested rotation schedule. You may prefer a different, but similar, diet guideline for your patients, such as a 7-day plan. Also, you may want to modify the guideline by limiting a particular food family to one day of the rotation cycle vs. two days. If you have any questions about the attached guideline, please let us know.

We wish you and your patient all the best,

NutriPATH Pathology

## Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent Assay. Not all antibody tests (i.e.: IgA, IgE and IgG) may have been ordered by your practitioner.

These foods are **omitted** from the 4-day rotation guideline:

<b>IgE: Class 0/I and greater</b>
<i>(not tested)</i>

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

<b>Class III/IV (High to Very High antibody levels)</b>		
<b>IgA:</b>	<b>IgA &amp; IgG:</b>	<b>IgG:</b>
<i>(none)</i>	<i>(none)</i>	Peach

These foods are **included** in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

<b>Class II (Moderate antibody levels)</b>		
<b>IgA:</b>	<b>IgA &amp; IgG:</b>	<b>IgG:</b>
<i>(none)</i>	<i>(none)</i>	Example text

<b>Class I (Low antibody levels)</b>		
<b>IgA:</b>	<b>IgA &amp; IgG:</b>	<b>IgG:</b>
Green Bean	<i>(none)</i>	Example text

This report does not identify anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

## Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class III and greater for IgA and/or IgG antibody analysis and Class 0/I and greater for IgE antibody analysis, as identified on your Food-Specific Antibody Assessment graph.

The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle, where no particular food item is eaten more than once every 4 days. This is not a mandatory food menu. Pick, choose and improvise as you like for a nutritionally balanced and varied diet.

	Day 1	Day 2	Day 3	Day 4
<b>Dairy</b>	Example Text		Example Text	
<b>Fish, Crustacea, Mollusk</b>	Example Text	Example Text	Example Text	Example Text
<b>Fruits</b>	Example Text	Example Text	Example Text	Example Text
<b>Grains, Legumes, Nuts</b>	Example Text	Example Text	Example Text	Example Text
<b>Meat, Fowl</b>	Example Text	Example Text	Example Text	
<b>Miscellaneous</b>	Example Text		Example Text	
<b>Spices</b>		Example Text	Example Text	
<b>Vegetables</b>	Example Text	Example Text	Example Text	Example Text

This report does not identify anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).



## For Your Convenience

Patient: **TEST PATIENT**  
Practitioner: **JOHN DOE**

### Food Antibody Assessment

**IgE: Class 0/I and greater** – *(not tested)*

**IgA/IgG: Class III and greater** – Peach

**IgA/IgG: Class II** – Banana, Chestnut, Coconut, Ginger,  
Lemon





