

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

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

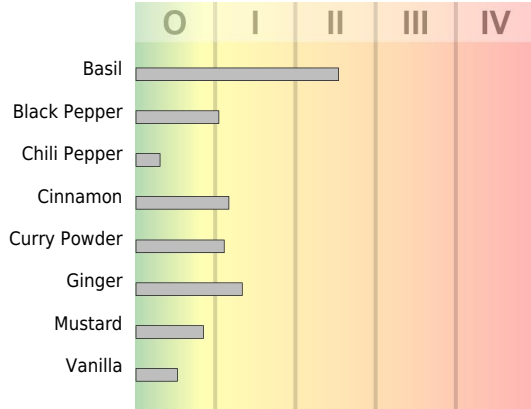
IgG

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

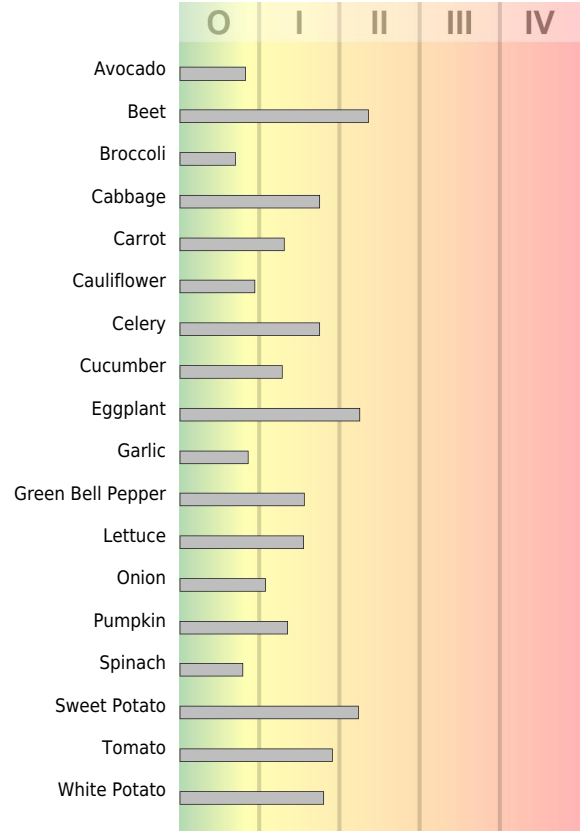
Physician: TEST DOCTOR

CLIA #: 50D0965661
COLA accredited

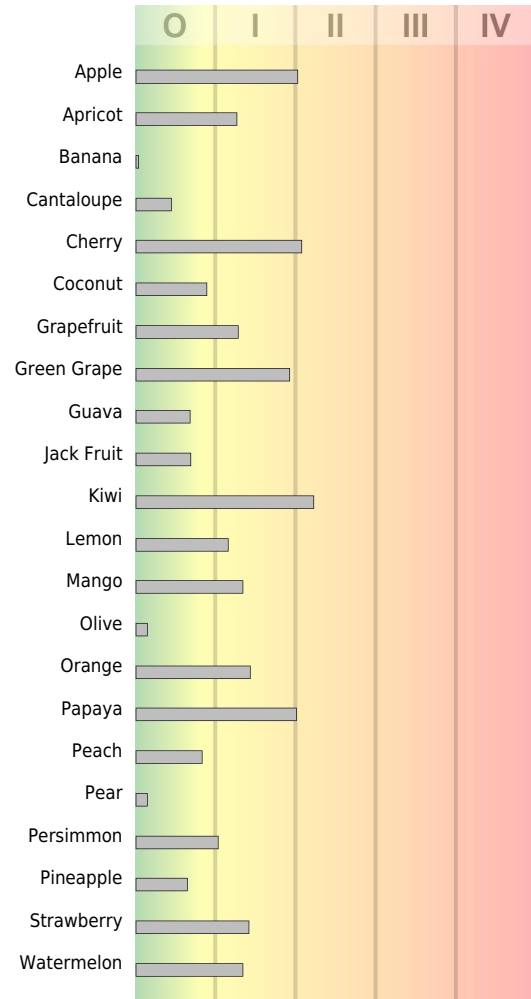
Spices



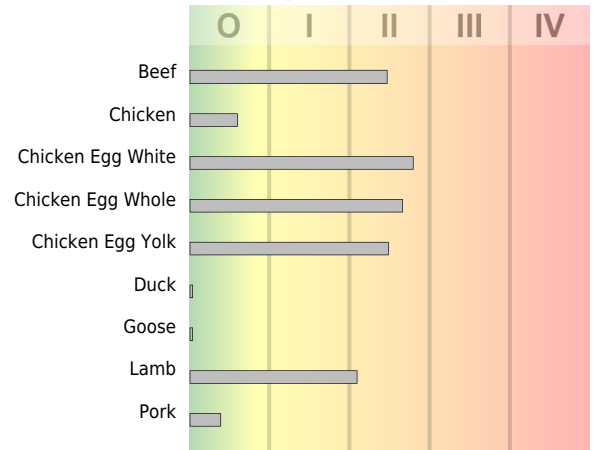
Vegetables



Fruits



Meat/Poultry



Reaction Class

Director: Stephen Markus, MD

| | 0 | I | II | III | IV |
|------------|-------|------------|-------------|--------------|--------|
| IgA (mg/L) | <1.95 | ≥1.95-3.90 | >3.90-15.60 | >15.60-29.90 | >29.90 |
| IgG (mg/L) | <2.50 | ≥2.50-5.00 | >5.00-20.30 | >20.30-47.10 | >47.10 |

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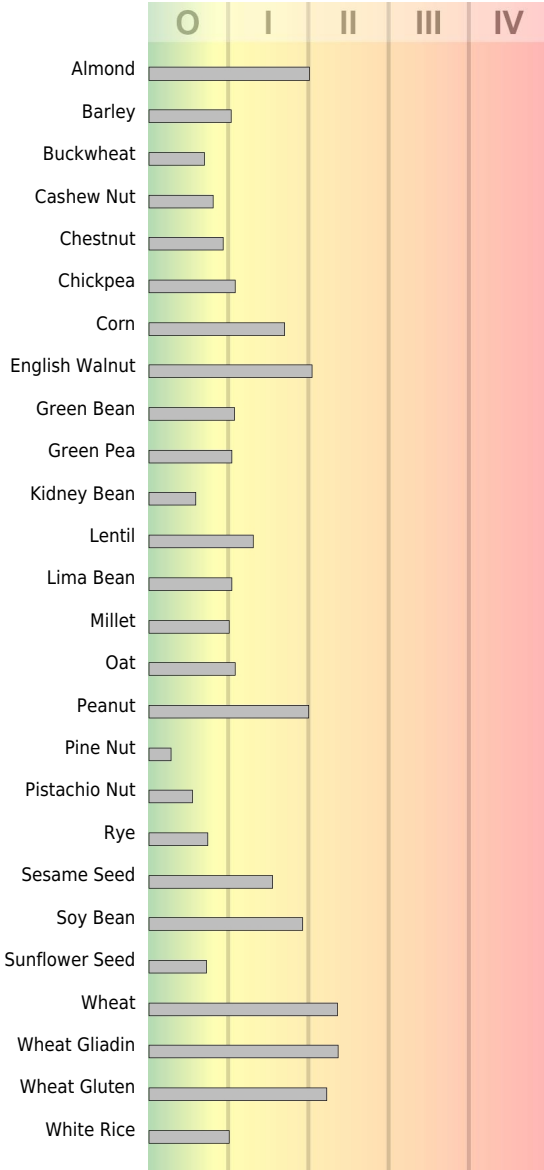
IgG

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

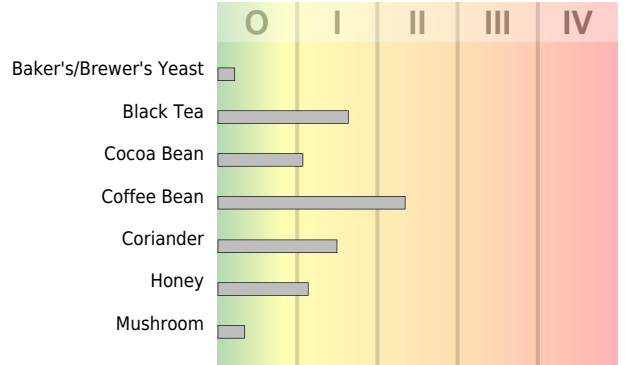
Physician: TEST DOCTOR

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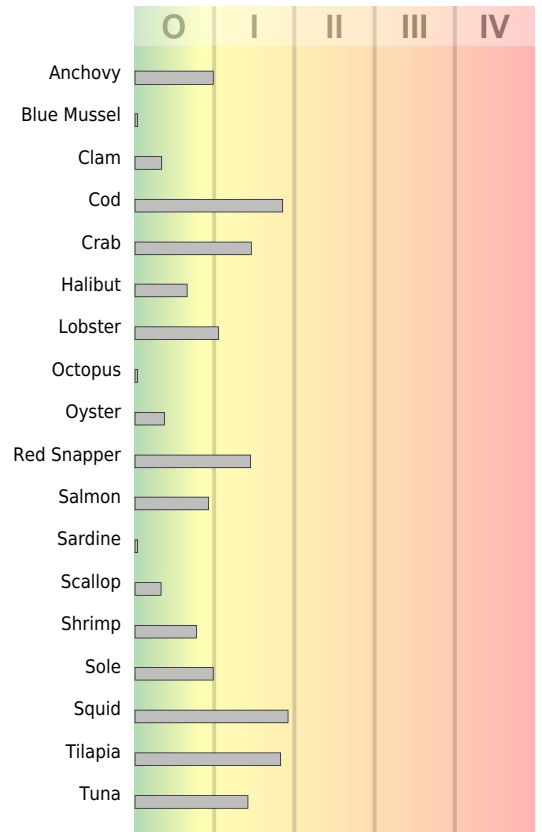
Grains/Legumes/Nuts



Misc

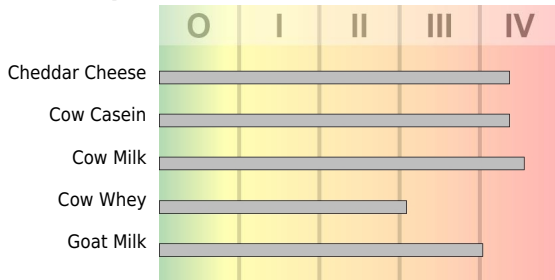


Fish/Crustacea/Mollusk



Dairy

Bovine-derived unless specified



Reaction Class

Director: Stephen Markus, MD

| | O | I | II | III | IV |
|------------|-------|------------|-------------|--------------|--------|
| IgA (mg/L) | <1.95 | ≥1.95-3.90 | >3.90-15.60 | >15.60-29.90 | >29.90 |
| IgG (mg/L) | <2.50 | ≥2.50-5.00 | >5.00-20.30 | >20.30-47.10 | >47.10 |



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:

| |
|-----------------------------------|
| IgE: Class 0/I and greater |
| <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.

| Class III/IV (High to Very High antibody levels) | | |
|---------------------------------------------------------|-----------------------|-------------|
| IgA: | IgA & IgG: | IgG: |
| <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:

| Class II (Moderate antibody levels) | | |
|--------------------------------------------|-----------------------|--------------|
| IgA: | IgA & IgG: | IgG: |
| <i>(none)</i> | <i>(none)</i> | Example text |

| Class I (Low antibody levels) | | |
|--------------------------------------|-----------------------|--------------|
| IgA: | IgA & IgG: | IgG: |
| 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 |
|---------------------------------|--------------|--------------|--------------|--------------|
| Dairy | Example Text | | Example Text | |
| Fish, Crustacea, Mollusk | Example Text | Example Text | Example Text | Example Text |
| Fruits | Example Text | Example Text | Example Text | Example Text |
| Grains, Legumes, Nuts | Example Text | Example Text | Example Text | Example Text |
| Meat, Fowl | Example Text | Example Text | Example Text | |
| Miscellaneous | Example Text | | Example Text | |
| Spices | | Example Text | Example Text | |
| Vegetables | 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



