

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

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

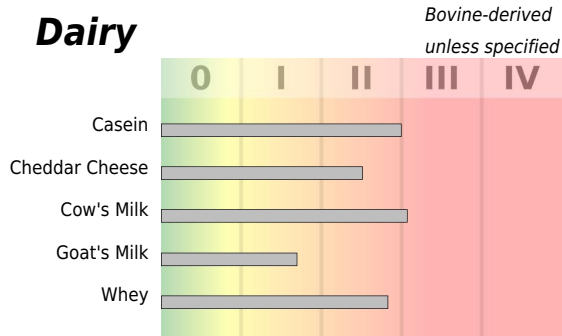
IgG

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

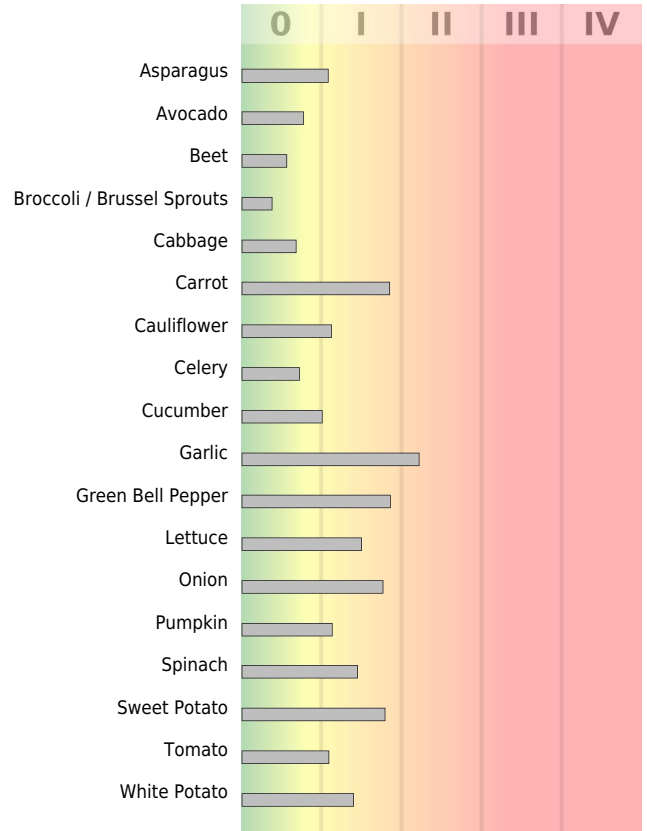
**Physician:** TEST DOCTOR

CLIA #: 50D0965661  
COLA accredited

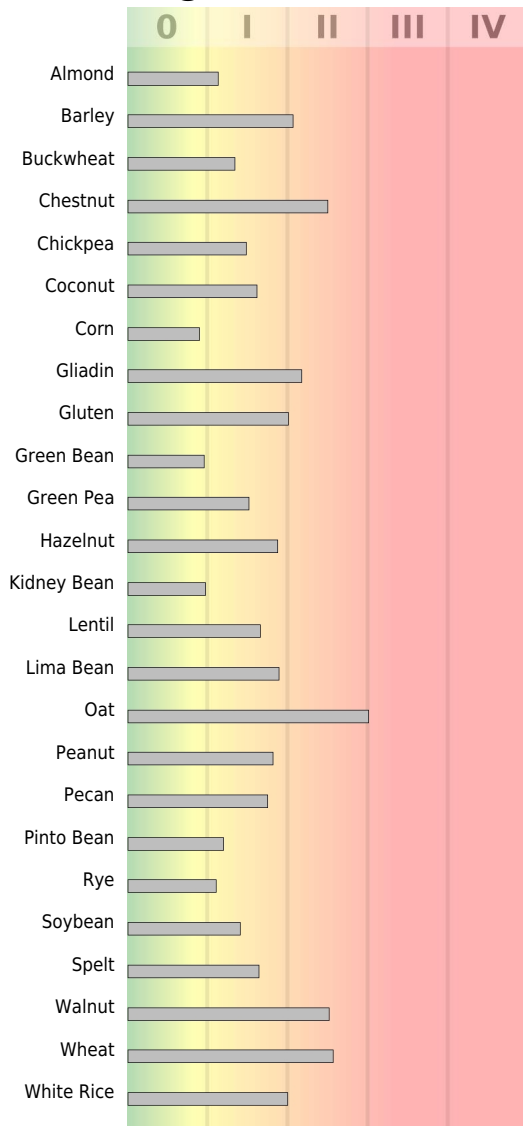
## Dairy



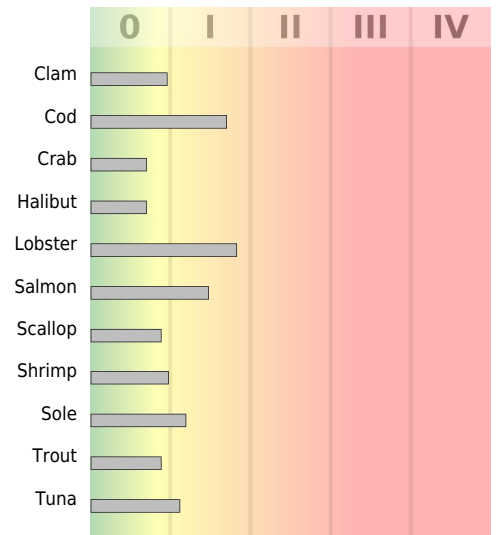
## Vegetables



## Grains/Legumes/Nuts

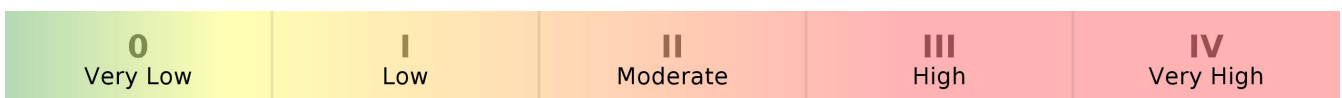


## Fish/Crustacea/Mollusk



Reaction Class

Director: Stephen Markus, MD



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

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

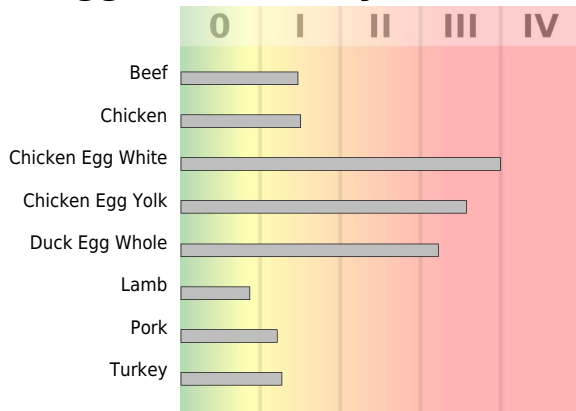
IgG

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

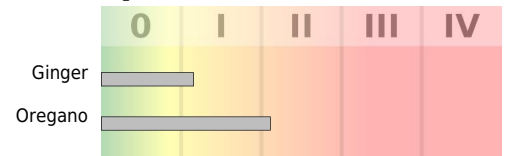
**Physician:** TEST DOCTOR

CLIA #: 50D0965661  
COLA accredited

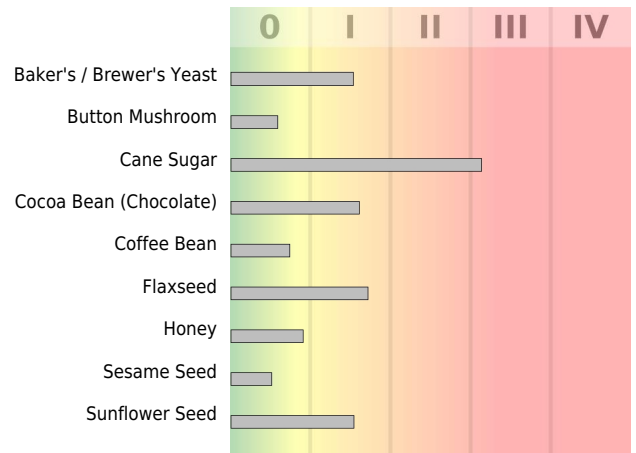
## Egg/Meat/Poultry



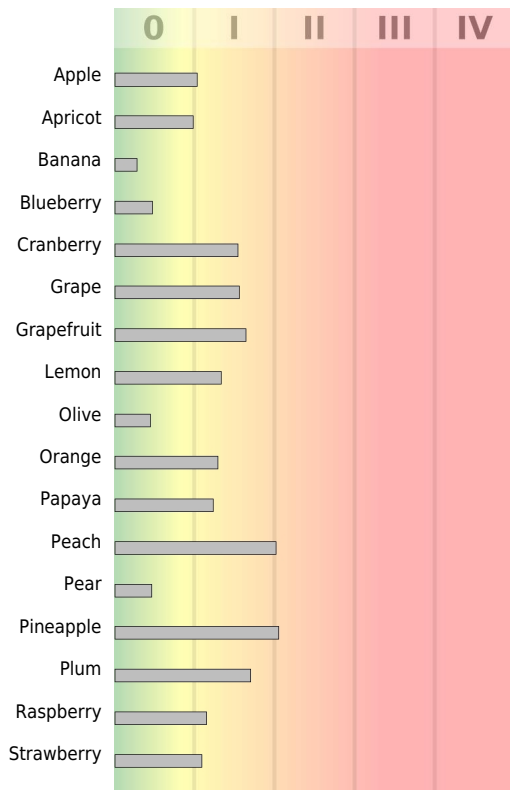
## Herbs/Spices



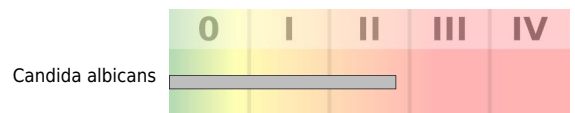
## Miscellaneous



## Fruits

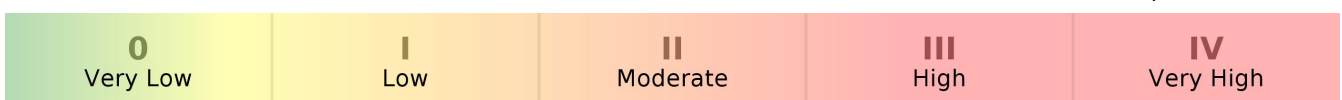


## Candida Screen



Reaction Class

Director: Stephen Markus, MD



**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

### Dairy

Antigen Name	Analyte	Class	Value	Very Low Range
Casein	IgG	High	8.01 mg/L	<2 mg/L
Cheddar Cheese	IgG	Moderate	6.08 mg/L	<2 mg/L
Cow's Milk	IgG	High	8.57 mg/L	<2 mg/L
Goat's Milk	IgG	Low	3.39 mg/L	<2 mg/L
Whey	IgG	Moderate	7.33 mg/L	<2 mg/L

### Grains/Legumes/Nuts

Antigen Name	Analyte	Class	Value	Very Low Range
Almond	IgG	Low	2.27 mg/L	<2 mg/L
Barley	IgG	Moderate	4.31 mg/L	<2 mg/L
Buckwheat	IgG	Low	2.68 mg/L	<2 mg/L
Chestnut	IgG	Moderate	12.07 mg/L	<4 mg/L
Chickpea	IgG	Low	2.96 mg/L	<2 mg/L
Coconut	IgG	Low	3.25 mg/L	<2 mg/L
Corn	IgG	Very Low	3.61 mg/L	<4 mg/L
Gladin	IgG	Moderate	4.73 mg/L	<2 mg/L
Gluten	IgG	Moderate	4.07 mg/L	<2 mg/L
Green Bean	IgG	Very Low	7.68 mg/L	<8 mg/L
Green Pea	IgG	Low	3.05 mg/L	<2 mg/L
Hazelnut	IgG	Low	3.78 mg/L	<2 mg/L
Kidney Bean	IgG	Very Low	7.78 mg/L	<8 mg/L
Lentil	IgG	Low	3.34 mg/L	<2 mg/L
Lima Bean	IgG	Low	3.79 mg/L	<2 mg/L
Oat	IgG	High	8.14 mg/L	<2 mg/L
Peanut	IgG	Low	3.65 mg/L	<2 mg/L
Pecan	IgG	Low	3.50 mg/L	<2 mg/L
Pinto Bean	IgG	Low	4.81 mg/L	<4 mg/L
Rye	IgG	Low	4.46 mg/L	<4 mg/L
Soybean	IgG	Low	2.84 mg/L	<2 mg/L
Spelt	IgG	Low	6.58 mg/L	<4 mg/L
Walnut	IgG	Moderate	6.12 mg/L	<2 mg/L
Wheat	IgG	Moderate	6.32 mg/L	<2 mg/L
White Rice	IgG	Moderate	4.01 mg/L	<2 mg/L

### Vegetables

Antigen Name	Analyte	Class	Value	Very Low Range
Asparagus	IgG	Low	5.24 mg/L	<5 mg/L
Avocado	IgG	Very Low	1.54 mg/L	<2 mg/L
Beet	IgG	Very Low	3.41 mg/L	<6 mg/L
Broccoli / Brussel Sprouts	IgG	Very Low	2.88 mg/L	<7.5 mg/L
Cabbage	IgG	Very Low	2.41 mg/L	<3.5 mg/L
Carrot	IgG	Low	3.71 mg/L	<2 mg/L
Cauliflower	IgG	Low	2.25 mg/L	<2 mg/L
Celery	IgG	Very Low	2.90 mg/L	<4 mg/L
Cucumber	IgG	Low	2.02 mg/L	<2 mg/L
Garlic	IgG	Moderate	6.71 mg/L	<2 mg/L
Green Bell Pepper	IgG	Low	3.74 mg/L	<2 mg/L
Lettuce	IgG	Low	3.01 mg/L	<2 mg/L
Onion	IgG	Low	3.55 mg/L	<2 mg/L
Pumpkin	IgG	Low	2.26 mg/L	<2 mg/L
Spinach	IgG	Low	2.91 mg/L	<2 mg/L
Sweet Potato	IgG	Low	9.39 mg/L	<7 mg/L
Tomato	IgG	Low	2.18 mg/L	<2 mg/L
White Potato	IgG	Low	5.60 mg/L	<4 mg/L

### Fish/Crustacea/Mollusk

Antigen Name	Analyte	Class	Value	Very Low Range
	IgG	Very Low	1.90 mg/L	<2 mg/L
Cod	IgG	Low	3.41 mg/L	<2 mg/L
Crab	IgG	Very Low	2.07 mg/L	<3 mg/L

### Fish/Crustacea/Mollusk (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Halibut	IgG	Very Low	1.38 mg/L	<2 mg/L
Lobster	IgG	Low	3.65 mg/L	<2 mg/L
Salmon	IgG	Low	2.96 mg/L	<2 mg/L
Scallop	IgG	Very Low	1.77 mg/L	<2 mg/L
Shrimp	IgG	Very Low	1.94 mg/L	<2 mg/L
Sole	IgG	Low	2.39 mg/L	<2 mg/L
Trout	IgG	Very Low	1.76 mg/L	<2 mg/L
Tuna	IgG	Low	4.47 mg/L	<4 mg/L

### Egg/Meat/Poultry

Antigen Name	Analyte	Class	Value	Very Low Range
Beef	IgG	Low	2.93 mg/L	<2 mg/L
Chicken	IgG	Low	3.00 mg/L	<2 mg/L
Chicken Egg White	IgG	Very High	16.21 mg/L	<2 mg/L
Chicken Egg Yolk	IgG	High	12.60 mg/L	<2 mg/L
Duck Egg Whole	IgG	High	9.81 mg/L	<2 mg/L
Lamb	IgG	Very Low	1.73 mg/L	<2 mg/L
Pork	IgG	Low	2.41 mg/L	<2 mg/L
Turkey	IgG	Low	2.53 mg/L	<2 mg/L

### Fruits

Antigen Name	Analyte	Class	Value	Very Low Range
Apple	IgG	Low	5.09 mg/L	<5 mg/L
Apricot	IgG	Very Low	1.96 mg/L	<2 mg/L
Banana	IgG	Very Low	1.14 mg/L	<4 mg/L
Blueberry	IgG	Very Low	3.81 mg/L	<8 mg/L
Cranberry	IgG	Low	3.08 mg/L	<2 mg/L
Grape	IgG	Low	6.27 mg/L	<4 mg/L
Grapefruit	IgG	Low	3.30 mg/L	<2 mg/L
Lemon	IgG	Low	2.68 mg/L	<2 mg/L
Olive	IgG	Very Low	0.91 mg/L	<2 mg/L
Orange	IgG	Low	2.58 mg/L	<2 mg/L
Papaya	IgG	Low	4.92 mg/L	<4 mg/L
Peach	IgG	Moderate	4.26 mg/L	<2 mg/L
Pear	IgG	Very Low	0.92 mg/L	<2 mg/L
Pineapple	IgG	Moderate	16.47 mg/L	<8 mg/L
Plum	IgG	Low	3.41 mg/L	<2 mg/L
Raspberry	IgG	Low	4.61 mg/L	<4 mg/L
Strawberry	IgG	Low	3.49 mg/L	<3 mg/L

### Herbs/Spices

Antigen Name	Analyte	Class	Value	Very Low Range
Ginger	IgG	Low	12.63 mg/L	<12 mg/L
Oregano	IgG	Moderate	8.96 mg/L	<6 mg/L

### Miscellaneous

Antigen Name	Analyte	Class	Value	Very Low Range
Baker's / Brewer's Yeast	IgG	Low	3.07 mg/L	<2 mg/L
Button Mushroom	IgG	Very Low	4.76 mg/L	<8 mg/L
Cane Sugar	IgG	High	18.35 mg/L	<8 mg/L
Cocoa Bean (Chocolate)	IgG	Low	28.94 mg/L	<24 mg/L
Coffee Bean	IgG	Very Low	5.93 mg/L	<8 mg/L
Flaxseed	IgG	Low	3.45 mg/L	<2 mg/L
Honey	IgG	Very Low	3.66 mg/L	<4 mg/L
Sesame Seed	IgG	Very Low	4.14 mg/L	<8 mg/L
Sunflower Seed	IgG	Low	3.10 mg/L	<2 mg/L

### Candida Screen

Antigen Name	Analyte	Class	Value	Very Low Range
Candida albicans	IgG	Moderate	46.64 mg/L	<25 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





