

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

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

IgG

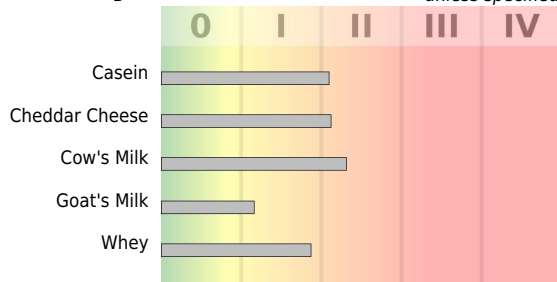
Collected: YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

Physician: TEST DOCTOR

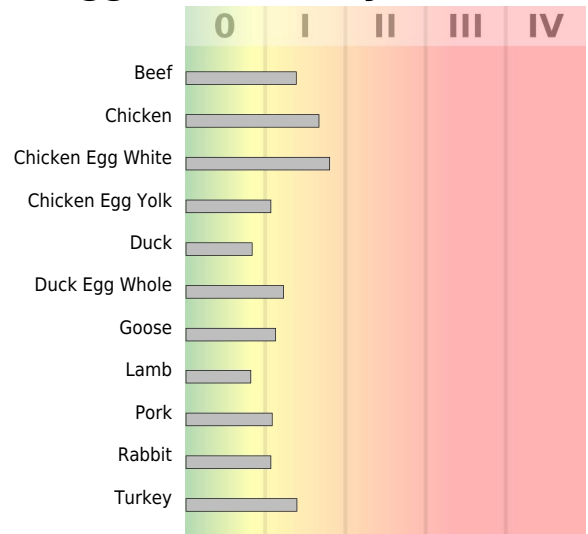
CLIA #: 50D0965661
COLA accredited

Dairy

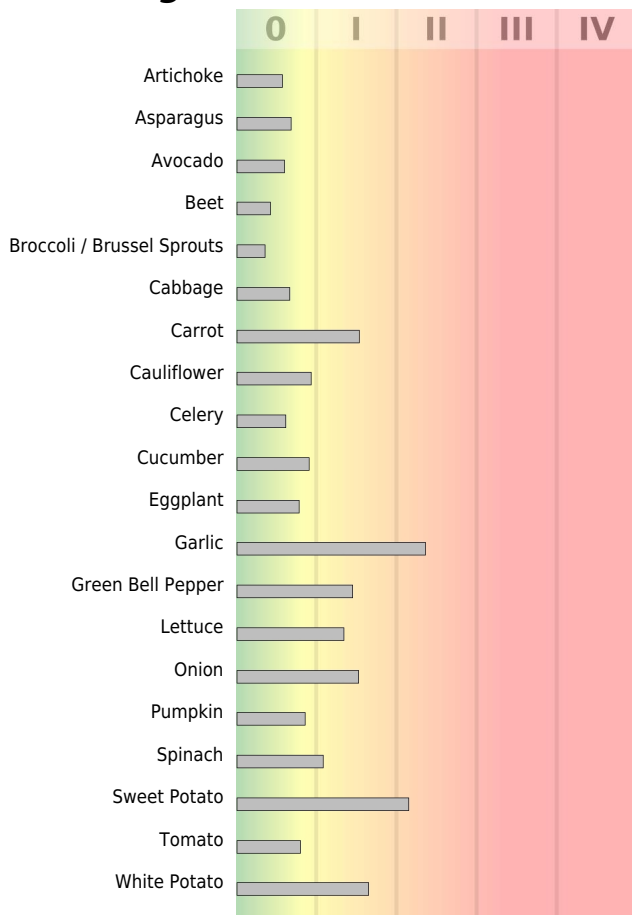
*Bovine-derived
unless specified*



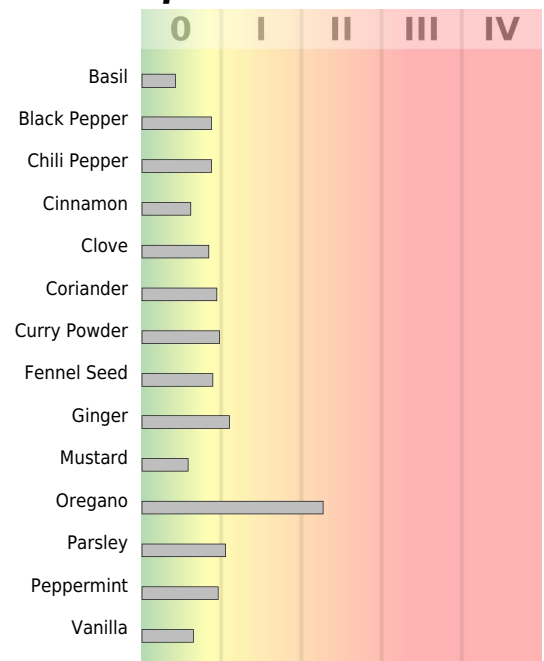
Egg/Meat/Poultry



Vegetables

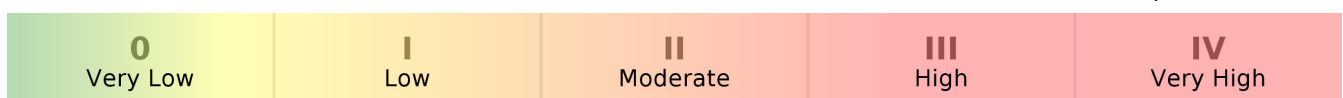


Herbs/Spices



Reaction Class

Director: Stephen Markus, MD



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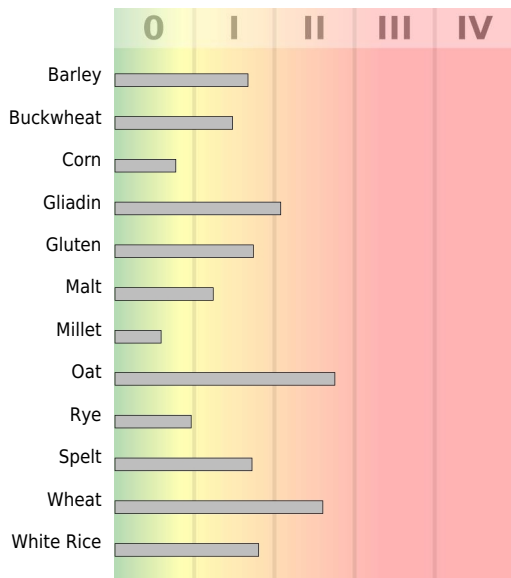
IgG

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

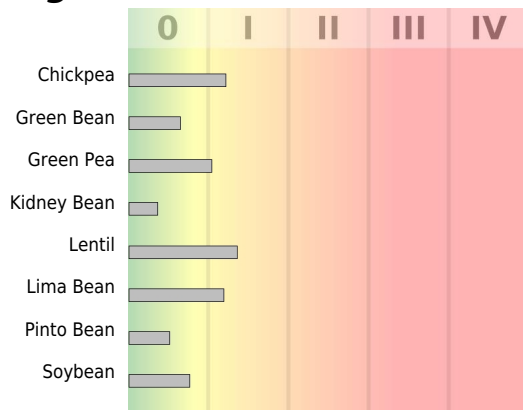
Physician: TEST DOCTOR

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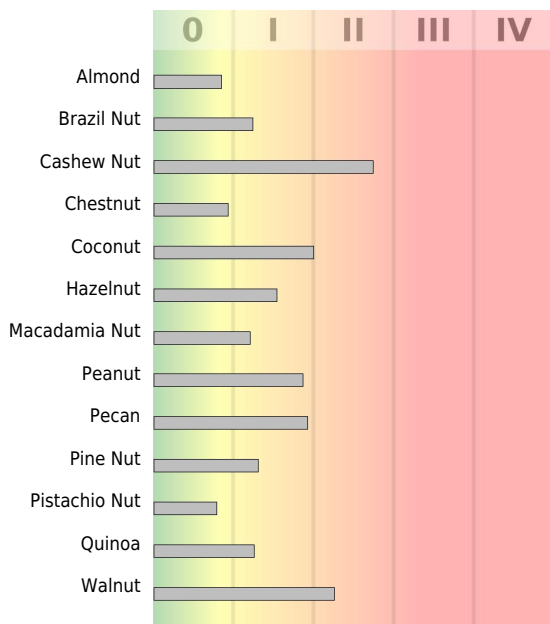
Grains



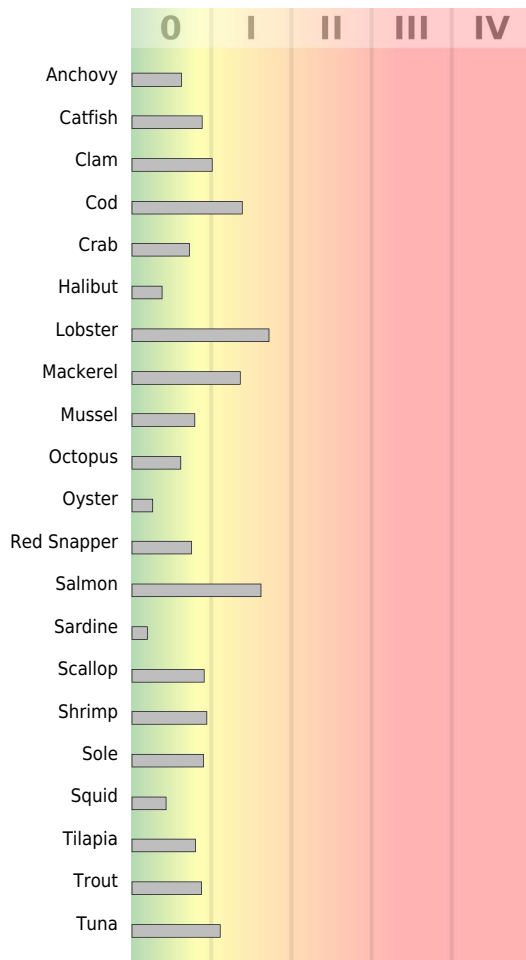
Legumes



Nuts/Seeds

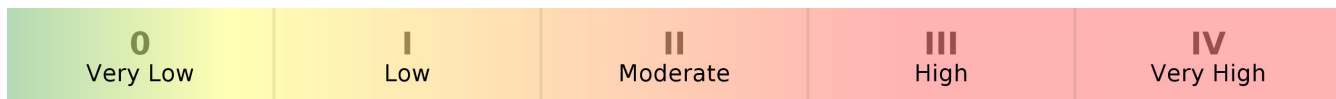


Fish/Crustacea/Mollusk



Reaction Class

Director: Stephen Markus, MD



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

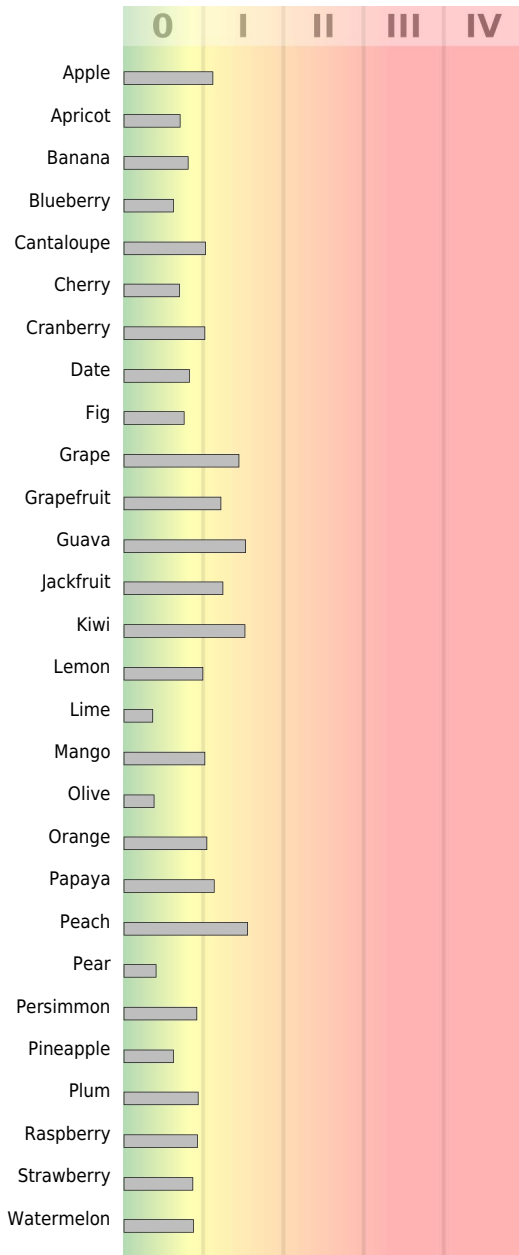
IgG

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

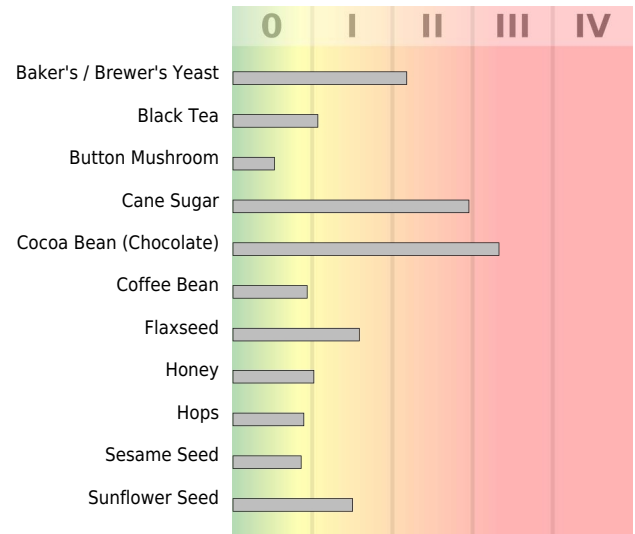
Physician: TEST DOCTOR

CLIA #: 50D0965661
COLA accredited

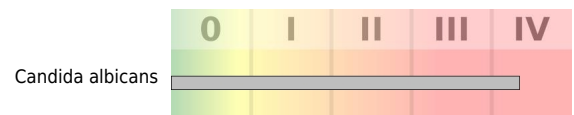
Fruits



Miscellaneous



Candida Screen



Reaction Class

Director: Stephen Markus, MD

0	I	II	III	IV
Very Low	Low	Moderate	High	Very High

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 DOCTORCLIA #: 50D0965661
COLA accredited**Dairy**

Antigen Name	Analyte	Class	Value	Very Low Range
Casein	IgG	Moderate	4.37 mg/L	<2 mg/L
Cheddar Cheese	IgG	Moderate	4.51 mg/L	<2 mg/L
Cow's Milk	IgG	Moderate	5.26 mg/L	<2 mg/L
Goat's Milk	IgG	Low	2.32 mg/L	<2 mg/L
Whey	IgG	Low	3.75 mg/L	<2 mg/L

Vegetables

Antigen Name	Analyte	Class	Value	Very Low Range
Artichoke	IgG	Very Low	11.41 mg/L	<20 mg/L
Asparagus	IgG	Very Low	3.40 mg/L	<5 mg/L
Avocado	IgG	Very Low	1.19 mg/L	<2 mg/L
Beet	IgG	Very Low	2.57 mg/L	<6 mg/L
Broccoli / Brussel Sprouts	IgG	Very Low	2.68 mg/L	<7.5 mg/L
Cabbage	IgG	Very Low	2.32 mg/L	<3.5 mg/L
Carrot	IgG	Low	3.08 mg/L	<2 mg/L
Cauliflower	IgG	Very Low	1.86 mg/L	<2 mg/L
Celery	IgG	Very Low	2.45 mg/L	<4 mg/L
Cucumber	IgG	Very Low	1.80 mg/L	<2 mg/L
Eggplant	IgG	Very Low	6.27 mg/L	<8 mg/L
Garlic	IgG	Moderate	8.44 mg/L	<2 mg/L
Green Bell Pepper	IgG	Low	2.91 mg/L	<2 mg/L
Lettuce	IgG	Low	2.68 mg/L	<2 mg/L
Onion	IgG	Low	3.06 mg/L	<2 mg/L
Pumpkin	IgG	Very Low	1.70 mg/L	<2 mg/L
Spinach	IgG	Low	2.17 mg/L	<2 mg/L
Sweet Potato	IgG	Moderate	10.96 mg/L	<7 mg/L
Tomato	IgG	Very Low	1.58 mg/L	<2 mg/L
White Potato	IgG	Low	6.63 mg/L	<4 mg/L

Egg/Meat/Poultry

Antigen Name	Analyte	Class	Value	Very Low Range
Beef	IgG	Low	2.76 mg/L	<2 mg/L
Chicken	IgG	Low	3.33 mg/L	<2 mg/L
Chicken Egg White	IgG	Low	3.61 mg/L	<2 mg/L
Chicken Egg Yolk	IgG	Low	2.12 mg/L	<2 mg/L
Duck	IgG	Very Low	1.67 mg/L	<2 mg/L
Duck Egg Whole	IgG	Low	2.45 mg/L	<2 mg/L
Goose	IgG	Low	2.25 mg/L	<2 mg/L
Lamb	IgG	Very Low	1.62 mg/L	<2 mg/L
Pork	IgG	Low	2.17 mg/L	<2 mg/L
Rabbit	IgG	Low	2.12 mg/L	<2 mg/L
Turkey	IgG	Low	2.80 mg/L	<2 mg/L

Herbs/Spices

Antigen Name	Analyte	Class	Value	Very Low Range
Basil	IgG	Very Low	9.40 mg/L	<22 mg/L
Black Pepper	IgG	Very Low	13.18 mg/L	<15 mg/L
Chili Pepper	IgG	Very Low	1.75 mg/L	<2 mg/L
Cinnamon	IgG	Very Low	4.91 mg/L	<8 mg/L
Clove	IgG	Very Low	20.21 mg/L	<24 mg/L
Coriander	IgG	Very Low	11.38 mg/L	<12 mg/L
Curry Powder	IgG	Very Low	4.85 mg/L	<5 mg/L
Fennel Seed	IgG	Very Low	3.59 mg/L	<4 mg/L
Ginger	IgG	Low	12.40 mg/L	<12 mg/L
Mustard	IgG	Very Low	2.91 mg/L	<5 mg/L
Oregano	IgG	Moderate	10.23 mg/L	<6 mg/L
Peppermint	IgG	Low	5.25 mg/L	<5 mg/L
Spearmint	IgG	Very Low	14.42 mg/L	<15 mg/L
Vanilla	IgG	Very Low	9.76 mg/L	<15 mg/L

Grains

Antigen Name	Analyte	Class	Value	Very Low Range
Barley	IgG	Low	3.32 mg/L	<2 mg/L
Buckwheat	IgG	Low	2.95 mg/L	<2 mg/L
Corn	IgG	Very Low	3.05 mg/L	<4 mg/L
Gliadin	IgG	Moderate	4.30 mg/L	<2 mg/L
Gluten	IgG	Low	3.47 mg/L	<2 mg/L
Malt	IgG	Low	4.94 mg/L	<4 mg/L
Millet	IgG	Very Low	2.35 mg/L	<4 mg/L
Oat	IgG	Moderate	7.03 mg/L	<2 mg/L
Rye	IgG	Very Low	3.83 mg/L	<4 mg/L
Spelt	IgG	Low	6.84 mg/L	<4 mg/L
Wheat	IgG	Moderate	6.44 mg/L	<2 mg/L
White Rice	IgG	Low	3.60 mg/L	<2 mg/L

Nuts/Seeds

Antigen Name	Analyte	Class	Value	Very Low Range
Almond	IgG	Very Low	1.71 mg/L	<2 mg/L
Brazil Nut	IgG	Low	2.48 mg/L	<2 mg/L
Cashew Nut	IgG	Moderate	7.01 mg/L	<2 mg/L
Chestnut	IgG	Very Low	3.75 mg/L	<4 mg/L
Coconut	IgG	Moderate	4.04 mg/L	<2 mg/L
Hazelnut	IgG	Low	3.08 mg/L	<2 mg/L
Macadamia Nut	IgG	Low	2.43 mg/L	<2 mg/L
Peanut	IgG	Low	3.76 mg/L	<2 mg/L
Pecan	IgG	Low	3.88 mg/L	<2 mg/L
Pine Nut	IgG	Low	2.63 mg/L	<2 mg/L
Pistachio Nut	IgG	Very Low	1.59 mg/L	<2 mg/L
Quinoa	IgG	Low	2.53 mg/L	<2 mg/L
Walnut	IgG	Moderate	5.08 mg/L	<2 mg/L

Legumes

Antigen Name	Analyte	Class	Value	Very Low Range
Chickpea	IgG	Low	2.43 mg/L	<2 mg/L
Green Bean	IgG	Very Low	5.19 mg/L	<8 mg/L
Green Pea	IgG	Low	2.09 mg/L	<2 mg/L
Kidney Bean	IgG	Very Low	2.89 mg/L	<8 mg/L
Lentil	IgG	Low	2.70 mg/L	<2 mg/L
Lima Bean	IgG	Low	2.40 mg/L	<2 mg/L
Pinto Bean	IgG	Very Low	2.04 mg/L	<4 mg/L
Soybean	IgG	Very Low	1.52 mg/L	<2 mg/L

Fish/Crustacea/Mollusk

Antigen Name	Analyte	Class	Value	Very Low Range
Anchovy	IgG	Very Low	1.24 mg/L	<2 mg/L
Catfish	IgG	Very Low	1.76 mg/L	<2 mg/L
Clam	IgG	Low	2.02 mg/L	<2 mg/L
Cod	IgG	Low	2.77 mg/L	<2 mg/L
Crab	IgG	Very Low	2.16 mg/L	<3 mg/L
Halibut	IgG	Very Low	0.77 mg/L	<2 mg/L
Lobster	IgG	Low	3.45 mg/L	<2 mg/L
Mackerel	IgG	Low	2.72 mg/L	<2 mg/L
Mussel	IgG	Very Low	1.59 mg/L	<2 mg/L
Octopus	IgG	Very Low	1.22 mg/L	<2 mg/L
Oyster	IgG	Very Low	4.30 mg/L	<16 mg/L
Red Snapper	IgG	Very Low	1.51 mg/L	<2 mg/L
Salmon	IgG	Low	3.26 mg/L	<2 mg/L
Sardine	IgG	Very Low	0.23 mg/L	<2 mg/L
Scallop	IgG	Very Low	1.82 mg/L	<2 mg/L
Shrimp	IgG	Very Low	1.88 mg/L	<2 mg/L
Sole	IgG	Very Low	1.81 mg/L	<2 mg/L
Squid	IgG	Very Low	1.75 mg/L	<4 mg/L

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IgG

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Physician: TEST DOCTOR

CLIA #: 50D0965661
COLA accredited

Fish/Crustacea/Mollusk (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Tilapia	IgG	Very Low	1.61 mg/L	<2 mg/L
Trout	IgG	Very Low	1.75 mg/L	<2 mg/L
Tuna	IgG	Low	4.47 mg/L	<4 mg/L

Fruits

Antigen Name	Analyte	Class	Value	Very Low Range
Apple	IgG	Low	5.36 mg/L	<5 mg/L
Apricot	IgG	Very Low	1.41 mg/L	<2 mg/L
Banana	IgG	Very Low	3.20 mg/L	<4 mg/L
Blueberry	IgG	Very Low	4.98 mg/L	<8 mg/L
Cantaloupe	IgG	Low	12.10 mg/L	<12 mg/L
Cherry	IgG	Very Low	3.48 mg/L	<5 mg/L
Cranberry	IgG	Low	2.03 mg/L	<2 mg/L
Date	IgG	Very Low	4.12 mg/L	<5 mg/L
Fig	IgG	Very Low	7.52 mg/L	<10 mg/L
Grape	IgG	Low	5.80 mg/L	<4 mg/L
Grapefruit	IgG	Low	2.43 mg/L	<2 mg/L
Guava	IgG	Low	6.08 mg/L	<4 mg/L
Jackfruit	IgG	Low	2.50 mg/L	<2 mg/L
Kiwi	IgG	Low	6.08 mg/L	<4 mg/L
Lemon	IgG	Very Low	1.99 mg/L	<2 mg/L
Lime	IgG	Very Low	1.46 mg/L	<4 mg/L
Mango	IgG	Low	2.03 mg/L	<2 mg/L
Olive	IgG	Very Low	0.76 mg/L	<2 mg/L
Orange	IgG	Low	2.08 mg/L	<2 mg/L
Papaya	IgG	Low	4.54 mg/L	<4 mg/L
Peach	IgG	Low	3.11 mg/L	<2 mg/L
Pear	IgG	Very Low	0.80 mg/L	<2 mg/L
Persimmon	IgG	Very Low	1.83 mg/L	<2 mg/L
Pineapple	IgG	Very Low	5.03 mg/L	<8 mg/L
Plum	IgG	Very Low	1.86 mg/L	<2 mg/L
Raspberry	IgG	Very Low	3.70 mg/L	<4 mg/L
Strawberry	IgG	Very Low	2.59 mg/L	<3 mg/L
Watermelon	IgG	Very Low	3.49 mg/L	<4 mg/L

Miscellaneous

Antigen Name	Analyte	Class	Value	Very Low Range
Baker's / Brewer's Yeast	IgG	Moderate	6.05 mg/L	<2 mg/L
Black Tea	IgG	Low	6.25 mg/L	<6 mg/L
Button Mushroom	IgG	Very Low	4.17 mg/L	<8 mg/L
Cane Sugar	IgG	Moderate	15.81 mg/L	<8 mg/L
Cocoa Bean (Chocolate)	IgG	High	42.68 mg/L	<24 mg/L
Coffee Bean	IgG	Very Low	7.49 mg/L	<8 mg/L
Flaxseed	IgG	Low	3.18 mg/L	<2 mg/L
Honey	IgG	Low	4.07 mg/L	<4 mg/L
Hops	IgG	Very Low	8.92 mg/L	<10 mg/L
Sesame Seed	IgG	Very Low	6.85 mg/L	<8 mg/L
Sunflower Seed	IgG	Low	3.01 mg/L	<2 mg/L

Candida Screen

Antigen Name	Analyte	Class	Value	Very Low Range
Candida albicans	IgG	Very High	74.13 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:

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



