

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

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

IgA
IgG

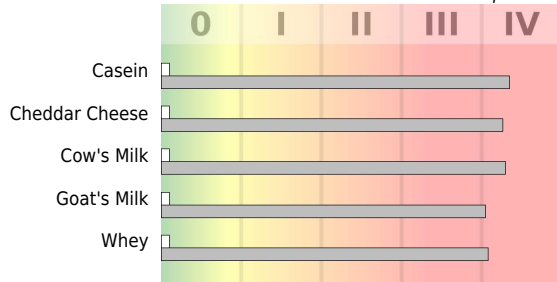
Collected: YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

Physician: TEST DOCTOR

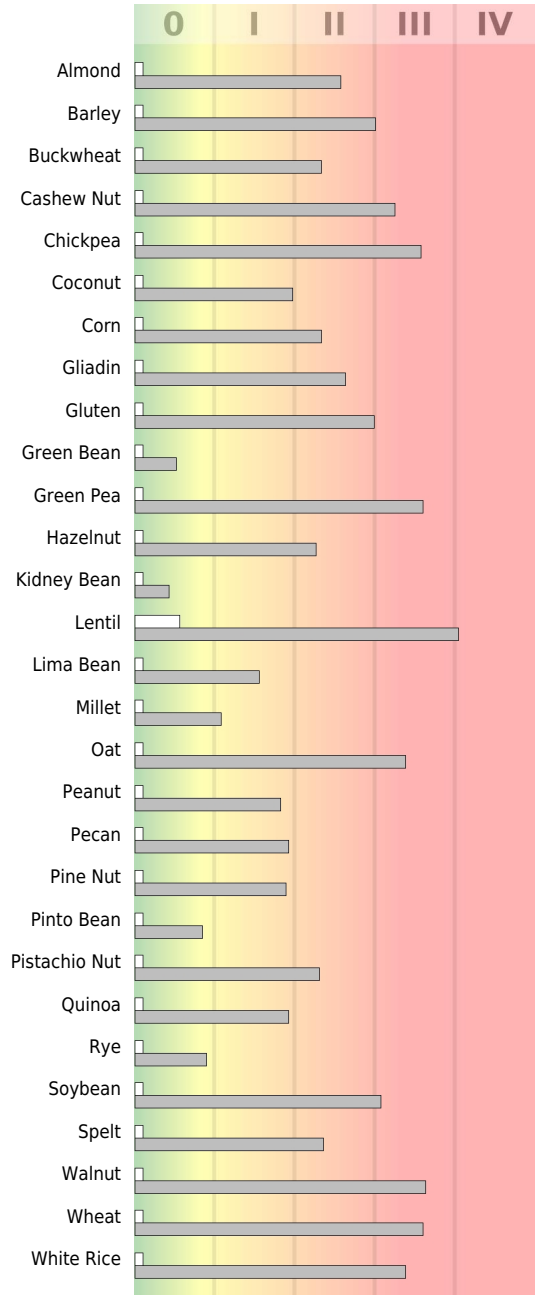
CLIA #: 50D0965661
COLA accredited

Dairy

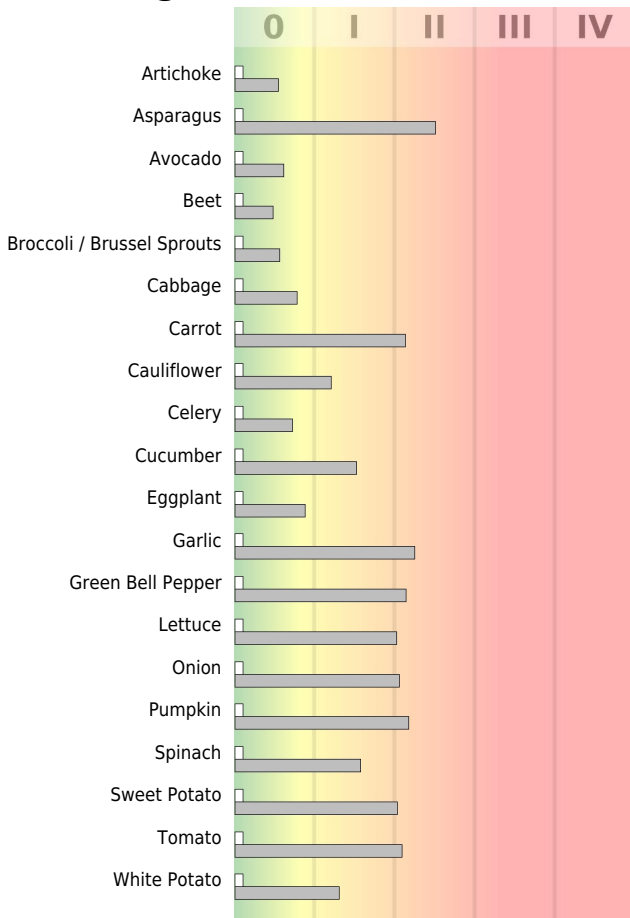
*Bovine-derived
unless specified*



Grains/Legumes/Nuts

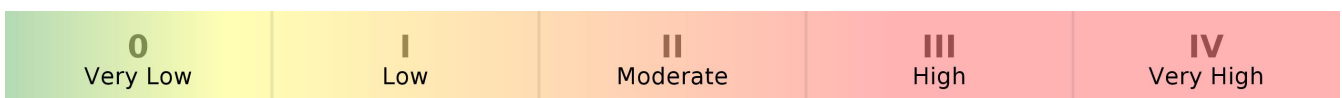


Vegetables



Reaction Class

Director: Stephen Markus, MD



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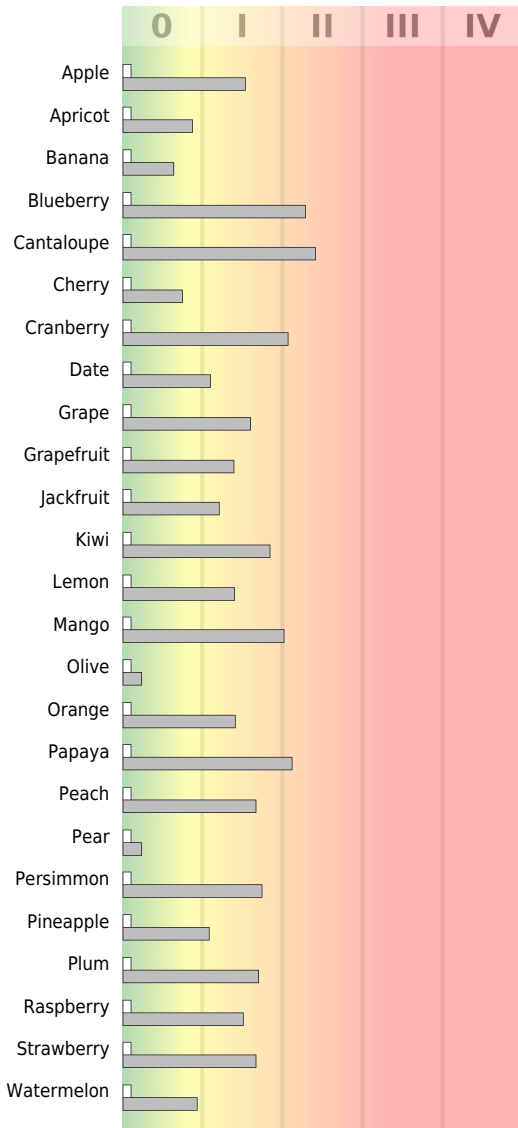
IgA
IgG

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

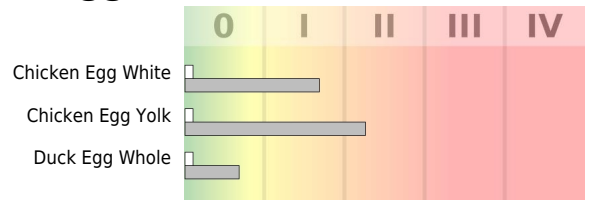
Physician: TEST DOCTOR

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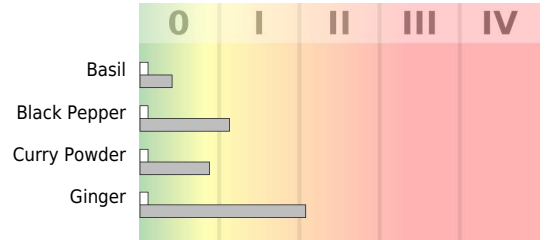
Fruits



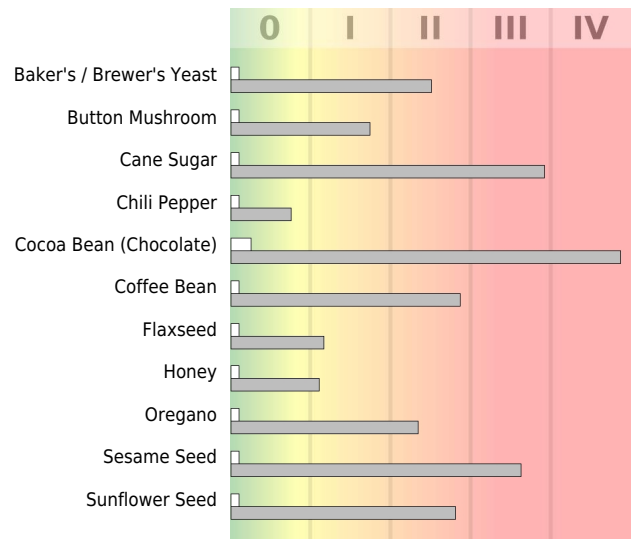
Egg



Herbs/Spices

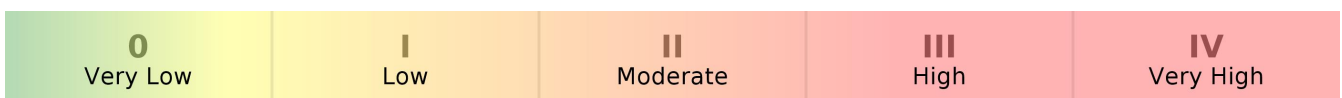


Miscellaneous



Reaction Class

Director: Stephen Markus, MD



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Accession #: 00000000 **Sample Type:** DBS

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

IgA
 IgG

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

Physician: TEST DOCTOR

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Dairy

Antigen Name	Analyte	Class	Value	Very Low Range
Casein	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Casein	IgG	Very High	45.97 mg/L	<2 mg/L
Cheddar Cheese	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cheddar Cheese	IgG	Very High	39.40 mg/L	<2 mg/L
Cow's Milk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cow's Milk	IgG	Very High	41.29 mg/L	<2 mg/L
Goat's Milk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Goat's Milk	IgG	Very High	20.93 mg/L	<2 mg/L
Whey	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Whey	IgG	Very High	23.53 mg/L	<2 mg/L

Vegetables

Antigen Name	Analyte	Class	Value	Very Low Range
Artichoke	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Artichoke	IgG	Very Low	10.80 mg/L	<20 mg/L
Asparagus	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Asparagus	IgG	Moderate	12.10 mg/L	<5 mg/L
Avocado	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Avocado	IgG	Very Low	1.23 mg/L	<2 mg/L
Beet	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Beet	IgG	Very Low	2.89 mg/L	<6 mg/L
Broccoli / Brussel Sprouts	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Broccoli / Brussel Sprouts	IgG	Very Low	4.23 mg/L	<7.5 mg/L
Cabbage	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cabbage	IgG	Very Low	2.74 mg/L	<3.5 mg/L
Carrot	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Carrot	IgG	Moderate	5.58 mg/L	<2 mg/L
Cauliflower	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cauliflower	IgG	Low	2.40 mg/L	<2 mg/L
Celery	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Celery	IgG	Very Low	2.91 mg/L	<4 mg/L
Cucumber	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cucumber	IgG	Low	3.04 mg/L	<2 mg/L
Eggplant	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Eggplant	IgG	Very Low	7.06 mg/L	<8 mg/L
Garlic	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Garlic	IgG	Moderate	7.12 mg/L	<2 mg/L
Green Bell Pepper	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Bell Pepper	IgG	Moderate	5.76 mg/L	<2 mg/L
Lettuce	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lettuce	IgG	Moderate	4.36 mg/L	<2 mg/L
Onion	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Onion	IgG	Moderate	4.76 mg/L	<2 mg/L
Pumpkin	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pumpkin	IgG	Moderate	6.05 mg/L	<2 mg/L
Spinach	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Spinach	IgG	Low	3.15 mg/L	<2 mg/L
Sweet Potato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sweet Potato	IgG	Moderate	10.24 mg/L	<7 mg/L
Tomato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Tomato	IgG	Moderate	5.11 mg/L	<2 mg/L
White Potato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
White Potato	IgG	Low	5.23 mg/L	<4 mg/L

Grains/Legumes/Nuts

Antigen Name	Analyte	Class	Value	Very Low Range
id	IgA	Very Low	0.00 mg/L	<1.95 mg/L
id	IgG	Moderate	6.33 mg/L	<2 mg/L
Barley	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Barley	IgG	High	8.10 mg/L	<2 mg/L

Grains/Legumes/Nuts (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Buckwheat	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Buckwheat	IgG	Moderate	5.38 mg/L	<2 mg/L
Cashew Nut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cashew Nut	IgG	High	10.16 mg/L	<2 mg/L
Chickpea	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chickpea	IgG	High	25.31 mg/L	<2 mg/L
Coconut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Coconut	IgG	Low	3.98 mg/L	<2 mg/L
Corn	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Corn	IgG	Moderate	10.75 mg/L	<4 mg/L
Gliadin	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Gliadin	IgG	Moderate	6.57 mg/L	<2 mg/L
Gluten	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Gluten	IgG	High	8.02 mg/L	<2 mg/L
Green Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Bean	IgG	Very Low	4.17 mg/L	<8 mg/L
Green Pea	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Pea	IgG	High	25.78 mg/L	<2 mg/L
Hazelnut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Hazelnut	IgG	Moderate	5.10 mg/L	<2 mg/L
Kidney Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Kidney Bean	IgG	Very Low	3.46 mg/L	<8 mg/L
Lentil	IgA	Very Low	1.09 mg/L	<1.95 mg/L
Lentil	IgG	Very High	20.65 mg/L	<2 mg/L
Lima Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lima Bean	IgG	Low	3.13 mg/L	<2 mg/L
Millet	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Millet	IgG	Low	4.32 mg/L	<4 mg/L
Oat	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Oat	IgG	High	11.13 mg/L	<2 mg/L
Peanut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Peanut	IgG	Low	3.68 mg/L	<2 mg/L
Pecan	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pecan	IgG	Low	3.87 mg/L	<2 mg/L
Pine Nut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pine Nut	IgG	Low	3.79 mg/L	<2 mg/L
Pinto Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pinto Bean	IgG	Very Low	3.41 mg/L	<4 mg/L
Pistachio Nut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pistachio Nut	IgG	Moderate	5.26 mg/L	<2 mg/L
Quinoa	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Quinoa	IgG	Low	3.87 mg/L	<2 mg/L
Rye	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Rye	IgG	Very Low	3.62 mg/L	<4 mg/L
Soybean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Soybean	IgG	High	8.69 mg/L	<2 mg/L
Spelt	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Spelt	IgG	Moderate	10.94 mg/L	<4 mg/L
Walnut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Walnut	IgG	High	13.19 mg/L	<2 mg/L
Wheat	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Wheat	IgG	High	12.96 mg/L	<2 mg/L
White Rice	IgA	Very Low	0.00 mg/L	<1.95 mg/L
White Rice	IgG	High	11.13 mg/L	<2 mg/L

Fruits

Antigen Name	Analyte	Class	Value	Very Low Range
Apple	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Apple	IgG	Low	6.62 mg/L	<5 mg/L
Apricot	IgA	Very Low	0.00 mg/L	<1.95 mg/L

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IgA
IgG
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Physician: TEST DOCTOR

CLIA #: 50D0965661
COLA accredited
Fruits (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Apricot	IgG	Very Low	1.74 mg/L	<2 mg/L
Banana	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Banana	IgG	Very Low	2.59 mg/L	<4 mg/L
Blueberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Blueberry	IgG	Moderate	13.18 mg/L	<8 mg/L
Cantaloupe	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cantaloupe	IgG	Moderate	22.67 mg/L	<12 mg/L
Cherry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cherry	IgG	Very Low	3.79 mg/L	<5 mg/L
Cranberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cranberry	IgG	Moderate	4.85 mg/L	<2 mg/L
Date	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Date	IgG	Low	5.55 mg/L	<5 mg/L
Grape	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Grape	IgG	Low	6.41 mg/L	<4 mg/L
Grapefruit	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Grapefruit	IgG	Low	2.80 mg/L	<2 mg/L
Jackfruit	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Jackfruit	IgG	Low	2.43 mg/L	<2 mg/L
Kiwi	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Kiwi	IgG	Low	7.38 mg/L	<4 mg/L
Lemon	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lemon	IgG	Low	2.81 mg/L	<2 mg/L
Mango	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Mango	IgG	Moderate	4.33 mg/L	<2 mg/L
Olive	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Olive	IgG	Very Low	0.48 mg/L	<2 mg/L
Orange	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Orange	IgG	Low	2.83 mg/L	<2 mg/L
Papaya	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Papaya	IgG	Moderate	9.04 mg/L	<4 mg/L
Peach	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Peach	IgG	Low	3.35 mg/L	<2 mg/L
Pear	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pear	IgG	Very Low	0.48 mg/L	<2 mg/L
Persimmon	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Persimmon	IgG	Low	3.50 mg/L	<2 mg/L
Pineapple	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pineapple	IgG	Low	8.64 mg/L	<8 mg/L
Plum	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Plum	IgG	Low	3.42 mg/L	<2 mg/L
Raspberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Raspberry	IgG	Low	6.06 mg/L	<4 mg/L
Strawberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Strawberry	IgG	Low	6.39 mg/L	<3 mg/L
Watermelon	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Watermelon	IgG	Very Low	3.75 mg/L	<4 mg/L

Egg

Antigen Name	Analyte	Class	Value	Very Low Range
Chicken Egg White	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chicken Egg White	IgG	Low	3.37 mg/L	<2 mg/L
Chicken Egg Yolk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chicken Egg Yolk	IgG	Moderate	5.06 mg/L	<2 mg/L
Duck Egg Whole	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Duck Egg Whole	IgG	Very Low	1.37 mg/L	<2 mg/L

Herbs/Spices

Antigen Name	Analyte	Class	Value	Very Low Range
Basil	IgA	Very Low	0.00 mg/L	<1.95 mg/L

Herbs/Spices (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Basil	IgG	Very Low	8.85 mg/L	<22 mg/L
Black Pepper	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Black Pepper	IgG	Low	15.61 mg/L	<15 mg/L
Curry Powder	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Curry Powder	IgG	Very Low	4.38 mg/L	<5 mg/L
Ginger	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Ginger	IgG	Moderate	16.60 mg/L	<12 mg/L

Miscellaneous

Antigen Name	Analyte	Class	Value	Very Low Range
Baker's / Brewer's Yeast	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Baker's / Brewer's Yeast	IgG	Moderate	10.18 mg/L	<2 mg/L
Button Mushroom	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Button Mushroom	IgG	Low	10.98 mg/L	<8 mg/L
Cane Sugar	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cane Sugar	IgG	High	30.75 mg/L	<8 mg/L
Chili Pepper	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chili Pepper	IgG	Very Low	1.51 mg/L	<2 mg/L
Cocoa Bean (Chocolate)	IgA	Very Low	1.27 mg/L	<5 mg/L
Cocoa Bean (Chocolate)	IgG	Very High	93.29 mg/L	<24 mg/L
Coffee Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Coffee Bean	IgG	Moderate	15.51 mg/L	<8 mg/L
Flaxseed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Flaxseed	IgG	Low	2.33 mg/L	<2 mg/L
Honey	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Honey	IgG	Low	4.40 mg/L	<4 mg/L
Oregano	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Oregano	IgG	Moderate	10.76 mg/L	<6 mg/L
Sesame Seed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sesame Seed	IgG	High	26.13 mg/L	<8 mg/L
Sunflower Seed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sunflower Seed	IgG	Moderate	7.28 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:

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



