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P88-Dietary Antigen Test

A "Targeted" Approach to Wellness

PATIENT INFO

NAME: **Patient Sample**
REQUISITION ID: 2103059002
SAMPLE ID: 0
DOB: 1/1/1971
SAMPLE DATE: 3/1/2021
RECEIVE DATE: 3/5/2021
DRAFT DATE: 4/8/2021

CLINIC INFO

Sample Clinic
ADDRESS: 121 Sample Lane
Sample City, SS 10101

PHONE: (678)736-6374
FAX: (770)674-1701

SUMMARY | 1/2

	ALLERGY			SENSITIVITY					
DIETARY ANTIGEN	IgE	IgE (µg/mL)	IMMUNE TOLERANCE TO IgE	IgG4	IgG4 (µg/mL)	IgG	IgG (µg/mL)	C3D	C3D (µg/mL)
Almond	MODERATE	1.13	YES	MODERATE	4.45	MODERATE	3.98	HIGH	7.82
Apple	MODERATE	0.59	YES	HIGH	1.11	MODERATE	4.20	LOW	0.19
Asparagus	LOW	0.31	YES	HIGH	4.54	MODERATE	18.74	LOW	0.97
Aspergillus Mix		0.06			0.00	HIGH	130.38	MODERATE	1.59
Avocado		0.00			0.00	LOW	5.91		0.30
Banana	LOW	0.43	YES	HIGH	27.51	HIGH	18.63	LOW	0.80
Barley	LOW	0.52	YES	MODERATE	2.36	LOW	2.95		0.19
Beef	LOW	1.50	YES	HIGH	38.43		1.25	LOW	2.49
Black Pepper	LOW	0.27	YES	HIGH	1.36	HIGH	63.03	LOW	0.47
Blueberry		0.00		HIGH	2.83	MODERATE	9.77	LOW	0.30
Brewer's Yeast		0.00			0.00	HIGH	108.23		0.00
Broccoli	LOW	0.11	YES	HIGH	2.63	MODERATE	23.62	LOW	0.52
Cabbage		0.00		HIGH	1.66	LOW	1.14	MODERATE	1.14
Cacao	LOW	0.42			0.00	MODERATE	67.92	LOW	0.19
Candida	MODERATE	1.60			0.00	MODERATE	231.23	LOW	0.47
Cantaloupe		0.00	YES	LOW	0.05	LOW	2.16	LOW	0.08
Carrot	LOW	0.23	YES	HIGH	1.03	LOW	2.84	LOW	0.52
Casein	MODERATE	0.55	YES	MODERATE	9.45	HIGH	124.82	LOW	0.30
Cashew	MODERATE	0.57		LOW	0.49	LOW	1.25	HIGH	3.39
Cauliflower		0.00		HIGH	9.42	LOW	1.93		0.00
Celery		0.00		LOW	0.11	LOW	0.80		0.00
Cherry		0.03	YES	HIGH	8.75	MODERATE	5.68	LOW	0.19
Chicken		0.00		HIGH	35.31		0.00	LOW	0.08
Cinnamon		0.00			0.00	LOW	14.20		0.00
Clam	HIGH	19.52		MODERATE	4.10	MODERATE	43.38	MODERATE	5.80
Coconut	MODERATE	0.82			0.00	LOW	3.41	MODERATE	2.32
Codfish	LOW	0.09	YES	HIGH	32.75	LOW	8.06	MODERATE	0.86
Coffee	LOW	0.10	YES	HIGH	1.77	MODERATE	85.52	LOW	1.31
Corn	MODERATE	0.55		LOW	0.35	LOW	2.04	LOW	0.47
Cottonseed		0.00		HIGH	3.21	LOW	4.54	LOW	0.19
Cow's Milk	MODERATE	2.18	YES	MODERATE	12.63	MODERATE	155.37	MODERATE	2.71
Crab		0.00		MODERATE	0.68		0.11		0.00
Cucumber		0.00			0.00		0.00	LOW	0.24
Egg Albumin	MODERATE	24.05	YES	HIGH	42.23	MODERATE	68.83	LOW	3.61
Egg Yolk	LOW	0.09	YES	HIGH	35.33	LOW	11.93	MODERATE	3.16
English Walnut		0.00		HIGH	6.25	MODERATE	28.62	LOW	4.56
Flax Seed		0.00		MODERATE	7.17	HIGH	103.35		0.00
Flounder		0.00		HIGH	35.74	MODERATE	10.11		0.00

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PATIENT NAME:	Patient Sample	REQUISITION ID:	2103059002	DRAFT DATE:	4/8/2021

SUMMARY | 2/2

	ALLERGY			SENSITIVITY					
DIETARY ANTIGEN	IgE	IgE (µg/mL)	IMMUNE TOLERANCE TO IgE	IgG4	IgG4 (µg/mL)	IgG	IgG (µg/mL)	C3D	C3D (µg/mL)
Garlic		0.00		MODERATE	9.89	LOW	3.52	LOW	0.47
Ginger	LOW	0.04	YES	MODERATE	8.99	HIGH	85.63	LOW	0.75
Gluten	HIGH	18.38		MODERATE	11.84	MODERATE	154.69	MODERATE	2.38
Goat's Milk	LOW	2.12	YES	MODERATE	6.95	MODERATE	67.35	LOW	3.16
Grapefruit	LOW	0.07	YES	MODERATE	0.57	MODERATE	2.39	LOW	0.13
Grapes	LOW	0.07	YES	HIGH	3.86	HIGH	18.74		0.00
Green Olive	LOW	0.05	YES	HIGH	5.11	LOW	2.95		0.00
Green Pea		0.07	YES	MODERATE	0.82	LOW	5.22		0.00
Green Pepper		0.00		HIGH	1.74	LOW	1.02		0.00
Halibut		0.00		HIGH	38.13	LOW	2.61		0.00
Honeydew		0.00			0.00	HIGH	142.08		0.00
Hops		0.03			0.00	LOW	2.61		0.00
Kidney Bean		0.20	YES	LOW	2.99	MODERATE	13.17	LOW	0.75
Lemon		0.00			0.00		0.00	LOW	0.36
Lettuce	MODERATE	0.39	YES	HIGH	1.63	LOW	2.50		0.00
Lima Bean	LOW	0.38	YES	MODERATE	1.68	LOW	0.80	LOW	1.20
Lobster	HIGH	1.14			0.00		0.00		0.00
Mushroom	LOW	0.32			0.00	LOW	15.22		1.31
Mustard	MODERATE	0.79	YES	MODERATE	2.61	LOW	2.95		0.00
Navy Bean	MODERATE	2.89	YES	MODERATE	12.58	LOW	13.97	LOW	0.97
Oat	LOW	0.26			0.00	MODERATE	5.00		0.00
Onion	LOW	0.13			0.00		0.00		0.00
Orange	LOW	0.22	YES	MODERATE	1.49	MODERATE	3.75		0.00
Peach		0.00			0.00	LOW	1.14		0.00
Peanut	LOW	0.11	YES	MODERATE	2.36	MODERATE	7.50		0.00
Pear		0.00			0.00		0.00		0.00
Pecan		0.00		HIGH	5.87	HIGH	8.06		0.00
Pineapple		0.00			0.00	LOW	1.70		0.00
Plum	MODERATE	0.36			0.00	LOW	0.23		0.00
Pork		0.00		HIGH	36.34	HIGH	17.60	LOW	1.42
Rice		0.00		MODERATE	0.41	LOW	4.88	MODERATE	0.41
Rye	MODERATE	0.48			0.00	MODERATE	7.61		0.00
Salmon		0.00		HIGH	18.71		0.00		0.00
Scallops	HIGH	2.76			0.00		0.00		0.00
Sesame		0.00			0.00	LOW	11.02		0.00
Shrimp	LOW	0.12			0.00		0.00	MODERATE	0.92
Soybean	LOW	0.10	YES	MODERATE	2.04		0.80	HIGH	13.26
Spinach	LOW	0.22	YES	HIGH	2.85	LOW	2.84	LOW	1.09
Strawberry		0.00			0.00	MODERATE	2.16		0.00
String Bean		0.00		MODERATE	6.98	LOW	2.73		0.00
Sweet Potato		0.00		HIGH	3.23	LOW	2.95		0.41
Tea		0.00			0.00	MODERATE	20.78		0.00
Tomato		0.00		MODERATE	0.27	LOW	0.23		0.00
Tuna	HIGH	2.07	YES	HIGH	39.33	LOW	3.07		0.00
Turkey		0.00		HIGH	31.10		0.00		0.00
Vanilla		0.00			0.00	LOW	29.30		0.00
Watermelon		0.00			0.00	LOW	0.80	LOW	0.13
White Potato		0.00		HIGH	6.25	LOW	4.66	LOW	1.65
Whole Wheat		0.00		HIGH	1.60	MODERATE	1.25	LOW	0.08
Yellow Squash		0.00		HIGH	9.67	LOW	2.39	LOW	0.75

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LESS RESTRICTIVE DIET

The Less Restrictive Diet **removes** foods with high levels of reactivity for IgE and IgG. Additionally, moderate IgG reactivity with high, moderate, or low complement are **removed** because C3d has the potential to amplify an IgG reaction 1000-10,000 fold.

The Less Restrictive Diet **rotates** foods with moderate IgG reactivity where moderate levels of C3d are also present due to increased inflammatory potential.

Foods with high IgG4 reactivity are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. Conditions affected by elevated IgG4 include eosinophilic esophagitis and disorders of the thyroid, ovaries, and prostate.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Avocado	Cacao	Almond	Apple
Barley	Candida	Aspergillus Mix	Asparagus
Cantaloupe	Cow's Milk	Banana	Beef
Cashew	Goat's Milk	Black Pepper	Blueberry
Celery	Grapefruit	Brewer's Yeast	Broccoli
Cinnamon	Kidney Bean	Casein	Cabbage
Coconut		Clam	Carrot
Corn		Flax Seed	Cauliflower
Crab		Ginger	Cherry
Cucumber		Gluten	Chicken
Garlic		Grapes	Codfish
Green Pea		Honeydew	Coffee
Hops		Lobster	Cottonseed
Lemon		Pecan	Egg Albumin
Lima Bean		Pork	Egg Yolk
Mushroom		Scallops	English Walnut
Mustard		Tuna	Flounder
Navy Bean		Whole Wheat	Green Olive
Oat			Green Pepper
Onion			Halibut
Orange			Lettuce
Peach			Salmon
Peanut			Spinach
Pear			Sweet Potato
Pineapple			Turkey
Plum			White Potato
Rice			Yellow Squash
Rye			
Sesame			
Shrimp			
Soybean			
Strawberry			
String Bean			
Tea			
Tomato			
Vanilla			
Watermelon			

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PATIENT NAME:	Patient Sample	REQUISITION ID:	2103059002	DRAFT DATE:	4/8/2021

MORE RESTRICTIVE DIET

The More Restrictive Diet **removes** foods with high and moderate levels of IgE, IgG, and complement (C3d). Additionally, low IgG reactivity with any positive complement response are **rotated** because C3d has the potential to amplify an IgG reaction 1000-10,000-fold.

High and moderate IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. Conditions affected by elevated IgG4 include eosinophilic esophagitis and disorders of the thyroid, ovaries, and prostate.

NO LIMITATION

These foods produce no immune reaction within your system at this time.

- Avocado
- Celery
- Cinnamon
- Cucumber
- Hops
- Lemon
- Mushroom
- Onion
- Peach
- Pear
- Pineapple
- Sesame
- Vanilla

ROTATE

These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.

- Cantaloupe
- Watermelon

ELIMINATE

Remove these foods entirely from your diet.

- Almond
- Apple
- Asparagus
- Aspergillus Mix
- Banana
- Black Pepper
- Blueberry
- Brewer's Yeast
- Broccoli
- Cabbage
- Cacao
- Candida
- Casein
- Cashew
- Cherry
- Clam
- Coconut
- Codfish
- Coffee
- Corn
- Cow's Milk
- Egg Albumin
- Egg Yolk
- English Walnut
- Flax Seed
- Flounder
- Ginger
- Gluten
- Goat's Milk
- Grapefruit
- Grapes
- Honeydew
- Kidney Bean
- Lettuce
- Lobster
- Mustard
- Navy Bean
- Oat
- Orange
- Peanut
- Pecan
- Plum
- Pork
- Rice
- Rye
- Scallops
- Shrimp
- Soybean
- Strawberry
- Tea
- Tuna
- Whole Wheat

ELIMINATE (IgG4)

Remove at Provider's Discretion

- Barley
- Beef
- Carrot
- Cauliflower
- Chicken
- Cottonseed
- Crab
- Garlic
- Green Olive
- Green Pea
- Green Pepper
- Halibut
- Lima Bean
- Salmon
- Spinach
- String Bean
- Sweet Potato
- Tomato
- Turkey
- White Potato
- Yellow Squash

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IMMUNE INDEX

Immune reactions to foods are not confined to one category. The Precision Allergy 88 is the only dietary antigen test that tests four independent reactions to foods, and then based on their level of immunogenicity, provides a calculation that shows how overall reactive you are to various foods. A calculation of level of reactivity to IgE, IgG4, Total IgG, and C3d is done, and the list is a result of the foods and levels of reactions, listed from most reactive to least reactive.

Rank	DIETARY ANTIGEN	Immune Index
1	Gluten	HIGH
2	Almond	HIGH
3	Cashew	HIGH
4	Clam	HIGH
5	Casein	HIGH
6	Cow's Milk	HIGH
7	Apple	MODERATE
8	Aspergillus Mix	MODERATE
9	Banana	MODERATE
10	Black Pepper	MODERATE
11	Candida	MODERATE
12	Egg Albumin	MODERATE
13	Asparagus	MODERATE
14	Broccoli	MODERATE
15	Coconut	MODERATE
16	Codfish	MODERATE
17	Coffee	MODERATE
18	Egg Yolk	MODERATE
19	Ginger	MODERATE
20	Goat's Milk	MODERATE
21	Cacao	MODERATE
22	Carrot	MODERATE
23	Cherry	MODERATE
24	Corn	MODERATE
25	Grapefruit	MODERATE
26	Grapes	MODERATE
27	Navy Bean	MODERATE
28	Pork	MODERATE
29	Spinach	MODERATE
30	Tuna	MODERATE
31	Blueberry	LOW
32	Cabbage	LOW
33	English Walnut	LOW
34	Lettuce	LOW
35	Lima Bean	LOW
36	Rye	LOW
37	Soybean	LOW
38	Whole Wheat	LOW
39	Beef	LOW
40	Brewer's Yeast	LOW
41	Cottonseed	LOW
42	Green Olive	LOW
43	Kidney Bean	LOW
44	Lobster	LOW

Rank	DIETARY ANTIGEN	Immune Index
45	Mustard	LOW
46	Oat	LOW
47	Orange	LOW
48	Peanut	LOW
49	Pecan	LOW
50	Plum	LOW
51	Rice	LOW
52	Shrimp	LOW
53	Yellow Squash	LOW
54	White Potato	LOW
55	Barley	LOW
56	Cantaloupe	LOW
57	Flounder	LOW
58	Garlic	LOW
59	Honeydew	LOW
60	Flax Seed	LOW
61	Mushroom	LOW
62	Scallops	LOW
63	Watermelon	LOW
64	Chicken	LOW
65	Cauliflower	LOW
66	Green Pepper	LOW
67	Halibut	LOW
68	Strawberry	LOW
69	Sweet Potato	LOW
70	Tea	LOW
71	Avocado	
72	Celery	
73	Cinnamon	
74	Cucumber	
75	Green Pea	
76	Lemon	
77	Onion	
78	Hops	
79	Peach	
80	Pineapple	
81	Sesame	
82	String Bean	
83	Tomato	
84	Vanilla	
85	Salmon	
86	Turkey	
87	Crab	
88	Pear	

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PATIENT NAME:	Patient Sample	REQUISITION ID:	2103059002	DRAFT DATE:	4/8/2021

This table shows you if foods you were reactive to are high in certain compounds that have been found to be irritants to some. This will help patients to identify if the reason they are irritated by the food may be because of a certain compound (listed across the top) in addition to a food reaction such as IgE, IgG, IgG4 or complement. This helps patients detect patterns with foods they react to. If they notice they have many reactions to a particular category, they may decide to review a list of those foods, and limit those from the diet as well.

DIETARY ANTIGEN	Oxalates	Amines	Glutamate	Histamine	Lectins	Nitrite	FOD-MAP	Phenol	Salicylates
Almond		H							H
Apple							H	H	
Asparagus							H		
Aspergillus Mix									
Avocado									
Banana							H		
Barley									
Beef									
Black Pepper									
Blueberry	H								
Brewer's Yeast									
Broccoli			H						
Cabbage						H			
Cacao									
Candida									
Cantaloupe									
Carrot									
Casein				H					
Cashew							H		
Cauliflower							H		
Celery									
Cherry									
Chicken									
Cinnamon									
Clam									
Coconut									
Codfish									
Coffee	H								
Corn									
Cottonseed									
Cow's Milk									
Crab									
Cucumber									
Egg Albumin									
Egg Yolk									
English Walnut									
Flax Seed									
Flounder									
Garlic									
Ginger									
Gluten									
Goat's Milk									
Grapefruit									
Grapes									

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DIETARY ANTIGEN	Oxalates	Amines	Glutamate	Histamine	Lectins	Nitrite	FOD-MAP	Phenol	Salicylates
Green Olive									
Green Pea									
Green Pepper									
Halibut									
Honeydew									
Hops									
Kidney Bean									
Lemon									
Lettuce						H			
Lima Bean									
Lobster									
Mushroom									
Mustard									
Navy Bean									
Oat									
Onion									
Orange									
Peach									
Peanut									
Pear									
Pecan									
Pineapple									
Plum									
Pork									
Rice									
Rye									
Salmon									
Scallops									
Sesame									
Shrimp									
Soybean	H			H			H		
Spinach	H					H			
Strawberry									
String Bean									
Sweet Potato									
Tea									
Tomato									
Tuna									
Turkey								H	
Vanilla									
Watermelon									
White Potato					H				
Whole Wheat	H						H		
Yellow Squash									

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P88-Dietary Antigen Test

A "Targeted" Approach to Wellness

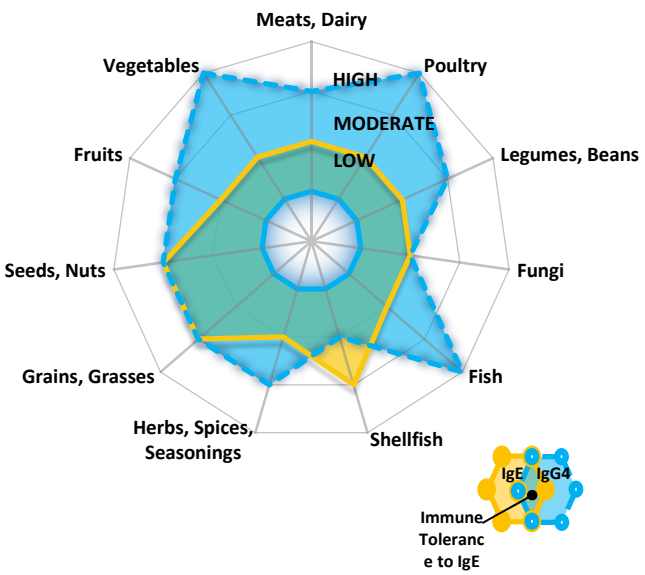
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NAME:	**Patient Sample**
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CLINIC INFO	
	Sample Clinic
ADDRESS:	121 Sample Lane Sample City, SS 10101
PHONE:	(678)736-6374
FAX:	(770)674-1701

P88-Dietary Antigen Test

Dietary Antigen Exposure by Food Group

	IgE	IgG4
Meats, Dairy	LOW	MODERATE
Poultry	LOW	HIGH
Legumes, Beans	LOW	MODERATE
Fungi	LOW	LOW
Fish	LOW	HIGH
Shellfish	MODERATE	LOW
Herbs, Spices, Seasonings	LOW	MODERATE
Grains, Grasses	MODERATE	MODERATE
Seeds, Nuts	MODERATE	MODERATE
Fruits	LOW	MODERATE
Vegetables	LOW	HIGH



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgE and IgG4 antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgE and IgG4 results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

Immune Tolerance To IgE

In high levels, IgG4 antibodies alone can trigger an immune response within the body. However, data is available that provides support for the notion that IgG4 can serve another specific function of controlling antigen recognition by IgE and consequently regulating anaphylatic reactions and IgE-mediated immunity. IgG4 can act as a blocking agent by preventing IgE from binding to targeted receptor sites and releasing histamine. We refer to this as the Immune Tolerance to IgE.

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P88-Dietary Antigen Test

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgE

The IgE antibody response is the most commonly known food allergy response. This response usually occurs immediately and can create severe symptoms such as swelling, hives, itching, and - in some cases - anaphylaxis. Even though IgE reactions are immediate, the allergic potential of food-based allergens can remain in your system 1-2 days after ingestion, extending the presence of symptoms during this duration. IgE reactions can be permanent or they may improve with the elimination diet and gut treatment. IgE reactions stimulate the release of histamine in the body.

IgG4

IgG4, which is a subclass of IgG, is a distinct antibody in the immune system. IgG4 total antibody is important in relation to IgE because this antibody acts as a blocking agent for an IgE reaction. When the IgG4 reaction is greater than the IgE reaction for a particular antigen, IgG4 blocks the IgE antibodies from binding to the receptor sites and releasing histamine, thereby reducing severity of the symptoms associated with the IgE reaction. This is referred to as the blocking potential. IgG4 carries its own clinical relevance in high levels and may mediate several conditions and diseases.

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
MEATS, DAIRY				
Beef	1.50	LOW	<0.13 µg/ml	YES
Casein	0.55	MODERATE	<0.05 µg/ml	YES
Cow's Milk	2.18	MODERATE	<0.08 µg/ml	YES
Goat's Milk	2.12	LOW	<0.11 µg/ml	YES
Pork	0.00		<0.04 µg/ml	
POULTRY				
Chicken	0.00		<0.03 µg/ml	
Egg Albumin	24.05	MODERATE	<11.32 µg/ml	YES
Egg Yolk	0.09	LOW	<0.08 µg/ml	YES
Turkey	0.00		<0.03 µg/ml	
LEGUMES, BEANS				
Green Pea	0.07		<0.08 µg/ml	YES
Kidney Bean	0.20		<1.23 µg/ml	YES
Lima Bean	0.38	LOW	<0.17 µg/ml	YES
Navy Bean	2.89	MODERATE	<0.77 µg/ml	YES
Peanut	0.11	LOW	<0.03 µg/ml	YES
Soybean	0.10	LOW	<0.07 µg/ml	YES
String Bean	0.00		<0.03 µg/ml	
FUNGI				
Aspergillus Mix	0.06		<0.08 µg/ml	
Brewer's Yeast	0.00		<0.04 µg/ml	
Candida	1.60	MODERATE	<0.13 µg/ml	
Mushroom	0.32	LOW	<0.05 µg/ml	
FISH				
Codfish	0.09	LOW	<0.04 µg/ml	YES
Flounder	0.00		<0.03 µg/ml	
Halibut	0.00		<0.03 µg/ml	
Salmon	0.00		<0.02 µg/ml	
Tuna	2.07	HIGH	<0.03 µg/ml	YES

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	38.43	HIGH	<0.08 µg/ml
Casein	9.45	MODERATE	<0.12 µg/ml
Cow's Milk	12.63	MODERATE	<0.21 µg/ml
Goat's Milk	6.95	MODERATE	<0.22 µg/ml
Pork	36.34	HIGH	<0.04 µg/ml
POULTRY			
Chicken	35.31	HIGH	<0.03 µg/ml
Egg Albumin	42.23	HIGH	<6.04 µg/ml
Egg Yolk	35.33	HIGH	<0.22 µg/ml
Turkey	31.10	HIGH	<0.04 µg/ml
LEGUMES, BEANS			
Green Pea	0.82	MODERATE	<0.04 µg/ml
Kidney Bean	2.99	LOW	<0.16 µg/ml
Lima Bean	1.68	MODERATE	<0.1 µg/ml
Navy Bean	12.58	MODERATE	<0.12 µg/ml
Peanut	2.36	MODERATE	<0.13 µg/ml
Soybean	2.04	MODERATE	<0.04 µg/ml
String Bean	6.98	MODERATE	<0.1 µg/ml
FUNGI			
Aspergillus Mix	0.00		<0.02 µg/ml
Brewer's Yeast	0.00		<0.02 µg/ml
Candida	0.00		<0.05 µg/ml
Mushroom	0.00		<0.02 µg/ml
FISH			
Codfish	32.75	HIGH	<0.02 µg/ml
Flounder	35.74	HIGH	<0.05 µg/ml
Halibut	38.13	HIGH	<0.02 µg/ml
Salmon	18.71	HIGH	<0.09 µg/ml
Tuna	39.33	HIGH	<0.02 µg/ml

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PATIENT NAME:	Patient Sample	REQUISITION ID:	2103059002	DRAFT DATE:	4/8/2021

P88-Dietary Antigen Test

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
SHELLFISH				
Clam	19.52	HIGH	<7.03 µg/ml	
Crab	0.00		<0.03 µg/ml	
Lobster	1.14	HIGH	<0.03 µg/ml	
Scallops	2.76	HIGH	<0.02 µg/ml	
Shrimp	0.12	LOW	<0.03 µg/ml	
HERBS, SPICES, SEASONINGS				
Black Pepper	0.27	LOW	<0.05 µg/ml	YES
Cinnamon	0.00		<0.02 µg/ml	
Garlic	0.00		<0.02 µg/ml	
Ginger	0.04	LOW	<0.04 µg/ml	YES
Hops	0.03		<0.03 µg/ml	
Mustard	0.79	MODERATE	<0.04 µg/ml	YES
Vanilla	0.00		<0.03 µg/ml	
GRAINS, GRASSES				
Barley	0.52	LOW	<0.3 µg/ml	YES
Corn	0.55	MODERATE	<0.04 µg/ml	
Gluten	18.38	HIGH	<2.41 µg/ml	
Oat	0.26	LOW	<0.03 µg/ml	
Rice	0.00		<0.05 µg/ml	
Rye	0.48	MODERATE	<0.03 µg/ml	
Whole Wheat	0.00		<0.03 µg/ml	
SEEDS, NUTS				
Almond	1.13	MODERATE	<0.19 µg/ml	YES
Cacao	0.42	LOW	<0.05 µg/ml	
Cashew	0.57	MODERATE	<0.05 µg/ml	
Coffee	0.10	LOW	<0.04 µg/ml	YES
Cottonseed	0.00		<0.04 µg/ml	
English Walnut	0.00		<0.03 µg/ml	
Flax Seed	0.00		<0.04 µg/ml	
Pecan	0.00		<0.03 µg/ml	
Sesame	0.00		<0.02 µg/ml	
FRUITS				
Apple	0.59	MODERATE	<0.06 µg/ml	YES
Avocado	0.00		<0.08 µg/ml	
Banana	0.43	LOW	<0.05 µg/ml	YES
Blueberry	0.00		<0.03 µg/ml	
Cantaloupe	0.00		<0.04 µg/ml	YES
Cherry	0.03		<0.03 µg/ml	YES
Coconut	0.82	MODERATE	<0.04 µg/ml	
Cucumber	0.00		<0.02 µg/ml	
Grapefruit	0.07	LOW	<0.02 µg/ml	YES
Grapes	0.07	LOW	<0.03 µg/ml	YES
Green Olive	0.05	LOW	<0.04 µg/ml	YES
Green Pepper	0.00		<0.03 µg/ml	
Honeydew	0.00		<0.02 µg/ml	
Lemon	0.00		<0.02 µg/ml	
Orange	0.22	LOW	<0.02 µg/ml	YES
Peach	0.00		<0.03 µg/ml	
Pear	0.00		<0.02 µg/ml	
Pineapple	0.00		<0.03 µg/ml	
Plum	0.36	MODERATE	<0.02 µg/ml	
Strawberry	0.00		<0.02 µg/ml	
Tomato	0.00		<0.02 µg/ml	
Watermelon	0.00		<0.02 µg/ml	
Yellow Squash	0.00		<0.04 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
SHELLFISH			
Clam	4.10	MODERATE	<1.73 µg/ml
Crab	0.68	MODERATE	<0.03 µg/ml
Lobster	0.00		<0.02 µg/ml
Scallops	0.00		<0.02 µg/ml
Shrimp	0.00		<0.02 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	1.36	HIGH	<0.02 µg/ml
Cinnamon	0.00		<0.02 µg/ml
Garlic	9.89	MODERATE	<0.06 µg/ml
Ginger	8.99	MODERATE	<0.05 µg/ml
Hops	0.00		<0.02 µg/ml
Mustard	2.61	MODERATE	<0.25 µg/ml
Vanilla	0.00		<0.03 µg/ml
GRAINS, GRASSES			
Barley	2.36	MODERATE	<0.06 µg/ml
Corn	0.35	LOW	<0.02 µg/ml
Gluten	11.84	MODERATE	<7.08 µg/ml
Oat	0.00		<0.02 µg/ml
Rice	0.41	MODERATE	<0.02 µg/ml
Rye	0.00		<0.02 µg/ml
Whole Wheat	1.60	HIGH	<0.02 µg/ml
SEEDS, NUTS			
Almond	4.45	MODERATE	<0.1 µg/ml
Cacao	0.00		<0.02 µg/ml
Cashew	0.49	LOW	<0.04 µg/ml
Coffee	1.77	HIGH	<0.02 µg/ml
Cottonseed	3.21	HIGH	<0.02 µg/ml
English Walnut	6.25	HIGH	<0.04 µg/ml
Flax Seed	7.17	MODERATE	<0.04 µg/ml
Pecan	5.87	HIGH	<0.02 µg/ml
Sesame	0.00		<0.02 µg/ml
FRUITS			
Apple	1.11	HIGH	<0.03 µg/ml
Avocado	0.00		<0.02 µg/ml
Banana	27.51	HIGH	<0.06 µg/ml
Blueberry	2.83	HIGH	<0.02 µg/ml
Cantaloupe	0.05	LOW	<0.03 µg/ml
Cherry	8.75	HIGH	<0.02 µg/ml
Coconut	0.00		<0.03 µg/ml
Cucumber	0.00		<0.01 µg/ml
Grapefruit	0.57	MODERATE	<0.02 µg/ml
Grapes	3.86	HIGH	<0.01 µg/ml
Green Olive	5.11	HIGH	<0.02 µg/ml
Green Pepper	1.74	HIGH	<0.03 µg/ml
Honeydew	0.00		<0.02 µg/ml
Lemon	0.00		<0.01 µg/ml
Orange	1.49	MODERATE	<0.02 µg/ml
Peach	0.00		<0.01 µg/ml
Pear	0.00		<0.02 µg/ml
Pineapple	0.00		<0.04 µg/ml
Plum	0.00		<0.01 µg/ml
Strawberry	0.00		<0.02 µg/ml
Tomato	0.27	MODERATE	<0.01 µg/ml
Watermelon	0.00		<0.02 µg/ml
Yellow Squash	9.67	HIGH	<0.04 µg/ml

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PATIENT NAME:	Patient Sample	REQUISITION ID:	2103059002	DRAFT DATE:	4/8/2021

P88-Dietary Antigen Test

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
VEGETABLES				
Asparagus	0.31	LOW	<0.07 µg/ml	YES
Broccoli	0.11	LOW	<0.07 µg/ml	YES
Cabbage	0.00		<0.03 µg/ml	
Carrot	0.23	LOW	<0.04 µg/ml	YES
Cauliflower	0.00		<0.02 µg/ml	
Celery	0.00		<0.03 µg/ml	
Lettuce	0.39	MODERATE	<0.03 µg/ml	YES
Onion	0.13	LOW	<0.02 µg/ml	
Spinach	0.22	LOW	<0.06 µg/ml	YES
Sweet Potato	0.00		<0.02 µg/ml	
Tea	0.00		<0.02 µg/ml	
White Potato	0.00		<0.03 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	4.54	HIGH	<0.03 µg/ml
Broccoli	2.63	HIGH	<0.03 µg/ml
Cabbage	1.66	HIGH	<0.02 µg/ml
Carrot	1.03	HIGH	<0.02 µg/ml
Cauliflower	9.42	HIGH	<0.04 µg/ml
Celery	0.11	LOW	<0.03 µg/ml
Lettuce	1.63	HIGH	<0.01 µg/ml
Onion	0.00		<0.02 µg/ml
Spinach	2.85	HIGH	<0.04 µg/ml
Sweet Potato	3.23	HIGH	<0.02 µg/ml
Tea	0.00		<0.01 µg/ml
White Potato	6.25	HIGH	<0.02 µg/ml

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P88-Dietary Antigen Test

A "Targeted" Approach to Wellness

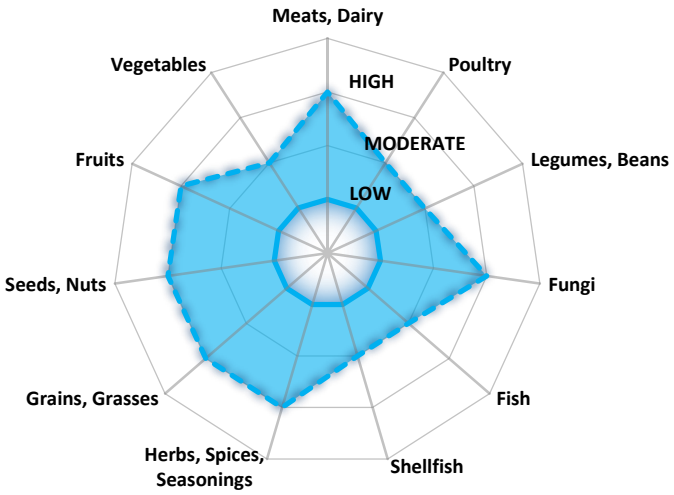
PATIENT INFO	
NAME:	**Patient Sample**
REQUISITION ID:	2103059002
SAMPLE ID:	
DOB:	1/1/1971
SAMPLE DATE:	3/1/2021
RECEIVE DATE:	3/5/2021
DRAFT DATE:	4/8/2021

CLINIC INFO	
	Sample Clinic
ADDRESS:	121 Sample Lane Sample City, SS 10101
PHONE:	(678)736-6374
FAX:	(770)674-1701

P88-Dietary Antigen Test

Dietary Antigen Exposure by Food Group

	IgG
Meats, Dairy	MODERATE
Poultry	LOW
Legumes, Beans	LOW
Fungi	MODERATE
Fish	LOW
Shellfish	LOW
Herbs, Spices, Seasonings	MODERATE
Grains, Grasses	MODERATE
Seeds, Nuts	MODERATE
Fruits	MODERATE
Vegetables	LOW



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgG antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgG results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

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PATIENT NAME:	Patient Sample	REQUISITION ID:	2103059002	DRAFT DATE:	4/8/2021

P88-Dietary Antigen Test

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgG

The IgG antibody response creates sensitivity to a particular food. Symptoms may be less severe than with IgE allergic reaction and can manifest anywhere from 3-72 hours after exposure. IgG reactions create inflammation that makes many pathologies worse. The delayed response makes sensitivities difficult to identify without a diagnostic test. Sensitivities can improve with treatment and improved gut health.

C3d

C3d is a complement antigen and an activator of our complement cascade system. Reaction to the specified food will worsen if C3d activation is present along with an IgG antibody response. The C3 protein attaches to the antigen and amplifies the IgG response, increasing the inflammatory potential of IgG titer. Complement is not dependent on exposure or antibody presence, and represents innate immune function.

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	1.25		<2.32 µg/ml
Casein	124.82	HIGH	<2.62 µg/ml
Cow's Milk	155.37	MODERATE	<30.52 µg/ml
Goat's Milk	67.35	MODERATE	<22.06 µg/ml
Pork	17.60	HIGH	<0.45 µg/ml
POULTRY			
Chicken	0.00		<0.39 µg/ml
Egg Albumin	68.83	MODERATE	<17.86 µg/ml
Egg Yolk	11.93	LOW	<1.59 µg/ml
Turkey	0.00		<0.27 µg/ml
LEGUMES, BEANS			
Green Pea	5.22	LOW	<0.63 µg/ml
Kidney Bean	13.17	MODERATE	<0.5 µg/ml
Lima Bean	0.80	LOW	<0.62 µg/ml
Navy Bean	13.97	LOW	<1.3 µg/ml
Peanut	7.50	MODERATE	<0.79 µg/ml
Soybean	0.80		<0.82 µg/ml
String Bean	2.73	LOW	<0.75 µg/ml
FUNGI			
Aspergillus Mix	130.38	HIGH	<12.19 µg/ml
Brewer's Yeast	108.23	HIGH	<1.81 µg/ml
Candida	231.23	MODERATE	<11.43 µg/ml
Mushroom	15.22	LOW	<5.68 µg/ml
FISH			
Codfish	8.06	LOW	<0.52 µg/ml
Flounder	10.11	MODERATE	<0.27 µg/ml
Halibut	2.61	LOW	<0.21 µg/ml
Salmon	0.00		<0.25 µg/ml
Tuna	3.07	LOW	<0.21 µg/ml

ANTIGEN	RESULT	C3D (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	2.49	LOW	<0.27 µg/ml
Casein	0.30	LOW	<0.15 µg/ml
Cow's Milk	2.71	MODERATE	<0.28 µg/ml
Goat's Milk	3.16	LOW	<0.25 µg/ml
Pork	1.42	LOW	<0.26 µg/ml
POULTRY			
Chicken	0.08	LOW	<0.05 µg/ml
Egg Albumin	3.61	LOW	<1.76 µg/ml
Egg Yolk	3.16	MODERATE	<0.6 µg/ml
Turkey	0.00		<0.04 µg/ml
LEGUMES, BEANS			
Green Pea	0.00		<0.06 µg/ml
Kidney Bean	0.75	LOW	<0.41 µg/ml
Lima Bean	1.20	LOW	<0.4 µg/ml
Navy Bean	0.97	LOW	<0.19 µg/ml
Peanut	0.00		<0.05 µg/ml
Soybean	13.26	HIGH	<0.09 µg/ml
String Bean	0.00		<0.06 µg/ml
FUNGI			
Aspergillus Mix	1.59	MODERATE	<0.13 µg/ml
Brewer's Yeast	0.00		<0.06 µg/ml
Candida	0.47	LOW	<0.24 µg/ml
Mushroom	1.31		<2.91 µg/ml
FISH			
Codfish	0.86	MODERATE	<0.06 µg/ml
Flounder	0.00		<0.04 µg/ml
Halibut	0.00		<0.04 µg/ml
Salmon	0.00		<0.03 µg/ml
Tuna	0.00		<0.05 µg/ml

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PATIENT NAME:	Patient Sample	REQUISITION ID:	2103059002	DRAFT DATE:	4/8/2021

P88-Dietary Antigen Test

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
SHELLFISH			
Clam	43.38	MODERATE	<25.08 µg/ml
Crab	0.11		<0.23 µg/ml
Lobster	0.00		<0.17 µg/ml
Scallops	0.00		<0.56 µg/ml
Shrimp	0.00		<0.26 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	63.0	HIGH	<3.58 µg/ml
Cinnamon	14.2	LOW	<0.81 µg/ml
Garlic	3.5	LOW	<0.48 µg/ml
Ginger	85.6	HIGH	<1.47 µg/ml
Hops	2.6	LOW	<0.33 µg/ml
Mustard	3.0	LOW	<0.26 µg/ml
Vanilla	29.3	LOW	<8.33 µg/ml
GRAINS, GRASSES			
Barley	2.95	LOW	<0.59 µg/ml
Corn	2.04	LOW	<0.28 µg/ml
Gluten	154.69	MODERATE	<77.13 µg/ml
Oat	5.00	MODERATE	<0.25 µg/ml
Rice	4.88	LOW	<0.62 µg/ml
Rye	7.61	MODERATE	<0.49 µg/ml
Whole Wheat	1.25	MODERATE	<0.14 µg/ml
SEEDS, NUTS			
Almond	3.98	MODERATE	<0.47 µg/ml
Cacao	67.92	MODERATE	<2.45 µg/ml
Cashew	1.25	LOW	<0.34 µg/ml
Coffee	85.52	MODERATE	<2.41 µg/ml
Cottonseed	4.54	LOW	<0.25 µg/ml
English Walnut	28.62	MODERATE	<0.65 µg/ml
Flax Seed	103.35	HIGH	<0.43 µg/ml
Pecan	8.06	HIGH	<0.08 µg/ml
Sesame	11.02	LOW	<0.61 µg/ml
FRUITS			
Apple	4.20	MODERATE	<0.32 µg/ml
Avocado	5.91	LOW	<2.77 µg/ml
Banana	18.63	HIGH	<0.26 µg/ml
Blueberry	9.77	MODERATE	<0.44 µg/ml
Cantaloupe	2.16	LOW	<0.29 µg/ml
Cherry	5.68	MODERATE	<0.31 µg/ml
Coconut	3.41	LOW	<0.32 µg/ml
Cucumber	0.00		<0.22 µg/ml
Grapefruit	2.39	MODERATE	<0.15 µg/ml
Grapes	18.74	HIGH	<0.44 µg/ml
Green Olive	2.95	LOW	<0.51 µg/ml
Green Pepper	1.02	LOW	<0.2 µg/ml
Honeydew	142.08	HIGH	<0.16 µg/ml
Lemon	0.00		<0.11 µg/ml
Orange	3.75	MODERATE	<0.22 µg/ml
Peach	1.14	LOW	<0.18 µg/ml
Pear	0.00		<1.24 µg/ml
Pineapple	1.70	LOW	<0.66 µg/ml
Plum	0.23	LOW	<0.12 µg/ml
Strawberry	2.16	MODERATE	<0.16 µg/ml
Tomato	0.23	LOW	<0.09 µg/ml
Watermelon	0.80	LOW	<0.19 µg/ml
Yellow Squash	2.39	LOW	<0.62 µg/ml

ANTIGEN	RESULT	C3D (µg/mL)	REF. RANGE
SHELLFISH			
Clam	5.80	MODERATE	<1.28 µg/ml
Crab	0.00		<0.05 µg/ml
Lobster	0.00		<0.06 µg/ml
Scallops	0.00		<0.05 µg/ml
Shrimp	0.92	MODERATE	<0.06 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	0.47	LOW	<0.07 µg/ml
Cinnamon	0.00		<0.28 µg/ml
Garlic	0.47	LOW	<0.07 µg/ml
Ginger	0.75	LOW	<0.2 µg/ml
Hops	0.00		<0.24 µg/ml
Mustard	0.00		<0.09 µg/ml
Vanilla	0.00		<0.04 µg/ml
GRAINS, GRASSES			
Barley	0.19		<1.21 µg/ml
Corn	0.47	LOW	<0.06 µg/ml
Gluten	2.38	MODERATE	<0.18 µg/ml
Oat	0.00		<0.05 µg/ml
Rice	0.41	MODERATE	<0.04 µg/ml
Rye	0.00		<0.03 µg/ml
Whole Wheat	0.08	LOW	<0.04 µg/ml
SEEDS, NUTS			
Almond	7.82	HIGH	<0.16 µg/ml
Cacao	0.19	LOW	<0.16 µg/ml
Cashew	3.39	HIGH	<0.07 µg/ml
Coffee	1.31	LOW	<0.28 µg/ml
Cottonseed	0.19	LOW	<0.08 µg/ml
English Walnut	4.56	LOW	<2.75 µg/ml
Flax Seed	0.00		<0.07 µg/ml
Pecan	0.00		<0.1 µg/ml
Sesame	0.00		<0.03 µg/ml
FRUITS			
Apple	0.19	LOW	<0.1 µg/ml
Avocado	0.30		<1.29 µg/ml
Banana	0.80	LOW	<0.1 µg/ml
Blueberry	0.30	LOW	<0.04 µg/ml
Cantaloupe	0.08	LOW	<0.05 µg/ml
Cherry	0.19	LOW	<0.16 µg/ml
Coconut	2.32	MODERATE	<0.06 µg/ml
Cucumber	0.24	LOW	<0.04 µg/ml
Grapefruit	0.13	LOW	<0.03 µg/ml
Grapes	0.00		<0.03 µg/ml
Green Olive	0.00		<0.07 µg/ml
Green Pepper	0.00		<0.13 µg/ml
Honeydew	0.00		<0.03 µg/ml
Lemon	0.36	LOW	<0.03 µg/ml
Orange	0.00		<0.03 µg/ml
Peach	0.00		<0.05 µg/ml
Pear	0.00		<0.03 µg/ml
Pineapple	0.00		<0.05 µg/ml
Plum	0.00		<0.04 µg/ml
Strawberry	0.00		<0.03 µg/ml
Tomato	0.00		<0.02 µg/ml
Watermelon	0.13	LOW	<0.04 µg/ml
Yellow Squash	0.75	LOW	<0.07 µg/ml

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PATIENT NAME:	Patient Sample	REQUISITION ID:	2103059002	DRAFT DATE:	4/8/2021

P88-Dietary Antigen Test

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	18.74	MODERATE	<1.34 µg/ml
Broccoli	23.62	MODERATE	<0.95 µg/ml
Cabbage	1.14	LOW	<0.16 µg/ml
Carrot	2.84	LOW	<0.36 µg/ml
Cauliflower	1.93	LOW	<0.31 µg/ml
Celery	0.80	LOW	<0.2 µg/ml
Lettuce	2.50	LOW	<0.26 µg/ml
Onion	0.00		<0.18 µg/ml
Spinach	2.84	LOW	<0.42 µg/ml
Sweet Potato	2.95	LOW	<0.65 µg/ml
Tea	20.78	MODERATE	<1.79 µg/ml
White Potato	4.66	LOW	<0.67 µg/ml

ANTIGEN	RESULT	C3D (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	0.97	LOW	<0.14 µg/ml
Broccoli	0.52	LOW	<0.08 µg/ml
Cabbage	1.14	MODERATE	<0.04 µg/ml
Carrot	0.52	LOW	<0.23 µg/ml
Cauliflower	0.00		<0.04 µg/ml
Celery	0.00		<0.11 µg/ml
Lettuce	0.00		<0.17 µg/ml
Onion	0.00		<0.03 µg/ml
Spinach	1.09	LOW	<0.3 µg/ml
Sweet Potato	0.41		<1 µg/ml
Tea	0.00		<0.04 µg/ml
White Potato	1.65	LOW	<0.77 µg/ml

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