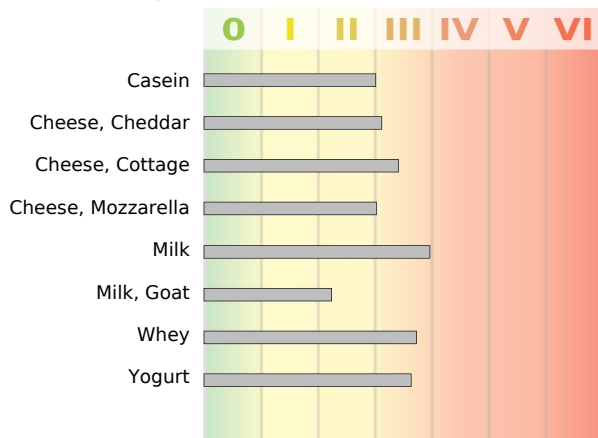


Physician:
Patient:

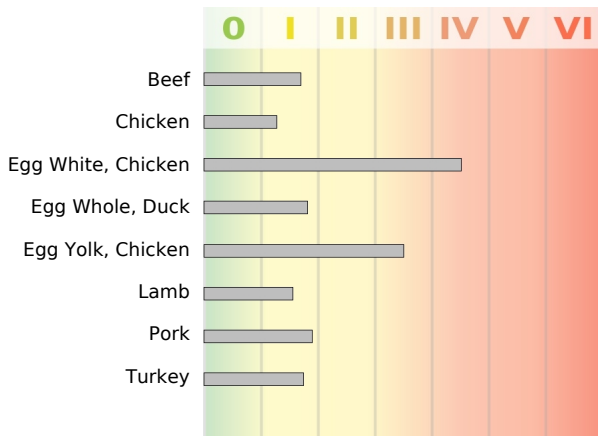
IgG 

Dairy

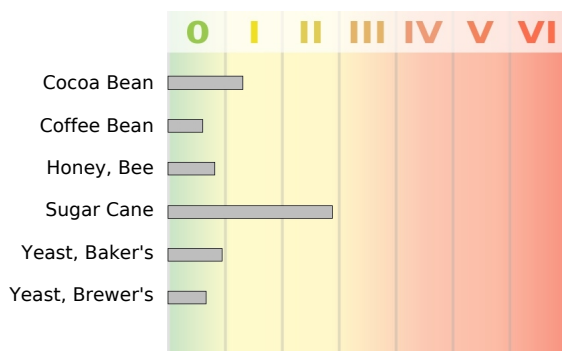
*Bovine-derived
unless specified*



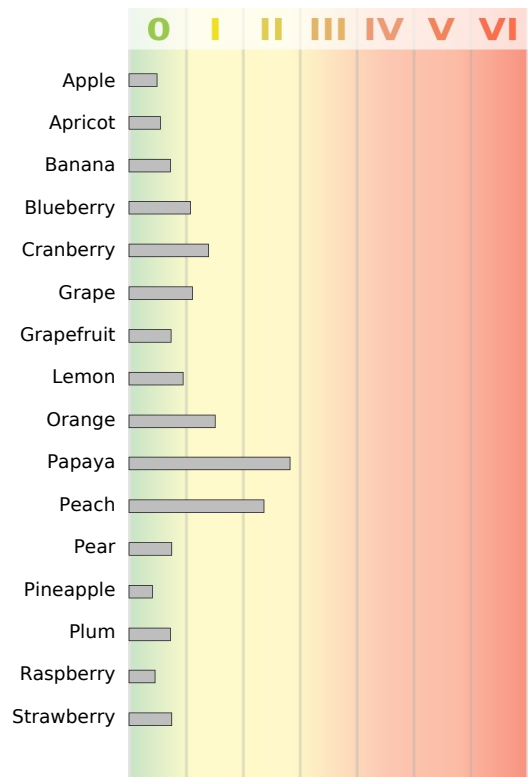
Meat/Fowl



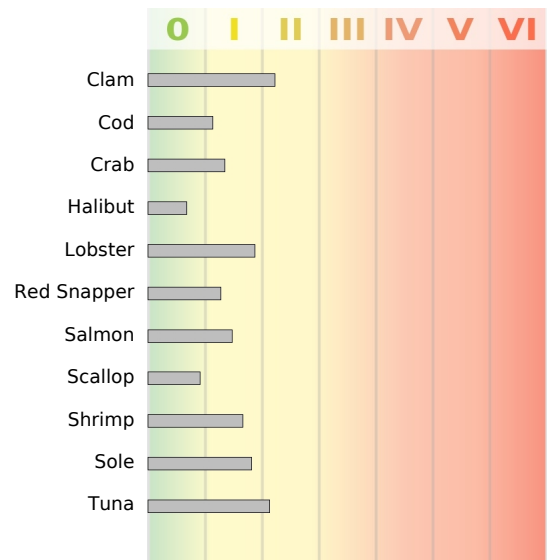
Misc



Fruits



Fish/Crustacea/Mollusk

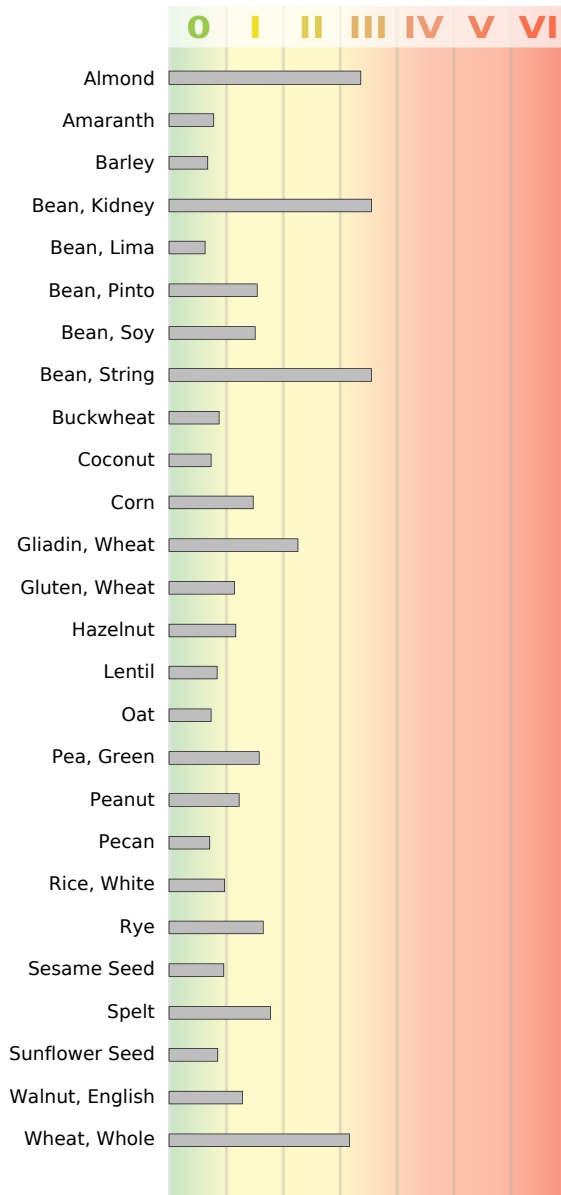


Reaction Class

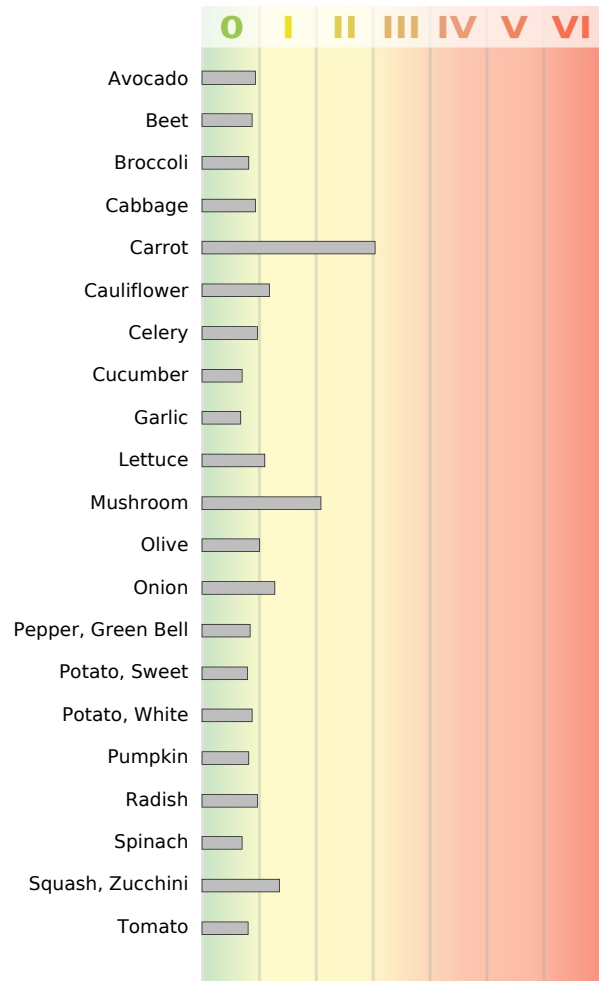


IgG 

Grains/Legumes/Nuts



Vegetables



Reaction Class





FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline

Prepared for:

TEST PATIENT

Accession:

TEST LAB ID

Practitioner:

Guideline Prepared:



Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The proprietary semi-quantitative ELISA (Enzyme-linked Immunosorbent 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 I and greater
<i>(not tested)</i>

If IgE was tested along with IgA and/or IgG, any food that scored Class I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

Class IV and greater (High to Extremely High antibody levels)		
IgA:	IgA & IgG:	IgG:
<i>(not tested)</i>	<i>(none)</i>	Chicken Egg White

These foods are **included** in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

Class III (Moderate antibody levels)		
IgA:	IgA & IgG:	IgG:
<i>(not tested)</i>	<i>(none)</i>	Almond, Carrot, Casein, Cheddar Cheese, Chicken Egg Yolk, Cottage Cheese, Kidney Bean, Milk, Mozzarella Cheese, String Bean, Whey, Whole Wheat, Yogurt

Class I/II (Low antibody levels)		
IgA:	IgA & IgG:	IgG:
<i>(not tested)</i>	<i>(none)</i>	Beef, Blueberry, Cauliflower, Chicken, Clam, Cocoa Bean, Cod, Corn, Crab, Cranberry, Duck Egg Whole, English Walnut, Goat Milk, Grape, Green Pea, Hazelnut, Lamb, Lettuce, Lobster, Mushroom, Olive, Onion, Orange, Papaya, Peach, Peanut, Pinto Bean, Pork, Red Snapper, Rye, Salmon, Shrimp, Sole, Soy Bean, Spelt, Sugar Cane, Tuna, Turkey, Wheat Gliadin, Wheat Gluten, Zucchini Squash

This report does not identify anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

IgE antibody testing and results are not available through the Whole Blood Specimen Collection Kit.

Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class IV and greater for IgA and/or IgG antibody analysis and Class 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	Casein, Cheddar Cheese, Goat Milk, Yogurt		Cottage Cheese, Milk, Mozzarella Cheese, Whey	
Fish, Crustacea, Mollusk	Lobster, Shrimp	Cod, Red Snapper, Scallop, Sole, Tuna	Crab	Clam, Halibut, Salmon
Fruits	Apple, Apricot, Papaya, Plum, Strawberry	Coconut, Cranberry, Grape, Orange	Banana, Peach, Pear, Pineapple, Raspberry	Blueberry, Grapefruit, Lemon
Grains, Legumes, Nuts	English Walnut, Hazelnut, Rye, Sesame Seed, Spelt, Wheat Gliadin, Wheat Gluten, Whole Wheat	Amaranth, Green Pea, Lentil, Peanut, Pinto Bean, Sunflower Seed	Almond, Barley, Buckwheat, Corn, Oat, Pecan, White Rice	Kidney Bean, Lima Bean, Soy Bean, String Bean
Meat, Fowl	Chicken, Duck Egg Whole, Lamb	Pork	Beef, Chicken Egg Yolk, Turkey	
Miscellaneous	Baker's Yeast, Cocoa Bean		Bee Honey, Brewer's Yeast, Coffee Bean, Sugar Cane	
Vegetables	Avocado, Cucumber, Green Bell Pepper, Olive, Sweet Potato, White Potato	Cauliflower, Celery, Radish, Spinach	Garlic, Mushroom, Onion, Pumpkin, Tomato, Zucchini Squash	Beet, Broccoli, Cabbage, Carrot, Lettuce

This report does not identify anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

For Your Convenience

Food Antibody Assessment

IgE: Class I and greater – *(not tested)*

IgA/IgG: Class IV and greater – Chicken Egg White

IgA/IgG: Class III – Almond, Carrot, Casein, Cheddar Cheese, Chicken Egg Yolk, Cottage Cheese, Kidney Bean, Milk, Mozzarella Cheese, String Bean, Whey, Whole Wheat, Yogurt



