

Name: Sample Report - Food Safe Basic  
Lab ID:

Order #:   
Pick Ticket #:   
Date of Birth:

Report Date: 3/9/2017  
Date Collected: 3/3/2017  
Reference #: 409

**FINAL REPORT**

RESULT	- REFERENCE RANGE -			ALLERGEN	- NOT SAFE -		
	LOW	MODERATE	AVOID		LOW	MODERATE	AVOID
213	Avoid	<70	70 - 100	>100	<b>CANDIDA SCREEN</b>		
					Candida albicans		
					<b>DAIRY</b>		
376	Avoid	<100	100 - 350	>350	Casein		
268	Avoid	<100	100 - 250	>250	Cheddar Cheese		
636	Avoid	<100	100 - 350	>350	Cottage Cheese		
824	Avoid	<140	140 - 350	>350	Cow's Milk		
192	Moderate	<120	120 - 370	>370	Goat's Milk		
289	Moderate	<100	100 - 350	>350	Mozzarella Cheese		
1357	Avoid	<150	150 - 250	>250	Whey		
					<b>FISH</b>		
124	Low	<200	200 - 350	>350	Cod		
70	Low	<190	190 - 340	>340	Halibut		
87	Low	<200	200 - 350	>350	Salmon		
70	Low	<150	150 - 300	>300	Sardine		
87	Low	<160	160 - 310	>310	Sole		
89	Low	<250	250 - 400	>400	Tilapia		
85	Low	<200	200 - 350	>350	Trout		
70	Low	<150	150 - 300	>300	Tuna		
					<b>FRUITS</b>		
101	Low	<160	160 - 310	>310	Apple Mix		
72	Low	<120	120 - 270	>270	Apricot		
459	Avoid	<150	150 - 300	>300	Avocado		
82	Low	<160	160 - 340	>340	Banana		
99	Low	<130	130 - 280	>280	Blueberry		
69	Low	<100	100 - 250	>250	Cranberry		
96	Low	<150	150 - 300	>300	Grapefruit		
75	Low	<130	130 - 280	>280	Lemon		
115	Low	<130	130 - 280	>280	Orange		
174	Low	<180	180 - 310	>310	Papaya		
73	Low	<120	120 - 270	>270	Peach		
70	Low	<100	100 - 250	>250	Pear		
343	Avoid	<110	110 - 300	>300	Pineapple		
71	Low	<130	130 - 280	>280	Plum		
259	Moderate	<200	200 - 350	>350	Raspberry		
133	Low	<140	140 - 300	>300	Red Grape		
86	Low	<120	120 - 270	>270	Strawberry		
146	Low	<180	180 - 330	>330	Watermelon		
					<b>GRAINS</b>		
221	Moderate	<150	150 - 300	>300	Barley		
101	Low	<150	150 - 300	>300	Buckwheat		
112	Low	<180	180 - 320	>320	Corn		
708	Avoid	<150	150 - 300	>300	Gliadin		
491	Avoid	<130	130 - 280	>280	Gluten		
109	Low	<180	180 - 330	>330	Hemp		
63	Low	<100	100 - 250	>250	Oat		
89	Low	<150	150 - 300	>300	Quinoa		
95	Low	<200	200 - 350	>350	Rice		
98	Low	<150	150 - 330	>330	Teff		
615	Avoid	<120	120 - 260	>260	Wheat		

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**FINAL REPORT** **Date of Birth:** \_\_\_\_\_ **Reference #:** 409

RESULT	- REFERENCE RANGE -			ALLERGEN	- NOT SAFE -		
	LOW	MODERATE	AVOID		LOW	MODERATE	AVOID
<b>MEATS</b>							
246	Moderate	<110	110 - 260	>260	Beef	████████████████████	
202	Moderate	<130	130 - 220	>220	Buffalo	██████████████████	
162	Moderate	<160	160 - 310	>310	Chicken	██████████████	
1889	Avoid	<180	180 - 450	>450	Egg White	██	
1836	Avoid	<190	190 - 500	>500	Egg Yolk	██	
198	Moderate	<120	120 - 270	>270	Lamb	██████████████████	
502	Avoid	<150	150 - 300	>300	Pork	██████████████████████████████████████	
105	Low	<150	150 - 300	>300	Turkey	██████████████	
<b>MISCELLANEOUS</b>							
79	Low	<150	150 - 300	>300	Baker's Yeast	██████████	
77	Low	<100	100 - 250	>250	Brewer's Yeast	██████████	
87	Low	<200	200 - 350	>350	Cane Sugar	██████████	
116	Low	<130	130 - 280	>280	Coffee	██████████	
110	Low	<150	150 - 300	>300	Honey	██████████	
229	Moderate	<150	150 - 300	>300	Mushroom	██████████████████	
72	Low	<100	100 - 250	>250	Xanthan Gum	██████████	
<b>NUTS</b>							
130	Low	<130	130 - 280	>280	Almond	██████████	
327	Avoid	<150	150 - 300	>300	Peanut	██████████████████████████████████████	
101	Low	<180	180 - 330	>330	Pecan	██████████	
109	Low	<150	150 - 300	>300	Pumpkin Seed	██████████	
109	Low	<200	200 - 350	>350	Sesame Seed	██████████	
132	Low	<180	180 - 320	>320	Sunflower Seed	██████████	
113	Low	<250	250 - 400	>400	Walnut	██████████	
<b>SHELLFISH</b>							
61	Low	<140	140 - 290	>290	Clam	██████████	
96	Low	<140	140 - 290	>290	Crab	██████████	
93	Low	<170	170 - 320	>320	Lobster	██████████	
141	Moderate	<110	110 - 260	>260	Oyster	██████████████████	
85	Low	<150	150 - 300	>300	Shrimp	██████████	
<b>VEGETABLES</b>							
92	Low	<120	120 - 270	>270	Asparagus	██████████	
88	Low	<140	140 - 290	>290	Beet	██████████	
95	Low	<150	150 - 300	>300	Black Olive	██████████	
79	Low	<140	140 - 290	>290	Broccoli	██████████	
90	Low	<120	120 - 270	>270	Cabbage	██████████	
71	Low	<140	140 - 290	>290	Carrot	██████████	
103	Low	<150	150 - 300	>300	Cauliflower	██████████	
90	Low	<140	140 - 290	>290	Celery	██████████	
108	Low	<150	150 - 300	>300	Cucumber	██████████	
799	Avoid	<180	180 - 380	>380	Garlic	██████████████████████████████████████	
491	Avoid	<140	140 - 300	>300	Green Bean	██████████████████████████████████████	
114	Low	<150	150 - 300	>300	Green Pepper	██████████	
1361	Avoid	<180	180 - 480	>480	Kidney Bean	██████████████████████████████████████	
73	Low	<130	130 - 280	>280	Lentil	██████████	
106	Low	<150	150 - 300	>300	Lettuce	██████████	
178	Moderate	<140	140 - 300	>300	Lima Bean	██████████████████	
150	Moderate	<130	130 - 280	>280	Onion	██████████████████	
81	Low	<120	120 - 270	>270	Pea	██████████	
145	Low	<200	200 - 350	>350	Potato	██████████	
180	Moderate	<140	140 - 290	>290	Pumpkin	██████████████████	
103	Low	<150	150 - 300	>300	Soybean	██████████	
118	Low	<160	160 - 310	>310	Spinach	██████████	
86	Low	<150	150 - 300	>300	Tomato	██████████	

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test. Testing performed by Meridian Valley Laboratory, 801 SW 16th St Suite 126, Renton, WA 98057

5990 North Federal Highway, Ft. Lauderdale, FL 33308  
1-800-208-3444 • LifeExtension.com

Name:

Reference #: **409**

**PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1 CHOICES**

PROTEINS	DAIRY	GRAINS / FLOUR	LEGUMES	VEGETABLES	FRUITS	NUTS, SEEDS AND OILS	HERBS AND SPICES	MISCELLANEOUS
cod LAMB OYSTER	GOAT MILK oat milk	BARLEY oat		black olive carrot celery	banana papaya red grape			baker's yeast brewer's yeast cane sugar

**PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 CHOICES**

PROTEINS	DAIRY	GRAINS / FLOUR	LEGUMES	VEGETABLES	FRUITS	NUTS, SEEDS AND OILS	HERBS AND SPICES	MISCELLANEOUS
crab lobster salmon trout turkey	almond milk potato milk	potato flour potato starch		beet green pepper MUSHROOM potato spinach tomato	apple mix blueberry cranberry pear	almond		apple used as sweetener MUSHROOM pear used as sweetener

**PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 CHOICES**

PROTEINS	DAIRY	GRAINS / FLOUR	LEGUMES	VEGETABLES	FRUITS	NUTS, SEEDS AND OILS	HERBS AND SPICES	MISCELLANEOUS
BEEF clam halibut sole tofu	MOZZARELLA CHEESE soy milk	buckwheat corn	lentil LIMA BEAN soybean	asparagus corn cucumber ONION pea	RASPBERRY strawberry watermelon	pecan soy oil walnut walnut oil		coffee honey

**PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 CHOICES**

PROTEINS	DAIRY	GRAINS / FLOUR	LEGUMES	VEGETABLES	FRUITS	NUTS, SEEDS AND OILS	HERBS AND SPICES	MISCELLANEOUS
CHICKEN sardine shrimp tuna	rice milk sesame seed milk	rice		broccoli cabbage cauliflower lettuce	apricot grapefruit lemon orange peach plum	sesame oil sesame seed sunflower oil sunflower seed		

KEY: **low reaction** = lowercase      **MODERATE REACTION** = UPPERCASE      **SIGNIFICANT** = IS NOT LISTED IN ROTATION

**SUMMARY OF FOOD**

**LOW REACTION FOODS**

Almond	Apple Mix	Apricot	Asparagus	Baker's Yeast	Banana	Beet	Black Olive	Blueberry
Brewer's Yeast	Broccoli	Buckwheat	Cabbage	Cane Sugar	Carrot	Cauliflower	Celery	Clam
Cod	Coffee	Corn	Crab	Cranberry	Cucumber	Grapefruit	Green Pepper	Halibut
Hemp	Honey	Lemon	Lentil	Lettuce	Lobster	Oat	Orange	Papaya
Pea	Peach	Pear	Pecan	Plum	Potato	Pumpkin Seed	Quinoa	Red Grape
Rice	Salmon	Sardine	Sesame Seed	Shrimp	Sole	Soybean	Spinach	Strawberry
Sunflower Seed	Teff	Tilapia	Tomato	Trout	Tuna	Turkey	Walnut	Watermelon

**MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS**

Barley	Beef	Buffalo	Chicken	Goat's Milk	Lamb	Lima Bean	Mozzarella Cheese	Mushroom
Onion	Oyster	Pumpkin	Raspberry					

**AVOID THESE FOODS**

Avocado	Candida albicans	Casein	Cheddar Cheese	Cottage Cheese	Cow's Milk	Egg White	Egg Yolk	Garlic
Gliadin	Gluten	Green Bean	Kidney Bean	Peanut	Pineapple	Pork	Wheat	Whey