

5990 North Federal Highway, Ft. Lauderdale, FL 33308  
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**Name:** \_\_\_\_\_ **Order #:** \_\_\_\_\_ **Report Date:** 3/9/2017  
**Lab ID:** \_\_\_\_\_ **Pick Ticket #:** \_\_\_\_\_ **Date Collected:** 3/3/2017  
**FINAL REPORT** **Date of Birth:** \_\_\_\_\_ **Reference #:** 989

RESULT	- REFERENCE RANGE -			ALLERGEN	- NOT SAFE -			
	LOW	MODERATE	AVOID		LOW	MODERATE	AVOID	
213	Avoid	<70	70 - 100	>100	<b>CANDIDA SCREEN</b>			
					<b>Candida albicans</b>			
					<b>DAIRY</b>			
376	Avoid	<100	100 - 350	>350	<b>Casein</b>			
268	Avoid	<100	100 - 250	>250	<b>Cheddar Cheese</b>			
636	Avoid	<100	100 - 350	>350	<b>Cottage Cheese</b>			
824	Avoid	<140	140 - 350	>350	<b>Cow's Milk</b>			
192	Moderate	<120	120 - 370	>370	<b>Goat's Milk</b>			
289	Moderate	<100	100 - 350	>350	<b>Mozzarella Cheese</b>			
338	Moderate	<150	150 - 400	>400	<b>Parmesan</b>			
361	Avoid	<100	100 - 350	>350	<b>Sheep Milk</b>			
1357	Avoid	<150	150 - 250	>250	<b>Whey</b>			
344	Moderate	<150	150 - 400	>400	<b>Yogurt</b>			
					<b>FISH</b>			
124	Low	<200	200 - 350	>350	<b>Cod</b>			
70	Low	<190	190 - 340	>340	<b>Halibut</b>			
87	Low	<200	200 - 350	>350	<b>Salmon</b>			
70	Low	<150	150 - 300	>300	<b>Sardine</b>			
87	Low	<160	160 - 310	>310	<b>Sole</b>			
89	Low	<250	250 - 400	>400	<b>Tilapia</b>			
85	Low	<200	200 - 350	>350	<b>Trout</b>			
70	Low	<150	150 - 300	>300	<b>Tuna</b>			
					<b>FRUITS</b>			
101	Low	<160	160 - 310	>310	<b>Apple Mix</b>			
72	Low	<120	120 - 270	>270	<b>Apricot</b>			
459	Avoid	<150	150 - 300	>300	<b>Avocado</b>			
82	Low	<160	160 - 340	>340	<b>Banana</b>			
101	Low	<160	160 - 310	>310	<b>Blackberry</b>			
99	Low	<130	130 - 280	>280	<b>Blueberry</b>			
89	Low	<160	160 - 310	>310	<b>Boysenberry</b>			
106	Low	<150	150 - 300	>300	<b>Cantaloupe</b>			
143	Low	<180	180 - 330	>330	<b>Cherry</b>			
69	Low	<100	100 - 250	>250	<b>Cranberry</b>			
100	Low	<150	150 - 300	>300	<b>Currants</b>			
149	Low	<180	180 - 330	>330	<b>Fig</b>			
96	Low	<150	150 - 300	>300	<b>Grapefruit</b>			
237	Moderate	<150	150 - 300	>300	<b>Kiwi</b>			
75	Low	<130	130 - 280	>280	<b>Lemon</b>			
69	Low	<100	100 - 250	>250	<b>Mango</b>			
115	Low	<130	130 - 280	>280	<b>Orange</b>			
174	Low	<180	180 - 310	>310	<b>Papaya</b>			
73	Low	<120	120 - 270	>270	<b>Peach</b>			
70	Low	<100	100 - 250	>250	<b>Pear</b>			
343	Avoid	<110	110 - 300	>300	<b>Pineapple</b>			
71	Low	<130	130 - 280	>280	<b>Plum</b>			
156	Low	<220	220 - 370	>370	<b>Pomegranate</b>			
259	Moderate	<200	200 - 350	>350	<b>Raspberry</b>			
133	Low	<140	140 - 300	>300	<b>Red Grape</b>			
78	Low	<120	120 - 270	>270	<b>Rhubarb</b>			
86	Low	<120	120 - 270	>270	<b>Strawberry</b>			
146	Low	<180	180 - 330	>330	<b>Watermelon</b>			
101	Low	<150	150 - 300	>300	<b>White Grape</b>			
					<b>GRAINS</b>			
88	Low	<150	150 - 300	>300	<b>Amaranth</b>			
102	Low	<160	160 - 310	>310	<b>Arrowroot</b>			
221	Moderate	<150	150 - 300	>300	<b>Barley</b>			

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

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122	Low	<150	150 - 300	>300	Brown Rice	
101	Low	<150	150 - 300	>300	Buckwheat	
112	Low	<180	180 - 320	>320	Corn	
143	Low	<150	150 - 300	>300	Flaxseed	
708	Avoid	<150	150 - 300	>300	Glutadin	
491	Avoid	<130	130 - 280	>280	Gluten	
109	Low	<180	180 - 330	>330	Hemp	
84	Low	<150	150 - 300	>300	Hops	
122	Low	<180	180 - 330	>330	Millet	
63	Low	<100	100 - 250	>250	Oat	
54	Low	<100	100 - 250	>250	Psyllium Seed	
89	Low	<150	150 - 300	>300	Quinoa	
95	Low	<200	200 - 350	>350	Rice	
146	Low	<150	150 - 300	>300	Safflower Seed	
101	Low	<150	150 - 300	>300	Sorghum	
98	Low	<150	150 - 330	>330	Teff	
615	Avoid	<120	120 - 260	>260	Wheat	
146	Low	<200	200 - 350	>350	Wild Rice	

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**FINAL REPORT**

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		
1541	Avoid	<160	160 - 460	>460	Duck Egg		
125	Low	<150	150 - 300	>300	Duck Meat		
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		
91	Low	<150	150 - 350	>350	Venison		
<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		
68	Low	<150	150 - 300	>300	Carob		
80	Low	<140	140 - 290	>290	Cocoa		
116	Low	<130	130 - 280	>280	Coffee		
90	Low	<170	170 - 320	>320	Corn Starch		
81	Low	<180	180 - 330	>330	Corn Sugar		
110	Low	<150	150 - 300	>300	Honey		
109	Low	<150	150 - 300	>300	Maple Sugar		
229	Moderate	<150	150 - 300	>300	Mushroom		
111	Low	<210	210 - 360	>360	Tapioca		
129	Low	<180	180 - 330	>330	Tea		
72	Low	<100	100 - 250	>250	Xanthan Gum		
<b>NUTS</b>							
130	Low	<130	130 - 280	>280	Almond		
91	Low	<180	180 - 330	>330	Brazil Nut		
1110	Avoid	<150	150 - 300	>300	Cashew		
98	Low	<150	150 - 300	>300	Chia Seed		
83	Low	<150	150 - 300	>300	Coconut		
91	Low	<200	200 - 350	>350	Hazelnut		
99	Low	<160	160 - 310	>310	Macadamia Nut		
327	Avoid	<150	150 - 300	>300	Peanut		
101	Low	<180	180 - 330	>330	Pecan		

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75	Low	<180	180 - 330	>330	Pine Nuts	
1007	Avoid	<100	100 - 250	>250	Pistachio	
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>SPICES</b>						
92	Low	<150	150 - 300	>300	Allspice	
113	Low	<170	170 - 320	>320	Basil	
86	Low	<150	150 - 300	>300	Black Pepper	
158	Low	<230	230 - 380	>380	Cilantro	
89	Low	<170	170 - 320	>320	Cinnamon	
87	Low	<150	150 - 300	>300	Cloves	
99	Low	<160	160 - 310	>310	Coriander	
92	Low	<150	150 - 300	>300	Cumin	
122	Low	<200	200 - 350	>350	Dill	
148	Low	<200	200 - 350	>350	Ginger	
133	Low	<160	160 - 310	>310	Horseradish	
680	Avoid	<160	160 - 310	>310	Mustard	
83	Low	<150	150 - 300	>300	Nutmeg	
100	Low	<150	150 - 300	>300	Oregano	
117	Low	<160	160 - 310	>310	Parsley	
133	Low	<230	230 - 380	>380	Peppermint	
89	Low	<130	130 - 280	>280	Poppy Seed	
130	Low	<180	180 - 330	>330	Rosemary	
101	Low	<200	200 - 350	>350	Sage	
155	Low	<200	200 - 350	>350	Spearmint	
118	Low	<200	200 - 350	>350	Tarragon	
84	Low	<200	200 - 350	>350	Thyme	
138	Moderate	<130	130 - 280	>280	Turmeric	
105	Moderate	<100	100 - 250	>250	Vanilla	
<b>VEGETABLES</b>						
111	Moderate	<110	110 - 250	>250	Alfalfa	
68	Low	<150	150 - 300	>300	Artichoke	
92	Low	<120	120 - 270	>270	Asparagus	
118	Low	<120	120 - 270	>270	Bamboo Shoots	
100	Low	<150	150 - 300	>300	Bean Sprouts	
88	Low	<140	140 - 290	>290	Beet	
1211	Avoid	<150	150 - 350	>350	Black Bean	
95	Low	<150	150 - 300	>300	Black Olive	
161	Moderate	<140	140 - 290	>290	Bok Choy	
79	Low	<140	140 - 290	>290	Broccoli	
123	Moderate	<120	120 - 270	>270	Brussels Sprout	
81	Low	<150	150 - 300	>300	Butternut Squash	
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	
115	Low	<220	220 - 370	>370	Chili Pepper	
108	Low	<150	150 - 300	>300	Cucumber	
134	Low	<180	180 - 330	>330	Eggplant	
93	Low	<150	150 - 300	>300	Endive	
89	Low	<150	150 - 300	>300	Garbanzo Bean	
799	Avoid	<180	180 - 380	>380	Garlic	
491	Avoid	<140	140 - 300	>300	Green Bean	
66	Low	<120	120 - 270	>270	Green Olive	

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114	Low	<150	150 - 300	>300	Green Pepper	
115	Low	<220	220 - 370	>370	Jalapeno	
75	Low	<100	100 - 250	>250	Kale	
540	Low	<850	850 - 1200	>1200	Kelp	
1361	Avoid	<180	180 - 480	>480	Kidney Bean	
117	Low	<130	130 - 280	>280	Kohlrabi	
73	Low	<130	130 - 280	>280	Lentil	
106	Low	<150	150 - 300	>300	Lettuce	
178	Moderate	<140	140 - 300	>300	Lima Bean	
61	Low	<100	100 - 250	>250	Mung Bean	
1225	Avoid	<150	150 - 450	>450	Navy Bean	
83	Low	<150	150 - 300	>300	Okra	
150	Moderate	<130	130 - 280	>280	Onion	
81	Low	<120	120 - 270	>270	Pea	
161	Moderate	<150	150 - 350	>350	Pinto Bean	
145	Low	<200	200 - 350	>350	Potato	
180	Moderate	<140	140 - 290	>290	Pumpkin	
104	Low	<130	130 - 280	>280	Radish	
116	Low	<150	150 - 300	>300	Rutabaga	
103	Low	<150	150 - 300	>300	Soybean	
118	Low	<160	160 - 310	>310	Spinach	
99	Low	<200	200 - 350	>350	Sweet Potato	
86	Low	<150	150 - 300	>300	Tomato	
101	Low	<180	180 - 330	>330	Water Chestnut	
122	Low	<130	130 - 280	>280	Watercress	
122	Low	<200	200 - 350	>350	Yam	
410	Avoid	<100	100 - 300	>300	Yellow Squash	
449	Avoid	<150	150 - 300	>300	Zucchini	

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Name:

Reference #: **989**

**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**

Allspice	Almond	Amaranth	Apple Mix	Apricot	Arrowroot	Artichoke	Asparagus	Baker's Yeast
Bamboo Shoots	Banana	Basil	Bean Sprouts	Beet	Black Olive	Black Pepper	Blackberry	Blueberry
Boysenberry	Brazil Nut	Brewer's Yeast	Broccoli	Brown Rice	Buckwheat	Butternut Squash	Cabbage	Cane Sugar
Cantaloupe	Carob	Carrot	Cauliflower	Celery	Cherry	Chia Seed	Chili Pepper	Cilantro
Cinnamon	Clam	Cloves	Cocoa	Coconut	Cod	Coffee	Coriander	Corn
Corn Starch	Corn Sugar	Crab	Cranberry	Cucumber	Cumin	Currants	Dill	Duck Meat
Eqplant	Endive	Fiq	Flaxseed	Garbanzo Bean	Garlic	Grapefruit	Green Olive	Green Pepper
Halibut	Hazelnut	Hemp	Honey	Hops	Horseradish	Jalapeno	Kale	Kelp
Kohlrabi	Lemon	Lentil	Lettuce	Lobster	Macadamia Nut	Mango	Maple Sugar	Millet
Mung Bean	Nutmeg	Oat	Okra	Orange	Oregano	Papaya	Parsley	Pea
Peach	Pear	Pecan	Peppermint	Pine Nuts	Plum	Pomegranate	Poppy Seed	Potato
Psyllium Seed	Pumpkin Seed	Quinoa	Radish	Red Grape	Rhubarb	Rice	Rosemary	Rutabaga
Safflower Seed	Sage	Salmon	Sardine	Sesame Seed	Shrimp	Sole	Sorghum	Soybean
Spearmint	Spinach	Strawberry	Sunflower Seed	Sweet Potato	Tapioca	Tarragon	Tea	Teff
Thyme	Tilapia	Tomato	Trout	Tuna	Turkey	Venison	Walnut	Water Chestnut
Watercress	Watermelon	White Grape	Wild Rice	Xanthan Gum	Yam			

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

Alfalfa	Barley	Beef	Bok Choy	Brussels Sprout	Buffalo	Chicken	Goat's Milk	Kiwi
Lamb	Lima Bean	Mozzarella Cheese	Mushroom	Onion	Oyster	Parmesan	Pinto Bean	Pumpkin
Raspberry	Turmeric	Vanilla	Yogurt					

**AVOID THESE FOODS**

Avocado	Black Bean	Candida albicans	Casein	Cashew	Cheddar Cheese	Cottage Cheese	Cow's Milk	Duck Egg
Eqq White	Eqq Yolk	Garlic	Gliadin	Gluten	Green Bean	Kidney Bean	Mustard	Navy Bean
Peanut	Pineapple	Pistachio	Pork	Sheep Milk	Wheat	Whey	Yellow Squash	Zucchini