

Report Date: 4/5/2017
Date Collected: 3/24/2017
Reference #: 099

FINAL REPORT							
RESULT	- REFERENCE RANGE -			ALLERGEN	- NOT SAFE -		
	LOW	MODERATE	AVOID		LOW	MODERATE	AVOID
				DAIRY			
67	Low	<150	150 - 400	>400	Parmesan		
64	Low	<100	100 - 350	>350	Sheep Milk		
64	Low	<150	150 - 400	>400	Yogurt		
				FRUITS			
71	Low	<160	160 - 310	>310	Blackberry		
74	Low	<160	160 - 310	>310	Boysenberry		
65	Low	<150	150 - 300	>300	Cantaloupe		
69	Low	<180	180 - 330	>330	Cherry		
65	Low	<150	150 - 300	>300	Currants		
72	Low	<180	180 - 330	>330	Fig		
70	Low	<150	150 - 300	>300	Kiwi		
61	Low	<100	100 - 250	>250	Mango		
72	Low	<220	220 - 370	>370	Pomegranate		
66	Low	<120	120 - 270	>270	Rhubarb		
65	Low	<150	150 - 300	>300	White Grape		
				GRAINS			
79	Low	<150	150 - 300	>300	Amaranth		
70	Low	<160	160 - 310	>310	Arrowroot		
80	Low	<150	150 - 300	>300	Brown Rice		
71	Low	<150	150 - 300	>300	Flaxseed		
64	Low	<150	150 - 300	>300	Hops		
82	Low	<180	180 - 330	>330	Millet		
61	Low	<100	100 - 250	>250	Psyllium Seed		
52	Low	<150	150 - 300	>300	Safflower Seed		
72	Low	<150	150 - 300	>300	Sorghum		
86	Low	<200	200 - 350	>350	Wild Rice		

FINAL REPORT							
RESULT	- REFERENCE RANGE -			ALLERGEN	- NOT SAFE -		
	LOW	MODERATE	AVOID		LOW	MODERATE	AVOID
				MEATS			
65	Low	<160	160 - 460	>460	Duck Egg		
99	Low	<150	150 - 300	>300	Duck Meat		
72	Low	<150	150 - 350	>350	Venison		
				MISCELLANEOUS			
70	Low	<150	150 - 300	>300	Carob		
70	Low	<140	140 - 290	>290	Cocoa		
69	Low	<170	170 - 320	>320	Corn Starch		
64	Low	<180	180 - 330	>330	Corn Sugar		
75	Low	<150	150 - 300	>300	Maple Sugar		
96	Low	<210	210 - 360	>360	Tapioca		
75	Low	<180	180 - 330	>330	Tea		
				NUTS			
67	Low	<180	180 - 330	>330	Brazil Nut		
61	Low	<150	150 - 300	>300	Cashew		
74	Low	<150	150 - 300	>300	Chia Seed		
65	Low	<150	150 - 300	>300	Coconut		
82	Low	<200	200 - 350	>350	Hazelnut		
91	Low	<160	160 - 310	>310	Macadamia Nut		
75	Low	<180	180 - 330	>330	Pine Nuts		
71	Low	<100	100 - 250	>250	Pistachio		

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						SPICES				
71	Low	<150	150 - 300	>300	Allspice					
72	Low	<170	170 - 320	>320	Basil					
66	Low	<150	150 - 300	>300	Black Pepper					
76	Low	<230	230 - 380	>380	Cilantro					
89	Low	<170	170 - 320	>320	Cinnamon					
81	Low	<150	150 - 300	>300	Cloves					
61	Low	<160	160 - 310	>310	Coriander					
72	Low	<150	150 - 300	>300	Cumin					
75	Low	<200	200 - 350	>350	Dill					
74	Low	<200	200 - 350	>350	Ginger					
122	Low	<160	160 - 310	>310	Horseradish					
75	Low	<160	160 - 310	>310	Mustard					
65	Low	<150	150 - 300	>300	Nutmeg					
79	Low	<150	150 - 300	>300	Oregano					
71	Low	<160	160 - 310	>310	Parsley					
84	Low	<230	230 - 380	>380	Peppermint					
67	Low	<130	130 - 280	>280	Poppy Seed					
76	Low	<180	180 - 330	>330	Rosemary					
76	Low	<200	200 - 350	>350	Sage					
77	Low	<200	200 - 350	>350	Spearmint					
65	Low	<200	200 - 350	>350	Tarragon					
75	Low	<200	200 - 350	>350	Thyme					
86	Low	<130	130 - 280	>280	Turmeric					
72	Low	<100	100 - 250	>250	Vanilla					
					VEGETABLES					
92	Low	<110	110 - 250	>250	Alfalfa					
67	Low	<150	150 - 300	>300	Artichoke					
107	Low	<120	120 - 270	>270	Bamboo Shoots					
76	Low	<150	150 - 300	>300	Bean Sprouts					
75	Low	<150	150 - 350	>350	Black Bean					
120	Low	<140	140 - 290	>290	Bok Choy					
66	Low	<120	120 - 270	>270	Brussels Sprout					
61	Low	<150	150 - 300	>300	Butternut Squash					
69	Low	<220	220 - 370	>370	Chili Pepper					
81	Low	<180	180 - 330	>330	Eggplant					
79	Low	<150	150 - 300	>300	Endive					
82	Low	<150	150 - 300	>300	Garbanzo Bean					
61	Low	<120	120 - 270	>270	Green Olive					
64	Low	<220	220 - 370	>370	Jalapeno					
77	Low	<100	100 - 250	>250	Kale					
138	Low	<850	850 - 1200	>1200	Kelp					
128	Low	<130	130 - 280	>280	Kohlrabi					
62	Low	<100	100 - 250	>250	Mung Bean					
72	Low	<150	150 - 450	>450	Navy Bean					
64	Low	<150	150 - 300	>300	Okra					
67	Low	<150	150 - 350	>350	Pinto Bean					
70	Low	<130	130 - 280	>280	Radish					
80	Low	<150	150 - 300	>300	Rutabaga					
84	Low	<200	200 - 350	>350	Sweet Potato					
95	Low	<180	180 - 330	>330	Water Chestnut					
74	Low	<130	130 - 280	>280	Watercress					
75	Low	<200	200 - 350	>350	Yam					
66	Low	<100	100 - 300	>300	Yellow Squash					
110	Low	<150	150 - 300	>300	Zucchini					

SUMMARY OF FOOD

LOW REACTION FOODS

Alfalfa	Allspice	Amaranth	Arrowroot	Artichoke	Bamboo Shoots	Basil	Bean Sprouts	Black Bean
Black Pepper	Blackberry	Bok Choy	Boysenberry	Brazil Nut	Brown Rice	Brussels Sprout	Butternut Squash	Cantaloupe
Carob	Cashew	Cherry	Chia Seed	Chili Pepper	Cilantro	Cinnamon	Cloves	Cocoa
Coconut	Coriander	Corn Starch	Corn Sugar	Cumin	Currants	Dill	Duck Egg	Duck Meat
Eggplant	Endive	Fig	Flaxseed	Garbanzo Bean	Ginger	Green Olive	Hazelnut	Hops
Horseradish	Jalapeno	Kale	Kelp	Kiwi	Kohlrabi	Macadamia Nut	Mango	Maple Sugar
Millet	Mung Bean	Mustard	Navy Bean	Nutmeg	Okra	Oregano	Parmesan	Parsley
Peppermint	Pine Nuts	Pinto Bean	Pistachio	Pomegranate	Poppy Seed	Psyllium Seed	Radish	Rhubarb
Rosemary	Rutabaga	Safflower Seed	Sage	Sheep Milk	Sorghum	Spearmint	Sweet Potato	Tapioca
Tarragon	Tea	Thyme	Turmeric	Vanilla	Venison	Water Chestnut	Watercress	White Grape
Wild Rice	Yam	Yellow Squash	Yogurt	Zucchini				