

Name: Jane Doe
Lab ID: 555555

Order #: 12345678
Pick Ticket #: 99999999
Date of Birth: 6/13/1958

Report Date: 8/1/2010
Date Collected: 7/28/2010
Reference #: 882

FINAL REPORT

RESULT		- REFERENCE RANGE -			ALLERGEN	- NOT SAFE -		
		LOW	MODERATE	AVOID		LOW	MODERATE	AVOID
DAIRY								
1125	Avoid	<190	190 - 600	>600	American Cheese			
1407	Avoid	<190	190 - 600	>600	Casein			
624	Avoid	<210	210 - 500	>500	Cheddar Cheese			
1411	Avoid	<230	230 - 690	>690	Cottage Cheese			
1126	Avoid	<190	190 - 600	>600	Cow's Milk			
792	Avoid	<190	190 - 500	>500	Goat's Milk			
1443	Avoid	<190	190 - 700	>700	Lactalbumin			
1082	Avoid	<170	170 - 550	>550	Mozzarella Cheese			
1041	Avoid	<230	230 - 600	>600	Swiss Cheese			
FISH								
157	Low	<180	180 - 350	>350	Cod			
125	Low	<130	130 - 240	>240	Halibut			
237	Moderate	<160	160 - 250	>250	Orange Roughy			
385	Avoid	<140	140 - 300	>300	Red Snapper			
199	Moderate	<130	130 - 240	>240	Salmon			
154	Moderate	<120	120 - 180	>180	Sardine			
142	Low	<160	160 - 250	>250	Sole			
245	Moderate	<150	150 - 250	>250	Trout			
352	Avoid	<120	120 - 250	>250	Tuna			
FRUITS								
110	Low	<140	140 - 300	>300	Apple Mix			
65	Low	<90	90 - 150	>150	Apricot			
64	Low	<120	120 - 250	>250	Avocado			
243	Moderate	<220	220 - 370	>370	Banana			
161	Moderate	<120	120 - 250	>250	Blueberry			
69	Low	<90	90 - 170	>170	Cranberry			
102	Low	<120	120 - 220	>220	Grapefruit			
137	Moderate	<110	110 - 200	>200	Lemon			
83	Low	<100	100 - 200	>200	Nectarine			
121	Moderate	<120	120 - 250	>250	Orange			
375	Avoid	<140	140 - 300	>300	Papaya			
64	Low	<90	90 - 190	>190	Peach			
61	Low	<80	80 - 170	>170	Pear			
331	Moderate	<200	200 - 600	>600	Pineapple			
78	Low	<90	90 - 190	>190	Plum			
107	Low	<120	120 - 220	>220	Raspberry			
179	Moderate	<120	120 - 250	>250	Red Grape			
78	Low	<120	120 - 200	>200	Strawberry			
127	Low	<150	150 - 250	>250	Watermelon			
GRAINS								
368	Avoid	<110	110 - 210	>210	Barley			
115	Low	<120	120 - 250	>250	Buckwheat			
99	Low	<110	110 - 200	>200	Corn			
434	Avoid	<140	140 - 300	>300	Gliadin			
346	Avoid	<150	150 - 330	>330	Gluten			
422	Avoid	<140	140 - 300	>300	Malt			
63	Low	<100	100 - 150	>150	Oat			
129	Moderate	<120	120 - 200	>200	Rice			
153	Moderate	<140	140 - 350	>350	Rye			
315	Moderate	<150	150 - 350	>350	Wheat			

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FINAL REPORT

RESULT		- REFERENCE RANGE -			ALLERGEN	- NOT SAFE -		
		LOW	MODERATE	AVOID		LOW	MODERATE	AVOID
MEATS								
208	Moderate	<190	190 - 490	>490	Beef			
122	Low	<160	160 - 250	>250	Chicken			
2093	Avoid	<400	400 - 900	>900	Egg White			
1309	Avoid	<360	360 - 900	>900	Egg Yolk			
157	Moderate	<140	140 - 270	>270	Lamb			
119	Low	<150	150 - 350	>350	Pork			
103	Low	<120	120 - 250	>250	Turkey			
MISCELLANEOUS								
82	Low	<100	100 - 150	>150	Baker's Yeast			
95	Low	<100	100 - 150	>150	Brewer's Yeast			
107	Low	<120	120 - 200	>200	Cane Sugar			
122	Moderate	<120	120 - 200	>200	Chocolate			
143	Moderate	<120	120 - 200	>200	Coffee			
126	Moderate	<120	120 - 200	>200	Honey			
557	Avoid	<140	140 - 250	>250	Mushroom			
NUTS								
492	Moderate	<200	200 - 600	>600	Almond			
1535	Avoid	<200	200 - 590	>590	Peanut			
147	Moderate	<120	120 - 250	>250	Pecan Sesame			
205	Moderate	<120	120 - 250	>250	Seed Sunflower			
624	Avoid	<180	180 - 390	>390	Seed Walnut			
204	Moderate	<140	140 - 300	>300	SHELLFISH			
					Clam			
106	Low	<130	130 - 220	>220	Crab			
480	Avoid	<150	150 - 250	>250	Lobster			
209	Moderate	<160	160 - 250	>250	Oyster			
105	Low	<120	120 - 190	>190	Shrimp			
337	Avoid	<140	140 - 240	>240	VEGETABLES			
					Asparagus			
109	Low	<120	120 - 210	>210	Beet			
99	Low	<120	120 - 200	>200	Black Olive			
122	Moderate	<120	120 - 200	>200	Broccoli			
99	Low	<110	110 - 160	>160	Cabbage			
87	Low	<120	120 - 250	>250	Carrot			
75	Low	<110	110 - 250	>250	Cauliflower			
97	Low	<110	110 - 200	>200	Celery			
139	Moderate	<120	120 - 200	>200	Cucumber			
81	Low	<110	110 - 200	>200	Garlic			
1450	Avoid	<230	230 - 600	>600	Green Bean			
1469	Avoid	<150	150 - 400	>400	Green Pepper			
132	Moderate	<130	130 - 380	>380	Kidney Bean			
2702	Avoid	<360	360 - 830	>830	Lentil			
94	Low	<120	120 - 240	>240	Lettuce			
111	Low	<120	120 - 200	>200	Lima Bean			
309	Avoid	<130	130 - 250	>250	Onion			
101	Low	<120	120 - 200	>200	Pea Potato			
92	Low	<130	130 - 250	>250	Soybean			
83	Low	<110	110 - 200	>200	Spinach			
255	Moderate	<180	180 - 350	>350	Squash Mix			
102	Low	<120	120 - 200	>200	Tomato			
328	Avoid	<140	140 - 280	>280				
134	Moderate	<120	120 - 250	>250				

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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 ORANGE ROUGHY oyster	oat milk	oat RYE WHEAT		BLACK OLIVE carrot CELERY	BANANA 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
LOBSTER SALMON TROUT turkey	ALMOND MILK potato milk	potato flour potato starch		beet GREEN PEPPER potato spinach TOMATO	apple mix BLUEBERRY cranberry pear PINEAPPLE	ALMOND		apple used as sweetener 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	SOY MILK	buckwheat corn	lentil SOYBEAN	asparagus avocado corn cucumber onion pea	avocado 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 pork SARDINE	RICE MILK SESAME SEED MILK	RICE		broccoli cabbage cauliflower lettuce	apricot grapefruit LEMON nectarine ORANGE peach plum	SESAME OIL SESAME SEED		CHOCOLATE

KEY: low reaction = lowercase

MODERATE REACTION = UPPERCASE

SIGNIFICANT = IS NOT LISTED IN ROTATION

SUMMARY OF FOOD
LOW REACTION FOODS

Apple Mix Cabbage Cucumber Pea Strawberry	Apricot Cane Sugar Grapefruit Peach Turkey	Asparagus Carrot Halibut Pear Watermelon	Avocado Cauliflower Lentil Plum	Baker's Yeast Chicken Lettuce Pork	Beet Clam Nectarine Potato	Brewer's Yeast Cod Oat Raspberry	Broccoli Corn Onion Sole	Buckwheat Cranberry Oyster Spinach
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MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

Almond Honey Rice Wheat	Banana Lamb Rye	Beef Lemon Salmon	Black Olive Lobster Sardine	Blueberry Orange Sesame Seed	Celery Orange Roughy Soybean	Chocolate Pecan Tomato	Coffee Pineapple Trout	Green Pepper Red Grape Walnut
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AVOID THESE FOODS

American Cheese Garlic Mozzarella Cheese Tuna	Barley Gliadin Mushroom	Casein Gluten Papaya	Cheddar Cheese Goat's Milk Peanut	Cottage Cheese Green Bean Red Snapper	Cow's Milk Kidney Bean Shrimp	Crab Lactalbumin Squash Mix	Egg White Lima Bean Sunflower Seed	Egg Yolk Malt Swiss Cheese
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