

Provider: Sample Report
Patient: Sample Report
Accession #: 2020074246
Collected: 2022-02-16

Sex: F
Age: 12 months
Received: 2022-02-16

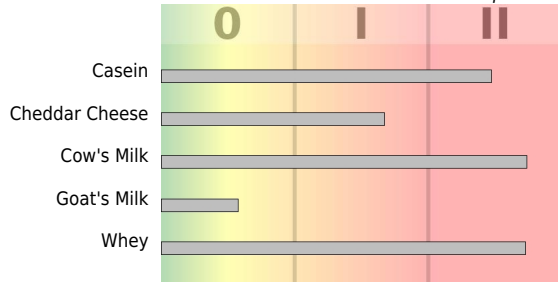
Sample Type: DBS
Date of Birth: 2021-02-16
Completed: 2022-02-16

IgG

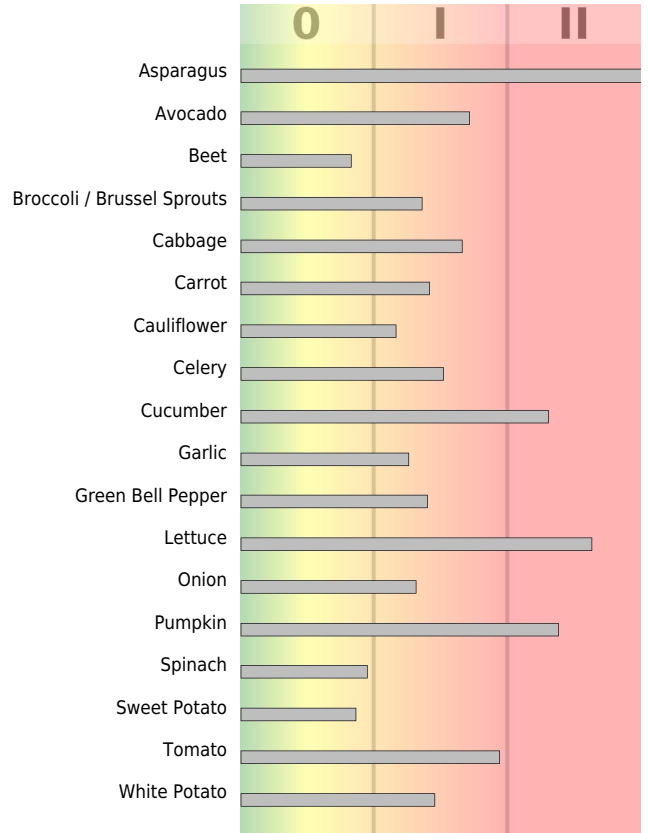
CLIA #: 50D0965661
 CAP accredited

Dairy

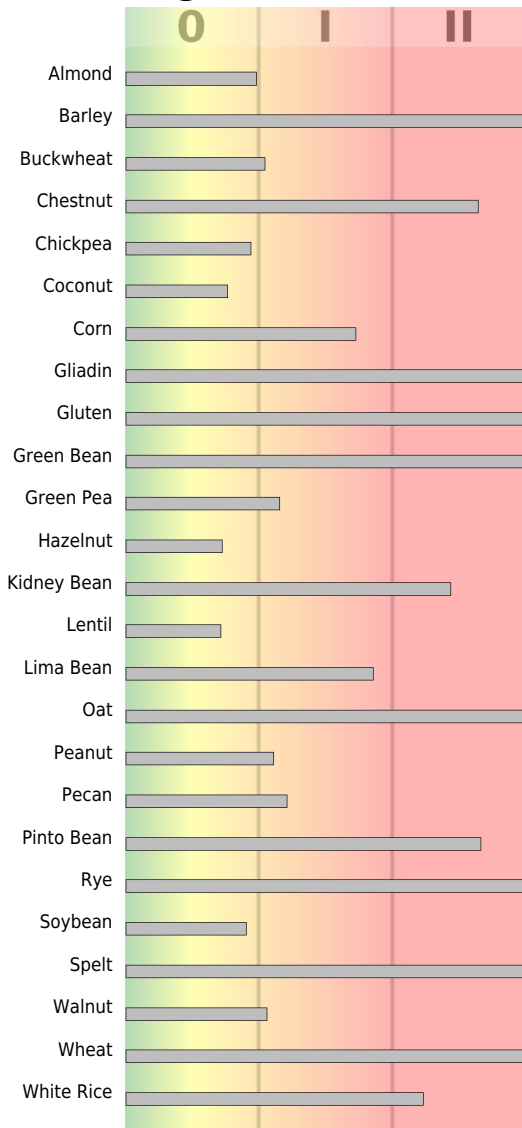
Bovine-derived unless specified



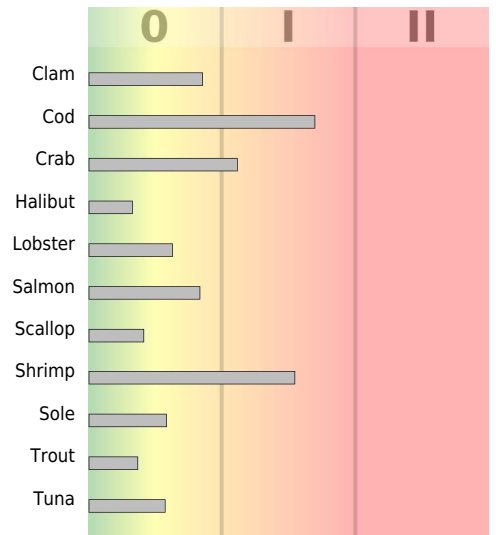
Vegetables



Grains/Legumes/Nuts



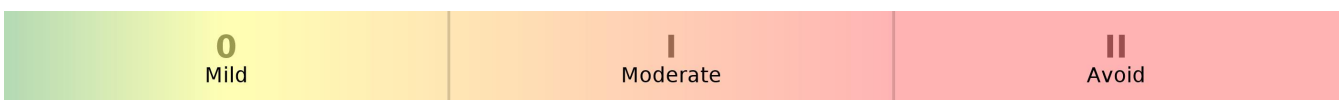
Fish/Crustacea/Mollusk



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Reaction Class

Director: Jillian Harrington, PhD, HCLD (ABB)



US BioTek Laboratories' proprietary ELISA analyses are designed to assay specific IgG (subclasses 1, 2, 3, 4) and IgA (subclasses 1, 2) antibodies. The classification of 0 to IV denotes the level of IgG and/or IgA antibodies detected through spectrophotometric analysis. The antigens on the panel are subject to change without prior notice. Reference ranges are updated periodically. This test was developed and its performance characteristics determined by US BioTek Laboratories, LLC, 16020 Linden Ave N, Shoreline, WA 98133, USA. Test methodology has not been cleared or approved by the U.S. Food and Drug Administration.

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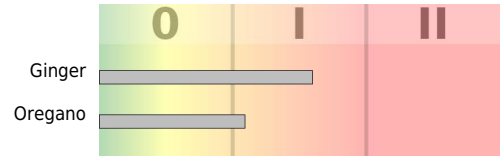
IgG 

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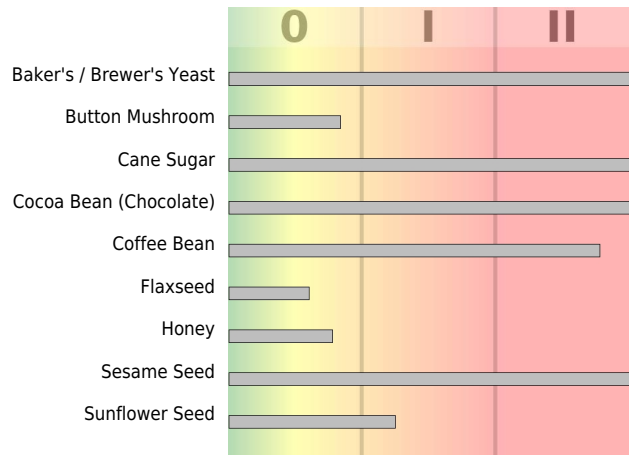
Egg/Meat/Poultry



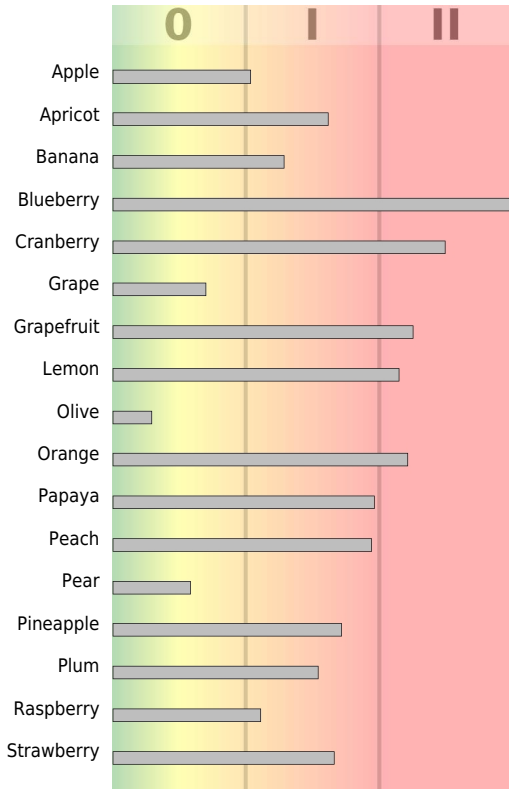
Herbs/Spices



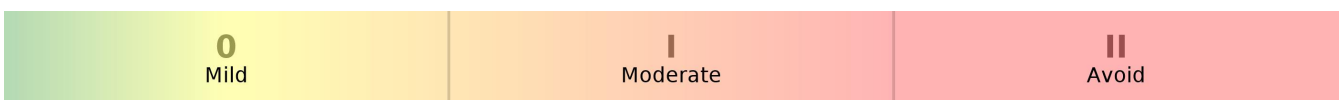
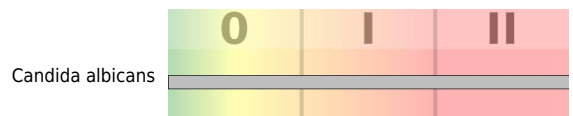
Miscellaneous



Fruits



Candida Screen



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 IgG

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Dairy

Antigen Name	Analyte	Class	Value	Mild Range
Casein	IgG	Avoid	5.88 mg/L	<3 mg/L
Cheddar Cheese	IgG	Moderate	4.12 mg/L	<3 mg/L
Cow's Milk	IgG	Avoid	6.17 mg/L	<2 mg/L
Goat's Milk	IgG	Mild	1.07 mg/L	<2 mg/L
Whey	IgG	Avoid	6.13 mg/L	<2 mg/L

Grains/Legumes/Nuts

Antigen Name	Analyte	Class	Value	Mild Range
Almond	IgG	Mild	2.74 mg/L	<3 mg/L
Barley	IgG	Avoid	8.01 mg/L	<3 mg/L
Buckwheat	IgG	Mild	2.91 mg/L	<3 mg/L
Chestnut	IgG	Avoid	11.64 mg/L	<4 mg/L
Chickpea	IgG	Mild	2.61 mg/L	<3 mg/L
Coconut	IgG	Mild	2.87 mg/L	<4 mg/L
Corn	IgG	Moderate	6.43 mg/L	<4 mg/L
Gladiolus	IgG	Avoid	19.80 mg/L	<3.5 mg/L
Gluten	IgG	Avoid	19.90 mg/L	<3.5 mg/L
Green Bean	IgG	Avoid	16.52 mg/L	<8 mg/L
Green Pea	IgG	Moderate	3.14 mg/L	<3 mg/L
Hazelnut	IgG	Mild	2.71 mg/L	<4 mg/L
Kidney Bean	IgG	Avoid	13.08 mg/L	<8 mg/L
Lentil	IgG	Mild	2.66 mg/L	<4 mg/L
Lima Bean	IgG	Moderate	4.46 mg/L	<3 mg/L
Oat	IgG	Avoid	12.37 mg/L	<4 mg/L
Peanut	IgG	Moderate	4.15 mg/L	<4 mg/L
Pecan	IgG	Moderate	4.50 mg/L	<4 mg/L
Pinto Bean	IgG	Avoid	11.77 mg/L	<4 mg/L
Rye	IgG	Avoid	14.79 mg/L	<4 mg/L
Soybean	IgG	Mild	2.52 mg/L	<3 mg/L
Spelt	IgG	Avoid	16.01 mg/L	<6 mg/L
Walnut	IgG	Mild	4.92 mg/L	<5 mg/L
Wheat	IgG	Avoid	15.36 mg/L	<3.5 mg/L
White Rice	IgG	Avoid	6.29 mg/L	<3.5 mg/L

Vegetables

Antigen Name	Analyte	Class	Value	Mild Range
Asparagus	IgG	Avoid	16.20 mg/L	<5 mg/L
Avocado	IgG	Moderate	3.20 mg/L	<2 mg/L
Beet	IgG	Mild	4.64 mg/L	<6 mg/L
Broccoli / Brussel Sprouts	IgG	Moderate	9.72 mg/L	<7.5 mg/L
Cabbage	IgG	Moderate	5.96 mg/L	<3.5 mg/L
Carrot	IgG	Moderate	5.26 mg/L	<4 mg/L
Cauliflower	IgG	Moderate	3.16 mg/L	<3 mg/L
Celery	IgG	Moderate	5.67 mg/L	<4 mg/L
Cucumber	IgG	Avoid	6.57 mg/L	<3 mg/L
Garlic	IgG	Moderate	6.70 mg/L	<6 mg/L
Green Bell Pepper	IgG	Moderate	5.20 mg/L	<4 mg/L
Lettuce	IgG	Avoid	10.42 mg/L	<3.5 mg/L
Onion	IgG	Moderate	4.07 mg/L	<3.5 mg/L
Pumpkin	IgG	Avoid	7.33 mg/L	<3 mg/L
Spinach	IgG	Mild	3.10 mg/L	<3.5 mg/L
Sweet Potato	IgG	Mild	5.66 mg/L	<7 mg/L
Tomato	IgG	Moderate	4.57 mg/L	<2.8 mg/L
White Potato	IgG	Moderate	6.07 mg/L	<5 mg/L

Fish/Crustacea/Mollusk

Antigen Name	Analyte	Class	Value	Mild Range
Clam	IgG	Mild	1.99 mg/L	<2.5 mg/L
Cod	IgG	Moderate	4.15 mg/L	<3 mg/L
Crab	IgG	Moderate	3.06 mg/L	<3 mg/L

Fish/Crustacea/Mollusk (Continued)

Antigen Name	Analyte	Class	Value	Mild Range
Halibut	IgG	Mild	0.60 mg/L	<2 mg/L
Lobster	IgG	Mild	2.34 mg/L	<4 mg/L
Salmon	IgG	Mild	2.33 mg/L	<3 mg/L
Scallop	IgG	Mild	1.16 mg/L	<3 mg/L
Shrimp	IgG	Moderate	3.58 mg/L	<2.5 mg/L
Sole	IgG	Mild	1.35 mg/L	<2.5 mg/L
Trout	IgG	Mild	0.85 mg/L	<2.5 mg/L
Tuna	IgG	Mild	2.69 mg/L	<5 mg/L

Egg/Meat/Poultry

Antigen Name	Analyte	Class	Value	Mild Range
Beef	IgG	Mild	1.38 mg/L	<3 mg/L
Chicken	IgG	Mild	2.06 mg/L	<4 mg/L
Chicken Egg White	IgG	Moderate	6.53 mg/L	<3.5 mg/L
Chicken Egg Yolk	IgG	Moderate	4.37 mg/L	<3 mg/L
Duck Egg Whole	IgG	Moderate	2.92 mg/L	<2.8 mg/L
Lamb	IgG	Mild	1.82 mg/L	<3 mg/L
Pork	IgG	Mild	1.92 mg/L	<3 mg/L
Turkey	IgG	Mild	2.23 mg/L	<3 mg/L

Fruits

Antigen Name	Analyte	Class	Value	Mild Range
Apple	IgG	Mild	4.83 mg/L	<5 mg/L
Apricot	IgG	Moderate	3.00 mg/L	<2 mg/L
Banana	IgG	Moderate	4.78 mg/L	<4 mg/L
Blueberry	IgG	Avoid	18.03 mg/L	<8 mg/L
Cranberry	IgG	Avoid	8.45 mg/L	<2.8 mg/L
Grape	IgG	Mild	3.26 mg/L	<5 mg/L
Grapefruit	IgG	Avoid	6.10 mg/L	<3 mg/L
Lemon	IgG	Moderate	5.98 mg/L	<3.5 mg/L
Olive	IgG	Mild	0.54 mg/L	<2 mg/L
Orange	IgG	Avoid	5.63 mg/L	<3 mg/L
Papaya	IgG	Moderate	7.30 mg/L	<4 mg/L
Peach	IgG	Moderate	5.52 mg/L	<3.5 mg/L
Pear	IgG	Mild	1.08 mg/L	<4 mg/L
Pineapple	IgG	Moderate	12.75 mg/L	<8 mg/L
Plum	IgG	Moderate	4.43 mg/L	<3.2 mg/L
Raspberry	IgG	Moderate	4.12 mg/L	<4 mg/L
Strawberry	IgG	Moderate	5.74 mg/L	<3 mg/L

Herbs/Spices

Antigen Name	Analyte	Class	Value	Mild Range
Ginger	IgG	Moderate	13.94 mg/L	<12 mg/L
Oregano	IgG	Moderate	6.03 mg/L	<6 mg/L

Miscellaneous

Antigen Name	Analyte	Class	Value	Mild Range
Baker's / Brewer's Yeast	IgG	Avoid	21.43 mg/L	<3.5 mg/L
Button Mushroom	IgG	Mild	6.31 mg/L	<8 mg/L
Cane Sugar	IgG	Avoid	40.50 mg/L	<12 mg/L
Cocoa Bean (Chocolate)	IgG	Avoid	62.81 mg/L	<18 mg/L
Coffee Bean	IgG	Avoid	14.36 mg/L	<8 mg/L
Flaxseed	IgG	Mild	1.70 mg/L	<3 mg/L
Honey	IgG	Mild	2.88 mg/L	<4 mg/L
Sesame Seed	IgG	Avoid	21.23 mg/L	<8 mg/L
Sunflower Seed	IgG	Moderate	3.91 mg/L	<3.5 mg/L

Candida Screen

Antigen Name	Analyte	Class	Value	Mild Range
Candida albicans	IgG	Avoid	73.98 mg/L	<25 mg/L

Sample Report

Diet Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent 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 0/I and greater
<i>(not tested)</i>

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

Moderate to Avoid antibody levels	
Class I/II IgA	Class II IgG
<i>(not tested)</i>	Asparagus, Baker's / Brewer's Yeast, Barley, Blueberry, Cane Sugar, Casein, Chestnut, Cocoa Bean (Chocolate), Coffee Bean, Cow's Milk, Cranberry, Cucumber, Gliadin, Gluten, Grapefruit, Green Bean, Kidney Bean, Lettuce, Oat, Orange, Pinto Bean, Pumpkin, Rye, Sesame Seed, Spelt, Wheat, Whey, White Rice

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

Moderate antibody levels
Class I IgG
Apricot, Avocado, Banana, Broccoli / Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cheddar Cheese, Chicken Egg White, Chicken Egg Yolk, Cod, Corn, Crab, Duck Egg Whole, Garlic, Ginger, Green Bell Pepper, Green Pea, Lemon, Lima Bean, Onion, Oregano, Papaya, Peach, Peanut, Pecan, Pineapple, Plum, Raspberry, Shrimp, Strawberry, Sunflower Seed, Tomato, White Potato

Class 0 foods may be freely eaten, or included in the four-day rotation. Consult with your health-care provider to see which strategy is right for you.

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner). IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

Sample Report

Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class I and greater for IgA and/or Class II and greater for IgG antibody analysis. Also excluded is Class 0/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	Cheddar Cheese		Goat's Milk	
Egg, Meat, Poultry	Chicken, Chicken Egg White, Chicken Egg Yolk, Lamb	Pork	Beef, Duck Egg Whole, Turkey	
Fish, Crustacea, Mollusk	Scallop, Shrimp	Cod, Lobster, Sole, Trout	Clam	Crab, Halibut, Salmon, Tuna
Fruits	Apple, Olive, Papaya, Pear, Raspberry, Strawberry	Grape	Apricot, Banana, Peach, Pineapple, Plum	Lemon
Grains, Legumes, Nuts	Almond, Walnut	Coconut, Green Pea, Lima Bean	Buckwheat, Corn, Hazelnut, Pecan	Chickpea, Lentil, Peanut, Soybean
Miscellaneous	Flaxseed	Sunflower Seed	Button Mushroom, Honey	
Spices		Oregano	Ginger	
Vegetables	Avocado, Green Bell Pepper, White Potato	Broccoli / Brussel Sprouts, Celery, Spinach	Garlic, Onion, Sweet Potato, Tomato	Beet, Cabbage, Carrot, Cauliflower

Sample Report

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

NOTE: At the clinician's discretion, IgG class II foods may be included in the rotation diet. The FoodStats Food Family Guide can ensure that foods added to the rotation are placed on the appropriate day (with their food families) to minimize any immune system responses.