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 Dunwoody, GA 30338 www.PrecisionPointDiagnostics.com
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PATIENT INFO

NAME: **SAMPLE PATIENT**
 REQUISITION ID: 2006160000
 SAMPLE ID: 2006160000
 DOB: 1/1/1981
 SAMPLE DATE:
 RECEIVE DATE:
 REPORT DATE:

CLINIC INFO

PRECISION POINT DIAGNOSTICS
 ADDRESS: 9 DUNWOODY PARK
 SUITE 122 DUNWOODY,
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 PHONE: (678)736-6374
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SUMMARY | 1/2

DIETARY ANTIGEN	ALLERGY			SENSITIVITY					
	IgE	IgE (µg/mL)	IMMUNE TOLERANCE TO IgE	IgG4	IgG4 (µg/mL)	IgG	IgG (µg/mL)	C3D	C3D (µg/mL)
Almond	LOW	0.24	YES	LOW	0.41		0.00	LOW	0.30
Apple		0.00		LOW	0.09	LOW	2.08	MODERATE	1.02
Asparagus	LOW	0.27	YES	LOW	0.29	LOW	9.08	LOW	0.35
Aspergillus Mix		0.02	YES	LOW	0.05	MODERATE	84.18	MODERATE	2.02
Avocado	LOW	0.31	YES	MODERATE	0.33	LOW	11.80	LOW	7.25
Banana		0.02			0.00	LOW	0.52	LOW	0.67
Barley		0.27	YES	LOW	0.49		0.00		0.65
Beef		0.00		LOW	0.13	MODERATE	14.53	LOW	0.65
Black Pepper		0.00		MODERATE	0.29	LOW	16.47	HIGH	2.36
Blueberry		0.00			0.00		0.00	HIGH	3.82
Brewer's Yeast		0.00		LOW	0.13		0.00		0.03
Broccoli	LOW	0.27	YES	MODERATE	0.53	LOW	1.69	LOW	0.67
Cabbage		0.00			0.01		0.00	LOW	0.16
Cacao		0.00			0.00	LOW	23.87	LOW	0.16
Candida	LOW	0.63		LOW	0.25	LOW	195.85		0.03
Cantaloupe		0.00		LOW	0.13		0.00	LOW	0.32
Carrot		0.00		LOW	0.25		0.00	LOW	0.91
Casein		0.00		LOW	0.96	LOW	18.81		0.00
Cashew		0.02	YES	LOW	0.25		0.00	LOW	0.11
Cauliflower		0.00			0.00		0.00		0.00
Celery		0.00		LOW	0.13		0.00	LOW	0.24
Cherry		0.00			0.00		0.00	MODERATE	3.49
Chicken		0.00		LOW	0.41		0.00		0.00
Cinnamon		0.00			0.00		0.00	LOW	0.30
Clam	MODERATE	11.55		MODERATE	3.91	HIGH	76.78	LOW	2.85
Coconut		0.00			0.01		0.00	LOW	0.24
Codfish		0.00		LOW	0.13		0.00	LOW	0.27
Coffee		0.00		LOW	0.13	LOW	18.42	LOW	1.29
Corn		0.00		LOW	0.13		0.00	LOW	0.13
Cottonseed		0.00		MODERATE	0.76		0.00	LOW	0.51
Cow's Milk		0.00			0.00	MODERATE	83.40	LOW	0.56
Crab		0.00		MODERATE	0.41		0.00	LOW	0.08
Cucumber		0.00			0.00		0.00	LOW	0.05
Egg Albumin	LOW	15.56		LOW	11.62	LOW	27.37	LOW	2.77
Egg Yolk		0.00			0.21		0.00	MODERATE	4.76
English Walnut		0.00			0.00		0.00	LOW	6.15
Flax Seed		0.00		LOW	0.09		0.00		0.00
Flounder		0.00			0.00		0.00	LOW	0.16

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SUMMARY | 2/2

DIETARY ANTIGEN	ALLERGY			SENSITIVITY					
	IgE	IgE (µg/mL)	IMMUNE TOLERANCE TO IgE	IgG4	IgG4 (µg/mL)	IgG	IgG (µg/mL)	C3D	C3D (µg/mL)
Garlic		0.00			0.00	LOW	1.69		0.00
Ginger		0.00		LOW	1.00	MODERATE	16.86	LOW	0.73
Gluten	MODERATE	7.71	YES	MODERATE	19.21	MODERATE	198.96		0.00
Goat's Milk		0.00		LOW	0.76	MODERATE	59.27		0.16
Grapefruit		0.00			0.00		0.00		0.00
Grapes		0.02	YES	MODERATE	0.29		0.00	LOW	0.05
Green Olive	LOW	0.06			0.00		0.13	LOW	0.40
Green Pea		0.00		LOW	0.09		0.00		0.00
Green Pepper		0.00		LOW	0.17		0.00	LOW	0.78
Halibut		0.00		LOW	0.17		0.00		0.00
Honeydew		0.00		LOW	0.05		0.00	LOW	0.08
Hops		0.00		LOW	0.05		0.00	MODERATE	3.09
Kidney Bean		0.00			0.00		0.00		0.22
Lemon		0.00			0.00		0.00	LOW	0.11
Lettuce	LOW	0.10			0.00		0.00	MODERATE	1.21
Lima Bean		0.00		LOW	0.41	LOW	0.91	LOW	0.48
Lobster		0.00		MODERATE	0.13		0.00		0.00
Mushroom		0.00			0.00	LOW	11.80	LOW	8.95
Mustard		0.00		LOW	0.96		0.00		0.00
Navy Bean	LOW	0.81		LOW	0.41		0.00	LOW	0.62
Oat		0.02	YES	LOW	0.17	LOW	3.24		0.03
Onion		0.00			0.00		0.00	LOW	0.08
Orange	LOW	0.02			0.00		0.00		0.03
Peach		0.00			0.00		0.00	LOW	0.40
Peanut	HIGH	1.06		LOW	0.68	LOW	4.41	MODERATE	0.54
Pear		0.00			0.00		0.00		0.00
Pecan	LOW	0.06		LOW	0.05		0.00	LOW	0.22
Pineapple		0.00			0.01		0.00		0.00
Plum	LOW	0.20			0.00		0.00	LOW	0.32
Pork		0.00			0.01		0.00	LOW	0.62
Rice	LOW	0.06			0.01	MODERATE	6.36	LOW	0.16
Rye		0.00			0.00	LOW	2.08	LOW	0.30
Salmon		0.00			0.00		0.00		0.00
Scallops		0.00			0.01		0.00		0.00
Sesame		0.00			0.00	LOW	4.02	LOW	0.08
Shrimp	MODERATE	0.24		MODERATE	0.13		0.00	LOW	0.13
Soybean		0.00			0.00		0.00		0.08
Spinach	MODERATE	0.42	YES	HIGH	0.84	LOW	4.80	LOW	1.32
Strawberry		0.00			0.00		0.00	LOW	0.05
String Bean		0.00			0.00		0.00		0.00
Sweet Potato		0.00			0.00	LOW	1.69	LOW	4.22
Tea		0.00			0.00	LOW	13.36	MODERATE	0.83
Tomato		0.00		LOW	0.01		0.00	LOW	0.19
Tuna		0.00		LOW	0.05		0.00		0.00
Turkey		0.00			0.00		0.00		0.00
Vanilla		0.00			0.01		5.97		0.00
Watermelon	LOW	0.02	YES	LOW	0.09		0.00	LOW	0.40
White Potato		0.00			0.00	LOW	4.41	MODERATE	4.49
Whole Wheat		0.00		LOW	0.05		0.00	HIGH	2.20
Yellow Squash		0.00		LOW	0.13		0.00	LOW	0.54

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LESS RESTRICTIVE DIET

The Less Restrictive Diet **removes** foods with high levels of reactivity for IgE and IgG. Additionally, moderate IgG reactivity with high levels of complement (C3d) are **removed** because C3d has potential to amplify an IgG reaction 1000-10,000-fold.

The Less Restrictive Diet **rotates** foods with moderate IgG reactivity where moderate levels of C3d are also present due to increased inflammatory potential.

Foods with high IgG4 reactivity are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. Conditions affected by elevated IgG4 include eosinophilic esophagitis and disorders of the thyroid, ovaries, and prostate.

NO LIMITATION		ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.		These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Almond	Kidney Bean	Aspergillus Mix	Clam	Spinach
Apple	Lemon	Beef	Gluten	
Asparagus	Lettuce	Cow's Milk	Peanut	
Avocado	Lima Bean	Ginger	Whole Wheat	
Banana	Lobster	Rice		
Barley	Mushroom			
Black Pepper	Mustard			
Blueberry	Navy Bean			
Brewer's Yeast	Oat			
Broccoli	Onion			
Cabbage	Orange			
Cacao	Peach			
Candida	Pear			
Cantaloupe	Pecan			
Carrot	Pineapple			
Casein	Plum			
Cashew	Pork			
Cauliflower	Rye			
Celery	Salmon			
Cherry	Scallops			
Chicken	Sesame			
Cinnamon	Shrimp			
Coconut	Soybean			
Codfish	Strawberry			
Coffee	String Bean			
Corn	Sweet Potato			
Cottonseed	Tea			
Crab	Tomato			
Cucumber	Tuna			
Egg Albumin	Turkey			
Egg Yolk	Vanilla			
English Walnut	Watermelon			
Flax Seed	White Potato			
Flounder	Yellow Squash			
Garlic				
Goat's Milk				
Grapefruit				
Grapes				
Green Olive				
Green Pea				
Green Pepper				
Halibut				
Honeydew				
Hops				

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More Restrictive Diet

The More Restrictive Diet **removes** foods with high and moderate levels of IgE, IgG, and complement (C3d). Additionally, low IgG reactivity with any positive complement response are **rotated** because C3d has the potential to amplify an IgG reaction 1000-10,000-fold.

High and moderate IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. Conditions affected by elevated IgG4 include eosinophilic esophagitis and disorders of the thyroid, ovaries, and prostate.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Almond Barley Brewer's Yeast Cabbage Candida Cantaloupe Carrot Casein Cashew Cauliflower Celery Chicken Cinnamon Coconut Codfish Corn Cucumber English Walnut Flax Seed Flounder Garlic Grapefruit Green Olive Green Pea Green Pepper Halibut Honeydew Kidney Bean Lemon Mustard Navy Bean Oat Onion Orange Peach Pear Pecan Pineapple Plum Pork Salmon Scallops Soybean Strawberry	Asparagus Banana Cacao Coffee Egg Albumin Lima Bean Mushroom Rye Sesame Sweet Potato	Apple Aspergillus Mix Beef Black Pepper Blueberry Cherry Clam Cow's Milk Egg Yolk Ginger Gluten Goat's Milk Hops Lettuce Peanut Rice Shrimp Spinach Tea White Potato Whole Wheat	Avocado Broccoli Cottonseed Crab Grapes Lobster

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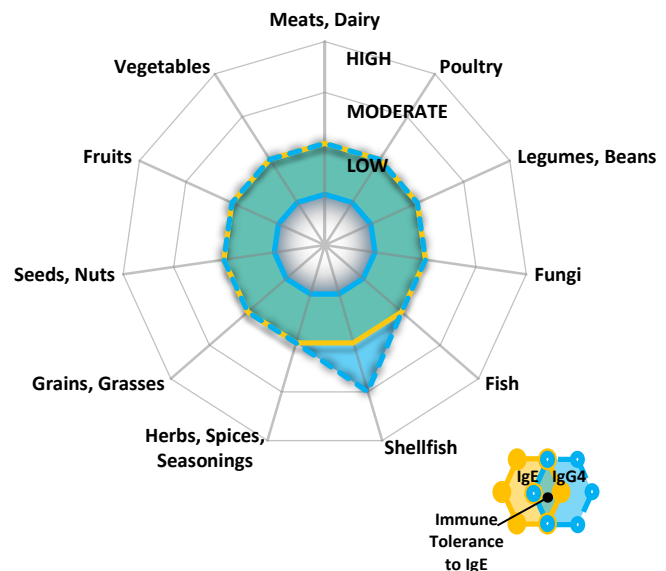
CLINIC INFO

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588E - Dietary Antigen Testing | 1/4

Dietary Antigen Exposure by Food Group

	IgE	IgG4
Meats, Dairy	LOW	LOW
Poultry	LOW	LOW
Legumes, Beans	LOW	LOW
Fungi	LOW	LOW
Fish	LOW	LOW
Shellfish	LOW	MODERATE
Herbs, Spices, Seasonings	LOW	LOW
Grains, Grasses	LOW	LOW
Seeds, Nuts	LOW	LOW
Fruits	LOW	LOW
Vegetables	LOW	LOW



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgE and IgG4 antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgE and IgG4 results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

Immune Tolerance To IgE

In high levels, IgG4 antibodies alone can trigger an immune response within the body. However, data is available that provides support for the notion that IgG4 can serve another specific function of controlling antigen recognition by IgE and consequently regulating anaphylactic reactions and IgE-mediated immunity. IgG4 can act as a blocking agent by preventing IgE from binding to targeted receptor sites and releasing histamine. We refer to this as the Immune Tolerance to IgE.

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588E - Dietary Antigen Testing | 2/4

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgE

The IgE antibody response is the most commonly known food allergy response. This response usually occurs immediately and can create severe symptoms such as swelling, hives, itching, and - in some cases - anaphylaxis. Even though IgE reactions are immediate, the allergic potential of food-based allergens can remain in your system 1-2 days after ingestion, extending the presence of symptoms during this duration. IgE reactions can be permanent or they may improve with the elimination diet and gut treatment. IgE reactions stimulate the release of histamine in the body.

IgG4

IgG4, which is a subclass of IgG, is a distinct antibody in the immune system. IgG4 total antibody is important in relation to IgE because this antibody acts as a blocking agent for an IgE reaction. When the IgG4 reaction is greater than the IgE reaction for a particular antigen, IgG4 blocks the IgE antibodies from binding to the receptor sites and releasing histamine, thereby reducing severity of the symptoms associated with the IgE reaction. This is referred to as the blocking potential. IgG4 carries its own clinical relevance in high levels and may mediate several conditions and diseases.

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
MEATS, DAIRY				
Beef		0.00	<0.13 µg/ml	
Casein		0.00	<0.05 µg/ml	
Cow's Milk		0.00	<0.08 µg/ml	
Goat's Milk		0.00	<0.11 µg/ml	
Pork		0.00	<0.04 µg/ml	
POULTRY				
Chicken		0.00	<0.03 µg/ml	
Egg Albumin	LOW	15.56	<11.32 µg/ml	
Egg Yolk		0.00	<0.08 µg/ml	
Turkey		0.00	<0.03 µg/ml	
LEGUMES, BEANS				
Green Pea		0.00	<0.08 µg/ml	
Kidney Bean		0.00	<1.23 µg/ml	
Lima Bean		0.00	<0.17 µg/ml	
Navy Bean	LOW	0.81	<0.77 µg/ml	
Peanut	HIGH	1.06	<0.03 µg/ml	
Soybean		0.00	<0.07 µg/ml	
String Bean		0.00	<0.03 µg/ml	
FUNGI				
Aspergillus Mix		0.02	<0.08 µg/ml	YES
Brewer's Yeast		0.00	<0.04 µg/ml	
Candida	LOW	0.63	<0.13 µg/ml	
Mushroom		0.00	<0.05 µg/ml	
FISH				
Codfish		0.00	<0.04 µg/ml	
Flounder		0.00	<0.03 µg/ml	
Halibut		0.00	<0.03 µg/ml	
Salmon		0.00	<0.02 µg/ml	
Tuna		0.00	<0.03 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	LOW	0.13	<0.08 µg/ml
Casein	LOW	0.96	<0.12 µg/ml
Cow's Milk		0.00	<0.21 µg/ml
Goat's Milk	LOW	0.76	<0.22 µg/ml
Pork		0.01	<0.04 µg/ml
POULTRY			
Chicken	LOW	0.41	<0.03 µg/ml
Egg Albumin	LOW	11.62	<6.04 µg/ml
Egg Yolk		0.21	<0.22 µg/ml
Turkey		0.00	<0.04 µg/ml
LEGUMES, BEANS			
Green Pea	LOW	0.09	<0.04 µg/ml
Kidney Bean		0.00	<0.16 µg/ml
Lima Bean	LOW	0.41	<0.1 µg/ml
Navy Bean	LOW	0.41	<0.12 µg/ml
Peanut	LOW	0.68	<0.13 µg/ml
Soybean		0.00	<0.04 µg/ml
String Bean			<0.1 µg/ml
FUNGI			
Aspergillus Mix	LOW	0.05	<0.02 µg/ml
Brewer's Yeast	LOW	0.13	<0.02 µg/ml
Candida	LOW	0.25	<0.05 µg/ml
Mushroom		0.00	<0.02 µg/ml
FISH			
Codfish	LOW	0.13	<0.02 µg/ml
Flounder		0.00	<0.05 µg/ml
Halibut	LOW	0.17	<0.02 µg/ml
Salmon		0.00	<0.09 µg/ml
Tuna	LOW	0.05	<0.02 µg/ml

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588E - Dietary Antigen Testing | 3/4

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
SHELLFISH				
Clam	MODERATE	11.55	<7.03 µg/ml	
Crab		0.00	<0.03 µg/ml	
Lobster		0.00	<0.03 µg/ml	
Scallops		0.00	<0.02 µg/ml	
Shrimp	MODERATE	0.24	<0.03 µg/ml	
HERBS, SPICES, SEASONINGS				
Black Pepper		0.00	<0.05 µg/ml	
Cinnamon		0.00	<0.02 µg/ml	
Garlic		0.00	<0.02 µg/ml	
Ginger		0.00	<0.04 µg/ml	
Hops		0.00	<0.03 µg/ml	
Mustard		0.00	<0.04 µg/ml	
Vanilla		0.00	<0.03 µg/ml	
GRAINS, GRASSES				
Barley		0.27	<0.3 µg/ml	YES
Corn		0.00	<0.04 µg/ml	
Gluten	MODERATE	7.71	<2.41 µg/ml	YES
Oat		0.02	<0.03 µg/ml	YES
Rice	LOW	0.06	<0.05 µg/ml	
Rye		0.00	<0.03 µg/ml	
Whole Wheat		0.00	<0.03 µg/ml	
SEEDS, NUTS				
Almond	LOW	0.24	<0.19 µg/ml	YES
Cacao		0.00	<0.05 µg/ml	
Cashew		0.02	<0.05 µg/ml	YES
Coffee		0.00	<0.04 µg/ml	
Cottonseed		0.00	<0.04 µg/ml	
English Walnut		0.00	<0.03 µg/ml	
Flax Seed		0.00	<0.04 µg/ml	
Pecan	LOW	0.06	<0.03 µg/ml	
Sesame		0.00	<0.02 µg/ml	
FRUITS				
Apple		0.00	<0.06 µg/ml	
Avocado	LOW	0.31	<0.08 µg/ml	YES
Banana		0.02	<0.05 µg/ml	
Blueberry		0.00	<0.03 µg/ml	
Cantaloupe		0.00	<0.04 µg/ml	
Cherry		0.00	<0.03 µg/ml	
Coconut		0.00	<0.04 µg/ml	
Cucumber		0.00	<0.02 µg/ml	
Grapefruit		0.00	<0.02 µg/ml	
Grapes		0.02	<0.03 µg/ml	YES
Green Olive	LOW	0.06	<0.04 µg/ml	
Green Pepper		0.00	<0.03 µg/ml	
Honeydew		0.00	<0.02 µg/ml	
Lemon		0.00	<0.02 µg/ml	
Orange	LOW	0.02	<0.02 µg/ml	
Peach		0.00	<0.03 µg/ml	
Pear		0.00	<0.02 µg/ml	
Pineapple		0.00	<0.03 µg/ml	
Plum	LOW	0.20	<0.02 µg/ml	
Strawberry		0.00	<0.02 µg/ml	
Tomato		0.00	<0.02 µg/ml	
Watermelon	LOW	0.02	<0.02 µg/ml	YES
Yellow Squash		0.00	<0.04 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
SHELLFISH			
Clam	MODERATE	3.91	<1.73 µg/ml
Crab	MODERATE	0.41	<0.03 µg/ml
Lobster	MODERATE	0.13	<0.02 µg/ml
Scallops		0.01	<0.02 µg/ml
Shrimp	MODERATE	0.13	<0.02 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	MODERATE	0.29	<0.02 µg/ml
Cinnamon		0.00	<0.02 µg/ml
Garlic		0.00	<0.06 µg/ml
Ginger	LOW	1.00	<0.05 µg/ml
Hops	LOW	0.05	<0.02 µg/ml
Mustard	LOW	0.96	<0.25 µg/ml
Vanilla		0.01	<0.03 µg/ml
GRAINS, GRASSES			
Barley	LOW	0.49	<0.06 µg/ml
Corn	LOW	0.13	<0.02 µg/ml
Gluten	MODERATE	19.21	<7.08 µg/ml
Oat	LOW	0.17	<0.02 µg/ml
Rice		0.01	<0.02 µg/ml
Rye		0.00	<0.02 µg/ml
Whole Wheat	LOW	0.05	<0.02 µg/ml
SEEDS, NUTS			
Almond	LOW	0.41	<0.1 µg/ml
Cacao		0.00	<0.02 µg/ml
Cashew	LOW	0.25	<0.04 µg/ml
Coffee	LOW	0.13	<0.02 µg/ml
Cottonseed	MODERATE	0.76	<0.02 µg/ml
English Walnut		0.00	<0.04 µg/ml
Flax Seed	LOW	0.09	<0.04 µg/ml
Pecan	LOW	0.05	<0.02 µg/ml
Sesame		0.00	<0.02 µg/ml
FRUITS			
Apple	LOW	0.09	<0.03 µg/ml
Avocado	MODERATE	0.33	<0.02 µg/ml
Banana		0.00	<0.06 µg/ml
Blueberry		0.00	<0.02 µg/ml
Cantaloupe	LOW	0.13	<0.03 µg/ml
Cherry		0.00	<0.02 µg/ml
Coconut		0.01	<0.03 µg/ml
Cucumber		0.00	<0.01 µg/ml
Grapefruit		0.00	<0.02 µg/ml
Grapes	MODERATE	0.29	<0.01 µg/ml
Green Olive		0.00	<0.02 µg/ml
Green Pepper	LOW	0.17	<0.03 µg/ml
Honeydew	LOW	0.05	<0.02 µg/ml
Lemon		0.00	<0.01 µg/ml
Orange		0.00	<0.02 µg/ml
Peach		0.00	<0.01 µg/ml
Pear		0.00	<0.02 µg/ml
Pineapple		0.01	<0.04 µg/ml
Plum		0.00	<0.01 µg/ml
Strawberry		0.00	<0.02 µg/ml
Tomato	LOW	0.01	<0.01 µg/ml
Watermelon	LOW	0.09	<0.02 µg/ml
Yellow Squash	LOW	0.13	<0.04 µg/ml

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PATIENT NAME:

SAMPLE PATIENT

REQUISITION ID:

2006160000

REPORT DATE:

588E - Dietary Antigen Testing | 4/4

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
VEGETABLES				
Asparagus	LOW	0.27	<0.07 µg/ml	YES
Broccoli	LOW	0.27	<0.07 µg/ml	YES
Cabbage		0.00	<0.03 µg/ml	
Carrot		0.00	<0.04 µg/ml	
Cauliflower		0.00	<0.02 µg/ml	
Celery		0.00	<0.03 µg/ml	
Lettuce	LOW	0.10	<0.03 µg/ml	
Onion		0.00	<0.02 µg/ml	
Spinach	MODERATE	0.42	<0.06 µg/ml	YES
Sweet Potato		0.00	<0.02 µg/ml	
Tea		0.00	<0.02 µg/ml	
White Potato		0.00	<0.03 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	LOW	0.29	<0.03 µg/ml
Broccoli	MODERATE	0.53	<0.03 µg/ml
Cabbage		0.01	<0.02 µg/ml
Carrot	LOW	0.25	<0.02 µg/ml
Cauliflower		0.00	<0.04 µg/ml
Celery	LOW	0.13	<0.03 µg/ml
Lettuce		0.00	<0.01 µg/ml
Onion		0.00	<0.02 µg/ml
Spinach	HIGH	0.84	<0.04 µg/ml
Sweet Potato		0.00	<0.02 µg/ml
Tea		0.00	<0.01 µg/ml
White Potato		0.00	<0.02 µg/ml

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PATIENT INFO

NAME: **SAMPLE PATIENT**
 REQUISITION ID: 2006160000
 SAMPLE ID: 2006160000
 DOB: 1/1/1981
 SAMPLE DATE:
 RECEIVE DATE:
 REPORT DATE:

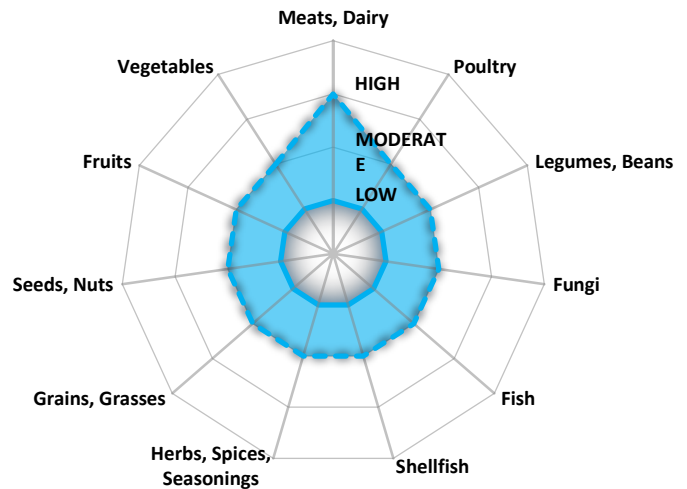
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588G - Dietary Antigen Testing | 1/4

Dietary Antigen Exposure by Food Group

	IgG
Meats, Dairy	MODERATE
Poultry	LOW
Legumes, Beans	LOW
Fungi	LOW
Fish	LOW
Shellfish	LOW
Herbs, Spices, Seasonings	LOW
Grains, Grasses	LOW
Seeds, Nuts	LOW
Fruits	LOW
Vegetables	LOW



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgG antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgG results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

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588G - Dietary Antigen Testing | 2/4

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgG

The IgG antibody response creates sensitivity to a particular food. Symptoms may be less severe than with IgE allergic reaction and can manifest anywhere from 3-72 hours after exposure. IgG reactions create inflammation that makes many pathologies worse. The delayed response makes sensitivities difficult to identify without a diagnostic test. Sensitivities can improve with treatment and improved gut health.

C3d

C3d is a complement antigen and an activator of our complement cascade system. Reaction to the specified food will worsen if C3d activation is present along with an IgG antibody response. The C3 protein attaches to the antigen and amplifies the IgG response, increasing the inflammatory potential of IgG titer. Complement is not dependent on exposure or antibody presence, and represents innate immune function.

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	MODERATE	14.53	<2.32 µg/ml
Casein	LOW	18.81	<2.62 µg/ml
Cow's Milk	MODERATE	83.40	<30.52 µg/ml
Goat's Milk	MODERATE	59.27	<22.06 µg/ml
Pork		0.00	<0.45 µg/ml
POULTRY			
Chicken		0.00	<0.39 µg/ml
Egg Albumin	LOW	27.37	<17.86 µg/ml
Egg Yolk		0.00	<1.59 µg/ml
Turkey		0.00	<0.27 µg/ml
LEGUMES, BEANS			
Green Pea		0.00	<0.63 µg/ml
Kidney Bean		0.00	<0.5 µg/ml
Lima Bean	LOW	0.91	<0.62 µg/ml
Navy Bean		0.00	<1.3 µg/ml
Peanut	LOW	4.41	<0.79 µg/ml
Soybean		0.00	<0.82 µg/ml
String Bean		0.00	<0.75 µg/ml
FUNGI			
Aspergillus Mix	MODERATE	84.18	<12.19 µg/ml
Brewer's Yeast		0.00	<1.81 µg/ml
Candida	LOW	195.85	<11.43 µg/ml
Mushroom	LOW	11.80	<5.68 µg/ml
FISH			
Codfish		0.00	<0.52 µg/ml
Flounder		0.00	<0.27 µg/ml
Halibut		0.00	<0.21 µg/ml
Salmon		0.00	<0.25 µg/ml
Tuna		0.00	<0.21 µg/ml

ANTIGEN	RESULT	C3D (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	LOW	0.65	<0.27 µg/ml
Casein		0.00	<0.15 µg/ml
Cow's Milk	LOW	0.56	<0.28 µg/ml
Goat's Milk		0.16	<0.25 µg/ml
Pork	LOW	0.62	<0.26 µg/ml
POULTRY			
Chicken		0.00	<0.05 µg/ml
Egg Albumin	LOW	2.77	<1.76 µg/ml
Egg Yolk	MODERATE	4.76	<0.6 µg/ml
Turkey		0.00	<0.04 µg/ml
LEGUMES, BEANS			
Green Pea		0.00	<0.06 µg/ml
Kidney Bean		0.22	<0.41 µg/ml
Lima Bean	LOW	0.48	<0.4 µg/ml
Navy Bean	LOW	0.62	<0.19 µg/ml
Peanut	MODERATE	0.54	<0.05 µg/ml
Soybean		0.08	<0.09 µg/ml
String Bean		0.00	<0.06 µg/ml
FUNGI			
Aspergillus Mix	MODERATE	2.02	<0.13 µg/ml
Brewer's Yeast		0.03	<0.06 µg/ml
Candida		0.03	<0.24 µg/ml
Mushroom	LOW	8.95	<2.91 µg/ml
FISH			
Codfish	LOW	0.27	<0.06 µg/ml
Flounder	LOW	0.16	<0.04 µg/ml
Halibut		0.00	<0.04 µg/ml
Salmon		0.00	<0.03 µg/ml
Tuna		0.00	<0.05 µg/ml

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588G - Dietary Antigen Testing | 3/4

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
SHELLFISH			
Clam	HIGH	76.78	<25.08 µg/ml
Crab		0.00	<0.23 µg/ml
Lobster		0.00	<0.17 µg/ml
Scallops		0.00	<0.56 µg/ml
Shrimp		0.00	<0.26 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	LOW	16.47	<3.58 µg/ml
Cinnamon		0.00	<0.81 µg/ml
Garlic	LOW	1.69	<0.48 µg/ml
Ginger	MODERATE	16.86	<1.47 µg/ml
Hops		0.00	<0.33 µg/ml
Mustard		0.00	<0.26 µg/ml
Vanilla		5.97	<8.33 µg/ml
GRAINS, GRASSES			
Barley		0.00	<0.59 µg/ml
Corn		0.00	<0.28 µg/ml
Gluten	MODERATE	198.96	<77.13 µg/ml
Oat	LOW	3.24	<0.25 µg/ml
Rice	MODERATE	6.36	<0.62 µg/ml
Rye	LOW	2.08	<0.49 µg/ml
Whole Wheat		0.00	<0.14 µg/ml
SEEDS, NUTS			
Almond		0.00	<0.47 µg/ml
Cacao	LOW	23.87	<2.45 µg/ml
Cashew		0.00	<0.34 µg/ml
Coffee	LOW	18.42	<2.41 µg/ml
Cottonseed		0.00	<0.25 µg/ml
English Walnut		0.00	<0.65 µg/ml
Flax Seed		0.00	<0.43 µg/ml
Pecan		0.00	<0.08 µg/ml
Sesame	LOW	4.02	<0.61 µg/ml
FRUITS			
Apple	LOW	2.08	<0.32 µg/ml
Avocado	LOW	11.80	<2.77 µg/ml
Banana	LOW	0.52	<0.26 µg/ml
Blueberry		0.00	<0.44 µg/ml
Cantaloupe		0.00	<0.29 µg/ml
Cherry		0.00	<0.31 µg/ml
Coconut		0.00	<0.32 µg/ml
Cucumber		0.00	<0.22 µg/ml
Grapefruit		0.00	<0.15 µg/ml
Grapes		0.00	<0.44 µg/ml
Green Olive		0.13	<0.51 µg/ml
Green Pepper		0.00	<0.2 µg/ml
Honeydew		0.00	<0.16 µg/ml
Lemon		0.00	<0.11 µg/ml
Orange		0.00	<0.22 µg/ml
Peach		0.00	<0.18 µg/ml
Pear		0.00	<1.24 µg/ml
Pineapple		0.00	<0.66 µg/ml
Plum		0.00	<0.12 µg/ml
Strawberry		0.00	<0.16 µg/ml
Tomato		0.00	<0.09 µg/ml
Watermelon		0.00	<0.19 µg/ml
Yellow Squash		0.00	<0.62 µg/ml

ANTIGEN	RESULT	C3D (µg/mL)	REF. RANGE
SHELLFISH			
Clam	LOW	2.85	<1.28 µg/ml
Crab	LOW	0.08	<0.05 µg/ml
Lobster		0.00	<0.06 µg/ml
Scallops		0.00	<0.05 µg/ml
Shrimp	LOW	0.13	<0.06 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	HIGH	2.36	<0.07 µg/ml
Cinnamon	LOW	0.30	<0.28 µg/ml
Garlic		0.00	<0.07 µg/ml
Ginger	LOW	0.73	<0.2 µg/ml
Hops	MODERATE	3.09	<0.24 µg/ml
Mustard		0.00	<0.09 µg/ml
Vanilla		0.00	<0.04 µg/ml
GRAINS, GRASSES			
Barley		0.65	<1.21 µg/ml
Corn	LOW	0.13	<0.06 µg/ml
Gluten		0.00	<0.18 µg/ml
Oat		0.03	<0.05 µg/ml
Rice	LOW	0.16	<0.04 µg/ml
Rye	LOW	0.30	<0.03 µg/ml
Whole Wheat	HIGH	2.20	<0.04 µg/ml
SEEDS, NUTS			
Almond	LOW	0.30	<0.16 µg/ml
Cacao	LOW	0.16	<0.16 µg/ml
Cashew	LOW	0.11	<0.07 µg/ml
Coffee	LOW	1.29	<0.28 µg/ml
Cottonseed	LOW	0.51	<0.08 µg/ml
English Walnut	LOW	6.15	<2.75 µg/ml
Flax Seed		0.00	<0.07 µg/ml
Pecan	LOW	0.22	<0.1 µg/ml
Sesame	LOW	0.08	<0.03 µg/ml
FRUITS			
Apple	MODERATE	1.02	<0.1 µg/ml
Avocado	LOW	7.25	<1.29 µg/ml
Banana	LOW	0.67	<0.1 µg/ml
Blueberry	HIGH	3.82	<0.04 µg/ml
Cantaloupe	LOW	0.32	<0.05 µg/ml
Cherry	MODERATE	3.49	<0.16 µg/ml
Coconut	LOW	0.24	<0.06 µg/ml
Cucumber	LOW	0.05	<0.04 µg/ml
Grapefruit		0.00	<0.03 µg/ml
Grapes	LOW	0.05	<0.03 µg/ml
Green Olive	LOW	0.40	<0.07 µg/ml
Green Pepper	LOW	0.78	<0.13 µg/ml
Honeydew	LOW	0.08	<0.03 µg/ml
Lemon	LOW	0.11	<0.03 µg/ml
Orange		0.03	<0.03 µg/ml
Peach	LOW	0.40	<0.05 µg/ml
Pear		0.00	<0.03 µg/ml
Pineapple		0.00	<0.05 µg/ml
Plum	LOW	0.32	<0.04 µg/ml
Strawberry	LOW	0.05	<0.03 µg/ml
Tomato	LOW	0.19	<0.02 µg/ml
Watermelon	LOW	0.40	<0.04 µg/ml
Yellow Squash	LOW	0.54	<0.07 µg/ml

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588G - Dietary Antigen Testing | 4/4

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	LOW	9.08	<1.34 µg/ml
Broccoli	LOW	1.69	<0.95 µg/ml
Cabbage		0.00	<0.16 µg/ml
Carrot		0.00	<0.36 µg/ml
Cauliflower		0.00	<0.31 µg/ml
Celery		0.00	<0.2 µg/ml
Lettuce		0.00	<0.26 µg/ml
Onion		0.00	<0.18 µg/ml
Spinach	LOW	4.80	<0.42 µg/ml
Sweet Potato	LOW	1.69	<0.65 µg/ml
Tea	LOW	13.36	<1.79 µg/ml
White Potato	LOW	4.41	<0.67 µg/ml

ANTIGEN	RESULT	C3D (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	LOW	0.35	<0.14 µg/ml
Broccoli	LOW	0.67	<0.08 µg/ml
Cabbage	LOW	0.16	<0.04 µg/ml
Carrot	LOW	0.91	<0.23 µg/ml
Cauliflower		0.00	<0.04 µg/ml
Celery	LOW	0.24	<0.11 µg/ml
Lettuce	MODERATE	1.21	<0.17 µg/ml
Onion	LOW	0.08	<0.03 µg/ml
Spinach	LOW	1.32	<0.3 µg/ml
Sweet Potato	LOW	4.22	<1 µg/ml
Tea	MODERATE	0.83	<0.04 µg/ml
White Potato	MODERATE	4.49	<0.77 µg/ml

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