



IgG Food Antibody Assessment



Patient: **SAMPLE**
REPORT

Order Number: D%& () * 7

Genova Diagnostics Europe

DOB: May 01, 1969

Sex: F

IgG Food Antibody Results

Dairy	Vegetables	Fish/Shellfish	Nuts and Grains
Casein 1+	Alfalfa 1+	Clam VL	Almond 2+
Cheddar cheese 2+	Asparagus VL	Cod 0	Buckwheat VL
Cottage cheese 2+	Avocado 0	Crab VL	Corn 0
Cow's milk VL	Beets 0	Lobster VL	Corn gluten 1+
Goat's milk VL	Broccoli 1+	Oyster 0	Gluten 0
Lactalbumin 1+	Cabbage 0	Red snapper 0	Kidney bean VL
Yogurt VL	Carrot 0	Salmon 0	Lentil 0
	Celery VL	Sardine 0	Lima bean 0
Fruits	Cucumber VL	Shrimp 0	Oat 1+
Apple 0	Garlic VL	Sole VL	Peanut VL
Apricot 0	Green Pepper 0	Trout 0	Pecan 1+
Banana 0	Lettuce 0	Tuna VL	Pinto bean 1+
Blueberry 0	Mushroom 0		Rice VL
Cranberry 0	Olive 0	Poultry/Meats	Rye 0
Grape 0	Onion 0	Beef VL	Sesame VL
Grapefruit 0	Pea 0	Chicken 2+	Soy 0
Lemon 0	Potato, sweet VL	Egg white VL	Sunflower seed 0
Orange 0	Potato, white VL	Egg yolk 1+	Walnut 1+
Papaya 0	Spinach 0	Lamb 0	Wheat VL
Peach 0	String bean 2+	Pork 0	
Pear 0	Tomato 0	Turkey 1+	Miscellaneous
Pineapple 0	Zucchini 0		Yeast 0
Plum 0			Cane sugar 0
Raspberry 0			Chocolate VL
Strawberry 0			Coffee VL
Total IgE			
		Inside	Outside
		Total IgE ♦	111.0
			Reference Range <=87.0 IU/mL

0	None Detected	VL	Very Low	1+	Low	2+	Moderate	3+	High
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- The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦ as cleared by the U.S Food and Drug Administration are For Research Use Only.
- Total IgE level may have clinical significance regardless of specific antibody levels.
- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.
- The True Relief diet is specific to IgG results only. Allergens inducing IgE response should be avoided.

Laboratory Comments

Summary of Test Results

Reactive / Non-Reactive Foods

2+

Almond	Cheddar cheese	Chicken	Cottage cheese
String bean			

1+

Alfalfa	Broccoli	Casein	Corn gluten
Egg yolk	Lactalbumin	Oat	Pecan
Pinto bean	Turkey	Walnut	

VL

Asparagus	Beef	Buckwheat	Celery
Chocolate	Clam	Coffee	Cow's milk
Crab	Cucumber	Egg white	Garlic
Goat's milk	Kidney bean	Lobster	Peanut
Potato, sweet	Potato, white	Rice	Sesame
Sole	Tuna	Wheat	Yogurt

0

Apple	Apricot	Avocado	Banana
Beet	Blueberry	Cabbage	Cane sugar
Carrot	Cod	Corn	Cranberry
Gluten	Grape	Grapefruit	Green pepper
Lamb	Lemon	Lentil	Lettuce
Lima bean	Mushroom	Olive	Onion
Orange	Oyster	Papaya	Pea
Peach	Pear	Pineapple	Plum
Pork	Raspberry	Red Snapper	Rye
Salmon	Sardine	Shrimp	Soy
Spinach	Strawberry	Sunflower seed	Tomato
Trout	Yeast	Zucchini	

0 None Detected

VL Very Low

1+ Low

2+ Moderate

3+ High

FAMILY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
Dairy Group All dairy products		Cow's milk Yogurt Casein Lactalbumin Cheddar cheese Cottage cheese		
Goat's Milk				Goat's milk
Hen's Egg	Egg white Egg yolk			
Beef veal		Beef		
Lamb				Lamb
Pork				Pork
Poultry chicken, turkey, capon, duck, goose, pheasant, partridge, grouse	Chicken		Turkey	
Mollusk abalone, clam, mussel, oyster, scallop, squid	Oyster		Clam	
Crustaceans crab, crayfish, lobster, shrimp		Crab Shrimp		Lobster
Fish Fish may be eaten daily provided a different fish is selected each day Fish which are somewhat related are in small type under the tested fish	Cod <small>coal fish, cusk, haddock, hake, hoki, pollock, scrod, whiting</small>	Salmon <small>smelt, steelhead</small>	Sardine <small>herring</small>	Red Snapper Tuna <small>mahi mahi, wahoo, yahoo, albacore, tuna</small>
Plum plum, prune, cherry, peach, apricot, nectarine, almond	Peach Almond		Apricot Plum	
Citrus orange, grapefruit, lemon, lime, tangerine, kumquat		Lemon		Grapefruit Orange

None Detected / Very Low
 Low
 Moderate
 High

FAMILY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
Apple apple, pear, quince		Apple		Pear
Rose raspberry, blackberry, loganberry, strawberry	Raspberry		Strawberry	
Heath blueberry, cranberry, huckleberry		Cranberry		Blueberry
Banana arrowroot, banana, plantain	Banana			
Papaya		Papaya		
Grape raisins, buckthorn tea				Grape
Pineapple			Pineapple	
Gluten Containing wheat, rye, oats, spelt, triticale, kamut, barley	Gluten Wheat		Rye Oat	
Corn corn, blue corn, popcorn		Corn Corn gluten		
Rice white rice, brown rice				Rice
Buckwheat rhubarb, sorrel				Buckwheat
Walnut butternut, hickorynut, pecan		Pecan		Walnut
Sesame	Sesame			
Sunflower Jerusalem artichoke, safflower			Sunflower seed	
Legume alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna	Lentil Pea Soy Pinto bean		Kidney bean Lima bean Peanut Alfalfa String bean	

None Detected / Very Low
 Low
 Moderate
 High

FAMILY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
Mustard mustard, cabbage, collard greens, cauliflower, broccoli, Brussel sprouts, turnips, kale, rutabagas, kohlrabi, radish, horseradish, watercress	Broccoli		Cabbage	
Composite Flower lettuce (leaf, head), endive, chicory, escarole, artichoke, dandelion	Lettuce			
Lily asparagus, onions, garlic, chives, green onions, leeks, scallions, shallots, aloe vera		Asparagus Onion		Garlic
Parsley parsley, parsnip, carrot, celery, caraway, anise, dill, fennel, coriander, cilantro		Carrot		Celery
Potato potato, tomato, eggplant, peppers (bell, red, green, chile, cayenne), tomatillo, pimento, tobacco	Green pepper Potato, white		Tomato	
Morning Glory sweet potato, yam				Potato, sweet
Goosefoot beet, spinach, chard, Swiss chard	Beet		Spinach	
Gourd canteloupe, melon, cucumber, pumpkin, summer and winter squash		Cucumber		Zucchini
Laurel avocado, cinnamon, bayleaf			Avocado	
Olive green olive, black	Olive			
Fungi mushrooms, yeast		Mushroom		Yeast
Coffee	Coffee			
Chocolate chocolate, cocoa			Chocolate	
Cane cane sugar, molasses, sorghum			Cane sugar	

None Detected / Very Low
 Low
 Moderate
 High