

Patient Name: Sample Patient
Patient Number: 1888888
Date of Birth: 02/23/1974

Sample Date: 06/22/2025
Analysis Date: 06/26/2025
Clinic: 67891 (Clinic/Doctor Name)

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
32	Alpha-Lactalbumin	133	Egg White	146	Milk (Cow)
<15	Beta-Lactoglobulin	92	Egg Yolk	75	Milk (Goat)
140	Casein	<15	Milk (Buffalo)	114	Milk (Sheep)
GRAINS (Gluten-Containing)*					
102	Barley	28	Malt	59	Wheat
21	Couscous	26	Oat	33	Wheat Bran
56	Durum Wheat	35	Rye		
79	Gliadin*	52	Spelt		
GRAINS (Gluten-Free)					
72	Amaranth	<15	Millet	151	Rice
29	Buckwheat	<15	Polenta	<15	Tapioca
90	Corn (Maize)	<15	Quinoa		
FRUIT					
27	Apple	21	Guava	47	Pear
35	Apricot	21	Kiwi	20	Pineapple
35	Avocado	31	Lemon	104	Plum
21	Banana	63	Lime	53	Pomegranate
26	Blackberry	<15	Lychee	30	Raisin
<15	Blackcurrant	37	Mango	38	Raspberry
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant
33	Cherry	<15	Mulberry	30	Rhubarb
18	Cranberry	33	Nectarine	24	Strawberry
<15	Date	<15	Olive	21	Tangerine
50	Fig	109	Orange	47	Watermelon
23	Grape (Black/Red/White)	<15	Papaya		
31	Grapefruit	22	Peach		
VEGETABLES					
<15	Artichoke	<15	Cauliflower	120	Potato
<15	Asparagus	42	Celery	107	Radish
26	Aubergine	<15	Chard	<15	Rocket
52	Bean (Broad)	<15	Chickpea	<15	Shallot
<15	Bean (Green)	22	Chicory	32	Soya Bean
46	Bean (Red Kidney)	38	Cucumber	38	Spinach
80	Bean (White Haricot)	<15	Fennel (Leaf)	53	Squash (Butternut/Carnival)
17	Beetroot	26	Leek	29	Sweet Potato
29	Broccoli	33	Lentil	40	Tomato
15	Brussel Sprout	21	Lettuce	45	Turnip
<15	Cabbage (Red)	38	Marrow	24	Watercress
62	Cabbage (Savoy/White)	<15	Onion	50	Yuca
<15	Caper	84	Pea		
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

37	Alga Espaguette	<15	Haddock	<15	Sardine
<15	Alga Spirulina	<15	Hake	<15	Scallop
41	Alga Wakame	<15	Herring	<15	Sea Bream (Gilthead)
20	Anchovy	<15	Lobster	<15	Sea Bream (Red)
19	Barnacle	<15	Mackerel	<15	Shrimp/Prawn
<15	Bass	<15	Monkfish	<15	Sole
<15	Carp	58	Mussel	<15	Squid
<15	Caviar	<15	Octopus	<15	Swordfish
24	Clam	37	Oyster	<15	Trout
<15	Cockle	<15	Perch	<15	Tuna
<15	Cod	<15	Pike	<15	Turbot
<15	Crab	<15	Plaice	69	Winkle
<15	Cuttlefish	<15	Razor Clam		
<15	Eel	<15	Salmon		

MEAT

<15	Beef	34	Ostrich	<15	Turkey
<15	Chicken	22	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	<15	Wild Boar
<15	Horse	<15	Quail		
<15	Lamb	<15	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nutmeg
20	Basil	<15	Garlic	35	Parsley
<15	Bayleaf	17	Ginger	33	Peppercorn (Black/White)
<15	Camomile	44	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	16	Rosemary
15	Chilli (Red)	15	Hops	<15	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	27	Tarragon
<15	Coriander (Leaf)	<15	Mint	22	Thyme
<15	Cumin	61	Mustard Seed	<15	Vanilla
40	Curry (Mixed Spices)	<15	Nettle		

NUTS / SEEDS

95	Almond	98	Hazelnut	15	Rapeseed
79	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
72	Cashew Nut	81	Peanut	41	Sunflower Seed
<15	Coconut	34	Pine Nut	31	Tiger Nut
21	Flax Seed	117	Pistachio	55	Walnut

MISCELLANEOUS

40	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)
35	Aloe Vera	<15	Coffee	<15	Tea (Green)
23	Cane Sugar	73	Cola Nut	<15	Transglutaminase
<15	Carob	30	Honey	50	Yeast (Baker's)
<15	Chestnut	<15	Mushroom	50	Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated.

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ELEVATED FOODS (≥30 U/ml)

151 Rice	62 Cabbage (Savoy/White)	38 Marrow
146 Milk (Cow)	61 Mustard Seed	38 Raspberry
140 Casein	59 Wheat	38 Spinach
133 Egg White	58 Mussel	37 Alga Espaguette
120 Potato	56 Durum Wheat	37 Mango
117 Pistachio	55 Walnut	37 Oyster
114 Milk (Sheep)	53 Pomegranate	35 Aloe Vera
109 Orange	53 Squash (Butternut/Carnival)	35 Apricot
107 Radish	52 Bean (Broad)	35 Avocado
104 Plum	52 Spelt	35 Parsley
102 Barley	50 Fig	35 Rye
98 Hazelnut	50 Yeast (Baker's)	34 Ostrich
95 Almond	50 Yeast (Brewer's)	34 Pine Nut
92 Egg Yolk	50 Yuca	33 Cherry
90 Corn (Maize)	47 Pear	33 Lentil
84 Pea	47 Watermelon	33 Nectarine
81 Peanut	46 Bean (Red Kidney)	33 Peppercorn (Black/White)
80 Bean (White Haricot)	45 Turnip	33 Wheat Bran
79 Brazil Nut	44 Ginkgo	32 Alpha-Lactalbumin
79 Gliadin*	42 Celery	32 Soya Bean
75 Milk (Goat)	41 Alga Wakame	31 Grapefruit
73 Cola Nut	41 Sunflower Seed	31 Lemon
72 Amaranth	40 Agar Agar	31 Tiger Nut
72 Cashew Nut	40 Curry (Mixed Spices)	30 Honey
69 Winkle	40 Tomato	30 Raisin
63 Lime	38 Cucumber	30 Rhubarb

BORDERLINE FOODS (24-29 U/ml)

29 Broccoli	27 Tarragon	24 Clam
29 Buckwheat	26 Aubergine	24 Strawberry
29 Sweet Potato	26 Blackberry	24 Watercress
28 Malt	26 Leek	
27 Apple	26 Oat	

NORMAL FOODS (≤23 U/ml)

23 Cane Sugar	22 Thyme	21 Kiwi
23 Grape (Black/Red/White)	21 Banana	21 Lettuce
22 Chicory	21 Couscous	21 Tangerine
22 Ox	21 Flax Seed	20 Anchovy
22 Peach	21 Guava	20 Basil

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NORMAL FOODS ...continued

20	Pineapple	<15	Cod	<15	Pepper (Green/Red/Yellow)
19	Barnacle	<15	Coffee	<15	Peppermint
18	Cranberry	<15	Coriander (Leaf)	<15	Perch
17	Beetroot	<15	Crab	<15	Pike
17	Ginger	<15	Cumin	<15	Plaice
16	Rosemary	<15	Cuttlefish	<15	Polenta
15	Brussel Sprout	<15	Date	<15	Pork
15	Chilli (Red)	<15	Dill	<15	Quail
15	Hops	<15	Duck	<15	Quinoa
15	Rapeseed	<15	Eel	<15	Rabbit
<15	Alga Spirulina	<15	Fennel (Leaf)	<15	Razor Clam
<15	Aniseed	<15	Garlic	<15	Redcurrant
<15	Artichoke	<15	Ginseng	<15	Rocket
<15	Asparagus	<15	Goat	<15	Saffron
<15	Bass	<15	Haddock	<15	Sage
<15	Bayleaf	<15	Hake	<15	Salmon
<15	Bean (Green)	<15	Herring	<15	Sardine
<15	Beef	<15	Horse	<15	Scallop
<15	Beta-Lactoglobulin	<15	Lamb	<15	Sea Bream (Gilthead)
<15	Blackcurrant	<15	Liquorice	<15	Sea Bream (Red)
<15	Blueberry	<15	Lobster	<15	Sesame Seed
<15	Cabbage (Red)	<15	Lychee	<15	Shallot
<15	Camomile	<15	Macadamia Nut	<15	Shrimp/Prawn
<15	Caper	<15	Mackerel	<15	Sole
<15	Carob	<15	Marjoram	<15	Squid
<15	Carp	<15	Melon (Galia/Honeydew)	<15	Swordfish
<15	Carrot	<15	Milk (Buffalo)	<15	Tapioca
<15	Cauliflower	<15	Millet	<15	Tea (Black)
<15	Caviar	<15	Mint	<15	Tea (Green)
<15	Cayenne	<15	Monkfish	<15	Transglutaminase
<15	Chard	<15	Mulberry	<15	Trout
<15	Chestnut	<15	Mushroom	<15	Tuna
<15	Chicken	<15	Nettle	<15	Turbot
<15	Chickpea	<15	Nutmeg	<15	Turkey
<15	Cinnamon	<15	Octopus	<15	Vanilla
<15	Clove	<15	Olive	<15	Veal
<15	Cockle	<15	Onion	<15	Venison
<15	Cocoa Bean	<15	Papaya	<15	Wild Boar
<15	Coconut	<15	Partridge		

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