

FoodSafe Combo Bloodspot Panel

Patient Name:
 Accession #:
 DOB:
 Age:
 Sex:

Practitioner / Clinic:
 Ordering Practitioner:
 Account #:
 Fax #:

Date Collected:
 Date Final:
 Data File:
 Technician:

Comments: NONE

Final Report

RESULT	Reference Range			ALLERGEN	Low	Moderate	High
	Low	Moderate	High				
				FISH			
118	Low	<200	200 - 350	>350	Cod		
106	Low	<190	190 - 340	>340	Halibut		
142	Low	<200	200 - 350	>350	Salmon		
196	Moderate	<150	150 - 300	>300	Sardine		
132	Low	<160	160 - 310	>310	Sole		
205	Low	<250	250 - 400	>400	Tilapia		
104	Low	<200	200 - 350	>350	Trout		
123	Low	<150	150 - 300	>300	Tuna		
				NUTS			
220	Moderate	<130	130 - 280	>280	Almond		
116	Low	<180	180 - 330	>330	Brazil Nut		
125	Low	<150	150 - 300	>300	Cashew		
125	Low	<150	150 - 300	>300	Chia Seed		
91	Low	<150	150 - 300	>300	Coconut		
118	Low	<200	200 - 350	>350	Hazelnut		
121	Low	<160	160 - 310	>310	Macadamia Nut		
383	High	<150	150 - 300	>300	Peanut		
151	Low	<180	180 - 330	>330	Pecan		
233	Moderate	<180	180 - 330	>330	Pine Nuts		
89	Low	<100	100 - 250	>250	Pistachio		
151	Moderate	<150	150 - 300	>300	Pumpkin Seed		
129	Low	<200	200 - 350	>350	Sesame Seed		
133	Low	<180	180 - 320	>320	Sunflower Seed		
139	Low	<250	250 - 400	>400	Walnut		
				SPICES			
124	Low	<150	150 - 300	>300	Allspice		
179	Moderate	<170	170 - 320	>320	Basil		
142	Low	<150	150 - 300	>300	Black Pepper		
217	Low	<230	230 - 380	>380	Cilantro		
131	Low	<170	170 - 320	>320	Cinnamon		
128	Low	<150	150 - 300	>300	Cloves		
130	Low	<160	160 - 310	>310	Coriander		
111	Low	<150	150 - 300	>300	Cumin		
145	Low	<200	200 - 350	>350	Dill		
180	Low	<200	200 - 350	>350	Ginger		
124	Low	<160	160 - 310	>310	Horseradish		
224	Moderate	<160	160 - 310	>310	Mustard		
123	Low	<150	150 - 300	>300	Nutmeg		
122	Low	<150	150 - 300	>300	Oregano		
146	Low	<160	160 - 310	>310	Parsley		
212	Low	<230	230 - 380	>380	Peppermint		
124	Low	<130	130 - 280	>280	Poppy Seed		
127	Low	<180	180 - 330	>330	Rosemary		
184	Low	<200	200 - 350	>350	Sage		
180	Low	<200	200 - 350	>350	Spearmint		
129	Low	<200	200 - 350	>350	Tarragon		
101	Low	<200	200 - 350	>350	Thyme		
109	Low	<130	130 - 280	>280	Turmeric		
164	Moderate	<100	100 - 250	>250	Vanilla		

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test.

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 Fax #:

Date Collected:
 Date Received:
 Date Run:
 Date Reported:
 Date Final:

Comments: NONE

Final Report

RESULT	Reference Range	ALLERGEN			Low	Moderate	High
		Low	Moderate	High			
							VEGETABLES
119	Moderate	<110	110 - 250	>250	Alfalfa		
140	Low	<150	150 - 300	>300	Artichoke		
108	Low	<120	120 - 270	>270	Asparagus		
152	Moderate	<120	120 - 270	>270	Bamboo Shoots		
123	Low	<150	150 - 300	>300	Bean Sprouts		
216	Moderate	<140	140 - 290	>290	Beet		
349	Moderate	<150	150 - 350	>350	Black Bean		
142	Low	<150	150 - 300	>300	Black Olive		
108	Low	<140	140 - 290	>290	Bok Choy		
127	Low	<150	150 - 290	>290	Broccoli		
124	Moderate	<120	120 - 270	>270	Brussels Sprout		
131	Low	<150	150 - 300	>300	Butternut Squash		
167	Moderate	<120	120 - 270	>270	Cabbage		
136	Low	<140	140 - 290	>290	Carrot		
114	Low	<150	150 - 300	>300	Cauliflower		
101	Low	<140	140 - 290	>290	Celery		
175	Low	<220	220 - 370	>370	Chili Pepper		
220	Moderate	<150	150 - 300	>300	Cucumber		
129	Low	<180	180 - 330	>330	Eggplant		
125	Low	<150	150 - 300	>300	Endive		
78	Low	<150	150 - 300	>300	Garbanzo Bean		
160	Low	<180	180 - 380	>380	Garlic		
383	High	<140	140 - 300	>300	Green Bean		
108	Low	<120	120 - 270	>270	Green Olive		
175	Moderate	<150	150 - 300	>300	Green Pepper		
116	Low	<220	220 - 370	>370	Jalapeno		
112	Moderate	<100	100 - 250	>250	Kale		
319	Low	<850	850 - 1200	>1200	Kelp		
343	Moderate	<180	180 - 480	>480	Kidney Bean		
109	Low	<130	130 - 280	>280	Kohlrabi		
189	Moderate	<130	130 - 280	>280	Lentil		
120	Low	<150	150 - 300	>300	Lettuce		
157	Moderate	<140	140 - 300	>300	Lima Bean		
90	Low	<100	100 - 250	>250	Mung Bean		
493	High	<150	150 - 450	>450	Navy Bean		
149	Low	<150	150 - 300	>300	Okra		
144	Moderate	<130	130 - 280	>280	Onion		
119	Low	<120	120 - 270	>270	Pea		
505	High	<150	150 - 350	>350	Pinto Bean		
112	Low	<200	200 - 350	>350	Potato		
131	Low	<140	140 - 290	>290	Pumpkin		
106	Low	<130	130 - 280	>280	Radish		
89	Low	<150	150 - 300	>300	Rutabaga		
138	Low	<150	150 - 300	>300	Soybean		
156	Low	<160	160 - 310	>310	Spinach		
118	Low	<200	200 - 350	>350	Sweet Potato		
153	Moderate	<150	150 - 300	>300	Tomato		
149	Low	<180	180 - 330	>330	Water Chestnut		
125	Low	<130	130 - 280	>280	Watercress		
146	Low	<200	200 - 350	>350	Yam		
125	Moderate	<100	100 - 300	>300	Yellow Squash		
181	Moderate	<150	150 - 300	>300	Zucchini		

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test.

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 Technician:

Comments: NONE

Final Report

RESULT	Reference Range			ALLERGEN	Low	Moderate	High
	Low	Moderate	High				
FRUITS							
124	Low	<160	160 - 310	>310	Apple Mix		
127	Moderate	<120	120 - 270	>270	Apricot		
113	Low	<150	150 - 300	>300	Avocado		
129	Low	<160	160 - 340	>340	Banana		
129	Low	<160	160 - 310	>310	Blackberry		
207	Moderate	<130	130 - 280	>280	Blueberry		
86	Low	<160	160 - 310	>310	Boysenberry		
131	Low	<150	150 - 300	>300	Cantaloupe		
88	Low	<180	180 - 330	>330	Cherry		
109	Moderate	<100	100 - 250	>250	Cranberry		
133	Low	<150	150 - 300	>300	Currants		
177	Low	<180	180 - 330	>330	Fig		
120	Low	<150	150 - 300	>300	Grapefruit		
104	Low	<150	150 - 300	>300	Kiwi		
107	Low	<130	130 - 280	>280	Lemon		
91	Low	<100	100 - 250	>250	Mango		
151	Moderate	<130	130 - 280	>280	Orange		
149	Low	<180	180 - 310	>310	Papaya		
187	Moderate	<120	120 - 270	>270	Peach		
133	Moderate	<100	100 - 250	>250	Pear		
144	Moderate	<110	110 - 300	>300	Pineapple		
130	Moderate	<130	130 - 280	>280	Plum		
115	Low	<220	220 - 370	>370	Pomegranate		
125	Low	<200	200 - 350	>350	Raspberry		
104	Low	<140	140 - 300	>300	Red Grape		
83	Low	<120	120 - 270	>270	Rhubarb		
120	Moderate	<120	120 - 270	>270	Strawberry		
154	Low	<180	180 - 330	>330	Watermelon		
99	Low	<150	150 - 300	>300	White Grape		
MISCELLANEOUS							
141	Low	<150	150 - 350	>350	Baker's Yeast		
162	Moderate	<100	100 - 250	>250	Brewer's Yeast		
149	Low	<200	200 - 350	>350	Cane Sugar		
121	Low	<150	150 - 300	>300	Carob		
130	Low	<140	140 - 290	>290	Cocoa		
192	Moderate	<130	130 - 280	>280	Coffee		
102	Low	<170	170 - 320	>320	Corn Starch		
132	Low	<180	180 - 330	>330	Corn Sugar		
192	Moderate	<150	150 - 300	>300	Honey		
136	Low	<150	150 - 300	>300	Maple Sugar		
157	Moderate	<150	150 - 300	>300	Mushroom		
95	Low	<210	210 - 360	>360	Tapioca		
113	Low	<180	180 - 330	>330	Tea		
116	Moderate	<100	100 - 250	>250	Xanthan Gum		
CANDIDA SCREEN							
291	High	<70	70 - 100	>100	Candida albicans		

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test.

Patient Name:
 Accession #:
 Data File:

PERSONALIZED FOUR DAY ROTATION FOOD PLAN



PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1 CHOICES

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
cod	hemp milk	barley	black bean	bamboo shoots	banana	cashew	basil	baker's yeast
oyster	oat milk	hemp	kidney bean	bean sprouts	fig	chia seed	black pepper	brewer's yeast
venison		oat	mung bean	black olive	papaya	pistachio	cilantro	cane sugar
		sorghum		carrot	red grape	psyllium seed	coriander	carob
		teff		celery	white grape		cumin	mushroom
				green olive			dill	xanthan gum
				hops			oregano	
				mushroom			parsley	
				sweet potato			peppermint	
				water chestnut			rosemary	
				yellow squash			sage	
							spearmint	
							thyme	

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 CHOICES

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
crab	almond milk	arrowroot		beet	apple mix	almond	allspice	apple used as sweetener
lobster	potato milk	potato flour		eggplant	blackberry	coconut	cloves	sweetener
salmon		potato starch		green pepper	blueberry	macadamia nut	poppy seed	black tea
trout		quinoa		jalapeno	boysenberry	safflower seed	red chili pepper	green tea
				okra	cranberry		vanilla	pear used as sweetener
				potato	currants			tapioca
				red chili pepper	kiwi			
				spinach	pear			
				tomato	pineapple			

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 CHOICES

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
beef	soy milk	amaranth	garbanzo bean	alfalfa	avocado	hazelnut	garlic	coffee
clam		buckwheat	lentil	asparagus	cantaloupe	pecan	ginger	corn sugar
halibut		corn	lima bean	butternut	mango	pumpkin seed	nutmeg	honey
lamb		corn starch	soybean	squash	rhubarb	soy oil	turmeric	
pork				corn	watermelon	walnut		
sole				cucumber		walnut oil		
tilapia				garlic				
tofu				onion				
				pea				
				pumpkin				
				zucchini				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 CHOICES

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
chicken	rice milk	brown rice		artichoke	apricot	brazil nut	cinnamon	cocoa
duck meat	sesame seed milk	millet		bok choy	cherry	flaxseed	horseradish	maple sugar
sardine		rice		broccoli	grapefruit	pine nuts	mustard	
shrimp		wild rice		brussels sprout	lemon	sesame oil	tarragon	
tuna				cabbage	orange	sesame seed		
turkey				cauliflower	peach	sunflower oil		
				endive	plum	sunflower seed		
				kale	pomegranate			
				kelp	raspberry			
				kohlrabi	strawberry			
				lettuce				
				radish				
				rutabaga				
				watercress				
				yam				

EXAMPLE: You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day. **KEY:** Low reaction = Blue Moderate = Orange High = IS NOT LISTED IN ROTATION

Patient Name:
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PERSONALIZED FOUR DAY ROTATION FOOD PLAN



LOW REACTION FOODS

Allspice	Amaranth	Apple Mix	Artichoke	Asparagus	Avocado	Baker's Yeast
Banana	Barley	Bean Sprouts	Black Olive	Black Pepper	Blackberry	Bok Choy
Boysenberry	Brazil Nut	Broccoli	Brown Rice	Butternut Squash	Cane Sugar	Cantaloupe
Carob	Carrot	Cashew	Cauliflower	Celery	Cherry	Chia Seed
Chicken	Chili Pepper	Cilantro	Cinnamon	Cloves	Cocoa	Coconut
Cod	Coriander	Corn	Corn Starch	Corn Sugar	Crab	Cumin
Currants	Dill	Duck Meat	Eggplant	Endive	Fig	Garbanzo Bean
Garlic	Ginger	Grapefruit	Green Olive	Halibut	Hazelnut	Hops
Horseradish	Jalapeno	Kelp	Kiwi	Kohlrabi	Lemon	Lettuce
Macadamia Nut	Mango	Maple Sugar	Millet	Mung Bean	Nutmeg	Okra
Oregano	Papaya	Parsley	Pea	Pecan	Peppermint	Pistachio
Pomegranate	Poppy Seed	Potato	Pumpkin	Quinoa	Radish	Raspberry
Red Grape	Rhubarb	Rice	Rosemary	Rutabaga	Sage	Salmon
Sesame Seed	Shrimp	Sole	Sorghum	Soybean	Spearmint	Spinach
Sunflower Seed	Sweet Potato	Tapioca	Tarragon	Tea	Teff	Thyme
Tilapia	Trout	Tuna	Turkey	Turmeric	Venison	Walnut
Water Chestnut	Watercress	Watermelon	White Grape	Wild Rice	Yam	

MODERATE COMSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

Alfalfa	Almond	Apricot	Arrowroot	Bamboo Shoots	Basil	Beef
Beet	Black Bean	Blueberry	Brewer's Yeast	Brussels Sprout	Buckwheat	Cabbage
Clam	Coffee	Cranberry	Cucumber	Flaxseed	Green Pepper	Hemp
Honey	Kale	Kidney Bean	Lamb	Lentil	Lima Bean	Lobster
Mushroom	Mustard	Oat	Onion	Orange	Oyster	Peach
Pear	Pine Nuts	Pineapple	Plum	Pork	Psyllium Seed	Pumpkin Seed
Safflower Seed	Sardine	Strawberry	Tomato	Vanilla	Xanthan Gum	Yellow Squash
Zucchini						

HIGH REACTION FOODS

Buffalo	Casein	Cheddar Cheese	Cottage Cheese	Cow's Milk	Duck Egg	Egg White
Egg Yolk	Gliadin	Gluten	Goat's Milk	Green Bean	Mozzarella Cheese	Navy Bean
Parmesan	Peanut	Pinto Bean	Sheep Milk	Wheat	Whey	Yogurt

PENDING RESULTS

EXAMPLE: You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day. **KEY:** Low reaction = Blue Moderate = Orange High = IS NOT LISTED IN ROTATION