

190 Combo Food Sensitivity Profile

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	Sensitivity		
		Low	Moderate	High		Low	Moderate	High
DAIRY								
564	High	<100	100 - 350	>350	Casein	[Bar in High range]		
417	High	<100	100 - 350	>350	Cheddar Cheese	[Bar in High range]		
683	High	<100	100 - 350	>350	Cottage Cheese	[Bar in High range]		
890	High	<100	100 - 350	>350	Cow's Milk	[Bar in High range]		
235	Moderate	<100	100 - 350	>350	Goat's Milk	[Bar in Moderate range]		
374	High	<100	100 - 350	>350	Mozzarella Cheese	[Bar in High range]		
471	High	<100	100 - 350	>350	Parmesan	[Bar in High range]		
280	Moderate	<100	100 - 350	>350	Sheep Milk	[Bar in Moderate range]		
1311	High	<150	150 - 450	>450	Whey	[Bar in High range]		
585	High	<100	100 - 350	>350	Yogurt	[Bar in High range]		
MEATS								
18	Low	<100	100 - 250	>250	Beef	[Bar in Low range]		
51	Low	<100	100 - 250	>250	Buffalo	[Bar in Low range]		
28	Low	<100	100 - 250	>250	Chicken	[Bar in Low range]		
51	Low	<150	150 - 450	>450	Duck Egg	[Bar in Low range]		
15	Low	<100	100 - 250	>250	Duck Meat	[Bar in Low range]		
388	Moderate	<150	150 - 450	>450	Egg White	[Bar in Moderate range]		
183	Moderate	<150	150 - 450	>450	Egg Yolk	[Bar in Moderate range]		
40	Low	<100	100 - 250	>250	Lamb	[Bar in Low range]		
5	Low	<100	100 - 250	>250	Pork	[Bar in Low range]		
1	Low	<100	100 - 250	>250	Turkey	[Bar in Low range]		
24	Low	<100	100 - 250	>250	Venison	[Bar in Low range]		
GRAINS								
42	Low	<100	100 - 250	>250	Amaranth	[Bar in Low range]		
0	Low	<100	100 - 250	>250	Arrowroot	[Bar in Low range]		
72	Low	<100	100 - 250	>250	Barley	[Bar in Low range]		
24	Low	<100	100 - 250	>250	Brown Rice	[Bar in Low range]		
28	Low	<100	100 - 250	>250	Buckwheat	[Bar in Low range]		
112	Moderate	<100	100 - 250	>250	Corn	[Bar in Moderate range]		
101	Moderate	<100	100 - 250	>250	Flaxseed	[Bar in Moderate range]		
169	Moderate	<100	100 - 250	>250	Gliadin	[Bar in Moderate range]		
97	Low	<100	100 - 250	>250	Gluten	[Bar in Low range]		
59	Low	<100	100 - 250	>250	Hemp	[Bar in Low range]		
33	Low	<100	100 - 250	>250	Hops	[Bar in Low range]		
84	Low	<100	100 - 250	>250	Millet	[Bar in Low range]		
67	Low	<100	100 - 250	>250	Oat	[Bar in Low range]		
73	Low	<100	100 - 250	>250	Psyllium Seed	[Bar in Low range]		
29	Low	<100	100 - 250	>250	Quinoa	[Bar in Low range]		
10	Low	<100	100 - 250	>250	Rice	[Bar in Low range]		
54	Low	<100	100 - 250	>250	Safflower Seed	[Bar in Low range]		
79	Low	<100	100 - 250	>250	Sorghum	[Bar in Low range]		
119	Moderate	<100	100 - 250	>250	Teff	[Bar in Moderate range]		
67	Low	<100	100 - 250	>250	Wheat	[Bar in Low range]		
24	Low	<100	100 - 250	>250	Wild Rice	[Bar in Low range]		
SHELLFISH								
82	Low	<100	100 - 250	>250	Clam	[Bar in Low range]		
40	Low	<100	100 - 250	>250	Crab	[Bar in Low range]		
5	Low	<100	100 - 250	>250	Lobster	[Bar in Low range]		
106	Moderate	<100	100 - 250	>250	Oyster	[Bar in Moderate range]		
30	Low	<100	100 - 250	>250	Shrimp	[Bar in Low range]		

MVL Allergy procedure uses both IgE and IgG4 antibodies for combined testing. | References: Volcheck GW. Postgrad Med. 2001 May; 109(5):71.

Due to literature documented test sensitivity limitations, negative serum allergy tests should not be used to justify exposure to an allergen that is clinically suspected as the cause of anaphylactic reaction.

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Comments: NONE

Final Report

RESULT		Reference Range			ALLERGEN	Low	Moderate	High
		Low	Moderate	High				
VEGETABLES								
205	Moderate	<100	100 - 250	>250	Alfalfa	[Bar chart showing Moderate sensitivity]		
24	Low	<100	100 - 250	>250	Artichoke	[Bar chart showing Low sensitivity]		
92	Low	<100	100 - 250	>250	Asparagus	[Bar chart showing Low sensitivity]		
94	Low	<100	100 - 250	>250	Bamboo Shoots	[Bar chart showing Low sensitivity]		
56	Low	<100	100 - 250	>250	Bean Sprouts	[Bar chart showing Low sensitivity]		
18	Low	<100	100 - 250	>250	Beet	[Bar chart showing Low sensitivity]		
197	Moderate	<100	100 - 250	>250	Black Bean	[Bar chart showing Moderate sensitivity]		
18	Low	<100	100 - 250	>250	Black Olive	[Bar chart showing Low sensitivity]		
13	Low	<100	100 - 250	>250	Bok Choy	[Bar chart showing Low sensitivity]		
15	Low	<100	100 - 250	>250	Broccoli	[Bar chart showing Low sensitivity]		
30	Low	<100	100 - 250	>250	Brussels Sprout	[Bar chart showing Low sensitivity]		
15	Low	<100	100 - 250	>250	Butternut Squash	[Bar chart showing Low sensitivity]		
10	Low	<100	100 - 250	>250	Cabbage	[Bar chart showing Low sensitivity]		
15	Low	<100	100 - 250	>250	Carrot	[Bar chart showing Low sensitivity]		
25	Low	<100	100 - 250	>250	Cauliflower	[Bar chart showing Low sensitivity]		
11	Low	<100	100 - 250	>250	Celery	[Bar chart showing Low sensitivity]		
87	Low	<100	100 - 250	>250	Chili Pepper	[Bar chart showing Low sensitivity]		
56	Low	<100	100 - 250	>250	Cucumber	[Bar chart showing Low sensitivity]		
44	Low	<100	100 - 250	>250	Eggplant	[Bar chart showing Low sensitivity]		
11	Low	<100	100 - 250	>250	Endive	[Bar chart showing Low sensitivity]		
57	Low	<100	100 - 250	>250	Garbanzo Bean	[Bar chart showing Low sensitivity]		
37	Low	<100	100 - 300	>300	Garlic	[Bar chart showing Low sensitivity]		
107	Moderate	<100	100 - 250	>250	Green Bean	[Bar chart showing Moderate sensitivity]		
19	Low	<100	100 - 250	>250	Green Olive	[Bar chart showing Low sensitivity]		
38	Low	<100	100 - 250	>250	Green Pepper	[Bar chart showing Low sensitivity]		
52	Low	<100	100 - 250	>250	Jalapeno	[Bar chart showing Low sensitivity]		
81	Low	<100	100 - 250	>250	Kale	[Bar chart showing Low sensitivity]		
188	Moderate	<110	110 - 250	>250	Kelp	[Bar chart showing Moderate sensitivity]		
63	Low	<150	150 - 450	>450	Kidney Bean	[Bar chart showing Low sensitivity]		
31	Low	<100	100 - 250	>250	Kohlrabi	[Bar chart showing Low sensitivity]		
25	Low	<100	100 - 250	>250	Lentil	[Bar chart showing Low sensitivity]		
30	Low	<100	100 - 250	>250	Lettuce	[Bar chart showing Low sensitivity]		
54	Low	<100	100 - 250	>250	Lima Bean	[Bar chart showing Low sensitivity]		
19	Low	<100	100 - 250	>250	Mung Bean	[Bar chart showing Low sensitivity]		
263	Moderate	<150	150 - 450	>450	Navy Bean	[Bar chart showing Moderate sensitivity]		
54	Low	<100	100 - 250	>250	Okra	[Bar chart showing Low sensitivity]		
44	Low	<100	100 - 250	>250	Onion	[Bar chart showing Low sensitivity]		
33	Low	<100	100 - 250	>250	Pea	[Bar chart showing Low sensitivity]		
245	Moderate	<100	100 - 300	>300	Pinto Bean	[Bar chart showing Moderate sensitivity]		
5	Low	<100	100 - 250	>250	Potato	[Bar chart showing Low sensitivity]		
44	Low	<100	100 - 250	>250	Pumpkin	[Bar chart showing Low sensitivity]		
36	Low	<100	100 - 250	>250	Radish	[Bar chart showing Low sensitivity]		
30	Low	<100	100 - 250	>250	Rutabaga	[Bar chart showing Low sensitivity]		
25	Low	<100	100 - 250	>250	Soybean	[Bar chart showing Low sensitivity]		
61	Low	<100	100 - 250	>250	Spinach	[Bar chart showing Low sensitivity]		
0	Low	<100	100 - 250	>250	Sweet Potato	[Bar chart showing Low sensitivity]		
47	Low	<100	100 - 250	>250	Tomato	[Bar chart showing Low sensitivity]		
13	Low	<100	100 - 250	>250	Water Chestnut	[Bar chart showing Low sensitivity]		
140	Moderate	<100	100 - 250	>250	Watercress	[Bar chart showing Moderate sensitivity]		
5	Low	<100	100 - 250	>250	Yam	[Bar chart showing Low sensitivity]		
133	Moderate	<100	100 - 250	>250	Yellow Squash	[Bar chart showing Moderate sensitivity]		
103	Moderate	<100	100 - 250	>250	Zucchini	[Bar chart showing Moderate sensitivity]		

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Comments: NONE

Final Report

RESULT	Reference Range	ALLERGEN			Low	Moderate	High
		Low	Moderate	High			
FRUITS							
16	Low	<100	100 - 250	>250	Apple Mix		
0	Low	<100	100 - 250	>250	Apricot		
25	Low	<100	100 - 250	>250	Avocado		
32	Low	<100	100 - 250	>250	Banana		
24	Low	<100	100 - 250	>250	Blackberry		
38	Low	<100	100 - 250	>250	Blueberry		
8	Low	<100	100 - 250	>250	Boysenberry		
35	Low	<100	100 - 250	>250	Cantaloupe		
19	Low	<100	100 - 250	>250	Cherry		
24	Low	<100	100 - 250	>250	Cranberry		
19	Low	<100	100 - 250	>250	Currants		
62	Low	<100	100 - 250	>250	Fig		
24	Low	<100	100 - 250	>250	Grapefruit		
153	Moderate	<100	100 - 250	>250	Kiwi		
39	Low	<100	100 - 250	>250	Lemon		
102	Moderate	<100	100 - 250	>250	Mango		
20	Low	<100	100 - 250	>250	Orange		
20	Low	<120	120 - 250	>250	Papaya		
16	Low	<100	100 - 250	>250	Peach		
0	Low	<100	100 - 250	>250	Pear		
149	Moderate	<120	120 - 300	>300	Pineapple		
0	Low	<100	100 - 250	>250	Plum		
35	Low	<100	100 - 250	>250	Pomegranate		
27	Low	<100	100 - 250	>250	Raspberry		
43	Low	<100	100 - 250	>250	Red Grape		
18	Low	<100	100 - 250	>250	Rhubarb		
14	Low	<100	100 - 250	>250	Strawberry		
34	Low	<100	100 - 250	>250	Watermelon		
12	Low	<100	100 - 250	>250	White Grape		
MISCELLANEOUS							
49	Low	<100	100 - 250	>250	Baker's Yeast		
178	Moderate	<100	100 - 250	>250	Brewer's Yeast		
85	Low	<100	100 - 250	>250	Cane Sugar		
17	Low	<100	100 - 250	>250	Carob		
39	Low	<100	100 - 250	>250	Cocoa		
28	Low	<100	100 - 250	>250	Coffee		
0	Low	<100	100 - 250	>250	Corn Starch		
0	Low	<100	100 - 250	>250	Corn Sugar		
14	Low	<100	100 - 250	>250	Honey		
58	Low	<100	100 - 250	>250	Maple Sugar		
142	Moderate	<100	100 - 250	>250	Mushroom		
0	Low	<100	100 - 250	>250	Tapioca		
29	Low	<100	100 - 250	>250	Tea		
461	High	<100	100 - 250	>250	Xanthan Gum		
CANDIDA SCREEN							
528	High	<120	120 - 380	>380	Candida albicans		

MVL Allergy procedure uses both IgE and IgG4 antibodies for combined testing. | References: Volcheck GW. Postgrad Med. 2001 May; 109(5):71.

Due to literature documented test sensitivity limitations, negative serum allergy tests should not be used to justify exposure to an allergen that is clinically suspected as the cause of anaphylactic reaction.

Patient Name:
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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
buffalo	goat milk	barley	black bean	bamboo shoots	banana	cashew	basil	baker's yeast
cod	hemp milk	gliadin	kidney bean	bean sprouts	fig	chia seed	black pepper	brewer's yeast
oyster	oat milk	gluten	mung bean	black olive	papaya	olive oil	cilantro	cane sugar
tilapia	sheep milk	hemp	navy bean	carrot	red grape	pistachio	coriander	carob
venison		oat	pinto bean	celery	white grape	psyllium seed	cumin	grape juice concentrate
		sorghum		green bean			dill	used as sweetener
		teff		green olive			oregano	
		wheat		hops			parsley	mushroom
				mushroom			peppermint	peppermint tea
				sweet potato			rosemary	spearmint tea
				water chestnut			sage	
				yellow squash			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	
salmon		potato starch		green bell	blueberry	macadamia nut	poppy seed	black tea
trout		quinoa		pepper	boysenberry	safflower oil	red chili pepper	coconut used as sweetener
		tapioca flour		jalapeno	cranberry	safflower seed	vanilla	green tea
				okra	currants			pear used as sweetener
				potato	kiwi			tapioca
				red chili pepper	pear			
				spinach	pineapple			
				tomato				

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	peanut	nutmeg	corn sugar
halibut		corn	lima bean	avocado	mango	peanut oil	turmeric	honey
lamb		corn starch	soybean	butternut	rhubarb	pecan		
pork				squash	watermelon	pumpkin seed		
sole				cucumber		soy oil		
tofu				garlic		walnut		
				onion		walnut oil		
				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 egg	sesame seed	millet		bok choy	cherry	flaxseed	horseradish	maple sugar
duck meat	milk	rice		broccoli	grapefruit	flaxseed oil	mustard	maple syrup
egg white		sunchoke flour		brussels sprout	lemon	pine nuts	tarragon	
egg yolk		wild rice		cabbage	orange	sesame oil		
sardine				cauliflower	peach	sesame seed		
shrimp				endive	plum	sunflower oil		
tuna				kale	pomegranate	sunflower seed		
turkey				kelp	raspberry			
				kohlrabi	strawberry			
				lettuce				
				mustard greens				
				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

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PERSONALIZED FOUR DAY ROTATION FOOD PLAN



LOW REACTION FOODS

Allspice	Amaranth	Apple Mix	Apricot	Arrowroot	Artichoke	Asparagus
Avocado	Baker's Yeast	Bamboo Shoots	Banana	Barley	Basil	Bean Sprouts
Beef	Beet	Black Olive	Blackberry	Blueberry	Bok Choy	Boysenberry
Brazil Nut	Broccoli	Brown Rice	Brussels Sprout	Buckwheat	Buffalo	Butternut Squash
Cabbage	Cane Sugar	Cantaloupe	Carob	Carrot	Cashew	Cauliflower
Celery	Cherry	Chia Seed	Chicken	Chili Pepper	Cilantro	Cinnamon
Clam	Cloves	Cocoa	Coconut	Cod	Coffee	Corn Starch
Corn Sugar	Crab	Cranberry	Cucumber	Cumin	Currants	Dill
Duck Egg	Duck Meat	Eggplant	Endive	Fig	Garbanzo Bean	Garlic
Gluten	Grapefruit	Green Olive	Green Pepper	Halibut	Hazelnut	Hemp
Honey	Hops	Horseradish	Jalapeno	Kale	Kidney Bean	Kohlrabi
Lamb	Lemon	Lentil	Lettuce	Lima Bean	Lobster	Macadamia Nut
Maple Sugar	Millet	Mung Bean	Oat	Okra	Onion	Orange
Oregano	Papaya	Parsley	Pea	Peach	Peanut	Pear
Pecan	Peppermint	Pine Nuts	Pistachio	Plum	Pomegranate	Poppy Seed
Pork	Potato	Psyllium Seed	Pumpkin	Pumpkin Seed	Quinoa	Radish
Raspberry	Red Grape	Rhubarb	Rice	Rosemary	Rutabaga	Safflower Seed
Sage	Salmon	Sardine	Sesame Seed	Shrimp	Sole	Sorghum
Soybean	Spinach	Strawberry	Sunflower Seed	Sweet Potato	Tapioca	Tarragon
Tea	Thyme	Tilapia	Tomato	Trout	Tuna	Turkey
Venison	Walnut	Water Chestnut	Watermelon	Wheat	White Grape	Wild Rice
Yam						

MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

Alfalfa	Almond	Black Bean	Black Pepper	Brewer's Yeast	Coriander	Corn
Egg White	Egg Yolk	Flaxseed	Gliadin	Goat's Milk	Green Bean	Kelp
Kiwi	Mango	Mushroom	Mustard	Navy Bean	Nutmeg	Oyster
Pineapple	Pinto Bean	Sheep Milk	Spearmint	Teff	Turmeric	Vanilla
Watercress	Yellow Squash	Zucchini				

HIGH REACTION FOODS

Casein	Cheddar Cheese	Cottage Cheese	Cow's Milk	Ginger	Mozzarella Cheese	Parmesan
Whey	Xanthan Gum	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