

# 95 Common Food Sensitivity Profile

CLIA #: 50D0630590

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				
DAIRY								
79	Low	<100	100 - 350	>350	Casein	██████████		
63	Low	<100	100 - 350	>350	Cheddar Cheese	██████████		
133	Moderate	<100	100 - 350	>350	Cottage Cheese	██████████		
179	Moderate	<100	100 - 350	>350	Cow's Milk	██████████		
43	Low	<100	100 - 350	>350	Goat's Milk	██████████		
59	Low	<100	100 - 350	>350	Mozzarella Cheese	██████████		
487	High	<150	150 - 450	>450	Whey	██████████	██████████	
MEATS								
3	Low	<100	100 - 250	>250	Beef	██████████		
3	Low	<100	100 - 250	>250	Buffalo	██████████		
0	Low	<100	100 - 250	>250	Chicken	██████████		
0	Low	<150	150 - 450	>450	Egg White	██████████		
100	Low	<150	150 - 450	>450	Egg Yolk	██████████		
24	Low	<100	100 - 250	>250	Lamb	██████████		
0	Low	<100	100 - 250	>250	Pork	██████████		
0	Low	<100	100 - 250	>250	Turkey	██████████		
GRAINS								
11	Low	<100	100 - 250	>250	Barley	██████████		
0	Low	<100	100 - 250	>250	Buckwheat	██████████		
22	Low	<100	100 - 250	>250	Corn	██████████		
16	Low	<100	100 - 250	>250	Glutadin	██████████		
17	Low	<100	100 - 250	>250	Gluten	██████████		
26	Low	<100	100 - 250	>250	Hemp	██████████		
0	Low	<100	100 - 250	>250	Oat	██████████		
0	Low	<100	100 - 250	>250	Quinoa	██████████		
0	Low	<100	100 - 250	>250	Rice	██████████		
18	Low	<100	100 - 250	>250	Teff	██████████		
13	Low	<100	100 - 250	>250	Wheat	██████████		
SHELLFISH								
41	Low	<100	100 - 250	>250	Clam	██████████		
16	Low	<100	100 - 250	>250	Crab	██████████		
0	Low	<100	100 - 250	>250	Lobster	██████████		
28	Low	<100	100 - 250	>250	Oyster	██████████		
7	Low	<100	100 - 250	>250	Shrimp	██████████		
FISH								
5	Low	<100	100 - 250	>250	Cod	██████████		
0	Low	<100	100 - 250	>250	Halibut	██████████		
0	Low	<100	100 - 250	>250	Salmon	██████████		
0	Low	<100	100 - 250	>250	Sardine	██████████		
0	Low	<100	100 - 250	>250	Sole	██████████		
0	Low	<100	100 - 250	>250	Tilapia	██████████		
0	Low	<100	100 - 250	>250	Trout	██████████		
6	Low	<100	100 - 250	>250	Tuna	██████████		
NUTS								
3	Low	<100	100 - 250	>250	Almond	██████████		
8	Low	<100	100 - 250	>250	Peanut	██████████		
0	Low	<100	100 - 250	>250	Pecan	██████████		
9	Low	<100	100 - 250	>250	Pumpkin Seed	██████████		
0	Low	<100	100 - 250	>250	Sesame Seed	██████████		
2	Low	<100	100 - 250	>250	Sunflower Seed	██████████		
8	Low	<100	100 - 250	>250	Walnut	██████████		

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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## Final Report

RESULT		Reference Range			ALLERGEN	Low	Moderate	High
		Low	Moderate	High				
VEGETABLES								
9	Low	<100	100 - 250	>250	Asparagus			
4	Low	<100	100 - 250	>250	Beet			
16	Low	<100	100 - 250	>250	Black Olive			
2	Low	<100	100 - 250	>250	Broccoli			
0	Low	<100	100 - 250	>250	Cabbage			
0	Low	<100	100 - 250	>250	Carrot			
0	Low	<100	100 - 250	>250	Cauliflower			
0	Low	<100	100 - 250	>250	Celery			
2	Low	<100	100 - 250	>250	Cucumber			
9	Low	<100	100 - 300	>300	Garlic			
4	Low	<100	100 - 250	>250	Green Bean			
0	Low	<100	100 - 250	>250	Green Pepper			
17	Low	<150	150 - 450	>450	Kidney Bean			
0	Low	<100	100 - 250	>250	Lentil			
1	Low	<100	100 - 250	>250	Lettuce			
0	Low	<100	100 - 250	>250	Lima Bean			
0	Low	<100	100 - 250	>250	Onion			
2	Low	<100	100 - 250	>250	Pea			
0	Low	<100	100 - 250	>250	Potato			
0	Low	<100	100 - 250	>250	Pumpkin			
0	Low	<100	100 - 250	>250	Soybean			
3	Low	<100	100 - 250	>250	Spinach			
0	Low	<100	100 - 250	>250	Tomato			
FRUITS								
0	Low	<100	100 - 250	>250	Apple Mix			
0	Low	<100	100 - 250	>250	Apricot			
0	Low	<100	100 - 250	>250	Avocado			
0	Low	<100	100 - 250	>250	Banana			
0	Low	<100	100 - 250	>250	Blueberry			
0	Low	<100	100 - 250	>250	Cranberry			
0	Low	<100	100 - 250	>250	Grapefruit			
0	Low	<100	100 - 250	>250	Lemon			
0	Low	<100	100 - 250	>250	Orange			
0	Low	<120	120 - 250	>250	Papaya			
0	Low	<100	100 - 250	>250	Peach			
0	Low	<100	100 - 250	>250	Pear			
50	Low	<120	120 - 300	>300	Pineapple			
0	Low	<100	100 - 250	>250	Plum			
0	Low	<100	100 - 250	>250	Raspberry			
0	Low	<100	100 - 250	>250	Red Grape			
0	Low	<100	100 - 250	>250	Strawberry			
7	Low	<100	100 - 250	>250	Watermelon			
MISCELLANEOUS								
30	Low	<100	100 - 250	>250	Baker's Yeast			
132	Moderate	<100	100 - 250	>250	Brewer's Yeast			
20	Low	<100	100 - 250	>250	Cane Sugar			
12	Low	<100	100 - 250	>250	Coffee			
0	Low	<100	100 - 250	>250	Honey			
68	Low	<100	100 - 250	>250	Mushroom			
221	Moderate	<100	100 - 250	>250	Xanthan Gum			
CANDIDA SCREEN								
695	High	<120	120 - 380	>380	Candida albicans			

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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	kidney bean	black olive	banana			baker's yeast
cod	hemp milk	gliadin		carrot	papaya			brewer's yeast
oyster	oat milk	gluten		celery	red grape			cane sugar
tilapia		hemp		green bean				mushroom
		oat		mushroom				xanthan gum
		teff						
		wheat						

**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	potato flour		beet	apple mix	almond		apple used as sweetener
lobster	potato milk	potato starch		green bell pepper	blueberry			pear used as sweetener
salmon		quinoa		potato	cranberry			
trout				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	casein	buckwheat	lentil	asparagus	avocado	peanut	garlic	coffee
clam	cheddar cheese	corn	lima bean	avocado	watermelon	peanut oil		honey
halibut	cottage cheese		soybean	cucumber		pecan		
lamb	cow's milk			garlic		pumpkin seed		
pork	mozzarella			onion		soy oil		
sole	cheese			pea		walnut		
tofu	soy milk			pumpkin		walnut oil		

**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	rice		broccoli	apricot	sesame oil		
egg white	sesame seed			cabbage	grapefruit	sesame seed		
egg yolk	milk			cauliflower	lemon	sunflower oil		
sardine				lettuce	orange	sunflower seed		
shrimp					peach			
tuna					plum			
turkey					raspberry			
					strawberry			

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

Almond	Apple Mix	Apricot	Asparagus	Avocado	Baker's Yeast	Banana
Barley	Beef	Beet	Black Olive	Blueberry	Broccoli	Buckwheat
Buffalo	Cabbage	Cane Sugar	Carrot	Casein	Cauliflower	Celery
Cheddar Cheese	Chicken	Clam	Cod	Coffee	Corn	Crab
Cranberry	Cucumber	Egg White	Egg Yolk	Garlic	Gliadin	Gluten
Goat's Milk	Grapefruit	Green Bean	Green Pepper	Halibut	Hemp	Honey
Kidney Bean	Lamb	Lemon	Lentil	Lettuce	Lima Bean	Lobster
Mozzarella Cheese	Mushroom	Oat	Onion	Orange	Oyster	Papaya
Pea	Peach	Peanut	Pear	Pecan	Pineapple	Plum
Pork	Potato	Pumpkin	Pumpkin Seed	Quinoa	Raspberry	Red Grape
Rice	Salmon	Sardine	Sesame Seed	Shrimp	Sole	Soybean
Spinach	Strawberry	Sunflower Seed	Teff	Tilapia	Tomato	Trout
Tuna	Turkey	Walnut	Watermelon	Wheat		

### MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

Brewer's Yeast    Cottage Cheese    Cow's Milk    Xanthan Gum

### HIGH REACTION FOODS

Whey

### PENDING RESULTS

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