



FoodSafe Basic Bloodspot Panel

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Patient Name:

Date of Birth:

Accession No:

Age: 27

Doctor/Clinic:

Data File:

Order Doctor:

Doctor ID:

Test Code: 2052

Technician: ZT

Comments: NONE

Date Collected: 3/11/2021

Date Received: 3/15/2021

Date Run: 3/22/2021

Date Reported: 3/22/2021

Date Final: 3/22/2021

AGS Updated:

Final Report

RESULT		Reference Range			ALLERGEN	Low	Moderate	Avoid
		Low	Moderate	Avoid				
DAIRY								
192	Moderate	<100	100 - 350	>350	Casein	██████████		
147	Moderate	<100	100 - 250	>250	Cheddar Cheese	██████████		
172	Moderate	<100	100 - 350	>350	Cottage Cheese	██████████		
259	Moderate	<140	140 - 350	>350	Cow's Milk	██████████		
146	Moderate	<120	120 - 370	>370	Goat's Milk	██████████		
158	Moderate	<100	100 - 350	>350	Mozzarella Cheese	██████████		
641	Avoid	<150	150 - 250	>250	Whey	██████████		
MEATS								
145	Moderate	<110	110 - 260	>260	Beef	██████████		
111	Low	<130	130 - 220	>220	Buffalo	██████████		
184	Moderate	<160	160 - 310	>310	Chicken	██████████		
488	Avoid	<180	180 - 450	>450	Egg White	██████████		
172	Low	<190	190 - 500	>500	Egg Yolk	██████████		
126	Moderate	<120	120 - 270	>270	Lamb	██████████		
156	Moderate	<150	150 - 300	>300	Pork	██████████		
184	Moderate	<150	150 - 300	>300	Turkey	██████████		
GRAINS								
120	Low	<150	150 - 300	>300	Barley	██████████		
108	Low	<150	150 - 300	>300	Buckwheat	██████████		
116	Low	<180	180 - 320	>320	Corn	██████████		
209	Moderate	<150	150 - 300	>300	Gliadin	██████████		
129	Low	<130	130 - 280	>280	Gluten	██████████		
101	Low	<180	180 - 330	>330	Hemp	██████████		
118	Moderate	<100	100 - 250	>250	Oat	██████████		
121	Low	<150	150 - 300	>300	Quinoa	██████████		
116	Low	<200	200 - 350	>350	Rice	██████████		
141	Low	<150	150 - 330	>330	Teff	██████████		
160	Moderate	<120	120 - 260	>260	Wheat	██████████		
SHELLFISH								
83	Low	<140	140 - 290	>290	Clam	██████████		
77	Low	<140	140 - 290	>290	Crab	██████████		
101	Low	<170	170 - 320	>320	Lobster	██████████		
228	Moderate	<110	110 - 260	>260	Oyster	██████████		
95	Low	<150	150 - 300	>300	Shrimp	██████████		
FISH								
205	Moderate	<200	200 - 350	>350	Cod	██████████		
443	Avoid	<190	190 - 340	>340	Halibut	██████████		
378	Avoid	<200	200 - 350	>350	Salmon	██████████		
80	Low	<150	150 - 300	>300	Sardine	██████████		
413	Avoid	<160	160 - 310	>310	Sole	██████████		
460	Avoid	<250	250 - 400	>400	Tilapia	██████████		
415	Avoid	<200	200 - 350	>350	Trout	██████████		
351	Avoid	<150	150 - 300	>300	Tuna	██████████		
NUTS								
278	Moderate	<130	130 - 280	>280	Almond	██████████		
209	Moderate	<150	150 - 300	>300	Peanut	██████████		
110	Low	<180	180 - 330	>330	Pecan	██████████		
114	Low	<150	150 - 300	>300	Pumpkin Seed	██████████		
143	Low	<200	200 - 350	>350	Sesame Seed	██████████		
134	Low	<180	180 - 320	>320	Sunflower Seed	██████████		
129	Low	<250	250 - 400	>400	Walnut	██████████		

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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AGS Updated:

Final Report

RESULT		Reference Range			ALLERGEN	Low	Moderate	Avoid
		Low	Moderate	Avoid				
VEGETABLES								
121	Moderate	<120	120 - 270	>270	Asparagus	██████████		
131	Low	<140	140 - 290	>290	Beet	██████████		
102	Low	<150	150 - 300	>300	Black Olive	██████████		
138	Low	<150	150 - 290	>290	Broccoli	██████████		
109	Low	<120	120 - 270	>270	Cabbage	██████████		
117	Low	<140	140 - 290	>290	Carrot	██████████		
110	Low	<150	150 - 300	>300	Cauliflower	██████████		
141	Moderate	<140	140 - 290	>290	Celery	██████████		
113	Low	<150	150 - 300	>300	Cucumber	██████████		
233	Moderate	<180	180 - 380	>380	Garlic	██████████		
196	Moderate	<140	140 - 300	>300	Green Bean	██████████		
121	Low	<150	150 - 300	>300	Green Pepper	██████████		
143	Low	<180	180 - 480	>480	Kidney Bean	██████████		
100	Low	<130	130 - 280	>280	Lentil	██████████		
150	Moderate	<150	150 - 300	>300	Lettuce	██████████		
146	Moderate	<140	140 - 300	>300	Lima Bean	██████████		
117	Low	<130	130 - 280	>280	Onion	██████████		
118	Low	<120	120 - 270	>270	Pea	██████████		
107	Low	<200	200 - 350	>350	Potato	██████████		
118	Low	<140	140 - 290	>290	Pumpkin	██████████		
146	Low	<150	150 - 300	>300	Soybean	██████████		
116	Low	<160	160 - 310	>310	Spinach	██████████		
133	Low	<150	150 - 300	>300	Tomato	██████████		
FRUITS								
155	Low	<160	160 - 310	>310	Apple Mix	██████████		
100	Low	<120	120 - 270	>270	Apricot	██████████		
113	Low	<150	150 - 300	>300	Avocado	██████████		
173	Moderate	<160	160 - 340	>340	Banana	██████████		
111	Low	<130	130 - 280	>280	Blueberry	██████████		
97	Low	<100	100 - 250	>250	Cranberry	██████████		
88	Low	<150	150 - 300	>300	Grapefruit	██████████		
116	Low	<130	130 - 280	>280	Lemon	██████████		
152	Moderate	<130	130 - 280	>280	Orange	██████████		
164	Low	<180	180 - 310	>310	Papaya	██████████		
113	Low	<120	120 - 270	>270	Peach	██████████		
109	Moderate	<100	100 - 250	>250	Pear	██████████		
727	Avoid	<110	110 - 300	>300	Pineapple	██████████		
102	Low	<130	130 - 280	>280	Plum	██████████		
105	Low	<200	200 - 350	>350	Raspberry	██████████		
121	Low	<140	140 - 300	>300	Red Grape	██████████		
82	Low	<120	120 - 270	>270	Strawberry	██████████		
113	Low	<180	180 - 330	>330	Watermelon	██████████		
MISCELLANEOUS								
93	Low	<150	150 - 350	>350	Baker's Yeast	██████████		
135	Moderate	<100	100 - 250	>250	Brewer's Yeast	██████████		
104	Low	<200	200 - 350	>350	Cane Sugar	██████████		
185	Moderate	<130	130 - 280	>280	Coffee	██████████		
141	Low	<150	150 - 300	>300	Honey	██████████		
124	Low	<150	150 - 300	>300	Mushroom	██████████		
90	Low	<100	100 - 250	>250	Xanthan Gum	██████████		
CANDIDA SCREEN								
98	Moderate	<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 No:

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
		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 pepper	blueberry			pear used as sweetener
		quinoa		potato	cranberry			
				spinach	pear			
				tomato				

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	corn	watermelon	peanut oil		honey
lamb	cottage cheese		soybean	cucumber		pecan		
pork	cow's milk			garlic		pumpkin seed		
tofu	mozzarella cheese			onion		soy oil		
	soy milk			pea		walnut		
				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 yolk	sesame seed milk			cabbage	grapefruit	sesame seed		
sardine				cauliflower	lemon	sunflower oil		
shrimp				lettuce	orange	sunflower seed		
turkey					peach			
					plum			
					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

Significant = IS NOT LISTED IN ROTATION

Patient Name:
Accession No:

PERSONALIZED FOUR DAY ROTATION FOOD PLAN



LOW REACTION FOODS

Apple Mix	Apricot	Avocado	Baker's Yeast	Barley	Beet	Black Olive
Blueberry	Broccoli	Buckwheat	Buffalo	Cabbage	Cane Sugar	Carrot
Cauliflower	Clam	Corn	Crab	Cranberry	Cucumber	Egg Yolk
Gluten	Grapefruit	Green Pepper	Hemp	Honey	Kidney Bean	Lemon
Lentil	Lobster	Mushroom	Onion	Papaya	Pea	Peach
Pecan	Plum	Potato	Pumpkin	Pumpkin Seed	Quinoa	Raspberry
Red Grape	Rice	Sardine	Sesame Seed	Shrimp	Soybean	Spinach
Strawberry	Sunflower Seed	Teff	Tomato	Walnut	Watermelon	Xanthan Gum

MODERATE COMSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

Almond	Asparagus	Banana	Beef	Brewer's Yeast	Casein	Celery
Cheddar Cheese	Chicken	Cod	Coffee	Cottage Cheese	Cow's Milk	Garlic
Gliadin	Goat's Milk	Green Bean	Lamb	Lettuce	Lima Bean	Mozzarella Cheese
Oat	Orange	Oyster	Peanut	Pear	Pork	Turkey
Wheat						

AVOID THESE FOODS

Egg White	Halibut	Pineapple	Salmon	Sole	Tilapia	Trout
Tuna	Whey					

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

Significant = IS NOT LISTED IN ROTATION