



Test Report : Food Groups

FOOD INTOLERANCE (FOOD IgG) TEST REPORT

Patient Name:
Patient Number: 123456
Date of Birth:

Sample Date: 04-11-2022
Analysis Date: 04-11-2022
Clinic: Self

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
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IgG Values **IgG Values** **IgG Values**

DAIRY / EGG

23	Alpha-Lactalbumin	38	Egg White	121	Milk (Cow)
31	Beta-Lactoglobulin	<15	Egg Yolk	88	Milk (Goat)
119	Casein	<15	Milk (Buffalo)	107	Milk (Sheep)

GRAINS (Gluten-Containing)*

94	Barley	41	Malt	55	Wheat
37	Couscous	113	Oat	23	Wheat Bran
56	Durum Wheat	119	Rye		
95	Gliadin*	53	Spelt		

GRAINS (Gluten-Free)

47	Amaranth	<15	Millet	<15	Tapioca
<15	Buckwheat	<15	Polenta		
65	Corn (Maize)	59	Rice		

FRUIT

<15	Apple	30	Guava	29	Pear
29	Apricot	20	Kiwi	35	Pineapple
17	Avocado	18	Lemon	46	Plum
15	Banana	43	Lime	34	Pomegranate
<15	Blackberry	20	Lychee	36	Raisin
30	Blackcurrant	33	Mango	32	Raspberry
<15	Blueberry	<15	Mulberry	20	Redcurrant
38	Cherry	35	Nectarine	<15	Rhubarb
54	Cranberry	<15	Olive	<15	Strawberry
20	Date	91	Orange	37	Tangerine
63	Fig	45	Papaya	25	Watermelon
28	Grapefruit	17	Peach		

VEGETABLES

<15	Artichoke	<15	Carrot	121	Pea
<15	Asparagus	<15	Cauliflower	77	Potato
57	Aubergine	29	Celery	<15	Quinoa
56	Bean (Broad)	<15	Chard	38	Radish
<15	Bean (Green)	26	Chickpea	<15	Rocket
60	Bean (Red Kidney)	<15	Chicory	<15	Shallot
73	Bean (White Haricot)	<15	Cucumber	78	Soya Bean
<15	Beetroot	<15	Fennel (Leaf)	17	Spinach
15	Broccoli	19	Leek	<15	Sweet Potato
<15	Brussel Sprout	58	Lentil	25	Tomato
<15	Cabbage (Red)	<15	Lettuce	25	Turnip
47	Cabbage (White)	15	Marrow	<15	Watercress
21	Caper	<15	Onion	28	Yuca

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FISH / SEAFOOD

30	Alga Espaguette	<15	Eel	16	Razor Clam
<15	Alga Spirulina	<15	Haddock	16	Salmon
21	Alga Wakame	<15	Hake	<15	Sardine
<15	Anchovy	<15	Herring	<15	Scallop
<15	Barnacle	<15	Lobster	<15	Sea Bream (Gilthead)
<15	Bass	20	Mackerel	<15	Sea Bream (Red)
<15	Carp	<15	Monkfish	<15	Sole
<15	Caviar	<15	Mussel	<15	Squid
41	Clam	<15	Octopus	<15	Swordfish
<15	Cockle	20	Oyster	16	Trout
<15	Cod	<15	Perch	<15	Tuna
<15	Crab	<15	Pike	<15	Turbot
<15	Cuttlefish	15	Plaice	36	Winkle

MEAT

<15	Beef	36	Ostrich	<15	Turkey
<15	Chicken	<15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	23	Wild Boar
15	Horse	<15	Quail		
<15	Lamb	25	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nettle
<15	Basil	<15	Garlic	46	Nutmeg
<15	Bayleaf	39	Ginger	<15	Parsley
<15	Camomile	19	Ginkgo	<15	Peppermint
<15	Cayenne	24	Ginseng	<15	Rosemary
<15	Chilli (Red)	55	Hops	<15	Saffron
<15	Cinnamon	27	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
16	Cumin	<15	Mustard Seed	<15	Vanilla

NUTS / SEEDS

62	Almond	52	Hazelnut	<15	Rapeseed
68	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
60	Cashew Nut	61	Peanut	45	Sunflower Seed
29	Coconut	<15	Pine Nut	20	Tiger Nut
23	Flax Seed	77	Pistachio	18	Walnut

MISCELLANEOUS

135	Agar Agar	16	Cocoa Bean	<15	Tea (Black)
47	Aloe Vera	<15	Coffee	<15	Tea (Green)
27	Cane Sugar	100	Cola Nut	17	Transglutaminase
84	Carob	<15	Honey	60	Yeast (Baker's)
25	Chestnut	18	Mushroom	77	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. Please refer to the Patient Guidebook for further information.