

Test Report : Food Groups

Patient Name:
Patient Number:
Date of Birth:

Sample Date: 14/08/2023
Analysis Date: 16/08/2023
Clinic:

ELEVATED (≥30 U/ml)			BORDERLINE (24-29 U/ml)			NORMAL (≤23 U/ml)		
DAIRY / EGG								
<15	Alpha-Lactalbumin	107	Egg White	115	Milk (Cow)			
<15	Beta-Lactoglobulin	<15	Egg Yolk	35	Milk (Goat)			
103	Casein	<15	Milk (Buffalo)	60	Milk (Sheep)			
GRAINS (Gluten-Containing)*								
84	Barley	38	Malt	30	Wheat			
<15	Couscous	16	Oat	<15	Wheat Bran			
<15	Durum Wheat	26	Rye					
42	Gliadin*	<15	Spelt					
GRAINS (Gluten-Free)								
37	Amaranth	<15	Millet	<15	Rice			
<15	Buckwheat	<15	Polenta	<15	Tapioca			
65	Corn (Maize)	<15	Quinoa					
FRUIT								
<15	Apple	<15	Guava	<15	Pear			
<15	Apricot	<15	Kiwi	<15	Pineapple			
<15	Avocado	<15	Lemon	21	Plum			
<15	Banana	35	Lime	<15	Pomegranate			
<15	Blackberry	<15	Lychee	<15	Raisin			
<15	Blackcurrant	<15	Mango	<15	Raspberry			
<15	Blueberry	<15	Mulberry	<15	Redcurrant			
<15	Cherry	<15	Nectarine	<15	Rhubarb			
104	Cranberry	<15	Olive	<15	Strawberry			
<15	Date	69	Orange	<15	Tangerine			
16	Fig	<15	Papaya	20	Watermelon			
<15	Grapefruit	<15	Peach					
VEGETABLES								
<15	Artichoke	<15	Carrot	76	Pea			
<15	Asparagus	<15	Cauliflower	38	Potato			
<15	Aubergine	31	Celery	18	Radish			
<15	Bean (Broad)	<15	Chard	<15	Rocket			
<15	Bean (Green)	<15	Chickpea	<15	Shallot			
<15	Bean (Red Kidney)	<15	Chicory	<15	Soya Bean			
31	Bean (White Haricot)	<15	Cucumber	<15	Spinach			
<15	Beetroot	<15	Fennel (Leaf)	<15	Sweet Potato			
<15	Broccoli	<15	Leek	<15	Tomato			
<15	Brussel Sprout	<15	Lentil	<15	Turnip			
<15	Cabbage (Red)	<15	Lettuce	<15	Watercress			
<15	Cabbage (White)	<15	Marrow	60	Yuca			
<15	Caper	<15	Onion					

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FISH / SEAFOOD

<15	Alga Espaguettes	<15	Eel	<15	Razor Clam
<15	Alga Spirulina	<15	Haddock	<15	Salmon
43	Alga Wakame	<15	Hake	<15	Sardine
<15	Anchovy	<15	Herring	23	Scallop
<15	Barnacle	<15	Lobster	<15	Sea Bream (Gilthead)
<15	Bass	<15	Mackerel	<15	Sea Bream (Red)
<15	Carp	<15	Monkfish	20	Sole
<15	Caviar	<15	Mussel	<15	Squid
23	Clam	<15	Octopus	<15	Swordfish
<15	Cockle	<15	Oyster	31	Trout
<15	Cod	<15	Perch	<15	Tuna
<15	Crab	<15	Pike	<15	Turbot
<15	Cuttlefish	<15	Plaice	31	Winkle

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	<15	Wild Boar
<15	Horse	<15	Quail		
<15	Lamb	17	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nettle
<15	Basil	<15	Garlic	<15	Nutmeg
<15	Bayleaf	<15	Ginger	<15	Parsley
<15	Camomile	<15	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	18	Hops	<15	Saffron
<15	Cinnamon	52	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	33	Thyme
<15	Cumin	<15	Mustard Seed	60	Vanilla

NUTS / SEEDS

36	Almond	15	Hazelnut	<15	Rapeseed
<15	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
73	Cashew Nut	28	Peanut	20	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
<15	Flax Seed	88	Pistachio	<15	Walnut

MISCELLANEOUS

99	Agar Agar	20	Cocoa Bean	<15	Tea (Black)
25	Aloe Vera	<15	Coffee	<15	Tea (Green)
<15	Cane Sugar	39	Cola Nut	<15	Transglutaminase
<15	Carob	19	Honey	80	Yeast (Baker's)
<15	Chestnut	<15	Mushroom	80	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.

Test Report : Order of Reactivity

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ELEVATED FOODS (≥30 U/ml)

115	Milk (Cow)	69	Orange	37	Amaranth
107	Egg White	65	Corn (Maize)	36	Almond
104	Cranberry	60	Milk (Sheep)	35	Lime
103	Casein	60	Vanilla	35	Milk (Goat)
99	Agar Agar	60	Yuca	33	Thyme
88	Pistachio	52	Liquorice	31	Bean (White Haricot)
84	Barley	43	Alga Wakame	31	Celery
80	Yeast (Baker's)	42	Glutadin*	31	Trout
80	Yeast (Brewer's)	39	Cola Nut	31	Winkle
76	Pea	38	Malt	30	Wheat
73	Cashew Nut	38	Potato		

BORDERLINE FOODS (24-29 U/ml)

28	Peanut	26	Rye	25	Aloe Vera
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NORMAL FOODS (≤23 U/ml)

23	Clam	<15	Coffee	<15	Tomato
23	Scallop	<15	Pine Nut	<15	Walnut
21	Plum	<15	Plaice	<15	Barnacle
20	Cocoa Bean	<15	Spelt	<15	Ostrich
20	Sole	<15	Blackcurrant	<15	Pomegranate
20	Sunflower Seed	<15	Ox	<15	Raspberry
20	Watermelon	<15	Beta-Lactoglobulin	<15	Rosemary
19	Honey	<15	Horse	<15	Shallot
18	Hops	<15	Lychee	<15	Turnip
18	Radish	<15	Mint	<15	Apricot
17	Rabbit	<15	Oyster	<15	Bass
16	Fig	<15	Perch	<15	Mackerel
16	Oat	<15	Raisin	<15	Papaya
15	Hazelnut	<15	Soya Bean	<15	Pear
<15	Brazil Nut	<15	Squid	<15	Redcurrant
<15	Ginger	<15	Wild Boar	<15	Anchovy
<15	Tiger Nut	<15	Egg Yolk	<15	Beef
<15	Alpha-Lactalbumin	<15	Flax Seed	<15	Ginseng
<15	Bean (Broad)	<15	Ginkgo	<15	Grapefruit
<15	Eel	<15	Cuttlefish	<15	Guava
<15	Marjoram	<15	Lamb	<15	Mussel
<15	Rice	<15	Nectarine	<15	Partridge
<15	Sea Bream (Gilthead)	<15	Salmon	<15	Rhubarb
<15	Apple	<15	Tea (Green)	<15	Sage

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NORMAL FOODS ...continued

<15	Sea Bream (Red)	<15	Wheat Bran	<15	Cockle
<15	Venison	<15	Aniseed	<15	Coconut
<15	Artichoke	<15	Asparagus	<15	Couscous
<15	Aubergine	<15	Blackberry	<15	Cucumber
<15	Bayleaf	<15	Cabbage (White)	<15	Cumin
<15	Carp	<15	Caviar	<15	Date
<15	Cayenne	<15	Lentil	<15	Dill
<15	Cinnamon	<15	Lobster	<15	Fennel (Leaf)
<15	Coriander (Leaf)	<15	Olive	<15	Garlic
<15	Durum Wheat	<15	Quail	<15	Goat
<15	Haddock	<15	Razor Clam	<15	Hake
<15	Herring	<15	Tuna	<15	Leek
<15	Peach	<15	Alga Espaguettes	<15	Lettuce
<15	Strawberry	<15	Alga Spirulina	<15	Macadamia Nut
<15	Tarragon	<15	Avocado	<15	Marrow
<15	Tea (Black)	<15	Bean (Green)	<15	Milk (Buffalo)
<15	Turkey	<15	Bean (Red Kidney)	<15	Millet
<15	Banana	<15	Beetroot	<15	Monkfish
<15	Basil	<15	Blueberry	<15	Mulberry
<15	Duck	<15	Broccoli	<15	Mushroom
<15	Kiwi	<15	Brussel Sprout	<15	Mustard Seed
<15	Lemon	<15	Buckwheat	<15	Nettle
<15	Mango	<15	Cabbage (Red)	<15	Nutmeg
<15	Octopus	<15	Cane Sugar	<15	Parsley
<15	Onion	<15	Caper	<15	Peppermint
<15	Sardine	<15	Carob	<15	Pike
<15	Swordfish	<15	Carrot	<15	Pineapple
<15	Turbot	<15	Cauliflower	<15	Polenta
<15	Watercress	<15	Chard	<15	Rapeseed
<15	Camomile	<15	Cherry	<15	Rocket
<15	Cod	<15	Chestnut	<15	Sesame Seed
<15	Crab	<15	Chicken	<15	Sweet Potato
<15	Pork	<15	Chickpea	<15	Tangerine
<15	Quinoa	<15	Chicory	<15	Tapioca
<15	Saffron	<15	Chilli (Red)	<15	Transglutaminase
<15	Spinach	<15	Clove	<15	Veal

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