

CLIA: 50D0630590

Patient Name:  
Accession No:  
Doctor/Clinic:  
Order Doctor:  
Fax#:  
Comments:  
AGS Updated:

Age:

Date of Birth:  
External ID:

Date Collected:  
Date Received:  
Date Run:  
Date Reported:  
Date Final:

Doctor ID:

Data File:  
Technician:

**Final Report**

RESULT	Reference Range			ALLERGEN	Sensitivity		
	Low	Moderate	Avoid		Low	Moderate	Avoid
DAIRY							
949	Avoid	<100	100 - 350	>350	Casein	[Bar chart showing sensitivity levels]	
784	Avoid	<100	100 - 350	>350	Cheddar Cheese	[Bar chart showing sensitivity levels]	
1291	Avoid	<100	100 - 350	>350	Cottage Cheese	[Bar chart showing sensitivity levels]	
1300	Avoid	<100	100 - 350	>350	Cow's Milk	[Bar chart showing sensitivity levels]	
364	Avoid	<100	100 - 350	>350	Goat's Milk	[Bar chart showing sensitivity levels]	
771	Avoid	<100	100 - 350	>350	Mozzarella Cheese	[Bar chart showing sensitivity levels]	
1944	Avoid	<150	150 - 450	>450	Whey	[Bar chart showing sensitivity levels]	
MEATS							
1106	Avoid	<100	100 - 250	>250	Beef	[Bar chart showing sensitivity levels]	
309	Avoid	<100	100 - 250	>250	Buffalo	[Bar chart showing sensitivity levels]	
35	Low	<100	100 - 250	>250	Chicken	[Bar chart showing sensitivity levels]	
1385	Avoid	<150	150 - 450	>450	Egg White	[Bar chart showing sensitivity levels]	
1072	Avoid	<150	150 - 450	>450	Egg Yolk	[Bar chart showing sensitivity levels]	
314	Avoid	<100	100 - 250	>250	Lamb	[Bar chart showing sensitivity levels]	
58	Low	<100	100 - 250	>250	Pork	[Bar chart showing sensitivity levels]	
34	Low	<100	100 - 250	>250	Turkey	[Bar chart showing sensitivity levels]	
GRAINS							
42	Low	<100	100 - 250	>250	Barley	[Bar chart showing sensitivity levels]	
27	Low	<100	100 - 250	>250	Buckwheat	[Bar chart showing sensitivity levels]	
32	Low	<100	100 - 250	>250	Corn	[Bar chart showing sensitivity levels]	
72	Low	<100	100 - 250	>250	Gliadin	[Bar chart showing sensitivity levels]	
108	Moderate	<100	100 - 250	>250	Gluten	[Bar chart showing sensitivity levels]	
32	Low	<100	100 - 250	>250	Hemp	[Bar chart showing sensitivity levels]	
22	Low	<100	100 - 250	>250	Oat	[Bar chart showing sensitivity levels]	
31	Low	<100	100 - 250	>250	Quinoa	[Bar chart showing sensitivity levels]	
14	Low	<100	100 - 250	>250	Rice	[Bar chart showing sensitivity levels]	
36	Low	<100	100 - 250	>250	Teff	[Bar chart showing sensitivity levels]	
142	Moderate	<100	100 - 250	>250	Wheat	[Bar chart showing sensitivity levels]	
FISH							
7	Low	<100	100 - 250	>250	Cod	[Bar chart showing sensitivity levels]	
4	Low	<100	100 - 250	>250	Halibut	[Bar chart showing sensitivity levels]	
20	Low	<100	100 - 250	>250	Salmon	[Bar chart showing sensitivity levels]	
23	Low	<100	100 - 250	>250	Sardine	[Bar chart showing sensitivity levels]	
16	Low	<100	100 - 250	>250	Sole	[Bar chart showing sensitivity levels]	
49	Low	<100	100 - 250	>250	Tilapia	[Bar chart showing sensitivity levels]	
11	Low	<100	100 - 250	>250	Trout	[Bar chart showing sensitivity levels]	
12	Low	<100	100 - 250	>250	Tuna	[Bar chart showing sensitivity levels]	
SHELLFISH							
26	Low	<100	100 - 250	>250	Clam	[Bar chart showing sensitivity levels]	
53	Low	<100	100 - 250	>250	Crab	[Bar chart showing sensitivity levels]	
7	Low	<100	100 - 250	>250	Lobster	[Bar chart showing sensitivity levels]	
69	Low	<100	100 - 250	>250	Oyster	[Bar chart showing sensitivity levels]	
108	Moderate	<100	100 - 250	>250	Shrimp	[Bar chart showing sensitivity levels]	
NUTS							
116	Moderate	<100	100 - 250	>250	Almond	[Bar chart showing sensitivity levels]	
1535	Avoid	<100	100 - 250	>250	Peanut	[Bar chart showing sensitivity levels]	
17	Low	<100	100 - 250	>250	Pecan	[Bar chart showing sensitivity levels]	
17	Low	<100	100 - 250	>250	Pumpkin Seed	[Bar chart showing sensitivity levels]	
8	Low	<100	100 - 250	>250	Sesame Seed	[Bar chart showing sensitivity levels]	
33	Low	<100	100 - 250	>250	Sunflower Seed	[Bar chart showing sensitivity levels]	
59	Low	<100	100 - 250	>250	Walnut	[Bar chart showing sensitivity levels]	



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## Final Report

RESULT		Reference Range			ALLERGEN	Sensitivity		
		Low	Moderate	Avoid		Low	Moderate	Avoid
FRUITS								
6	Low	<100	100 - 250	>250	Apple Mix	■		
15	Low	<100	100 - 250	>250	Apricot	■		
54	Low	<100	100 - 250	>250	Avocado	■		
11	Low	<100	100 - 250	>250	Banana	■		
48	Low	<100	100 - 250	>250	Blueberry	■		
15	Low	<100	100 - 250	>250	Cranberry	■		
408	Avoid	<100	100 - 250	>250	Grapefruit	■		
539	Avoid	<100	100 - 250	>250	Lemon	■		
520	Avoid	<100	100 - 250	>250	Orange	■		
20	Low	<120	120 - 250	>250	Papaya	■		
30	Low	<100	100 - 250	>250	Peach	■		
21	Low	<100	100 - 250	>250	Pear	■		
778	Avoid	<120	120 - 300	>300	Pineapple	■		
27	Low	<100	100 - 250	>250	Plum	■		
32	Low	<100	100 - 250	>250	Raspberry	■		
24	Low	<100	100 - 250	>250	Red Grape	■		
30	Low	<100	100 - 250	>250	Strawberry	■		
24	Low	<100	100 - 250	>250	Watermelon	■		
VEGETABLES								
30	Low	<100	100 - 250	>250	Asparagus	■		
48	Low	<100	100 - 250	>250	Beet	■		
64	Low	<100	100 - 250	>250	Black Olive	■		
42	Low	<100	100 - 250	>250	Broccoli	■		
21	Low	<100	100 - 250	>250	Cabbage	■		
55	Low	<100	100 - 250	>250	Carrot	■		
46	Low	<100	100 - 250	>250	Cauliflower	■		
39	Low	<100	100 - 250	>250	Celery	■		
34	Low	<100	100 - 250	>250	Cucumber	■		
82	Low	<100	100 - 300	>300	Garlic	■		
89	Low	<100	100 - 250	>250	Green Bean	■		
58	Low	<100	100 - 250	>250	Green Pepper	■		
178	Moderate	<150	150 - 450	>450	Kidney Bean	■		
174	Moderate	<100	100 - 250	>250	Lentil	■		
45	Low	<100	100 - 250	>250	Lettuce	■		
65	Low	<100	100 - 250	>250	Lima Bean	■		
64	Low	<100	100 - 250	>250	Onion	■		
206	Moderate	<100	100 - 250	>250	Pea	■		
12	Low	<100	100 - 250	>250	Potato	■		
13	Low	<100	100 - 250	>250	Pumpkin	■		
32	Low	<100	100 - 250	>250	Soybean	■		
25	Low	<100	100 - 250	>250	Spinach	■		
64	Low	<100	100 - 250	>250	Tomato	■		
MISCELLANEOUS								
13	Low	<100	100 - 250	>250	Baker's Yeast	■		
45	Low	<100	100 - 250	>250	Brewer's Yeast	■		
3	Low	<100	100 - 250	>250	Cane Sugar	■		
39	Low	<100	100 - 250	>250	Coffee	■		
20	Low	<100	100 - 250	>250	Honey	■		
48	Low	<100	100 - 250	>250	Mushroom	■		
20	Low	<100	100 - 250	>250	Xanthan Gum	■		
CANDIDA SCREEN								
122	Moderate	<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
cod	hemp milk	barley	KIDNEY BEAN	black olive	banana			baker's yeast
oyster	oat milk	gliadin		carrot	papaya			brewer's yeast
tilapia		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 bell pepper	blueberry			pear used as sweetener
salmon		quinoa		potato	cranberry			
trout				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
clam	soy milk	buckwheat	LENTIL	asparagus	avocado	pecan	garlic	coffee
halibut		corn	lima bean	avocado	watermelon	pumpkin seed		honey
pork			soybean	cucumber		soy oil		
sole				garlic		walnut		
tofu				onion		walnut oil		
				PEA				
				pumpkin				

**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		
sardine	sesame seed milk			cabbage	peach	sesame seed		
SHRIMP				cauliflower	plum	sunflower oil		
tuna				lettuce	raspberry	sunflower seed		
turkey					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** = lowercase

**MODERATE** = UPPERCASE

**SIGNIFICANT** = IS NOT LISTED IN ROTATION

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**FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD**



**LOW REACTION FOODS**

Apple Mix	Apricot	Asparagus	Avocado	Baker's Yeast	Banana	Barley
Beet	Black Olive	Blueberry	Brewer's Yeast	Broccoli	Buckwheat	Cabbage
Cane Sugar	Carrot	Cauliflower	Celery	Chicken	Clam	Cod
Coffee	Corn	Crab	Cranberry	Cucumber	Garlic	Gliadin
Green Bean	Green Pepper	Halibut	Hemp	Honey	Lettuce	Lima Bean
Lobster	Mushroom	Oat	Onion	Oyster	Papaya	Peach
Pear	Pecan	Plum	Pork	Potato	Pumpkin	Pumpkin Seed
Quinoa	Raspberry	Red Grape	Rice	Salmon	Sardine	Sesame Seed
Sole	Soybean	Spinach	Strawberry	Sunflower Seed	Teff	Tilapia
Tomato	Trout	Tuna	Turkey	Walnut	Watermelon	Xanthan Gum

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

ALMOND	GLUTEN	KIDNEY BEAN	LENTIL	PEA	SHRIMP	WHEAT
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**AVOID THESE FOODS**

BEEF	BUFFALO	CASEIN	CHEDDAR CHEESE	COTTAGE CHEESE	COW'S MILK	EGG WHITE
EGG YOLK	GOAT'S MILK	GRAPEFRUIT	LAMB	LEMON	MOZZARELLA CHEESE	ORANGE
PEANUT	PINEAPPLE	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.

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