



Prepared for: Sample Report 96
Date of Birth: 7/1/2019

Reported On: 4/10/2026

Lab Results

Non Reactive Less than 8 µg/ml	Mild Intolerance 8-18 µg/ml	Moderate Intolerance 18-40 µg/ml	Severe Intolerance Over 40 µg/ml
-----------------------------------	--------------------------------	-------------------------------------	-------------------------------------

Vegetables

Asparagus	Eggplant (Aubergine)		
Broccoli	Potato		
Carrots	Squash		
Cauliflower			
Cucumber			
Olive			
Onion			
Spinach			
Celery			
Tomato			
Cabbage			
Bell Pepper, Green			
Kelp			
Bok Choy			

Salads

Kale			
Lettuce			
Arugula (Rocket)			

The information provided in this report is intended for informational purposes only. The information is not intended to replace a relationship with your physician or other healthcare professional. You should not rely on this information as professional medical advice. Always seek the advice of your physician or other qualified healthcare provider before starting, stopping or modifying any dietary supplement or before modifying or stopping any physician-prescribed treatment. In the case of a health emergency, seek immediate assistance from emergency personnel. Never delay obtaining medical advice or disregard medical advice because of something you have or have not read on this site.



Prepared for: Sample Report 96

Reported On: 4/10/2026

Non Reactive Less than 8 µg/ml	Mild Intolerance 8-18 µg/ml	Moderate Intolerance 18-40 µg/ml	Severe Intolerance Over 40 µg/ml
-----------------------------------	--------------------------------	-------------------------------------	-------------------------------------

Fruits

Banana	Peach	Strawberry	
Apple	Pineapple		
Grape/Raisin			
Lemon			
Orange			
Pear			
Watermelon			
Avocado			
Blueberry			
Grapefruit			
Cantaloupe			

Legumes

Pinto Bean	Lima Bean	Soy Bean	
Black Bean			

Legume

Green Bean			
Green Pea			

Eggs

Chicken Egg White	Chicken Egg Yolk		
-------------------	------------------	--	--



Prepared for: Sample Report 96

Reported On: 4/10/2026

Non Reactive Less than 8 µg/ml	Mild Intolerance 8-18 µg/ml	Moderate Intolerance 18-40 µg/ml	Severe Intolerance Over 40 µg/ml
-----------------------------------	--------------------------------	-------------------------------------	-------------------------------------

Fish

Cod	Salmon		
Haddock	Tunafish		
Sole			
Swordfish			

Shellfish

Shrimp			
Scallops			
Lobster			
Clam			

Nuts & Seeds

Almond	Cashew		
Cocoa Bean			
Coconut			
Peanut			
Sesame			
Sunflower Seed			
Walnut			
Chia Seed			
Safflower			



Prepared for: Sample Report 96

Reported On: 4/10/2026

Non Reactive Less than 8 µg/ml	Mild Intolerance 8-18 µg/ml	Moderate Intolerance 18-40 µg/ml	Severe Intolerance Over 40 µg/ml
-----------------------------------	--------------------------------	-------------------------------------	-------------------------------------

Spices & Herbs

Cinnamon	Basil		
Garlic			
Mustard Seed			
Oregano			
Black Pepper			
Ginger			
Dill			
Tarragon			

Mushrooms

Mushroom			
----------	--	--	--

Sweeteners

Honey (Mixture)			
-----------------	--	--	--

Cereals Containing Gluten

Barley	Wheat	Gluten	
Oats	Malt		
Rye			
Bran			

Cereals Without Gluten & Alternatives

Rice	Corn		
Sweet Potato			



Prepared for: Sample Report 96

Reported On: 4/10/2026

Non Reactive Less than 8 µg/ml	Mild Intolerance 8-18 µg/ml	Moderate Intolerance 18-40 µg/ml	Severe Intolerance Over 40 µg/ml
-----------------------------------	--------------------------------	-------------------------------------	-------------------------------------

Cow Milk Products

	Cheddar Cheese Yogurt		Cow's Milk A1
--	--------------------------	--	---------------

Teas, Coffee, Tannin

Coffee	Black Tea		
--------	-----------	--	--

Meat

Lamb Pork	Beef		
--------------	------	--	--

Poultry

Chicken Turkey Hen			
-----------------------	--	--	--

Yeast

Yeast, Baker's Yeast, Brewer's			
-----------------------------------	--	--	--



Suggested Protocol

Supplement	Morning Dosage	Lunchtime Dosage	Afternoon Dosage	Dinner Dosage	Before Bed Dosage
*M² GlutenPro					
Daily	1 capsule(s)	1 capsule(s)		1 capsule(s)	
*M² Neuro Nutrients 3					
Daily	1 capsule(s)				
Microbiome Labs MegaMucosa Powder					
Daily				1 scoop	
SFI Omega-3 Mini					
Daily	2 softgel(s)				



Clinical Notes



Class I Reactions: Mild IgG reactions are indicated in yellow on your report and mean that you are mildly reactive to these foods. Any foods in this reactivity range should be avoided for a minimum of 12 weeks before re-introduction into your diet.



Class II Reactions: Moderate IgG reactions are indicated in orange on your report and mean that you are moderately reactive to these foods. Any foods in this reactivity range should be avoided for a minimum of 4-6 months before re-introduction into your diet.



Class III Reactions: Severe IgG reactions are indicated in red on your report and mean that you are highly reactive to these foods. Any foods in this reactivity range should be avoided for a minimum of 6 months before re-introduction into your diet. You may need to avoid highly reactive foods for up to one year to fully repair the GI tract, but a retest is recommended in six months to monitor progress.



Drug Nutrient Depletion: Antibiotics are medications that help to stop bacterial infections. They specifically treat infections caused by bacteria. Taking anti-biotics for a viral infection can lead to the development of super bugs which are resistant to antibiotics. The use of anti-biotics can deplete B vitamins, calcium, magnesium, potassium, vitamin K, Iron and beneficial bacteria. Include foods that are rich in these nutrients such as leafy greens, broccoli, pumpkin seeds, sauerkraut, coconut water kefir, sunflower seeds, avocado, bananas, lentils, grass-fed beef, lamb, wild fish and pasture-raised chicken. Taking a high-quality multivitamin and mineral supplement with activated forms of b-vitamins and chelated minerals can help replenish the nutrients commonly depleted after taking these types of medications. A broad-spectrum probiotic is also a consideration to restore beneficial bacteria in the gut.



Elimination Diet I: All the foods that you are allowed to eat (green) can be used to create an individual diet in a four-day cycle. If you eat a certain selection of foods on the first day, you should avoid eating these for the next three days. This helps the body heal from the current IgG food sensitivities while reducing the possibility of forming new ones. It also ensures that you get all the vitamins and minerals you would expect from a varied diet.



Elimination Diet II: When you begin changing your diet you might feel worse than before. This can be a good sign as the body is detoxing. Make sure to drink at least half your body weight in ounces of water each day to help process and remove harmful substances. This detox reaction should not last more than 10 days.



Clinical Notes



Elimination Diet III: If at the end of your elimination period you would like to try to add any of the reactive foods back into your diet, add one (1) full serving of a single offending food every three (3) days. It can take up to 72 hours to exhibit symptoms of a food sensitivity. Symptoms may include digestive upset, constipation or diarrhea, headache, runny nose, and sudden weight fluctuations indicating inflammation. If you do not experience negative symptoms when adding an offending food, then you may add that food back in on a rotation (every 4 days). If you add an offending food back and experience negative symptoms you may do a second trial and/or eliminate that food for at least 1 year.



It is possible to experience a sensitivity to food(s) you have never eaten before with no clear reason for the reaction. This could be the result of a cross-reactivity with other foods or proteins that are similar enough that the immune system responds. For example, the immune system may identify dairy as gluten, which is one of the reasons gluten-sensitive individuals may also experience sensitivity reactions to dairy. Alternatively, if you have not consumed a food several weeks to months prior to testing or have eaten it irregularly then the immune system production of IgG antibodies may have declined to where no reaction occurs.



An allergy is a reaction that triggers the release of antibodies that results in immediate symptom onset. A true food allergy causes an immune response that can affect multiple organs and in some cases, be severe or even life threatening. Food sensitivity symptoms are delayed and are typically limited to digestive problems, but they can lead to chronic inflammatory health issues. Please note that IgG food sensitivity testing differs from IgE allergy testing in that if you are not ingesting the food, then your body does not have the opportunity to produce antibodies to that substance. Therefore, a negative IgG reaction may be reported, even if there was a IgE allergy present from a skin (cutaneous) test due to the lack of consumption in the diet.



Please be sure to include a multivitamin and omega-3 supplement in your daily regimen. These provide the basic vitamins, minerals, and omega-3's needed for overall health and wellness.



Clinical Notes



Probiotics: The balance of bacteria in the gastrointestinal (GI) tract is often disrupted by stress, excessive alcohol intake, exposure to toxins, diets high in processed foods and low in fiber, antibiotic therapy or certain medications which can lead to symptoms such as gas and bloating. Colonizing a healthy layer of beneficial bacteria in the gastrointestinal tract with probiotics can strengthen the immune system, improve digestion, promote bowel regularity, facilitate mineral absorption, help your body make vitamins (B and K) and properly metabolize cholesterol. To get your good probiotic bugs to stick around, eat daily servings of prebiotic- and probiotic-rich foods such as kefir, yogurt (dairy or nondairy), sauerkraut, kimchi, tempeh, and kombucha.



A re-test is suggested in 6 months to ensure that antibodies have subsided. It is not uncommon for us to show sensitivities to other foods that we rotate to when eliminating the sensitive foods. Reducing the over-consumption of any one food will be helpful in this process.

Lifestyle Notes



Basil is commonly found in Italian seasonings and dishes, green curry sauce, and pesto sauce. If you were reactive to basil, all Mediterranean and Italian cuisine should be eaten with caution as these foods commonly contain basil.



Beef (from cattle): avoid all food items using beef meat or beef organs. This includes beef broth, steaks, beef jerky and hamburger meat.



Black tea is a fully oxidized tea with a bold flavor and dark color, often consumed hot or iced. It is the base for popular varieties like Earl Grey and chai.



Cashews are a tree nut and are processed into baked goods, dairy-free cheeses, snack foods, breakfast cereals, chocolate, and desserts. In Indian and Chinese cuisines, they are often used as binding agents and often mixed into rice.



Cheddar cheese is made with the same ingredients as most other cheeses-milk, salt, rennet, and a bacteria culture. The bacteria is added to cow's milk to acidify it and the rennet is added to curdle it. The curds are strained to separate the liquid whey, then heated to release more whey as the curd melts together.



Lifestyle Notes



Corn is the most widely grown crop throughout the United States and is one of the most genetically modified (85% or more) crops. Corn is widely fed to livestock used for human consumption. Corn syrup is used to sweeten many processed foods and sodas. Avoid corn flour, corn grits, corn oil, corn syrup, corn flakes, corn chips, processed meats, soft drinks, margarine, popcorn, aspirin, dextrose, hominy, beer and other alcoholic beverages containing corn. Due to the presence of corn syrup also avoid packaged fruit juices, as well as ketchup.



Cow milk is used in the processing of milk, yogurt, and kefir, but it is also hidden in a multitude of other foods. Cow milk contains high amounts of lactose and A1 casein, found to be sensitive items for many people. The following foods contain cows milk or its components and should be avoided: white bread, chocolate, many liqueurs, many salad dressings, certain sausages, pudding, cakes, ice cream, meatballs, margarine, souffles, instant dough, pastry, yogurt, mayonnaise, baked rolls, buttermilk, and creamy soups,. The following list of ingredients are other names used for cow's milk: Lactoglobulin, concentrated milk, casein, lactalbumin, buttermilk, milk proteins, whole milk, cream, butter, dried whole milk, sour cream, yogurt. Please be sure to read ingredient labels carefully.












Eggplant is a nightshade used widely in cooking. It is commonly used as a meat alternative in vegan/vegetarian dishes. Also avoid baba ghanoush.



Chicken eggs are a hidden ingredient in many foods, including canned soups, salad dressings, ice cream and many meat-based dishes such as meatballs and meatloaf. Egg protein is also found in some vaccines such as the influenza (flu) vaccine. It is advised to avoid egg entirely if you are reactive to only one component of egg (such as egg whites). The following foods commonly contain egg whites and/or egg yolks: gluten free breads, desserts, soups, mayonnaise, mustard, quiches, gratins, baking spreads, hamburger, and desserts. Eggs can also be found in mustard and ketchup. Other names for eggs commonly used in foods: Lecithin E322, ovomucoid, ovalbumin, albumin, livetin, globulin, lysozyme E1105. Egg protein is also found in some vaccines such as the influenza vaccine. Since it is impossible to fully separate egg yolks from egg whites, it is advised to avoid egg entirely if you are reactive to only one component of egg (such as egg whites).








Lifestyle Notes

-  Gluten is a protein complex that is found in grains. Gliadin (along with glutenin) make up the gluten fraction of the wheat seed. The baking properties of gluten/gliadin provide elasticity to dough allowing it to rise and keep its shape. Gluten/gliadin is found in wheat, barley, rye, kamut, and spelt. If you were reactive to gluten, we would recommend you also avoid wheat, barley, rye, kamut and spelt even if those foods did not show reactivity separately. Oats are naturally gluten-free but can easily become contaminated. Opt for gluten-free oats.
-  Lima beans, also known as butter beans, have a soft, starchy texture and mild flavor. They are often used in stews, casseroles, or simply boiled as a side dish.
-  Malt is a substance derived from grain, typically barley, which has been soaked in water to initiate germination and then dried in a hot oven. This process transforms the grain into malt, which is essential in the production of various alcoholic beverages, including whiskey and beer.
-  Peaches are native to China and are used in a wide array of recipes. Foods to avoid: raw peaches, peach jelly/jam/preserves, mixed fruit, desserts made with peaches such as pies, cakes, ice creams, and sorbets. Also avoid nectarines.
-  Pineapple juice and the flesh are used in cuisines all over the world. It may be served dried as a snack, in fruit salad, as a pizza topping, in yogurt, sweets, ice cream, or in jam. Also avoid pineapple juice commonly used in cocktails such as Pina Colada.
-  Salmon is a ray-finned fish that can be caught wild or farmed. Avoid all salmon including smoked salmon, Lox, Gravlax, Smelt and Steelhead.
-  Soybean is one of the most genetically modified crops in the world and is used in a multitude of products. Avoid soybean oil, soy protein, soy sauce, soy milk, tofu, soy flour, textured vegetable protein, tempeh, soy lecithin, and edamame. Soy is also a major component of feed for industrial raised livestock in the US.
-  Squash refers to a variety of vegetables, such as zucchini, butternut, and acorn squash, known for their mild and versatile flavors. They are usually roasted, steamed, or used in soups, casseroles, and desserts.
-  Strawberries are a popular addition to dairy products such as ice cream, milkshakes, and yogurts. In addition to being consumed fresh, strawberries are frozen or made into preserves. Also avoid blackthorn tea and sole gin if you are reactive to strawberries.



Lifestyle Notes

-  Tuna is a saltwater fish that can be high in mercury. Avoid all forms of tuna including tuna salads, sushi (Ahi tuna), tuna steak, tuna casseroles and canned tuna.
-  The human body is composed of two-thirds water. Water is required for every cell, organ and tissue to transport oxygen and nutrients around the body, and to regulate temperature. It is vital for joint lubrication, detoxification, energy production, and healthy hair, skin and nails. Aim to get half your body weight in ounces of water daily. Add lemon, cucumber, mint or berries for flavor. If you exercise or spend time outdoors in a hot climate, more water is needed.
-  Wheat is found in the following: all purpose flour, breads (white or wheat), bulgar, spelt, couscous, kamut, matzo meal, noodles, pasta, sprouted wheat, semolina. Certain foods may contain wheat: pasta, breadcrumbs, instant meals, instant soups, cake mix, chips, beverages, soy sauce, salad dressings, muesli, sweets and many others. Wheat contains high amounts of gluten & gliadin, which is a common food sensitivity.
-  Potatoes are tubers and are considered the fourth most important crop in the world (behind wheat, maize, and rice). Avoid whole potatoes (white, red, purple), potato salad, potato chips/crisps, mashed potatoes (even instant), baked potatoes, steamed potatoes, french fries, and potato pancakes. Also avoid potato flour and potato starch.
-  Yogurt is a dairy product made by fermenting milk with live cultures. It is commonly eaten as a snack, breakfast item, or in smoothies and sauces.



Product Descriptions



Avoidance of wheat products may not be enough to maintain a gluten-free diet. For example, did you know that gluten is used as a food additive and stabilizing agent in salad dressings, ice cream, and even ketchup? Our unique GlutenPro formula was created to complement those seeking a gluten-free lifestyle by encouraging more complete digestion and absorption of grains. *Polysaccharolytic Enzyme Blend. Gluten proteins in wheat products are surrounded by a starchy endosperm cell, which can more effectively be broken down with the alpha-galactosidase, phytase, amylase, glucoamylase, and diastase enzymes included in GlutenPro. * Proteolytic Enzymes. In addition to our traditional protease blend, this formulation includes DPP-IV which helps break down some of the stubborn peptides found in grain that are often implicated in gluten intolerance. *Probiotics. These "good" bacteria naturally present in the gut help support digestion to assist in maintaining optimum intestinal balance. *Herbal and prebiotic plant fiber. GlutenPro includes several herbs known for their ability to promote gastrointestinal system health. *Health Benefits: Neurologistics GlutenPro is a digestive enzyme supplement designed to help reduce the symptoms of occasional bloating, diarrhea, gas, and abdominal cramps associated with diets high in complex carbohydrates. *



Neuro Nutrients 3 contains optimal amounts of many nutrients not easily obtained in most diets. It uses higher quality ingredients than most multivitamins, including vitamin E as high gamma mixed-tocopherols, a proprietary NatureFolate™ blend of active isomer naturally-occurring folates, and TRAACS® true amino acid chelate minerals for optimal tolerance and absorption. These exceptional ingredients are combined in an up-to-date, science-based formulation to create a truly superior multivitamin. *



MegaMucosa is the first complete mucosal support supplement of its kind, formulated to support a healthy mucosal barrier. MegaMucosa also contains dairy-free immunoglobulins clinically shown to support a healthy immune system in the mucosa and a state-of-the-art flavobiotic shown to support microbial diversity and short-chain fatty acid production



Product Descriptions



Omega-3 Mini™ contains the same premium fish oil concentrate as our Marine Fish Oil softgels, but the capsules are half the size. This smaller softgel is often preferred by children and other individuals who have difficulty swallowing larger pills. Natural lemon flavor has been added to the oil, giving this product a light, citrus taste. Antioxidant blend with vitamin E tocopherols maintains freshness. Each batch is analyzed by an independent, third-party laboratory to verify oil purity and omega-3 potency. Cholesterol-free.