



Prepared for: Jane Doe
Date of Birth: 1/1/1989

Reported On: 5/24/2022

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
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Cereals containing Gluten

Oats	Kamut	Gluten	
Barley	Rye	Spelt	
		Wheat	

Cereals without Gluten & Alternatives

Amaranth			
Arrowroot			
Buckwheat			
Carob			
Cassava			
Chestnut			
Fonio			
Jerusalem Artichoke			
Lupine			
Maize, Sweet Corn			
Millet			
Quinoa			
Rice			
Sweet Potato			
Tapoica			
Teff			

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.



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Cow Milk Products

Halloumi	Kefir		
	Milk (cow)		
	Milk, cooked		
	Rennet Cheese (cow)		
	Ricotta		
	Sour Products (cow)		

Eggs

		Quail Egg	Chicken Egg
			Goose Egg

Fish/Seafood

Anchovy			
Carp			
Cod			
Crayfish/Crawfish			
Gilthead Bream			
Haddock			
Hake			
Halibut			
Herring			
Mackerel			
Ocean Perch			
Pike Perch (Zander)			



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Fish/Seafood(continued)

Plaice			
Pollock			
Salmon			
Sardine			
Shark			
Sole			
Squid			
Swordfish			
Trout			
Tunafish			

Food Additives

Guar Flour			
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Fruit

Apple			
Apricot			
Avocado			
Banana			
Cherry			
Date			
Fig			
Grape/Raisin			
Kiwi			



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Fruit(continued)

Lemon			
Lychee			
Mango			
Nectarine			
Orange			
Papaya			
Peach			
Pear			
Pineapple			
Plum			
Strawberry			
Watermelon			
Yellow Plum			

Game

Deer			
Hare			
Rabbit			
Venison			
Wild Boar			



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Legumes

Broad or Fava Bean			
Chickpeas			
Green Bean			
Green Pea			
Lentil			
Mung Bean			
Soy Bean			

Meat

Beef			
Goat			
Lamb			
Pork			
Veal			

Mushrooms

Meadow/ Button			
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Nuts & Seeds

Almond			
Brazil Nut			
Cashew			
Cocoa Bean			
Coconut			



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Nuts & Seeds(continued)

Flaxseed (Linseed)			
Hazelnut			
Macadamia nut			
Peanut			
Pine Nut			
Pistachio			
Poppy Seed			
Pumpkin Seed			
Sesame			
Sunflower Seed			
Walnut			

Other Mammalian Milk

Camel's Milk			
Goat: Milk & Cheese			
Mare's Milk			
Sheep: Milk & Cheese			

Poultry

Chicken			
Duck			
Goose			
Ostrich			



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Poultry(continued)

Quail			
Turkey Hen			

Salads

Arugula (Rocket)			
Butterhead Lettuce			
Chicory			
Endive			
Iceberg Lettuce			
Lamb's Lettuce			
Raddicchio			
Red Leaf Lettuce			
Romaine			

Spices & Herbs

Basil		Garlic	
Chive			
Cinnamon			
Horseradish			
Mustard Seed			
Nutmeg			
Oregano			
Paprika			
Parsley			



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Spices & Herbs(continued)

Pepper, Black			
Rosemary			
Thyme			
Vanilla			

Sweeteners

Cane Sugar			
Honey (Mixture)			

Teas, Coffee & Tannin

Peppermint			
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Vegetables

Artichoke			
Asparagus			
Beets			
Broccoli			
Brussel Sprouts			
Carrots			
Celery, Stalk			
Chard			
Chinese Cabbage			
Cucumber			
Eggplant (Aubergine)			



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Vegetables(continued)

Kale			
Knob Celery, Celeriac			
Kohlrabi (Turnip Cabbage)			
Leek			
Olive			
Onion			
Parsnip			
Potato			
Pumpkin			
Radish			
Red Cabbage			
Rutabaga			
Savoy Cabbage			
Spinach			
Sweet Pepper			
Tomato			
White Cabbage			
Zucchini (Courgette)			
Cauliflower			
Chili Cayenne			



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Yeast



Suggested Protocol

Supplement	Morning Dosage	Lunchtime Dosage	Afternoon Dosage	Dinner Dosage	Before Bed Dosage
Digestzymes by Designs for Health					
Daily	1 capsule(s)	1 capsule(s)		2 capsule(s)	
GI-Resolve by Biotics Research					
Daily					2 teaspoon(s)
Microbiome Labs Mega Sporbiotic					
Daily				1 capsule(s)	
Neuro Nutrients 3					
Daily	1 capsule(s)			1 capsule(s)	
Omega + 850					
Daily	1 softgel(s)			1 softgel(s)	



Clinical Notes



A broad-spectrum digestive enzyme has been suggested to improve digestion and overall gut health. Please note that the digestive enzyme dosages in your protocol should be taken with meals.



A probiotic formula was included in your protocol to restore the balance of healthy bacteria in the gut which is often disrupted after taking antibiotics.



A re-test is suggested in 6 months to ensure that antibodies have subsided. Of course, 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.



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.



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 in your diet.



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 in your diet.



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.



Severe IgG reactions are indicated in red on your report and mean that you are very highly reactive to these foods. Any foods in this reactivity range should be avoided for a minimum of 6 months up to one (1) year before re-introduction in your diet. You may need to avoid highly reactive foods for up to one year to fully repair the GI tract.



Symptoms such as gas, bloating, and trouble digesting food are signals the gut is in disrepair. Gut health plays a crucial role in our ability to properly absorb nutrients, and can contribute to many other symptoms and maladies.

Lifestyle Notes



Aim to get half your body weight in ounces of water and 3-4 servings of protein daily.



Chicken Eggs I: Eggs are made of two components: the egg yolk and the egg white. The white surrounds the yolk which is also known as the yellow of the egg. The egg white contains the protein while the yolk is rich in lecithin, fats, and vitamins. 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. Even some commercial egg substitutes contain egg protein.



Chicken Eggs II: 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).



Chicken Eggs III: In cooking, lecithin from egg yolk is used for emulsions, salad dressings, and mayonnaise's. The egg yolk is also used to make sauces such as Hollandaise, as well as sweet foods and cream. The whisked egg white is used as a binder for many desserts.



Chicken Eggs IV: The following foods commonly contain egg whites and/or egg yolks: gluten free breads, desserts, soups, mayonnaise, mustard, ketchup, instant meals, quiches, gratins, baking spreads, hamburger, and pies. Other names for eggs commonly used in foods: Lecithin E322, ovomucoid, ovalbumin, albumin, livetin, globulin, lysozyme E1105.



Consuming foods that contain fiber such as legumes, seeds, brown rice, fruits, and vegetables support a healthy gastrointestinal tract (GI) by feeding the healthy gut bacteria (probiotics). Restoring the gut microbiome by including these foods in the diet daily may reduce GI distress and promote normal GI function. Adults should aim to get 30 grams of fiber each day. Children (3-18 years old) should aim to get their age + 5 in grams of fiber each day.



Cooked Milk: Not to be confused with pasteurized milk, cooked milk has slightly different properties than milk. Cooked milk is cow's milk that has been boiled for at least 30 minutes, cooled, and the top layer removed.



Cow's Milk I: Cow milk is used in the processing of milk, yogurt, and kefir but it is also comes hidden in a multitude of other foods. Cow milk contains high amounts of lactose and A1 casein, two items that many people are sensitive to. A1 casein is a protein found in cow milk that many people are unable to digest.

Lifestyle Notes



Cow's Milk II: Cow milk is the number one allergen and food sensitivity among children and can persist throughout adulthood. That's because it contains more than 20 different allergens (including A1 casein) that can cause symptoms often confused with seasonal allergens such as hives, runny nose, abdominal cramps, and colic in babies. A1 casein has been linked to gastrointestinal issues like irritable bowel syndrome, Crohn's disease, leaky gut, colitis, acne, and eczema.



Cow's Milk III: The following foods contain cow's milk or its components and should be avoided: white bread, chocolate, liqueurs, salad dressings, certain sausages, scrambled eggs, pudding, cakes, ice cream, meatballs, margarine, soufflés, instant dough, pastry, yogurt, hamburgers, mayonnaise, baked rolls, vanilla sauce, buttermilk, cream soups, ketchup, cocoa, and mashed potatoes.



Cow's Milk IV: 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.



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, oat, and spelt. If you were reactive to gluten, we would recommend you also avoid wheat, barley, rye, oat and spelt even if those foods did not show reactivity separately.



Goose eggs are only sold fresh at the market and are not commonly used in the production of other foods like conventional chicken eggs. Goose eggs are much larger than chicken eggs and the flavor is much richer and more intense than chicken eggs. Many of the nutrients are the same as the chicken egg but are present in larger amounts due to the larger size.



Kamut is an ancestor of wheat and it is a cereal which contains gluten. Products that are produced from kamut or by using it are correspondingly labeled (bread and baked goods, snack food, etc.).



Kefir is a thick and slightly alcoholic fermented milk product that is often used for milk mixed drinks, sweets, or sauces. Read ingredient labels carefully.

Lifestyle Notes



Please be sure to include a multivitamin and Omega 3 supplement in your daily regimen. Failure to include these nutrients will delay the healing/re-balancing process. If you are currently taking an Omega 3 supplement and/or Multivitamin, the recommended products are recommended in place of – not in addition to, your current regimen. Please refer to your practitioner to determine the best multivitamin and Omega-3 source for you.



Quail eggs are sold fresh at the market and are not commonly used in the production of other foods like conventional chicken eggs. Quail eggs are much smaller than chicken eggs but can be prepared the same way: boiled, poached, scrambled, used raw, or fried. They are considered a delicacy in many parts of the world. In Japanese cuisine, they may be used raw or cooked as tamago in sushi.



Rennet Cheese: These are cheeses made using the rennet enzymes. This includes Parmesan, Leerdam cheese, Edam, Emmental, Chester, Tilset, Brie, and Gouda cheeses. Please avoid any cheese or foods with Rennet in the list of ingredients.



Ricotta cheese (from cow) is used for desserts, baked goods, sauces, appetizers and as a spread for bread. Ricotta is rarely used as an ingredient for industrially processed products.



Rye is processed to many products: Flour- is used to manufacture rye bread or rolls or to manufacture pre-mixed breads with other flour sources, Muesli, Raw material to manufacture Brandy wines.



Sour milk products (from cow's milk) that should be avoided include buttermilk, sour cream, yogurt, whey, curd, as well as cottage cheese.



Spelt is available on the market as entire grains or spelt flour. It is used as an ingredient for soups, stews and baked goods of all type. You should ask your baker about the use of spelt in mixed breads. Industrially processed food rarely contain spelt – which is usually labelled on the list of ingredients.



Wheat grains are a base for many products and contains high amounts of gluten & gliadin. Wheat is found in: All-purpose flour, bread (white or wheat), bulgar, spelt, couscous, kamut, matzo meal, noodles, pasta, flour, sprouted wheat, and semolina. Certain foods may contain wheat or element of wheat: pasta, breadcrumb coating, instant meals, instant soups, cake mix, beverages, soy sauce, salad dressings, muesli, sweets and many others. It is important to always read food labels.

Product Descriptions



Digestzymes by Designs for Health

Digestzymes™ is comprised of a proprietary blend of digestive enzymes along with betaine HCL to support optimal digestion of proteins, fats, and carbohydrates. This product contains the special protease DPP IV (dipeptidyl peptidase IV), which aids in the breakdown of casomorphin (from casein) and gluteomorphin (from gluten). Digestzymes™ also includes the enzyme lactase, which helps break down the dairy sugar lactose. The use of Digestzymes™ before meals may be helpful when patients experience gas and bloating after eating, constipation, or a feeling of fullness after eating only a small quantity of food.*



GI-Resolve by Biotics Research

GI-Resolve® combines effective clinical levels of well-researched nutrients and botanicals specifically formulated to support optimal gastrointestinal health and function without any added flavors, colors, sweeteners, gums or common allergens. Carefully sourced for premium quality, the ingredients in this clean and great-tasting powder include L-Glutamine, Zinc Carnosine, N-Acetyl Glucosamine, MSM, Aloe vera Leaf, Okra and DGL.* Does not contain shellfish.



Microbiome Labs Mega Sporbiotic

MegaSporeBiotic is a probiotic blend of 5 Bacillus spores that have been clinically shown to maintain healthy gut barrier function and overall immunity. The bi-phasic life cycle of the Bacillus spores allows them to remain dormant in harsh environments until they reach more favorable environments like the human gastrointestinal tract. Once inside the large intestine, these dormant spores can change into their active, vegetative forms and begin colonizing in the gut. This unique probiotic blend aims to recondition the gut instead of reseeding with probiotic strains that cannot survive digestion or colonize the gut. Start with 1/2 capsule or 1 full capsule with food and slowly increase to 2 capsules per day using the following incremental dosing as suggested in the protocol. If 1 capsule every other day is too strong, try starting with 1/2 capsules or even 1/4 capsule in some cases. Possible symptoms may include abdominal cramping, loose stools, and changes in bowel movements. Though these symptoms may be uncomfortable, they are a sign that the product is working! Symptoms should resolve within 2-3 days. Suggested Protocol= Week 1: 1 capsule every other day; Week 2: 1 capsule daily; Week 3+: 2 capsules daily



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Product Descriptions



Neuro Nutrients 3

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.*



Omega + 850

EPA and DHA from fish oil promote cardiovascular health by supporting optimal triglyceride and cholesterol levels and reducing platelet aggregation. Fish oil has also been shown to promote optimal joint function and overall brain and nervous system function.