



Patient Name:
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RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
DAIRY							
1504	Avoid	<100	100 - 350	>350	Casein	[Bar chart showing high level]	
920	Avoid	<100	100 - 250	>250	Cheddar Cheese	[Bar chart showing high level]	
1970	Avoid	<100	100 - 350	>350	Cottage Cheese	[Bar chart showing high level]	
1580	Avoid	<140	140 - 350	>350	Cow's Milk	[Bar chart showing high level]	
264	Moderate	<120	120 - 370	>370	Goat's Milk	[Bar chart showing moderate level]	
1787	Avoid	<100	100 - 350	>350	Mozzarella Cheese	[Bar chart showing high level]	
2253	Avoid	<150	150 - 250	>250	Whey	[Bar chart showing high level]	
MEATS							
535	Avoid	<110	110 - 260	>260	Beef	[Bar chart showing high level]	
252	Avoid	<130	130 - 220	>220	Buffalo	[Bar chart showing high level]	
162	Moderate	<160	160 - 310	>310	Chicken	[Bar chart showing moderate level]	
1449	Avoid	<180	180 - 450	>450	Egg White	[Bar chart showing high level]	
719	Avoid	<190	190 - 500	>500	Egg Yolk	[Bar chart showing high level]	
302	Avoid	<120	120 - 270	>270	Lamb	[Bar chart showing high level]	
153	Moderate	<150	150 - 300	>300	Pork	[Bar chart showing moderate level]	
110	Low	<150	150 - 300	>300	Turkey	[Bar chart showing low level]	
GRAINS							
584	Avoid	<150	150 - 300	>300	Barley	[Bar chart showing high level]	
146	Low	<150	150 - 300	>300	Buckwheat	[Bar chart showing low level]	
161	Low	<180	180 - 320	>320	Corn	[Bar chart showing low level]	
990	Avoid	<150	150 - 300	>300	Gliadin	[Bar chart showing high level]	
771	Avoid	<130	130 - 280	>280	Gluten	[Bar chart showing high level]	
130	Low	<180	180 - 330	>330	Hemp	[Bar chart showing low level]	
82	Low	<100	100 - 250	>250	Oat	[Bar chart showing low level]	
126	Low	<150	150 - 300	>300	Quinoa	[Bar chart showing low level]	
116	Low	<200	200 - 350	>350	Rice	[Bar chart showing low level]	
109	Low	<150	150 - 330	>330	Teff	[Bar chart showing low level]	
1029	Avoid	<120	120 - 260	>260	Wheat	[Bar chart showing high level]	
FISH							
118	Low	<200	200 - 350	>350	Cod	[Bar chart showing low level]	
108	Low	<190	190 - 340	>340	Halibut	[Bar chart showing low level]	
112	Low	<200	200 - 350	>350	Salmon	[Bar chart showing low level]	
112	Low	<150	150 - 300	>300	Sardine	[Bar chart showing low level]	
106	Low	<160	160 - 310	>310	Sole	[Bar chart showing low level]	
171	Low	<250	250 - 400	>400	Tilapia	[Bar chart showing low level]	
104	Low	<200	200 - 350	>350	Trout	[Bar chart showing low level]	
91	Low	<150	150 - 300	>300	Tuna	[Bar chart showing low level]	
SHELLFISH							
177	Moderate	<140	140 - 290	>290	Clam	[Bar chart showing moderate level]	
101	Low	<140	140 - 290	>290	Crab	[Bar chart showing low level]	
122	Low	<170	170 - 320	>320	Lobster	[Bar chart showing low level]	
139	Moderate	<110	110 - 260	>260	Oyster	[Bar chart showing moderate level]	
84	Low	<150	150 - 300	>300	Shrimp	[Bar chart showing low level]	
NUTS							
125	Low	<130	130 - 280	>280	Almond	[Bar chart showing low level]	
1257	Avoid	<150	150 - 300	>300	Peanut	[Bar chart showing high level]	
113	Low	<180	180 - 330	>330	Pecan	[Bar chart showing low level]	
151	Moderate	<150	150 - 300	>300	Pumpkin Seed	[Bar chart showing moderate level]	
142	Low	<200	200 - 350	>350	Sesame Seed	[Bar chart showing low level]	
152	Low	<180	180 - 320	>320	Sunflower Seed	[Bar chart showing low level]	
119	Low	<250	250 - 400	>400	Walnut	[Bar chart showing low level]	

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test.



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RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
FRUITS							
135	Low	<160	160 - 310	>310	Apple Mix		
88	Low	<120	120 - 270	>270	Apricot		
96	Low	<150	150 - 300	>300	Avocado		
348	Avoid	<160	160 - 340	>340	Banana		
89	Low	<130	130 - 280	>280	Blueberry		
76	Low	<100	100 - 250	>250	Cranberry		
275	Moderate	<150	150 - 300	>300	Grapefruit		
275	Moderate	<130	130 - 280	>280	Lemon		
362	Avoid	<130	130 - 280	>280	Orange		
116	Low	<180	180 - 310	>310	Papaya		
77	Low	<120	120 - 270	>270	Peach		
75	Low	<100	100 - 250	>250	Pear		
382	Avoid	<110	110 - 300	>300	Pineapple		
79	Low	<130	130 - 280	>280	Plum		
122	Low	<200	200 - 350	>350	Raspberry		
101	Low	<140	140 - 300	>300	Red Grape		
88	Low	<120	120 - 270	>270	Strawberry		
117	Low	<180	180 - 330	>330	Watermelon		
VEGETABLES							
99	Low	<120	120 - 270	>270	Asparagus		
101	Low	<140	140 - 290	>290	Beet		
146	Low	<150	150 - 300	>300	Black Olive		
74	Low	<150	150 - 290	>290	Broccoli		
97	Low	<120	120 - 270	>270	Cabbage		
89	Low	<140	140 - 290	>290	Carrot		
101	Low	<150	150 - 300	>300	Cauliflower		
101	Low	<140	140 - 290	>290	Celery		
108	Low	<150	150 - 300	>300	Cucumber		
1094	Avoid	<180	180 - 380	>380	Garlic		
96	Low	<140	140 - 300	>300	Green Bean		
102	Low	<150	150 - 300	>300	Green Pepper		
166	Low	<180	180 - 480	>480	Kidney Bean		
298	Avoid	<130	130 - 280	>280	Lentil		
105	Low	<150	150 - 300	>300	Lettuce		
112	Low	<140	140 - 300	>300	Lima Bean		
95	Low	<130	130 - 280	>280	Onion		
335	Avoid	<120	120 - 270	>270	Pea		
135	Low	<200	200 - 350	>350	Potato		
112	Low	<140	140 - 290	>290	Pumpkin		
299	Moderate	<150	150 - 300	>300	Soybean		
82	Low	<160	160 - 310	>310	Spinach		
113	Low	<150	150 - 300	>300	Tomato		
MISCELLANEOUS							
89	Low	<150	150 - 350	>350	Baker's Yeast		
159	Moderate	<100	100 - 250	>250	Brewer's Yeast		
117	Low	<200	200 - 350	>350	Cane Sugar		
106	Low	<130	130 - 280	>280	Coffee		
97	Low	<150	150 - 300	>300	Honey		
106	Low	<150	150 - 300	>300	Mushroom		
84	Low	<100	100 - 250	>250	Xanthan Gum		
CANDIDA SCREEN							
188	Avoid	<70	70 - 100	>100	Candida albicans		

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RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
				DAIRY			
1016	Avoid	<100	100 - 200	>200	Parmesan		
383	Avoid	<100	100 - 300	>300	Sheep Milk		
1179	Avoid	<100	100 - 200	>200	Yogurt		
				MEATS			
389	Avoid	<100	100 - 250	>250	Duck Egg		
97	Low	<100	100 - 200	>200	Duck Meat		
67	Low	<100	100 - 250	>250	Venison		
				GRAINS			
118	Low	<150	150 - 420	>420	Amaranth		
92	Low	<100	100 - 280	>280	Arrowroot		
107	Moderate	<100	100 - 200	>200	Brown Rice		
114	Moderate	<100	100 - 280	>280	Flaxseed		
90	Low	<100	100 - 200	>200	Hops		
104	Low	<150	150 - 420	>420	Millet		
53	Low	<100	100 - 200	>200	Psyllium Seed		
152	Moderate	<100	100 - 200	>200	Safflower Seed		
95	Low	<100	100 - 250	>250	Sorghum		
107	Moderate	<100	100 - 200	>200	Wild Rice		
				SPICES			
163	Moderate	<100	100 - 250	>250	Allspice		
110	Moderate	<100	100 - 250	>250	Basil		
90	Low	<100	100 - 200	>200	Black Pepper		
171	Moderate	<100	100 - 300	>300	Cilantro		
110	Low	<150	150 - 450	>450	Cinnamon		
92	Low	<150	150 - 450	>450	Cloves		
99	Low	<100	100 - 250	>250	Coriander		
101	Low	<120	120 - 250	>250	Cumin		
119	Low	<120	120 - 300	>300	Dill		
1147	Avoid	<100	100 - 280	>280	Ginger		
114	Moderate	<100	100 - 200	>200	Horseradish		
538	Avoid	<100	100 - 250	>250	Mustard		
90	Low	<100	100 - 200	>200	Nutmeg		
91	Low	<100	100 - 200	>200	Oregano		
100	Moderate	<100	100 - 300	>300	Parsley		
136	Moderate	<120	120 - 250	>250	Peppermint		
83	Low	<100	100 - 200	>200	Poppy Seed		
139	Moderate	<100	100 - 200	>200	Rosemary		
103	Moderate	<100	100 - 300	>300	Sage		
152	Moderate	<100	100 - 250	>250	Spearmint		
118	Moderate	<100	100 - 250	>250	Tarragon		
119	Moderate	<100	100 - 200	>200	Thyme		
165	Moderate	<100	100 - 200	>200	Turmeric		
88	Low	<100	100 - 200	>200	Vanilla		
				NUTS			
120	Low	<150	150 - 450	>450	Brazil Nut		
220	Avoid	<100	100 - 200	>200	Cashew		
103	Moderate	<100	100 - 300	>300	Chia Seed		
95	Low	<100	100 - 250	>250	Coconut		
97	Low	<100	100 - 200	>200	Hazelnut		
91	Low	<100	100 - 280	>280	Macadamia Nut		
119	Moderate	<100	100 - 200	>200	Pine Nuts		
131	Moderate	<100	100 - 200	>200	Pistachio		



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RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
FRUITS							
86	Low	<150	150 - 450	>450	Blackberry		
103	Moderate	<100	100 - 250	>250	Boysenberry		
84	Low	<150	150 - 450	>450	Cantaloupe		
82	Low	<120	120 - 250	>250	Cherry		
93	Low	<110	110 - 300	>300	Currants		
105	Moderate	<100	100 - 250	>250	Fig		
125	Moderate	<100	100 - 200	>200	Kiwi		
61	Low	<150	150 - 450	>450	Mango		
110	Low	<150	150 - 450	>450	Pomegranate		
80	Low	<100	100 - 200	>200	Rhubarb		
95	Low	<150	150 - 420	>420	White Grape		
VEGETABLES							
128	Moderate	<100	100 - 200	>200	Alfalfa		
88	Low	<120	120 - 300	>300	Artichoke		
86	Low	<100	100 - 250	>250	Bamboo Shoots		
156	Moderate	<100	100 - 250	>250	Bean Sprouts		
104	Moderate	<100	100 - 250	>250	Black Bean		
85	Low	<100	100 - 250	>250	Bok Choy		
78	Low	<150	150 - 450	>450	Brussels Sprout		
77	Low	<100	100 - 350	>350	Butternut Squash		
116	Moderate	<100	100 - 200	>200	Chili Pepper		
95	Low	<100	100 - 200	>200	Eggplant		
91	Low	<100	100 - 250	>250	Endive		
199	Moderate	<100	100 - 280	>280	Garbanzo Bean		
75	Low	<100	100 - 280	>280	Green Olive		
85	Low	<90	90 - 200	>200	Jalapeno		
69	Low	<100	100 - 200	>200	Kale		
908	Avoid	<100	100 - 200	>200	Kelp		
92	Low	<100	100 - 280	>280	Kohlrabi		
177	Moderate	<100	100 - 250	>250	Mung Bean		
107	Moderate	<100	100 - 280	>280	Navy Bean		
83	Low	<100	100 - 200	>200	Okra		
87	Low	<100	100 - 200	>200	Pinto Bean		
77	Low	<100	100 - 250	>250	Radish		
95	Low	<110	110 - 220	>220	Rutabaga		
102	Moderate	<100	100 - 200	>200	Sweet Potato		
99	Low	<120	120 - 380	>380	Water Chestnut		
111	Moderate	<100	100 - 200	>200	Watercress		
110	Moderate	<100	100 - 200	>200	Yam		
79	Low	<150	150 - 450	>450	Yellow Squash		
103	Moderate	<100	100 - 200	>200	Zucchini		
MISCELLANEOUS							
66	Low	<100	100 - 250	>250	Carob		
91	Low	<150	150 - 450	>450	Cocoa		
93	Low	<120	120 - 250	>250	Corn Starch		
88	Low	<150	150 - 450	>450	Corn Sugar		
88	Low	<100	100 - 280	>280	Maple Sugar		
130	Low	<150	150 - 450	>450	Tapioca		
96	Low	<100	100 - 200	>200	Tea		

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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	GOAT MILK	hemp	BLACK BEAN	bamboo shoots	FIG	CHIA SEED	BASIL	baker's yeast
OYSTER	hemp milk	oat	kidney bean	BEAN SPROUTS	papaya	PISTACHIO	black pepper	BREWER'S YEAST
venison	oat milk	sorghum	MUNG BEAN	black olive	red grape	psyllium seed	CILANTRO	cane sugar
		teff	NAVY BEAN	carrot	white grape		coriander	carob
			pinto bean	celery			cumin	mushroom
				green bean			dill	xanthan gum
				green olive			oregano	
				hops			PARSLEY	
				mushroom			PEPPERMINT	
				SWEET POTATO			ROSEMARY	
				water chestnut			SAGE	
				yellow squash			SPEARMINT	
							THYME	

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	arrowroot		beet	apple mix	almond	ALLSPICE	apple used as sweetener
lobster	potato milk	potato flour		eggplant	blackberry	coconut	cloves	black tea
salmon		potato starch		green pepper	blueberry	macadamia nut	poppy seed	green tea
trout		quinoa		jalapeno	BOYSENBERRY	SAFFLOWER SEED	RED CHILI PEPPER	pear used as sweetener
				okra	cranberry		vanilla	tapioca
				potato	currants			
				RED CHILI PEPPER	KIWI			
				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	amaranth	GARBANZO BEAN	ALFALFA	avocado	hazelnut	nutmeg	coffee
halibut		buckwheat		asparagus	cantaloupe	pecan	TURMERIC	corn sugar
PORK		corn	lima bean	butternut squash	mango	PUMPKIN SEED		honey
sole		corn starch	SOYBEAN	corn	rhubarb	SOY OIL		
tilapia				cucumber	watermelon	walnut		
TOFU				onion		walnut oil		
				pumpkin				
				ZUCCHINI				

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	BROWN RICE		artichoke	apricot	brazil nut	cinnamon	cocoa
duck meat	sesame seed milk	millet		bok choy	cherry	FLAXSEED	HORSERADISH	maple sugar
sardine		rice		broccoli	GRAPEFRUIT	PINE NUTS	TARRAGON	
shrimp		WILD RICE		brussels sprout	LEMON	sesame oil		
tuna				cabbage	peach	sesame seed		
turkey				cauliflower	plum	sunflower oil		
				endive	pomegranate	sunflower seed		
				kale	raspberry			
				kohlrabi	strawberry			
				lettuce				
				radish				
				rutabaga				
				WATERCRESS				
				YAM				

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FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD



LOW REACTION FOODS

Almond	Amaranth	Apple Mix	Apricot	Arrowroot	Artichoke	Asparagus
Avocado	Baker's Yeast	Bamboo Shoots	Beet	Black Olive	Black Pepper	Blackberry
Blueberry	Bok Choy	Brazil Nut	Broccoli	Brussels Sprout	Buckwheat	Butternut Squas
Cabbage	Cane Sugar	Cantaloupe	Carob	Carrot	Cauliflower	Celery
Cherry	Cinnamon	Cloves	Cocoa	Coconut	Cod	Coffee
Coriander	Corn	Corn Starch	Corn Sugar	Crab	Cranberry	Cucumber
Cumin	Currants	Dill	Duck Meat	Eggplant	Endive	Green Bean
Green Olive	Green Pepper	Halibut	Hazelnut	Hemp	Honey	Hops
Jalapeno	Kale	Kidney Bean	Kohlrabi	Lettuce	Lima Bean	Lobster
Macadamia Nut	Mango	Maple Sugar	Millet	Mushroom	Nutmeg	Oat
Okra	Onion	Oregano	Papaya	Peach	Pear	Pecan
Pinto Bean	Plum	Pomegranate	Poppy Seed	Potato	Psyllium Seed	Pumpkin
Quinoa	Radish	Raspberry	Red Grape	Rhubarb	Rice	Rutabaga
Salmon	Sardine	Sesame Seed	Shrimp	Sole	Sorghum	Spinach
Strawberry	Sunflower Seed	Tapioca	Tea	Teff	Tilapia	Tomato
Trout	Tuna	Turkey	Vanilla	Venison	Walnut	Water Chestnut
Watermelon	White Grape	Xanthan Gum	Yellow Squash			

MODERATE COMSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

ALFALFA	ALLSPICE	BASIL	BEAN SPROUTS	BLACK BEAN	BOYSENBERRY	BREWER'S YEAST
BROWN RICE	CHIA SEED	CHICKEN	CHILI PEPPER	CILANTRO	CLAM	FIG
FLAXSEED	GARBANZO BEAN	GOAT'S MILK	GRAPEFRUIT	HORSERADISH	KIWI	LEMON
MUNG BEAN	NAVY BEAN	OYSTER	PARSLEY	PEPPERMINT	PINE NUTS	PISTACHIO
PORK	PUMPKIN SEED	ROSEMARY	SAFFLOWER SEED	SAGE	SOYBEAN	SPEARMINT
SWEET POTATO	TARRAGON	THYME	TURMERIC	WATERCRESS	WILD RICE	YAM
ZUCCHINI						

AVOID THESE FOODS

BANANA	BARLEY	BEEF	BUFFALO	CASEIN	CASHEW	CHEDDAR CHEESE
COTTAGE CHEESE	COW'S MILK	DUCK EGG	EGG WHITE	EGG YOLK	GARLIC	GINGER
GLIADIN	GLUTEN	KELP	LAMB	LENTIL	MOZZARELLA CHEESE	MUSTARD
ORANGE	PARMESAN	PEA	PEANUT	PINEAPPLE	SHEEP MILK	WHEAT
WHEY	YOGURT					

PENDING RESULTS