

Test Report : Order of Reactivity

Patient Name:	Sample Report	Analysis Date:	08/06/2017
Patient Number:	101	Test Reference:	444
Date of Birth:	01/01/2000		

ELEVATED FOODS (≥30 U/ml)

102	Milk (Cow)	44	Wheat	33	Cola Nut
80	Rice	42	Gliadin*	33	Yeast (Brewer's)
59	Barley	38	Potato		
48	Egg White	34	Milk (Goat)		

BORDERLINE FOODS (24-29 U/ml)

29	Hazelnut	26	Cashew Nut	24	Carrot
29	Pistachio	25	Cranberry		

NORMAL FOODS (≤23 U/ml)

18	Peanut	4	Apricot	0	Brussel Sprout
17	Corn (Maize)	3	Mustard Seed	0	Cauliflower
17	Oat	3	Pineapple	0	Cherry
15	Bean (Red Kidney)	2	Lime	0	Garlic
15	Bean (White Haricot)	2	Walnut	0	Grape (Black/Red/White)
14	Durum Wheat	1	Broccoli	0	Grapefruit
14	Egg Yolk	1	Chickpea	0	Lemon
14	Ginger	1	Cocoa Bean	0	Olive
14	Soya Bean	1	Lentil	0	Orange
13	Pea	1	Mushroom	0	Peppercorn (Black/White)
10	Almond	1	Pear	0	Raspberry
9	Brazil Nut	0	Apple	0	Strawberry
9	Rye	0	Asparagus	0	Tea (Black)
8	Onion	0	Banana	0	Tea (Green)
7	Coffee	0	Blackberry	0	Tomato
6	Yeast (Baker's)	0	Blackcurrant		
5	Chilli (Red)	0	Blueberry		

* 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.