

Test Report : Order of Reactivity

Patient Name: Sample Report
Patient Number: 101
Date of Birth: 01/01/2000

Analysis Date: 08/06/2017
Test Reference: 444

ELEVATED FOODS (≥30 U/ml)

102	Milk (Cow)	42	Gliadin*	33	Cola Nut
80	Rice	42	Guava	33	Octopus
62	Casein	41	Milk (Sheep)	33	Yeast (Brewer's)
59	Barley	40	Sunflower Seed	31	Clam
48	Egg White	38	Potato		
44	Wheat	34	Milk (Goat)		

BORDERLINE FOODS (24-29 U/ml)

29	Hazelnut	26	Cashew Nut	24	Carrot
29	Pistachio	26	Chard	24	Shrimp/Prawn
28	Celery	25	Cranberry		

NORMAL FOODS (≤23 U/ml)

20	Caper	13	Scallop	5	Bass
20	Mackerel	12	Flax Seed	5	Cabbage (Savoy/White)
20	Sole	12	Malt	5	Chilli (Red)
19	Tiger Nut	12	Mango	5	Hake
18	Bean (Broad)	11	Anchovy	5	Transglutaminase
18	Cod	11	Lamb	4	Apricot
18	Lobster	11	Salmon	4	Aubergine
18	Peanut	11	Wheat Bran	4	Curry (Mixed Spices)
17	Corn (Maize)	10	Almond	4	Peppermint
17	Cucumber	10	Amaranth	4	Turnip
17	Fig	10	Cinnamon	3	Chicory
17	Haddock	10	Crab	3	Ginkgo
17	Oat	10	Mussel	3	Mustard Seed
17	Quinoa	10	Ox	3	Pineapple
16	Couscous	9	Beta-Lactoglobulin	2	Buckwheat
15	Bean (Red Kidney)	9	Brazil Nut	2	Lime
15	Bean (White Haricot)	9	Horse	2	Pork
15	Nectarine	9	Kiwi	2	Spelt
15	Radish	9	Rye	2	Tuna
14	Bean (Green)	8	Onion	2	Walnut
14	Durum Wheat	7	Beetroot	2	Watermelon
14	Egg Yolk	7	Chestnut	1	Broccoli
14	Ginger	7	Coffee	1	Chickpea
14	Oyster	7	Sardine	1	Cocoa Bean
14	Soya Bean	6	Lychee	1	Cumin
13	Cane Sugar	6	Shallot	1	Leek
13	Pea	6	Yeast (Baker's)	1	Lentil

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NORMAL FOODS ...continued

1	Mushroom	0	Eel	0	Plum
1	Pear	0	Fennel (Leaf)	0	Quail
1	Pomegranate	0	Garlic	0	Rabbit
0	Agar Agar	0	Ginseng	0	Raisin
0	Aloe Vera	0	Grape (Black/Red/White)	0	Rapeseed
0	Alpha-Lactalbumin	0	Grapefruit	0	Raspberry
0	Aniseed	0	Herring	0	Redcurrant
0	Apple	0	Honey	0	Rhubarb
0	Artichoke	0	Hops	0	Rocket
0	Asparagus	0	Lemon	0	Rosemary
0	Avocado	0	Lettuce	0	Saffron
0	Banana	0	Liquorice	0	Sage
0	Basil	0	Macadamia Nut	0	Sea Bream (Gilthead)
0	Bayleaf	0	Marjoram	0	Sesame Seed
0	Beef	0	Marrow	0	Spinach
0	Blackberry	0	Melon (Galina/Honeydew)	0	Squash (Butternut/Carnival)
0	Blackcurrant	0	Milk (Buffalo)	0	Squid
0	Blueberry	0	Millet	0	Strawberry
0	Brussel Sprout	0	Mint	0	Sweet Potato
0	Cabbage (Red)	0	Monkfish	0	Swordfish
0	Camomile	0	Mulberry	0	Tangerine
0	Carob	0	Nettle	0	Tapioca
0	Carp	0	Nutmeg	0	Tarragon
0	Cauliflower	0	Olive	0	Tea (Black)
0	Caviar	0	Orange	0	Tea (Green)
0	Cayenne	0	Ostrich	0	Thyme
0	Cherry	0	Papaya	0	Tomato
0	Chicken	0	Parsley	0	Trout
0	Clove	0	Partridge	0	Turbot
0	Cockle	0	Peach	0	Turkey
0	Coconut	0	Pepper (Green/Red/Yellow)	0	Vanilla
0	Coriander (Leaf)	0	Peppercorn (Black/White)	0	Veal
0	Cuttlefish	0	Perch	0	Venison
0	Date	0	Pike	0	Watercress
0	Dill	0	Pine Nut	0	Wild Boar
0	Duck	0	Plaice	0	Yuca

* 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.