

200+

## Test Report : Food Groups

Patient Name: Demo Patient 1  
 Patient Number: 183775  
 Date of Birth: 01/06/1987

Analysis Date: 15/12/2025  
 Test Reference: 308093

## ELEVATED (≥30 U/ml)

## BORDERLINE (24-29 U/ml)

## NORMAL (≤23 U/ml)

## DAIRY / EGG

|     |                    |     |                |    |              |
|-----|--------------------|-----|----------------|----|--------------|
| <15 | Alpha-Lactalbumin  | 121 | Egg White      | 82 | Milk (Cow)   |
| <15 | Beta-Lactoglobulin | 18  | Egg Yolk       | 28 | Milk (Goat)  |
| 58  | Casein             | <15 | Milk (Buffalo) | 24 | Milk (Sheep) |

## GRAINS (Gluten-Containing)\*

|     |             |     |       |     |            |
|-----|-------------|-----|-------|-----|------------|
| 19  | Barley      | 22  | Malt  | <15 | Wheat      |
| <15 | Couscous    | 53  | Oat   | <15 | Wheat Bran |
| <15 | Durum Wheat | 20  | Rye   |     |            |
| <15 | Gliadin*    | <15 | Spelt |     |            |

## GRAINS (Gluten-Free)

|     |              |     |        |     |         |
|-----|--------------|-----|--------|-----|---------|
| <15 | Amaranth     | <15 | Millet | <15 | Tapioca |
| <15 | Buckwheat    | <15 | Quinoa |     |         |
| <15 | Corn (Maize) | 19  | Rice   |     |         |

## FRUIT

|     |                         |     |                        |     |             |
|-----|-------------------------|-----|------------------------|-----|-------------|
| <15 | Apple                   | <15 | Guava                  | <15 | Pear        |
| <15 | Apricot                 | <15 | Kiwi                   | <15 | Pineapple   |
| <15 | Avocado                 | <15 | Lemon                  | <15 | Plum        |
| <15 | Banana                  | <15 | Lime                   | <15 | Pomegranate |
| <15 | Blackberry              | <15 | Lychee                 | <15 | Raisin      |
| <15 | Blackcurrant            | <15 | Mango                  | <15 | Raspberry   |
| <15 | Blueberry               | <15 | Melon (Galia/Honeydew) | <15 | Redcurrant  |
| <15 | Cherry                  | <15 | Mulberry               | <15 | Rhubarb     |
| 25  | Cranberry               | <15 | Nectarine              | <15 | Strawberry  |
| <15 | Date                    | <15 | Olive                  | <15 | Tangerine   |
| 18  | Fig                     | 18  | Orange                 | <15 | Watermelon  |
| <15 | Grape (Black/Red/White) | <15 | Papaya                 |     |             |
| <15 | Grapefruit              | <15 | Peach                  |     |             |

## VEGETABLES

|     |                       |     |                           |     |                             |
|-----|-----------------------|-----|---------------------------|-----|-----------------------------|
| <15 | Artichoke             | <15 | Cauliflower               | 17  | Potato                      |
| <15 | Asparagus             | 28  | Celery                    | 15  | Radish                      |
| <15 | Aubergine             | <15 | Chard                     | <15 | Rocket                      |
| <15 | Bean (Broad)          | <15 | Chickpea                  | <15 | Shallot                     |
| <15 | Bean (Green)          | <15 | Chicory                   | <15 | Soya Bean                   |
| <15 | Bean (Red Kidney)     | <15 | Cucumber                  | <15 | Spinach                     |
| 28  | Bean (White Haricot)  | <15 | Fennel (Leaf)             | 15  | Squash (Butternut/Carnival) |
| <15 | Beetroot              | <15 | Leek                      | <15 | Sweet Potato                |
| <15 | Broccoli              | 17  | Lentil                    | <15 | Tomato                      |
| <15 | Brussel Sprout        | <15 | Lettuce                   | <15 | Turnip                      |
| <15 | Cabbage (Red)         | <15 | Marrow                    | <15 | Watercress                  |
| <15 | Cabbage (Savoy/White) | <15 | Onion                     | <15 | Yuca                        |
| <15 | Caper                 | 39  | Pea                       |     |                             |
| <15 | Carrot                | <15 | Pepper (Green/Red/Yellow) |     |                             |

Continued on next page...

Patient Name: Demo Patient 1  
Patient Number: 183775  
Date of Birth: 01/06/1987

Analysis Date: 15/12/2025  
Test Reference: 308093

#### FISH / SEAFOOD

|     |            |     |          |     |                      |
|-----|------------|-----|----------|-----|----------------------|
| <15 | Anchovy    | <15 | Hake     | <15 | Salmon               |
| <15 | Bass       | <15 | Herring  | <15 | Sardine              |
| <15 | Carp       | <15 | Lobster  | 20  | Scallop              |
| <15 | Caviar     | <15 | Mackerel | <15 | Sea Bream (Gilthead) |
| <15 | Clam       | <15 | Monkfish | <15 | Shrimp/Prawn         |
| <15 | Cockle     | <15 | Mussel   | <15 | Sole                 |
| <15 | Cod        | <15 | Octopus  | <15 | Squid                |
| <15 | Crab       | 18  | Oyster   | <15 | Swordfish            |
| <15 | Cuttlefish | <15 | Perch    | 15  | Trout                |
| <15 | Eel        | <15 | Pike     | <15 | Tuna                 |
| <15 | Haddock    | <15 | Plaice   | <15 | Turbot               |

#### MEAT

|     |         |     |           |     |           |
|-----|---------|-----|-----------|-----|-----------|
| <15 | Beef    | <15 | Ostrich   | <15 | Turkey    |
| <15 | Chicken | <15 | Partridge | <15 | Veal      |
| <15 | Duck    | <15 | Pork      | <15 | Venison   |
| <15 | Horse   | <15 | Quail     | <15 | Wild Boar |
| <15 | Lamb    | <15 | Rabbit    |     |           |

#### HERBS / SPICES

|     |                      |     |              |     |                          |
|-----|----------------------|-----|--------------|-----|--------------------------|
| <15 | Aniseed              | <15 | Dill         | <15 | Parsley                  |
| <15 | Basil                | <15 | Garlic       | <15 | Peppercorn (Black/White) |
| <15 | Bayleaf              | <15 | Ginger       | <15 | Peppermint               |
| <15 | Camomile             | <15 | Ginseng      | <15 | Rosemary                 |
| <15 | Cayenne              | <15 | Hops         | <15 | Saffron                  |
| <15 | Chilli (Red)         | <15 | Liquorice    | <15 | Sage                     |
| <15 | Cinnamon             | <15 | Marjoram     | <15 | Tarragon                 |
| <15 | Clove                | <15 | Mint         | <15 | Thyme                    |
| <15 | Coriander (Leaf)     | <15 | Mustard Seed | <15 | Vanilla                  |
| <15 | Cumin                | <15 | Nettle       |     |                          |
| <15 | Curry (Mixed Spices) | <15 | Nutmeg       |     |                          |

#### NUTS / SEEDS

|     |            |     |               |     |                |
|-----|------------|-----|---------------|-----|----------------|
| 35  | Almond     | 27  | Hazelnut      | <15 | Rapeseed       |
| 83  | Brazil Nut | <15 | Macadamia Nut | <15 | Sesame Seed    |
| 95  | Cashew Nut | 25  | Peanut        | 23  | Sunflower Seed |
| <15 | Coconut    | <15 | Pine Nut      | 18  | Tiger Nut      |
| <15 | Flax Seed  | 87  | Pistachio     | <15 | Walnut         |

#### MISCELLANEOUS

|     |           |     |             |     |                  |
|-----|-----------|-----|-------------|-----|------------------|
| 15  | Agar Agar | <15 | Cocoa Bean  | <15 | Tea (Green)      |
| 47  | Aloe Vera | 16  | Coffee      | 32  | Yeast (Baker's)  |
| <15 | Carob     | 28  | Mushroom    | 29  | Yeast (Brewer's) |
| <15 | Chestnut  | <15 | Tea (Black) |     |                  |

\* 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.

# 200+

## Test Report : Order of Reactivity

Patient Name: Demo Patient 1  
Patient Number: 183775  
Date of Birth: 01/06/1987

Analysis Date: 15/12/2025  
Test Reference: 308093

### ELEVATED FOODS (≥30 U/ml)

|     |            |    |            |    |                 |
|-----|------------|----|------------|----|-----------------|
| 121 | Egg White  | 82 | Milk (Cow) | 39 | Pea             |
| 95  | Cashew Nut | 58 | Casein     | 35 | Almond          |
| 87  | Pistachio  | 53 | Oat        | 32 | Yeast (Baker's) |
| 83  | Brazil Nut | 47 | Aloe Vera  |    |                 |

### BORDERLINE FOODS (24-29 U/ml)

|    |                      |    |             |    |              |
|----|----------------------|----|-------------|----|--------------|
| 29 | Yeast (Brewer's)     | 28 | Milk (Goat) | 25 | Cranberry    |
| 28 | Bean (White Haricot) | 28 | Mushroom    | 25 | Peanut       |
| 28 | Celery               | 27 | Hazelnut    | 24 | Milk (Sheep) |

### NORMAL FOODS (≤23 U/ml)

|     |                             |     |                       |     |                      |
|-----|-----------------------------|-----|-----------------------|-----|----------------------|
| 23  | Sunflower Seed              | <15 | Basil                 | <15 | Chickpea             |
| 22  | Malt                        | <15 | Bass                  | <15 | Chicory              |
| 20  | Rye                         | <15 | Bayleaf               | <15 | Chilli (Red)         |
| 20  | Scallop                     | <15 | Bean (Broad)          | <15 | Cinnamon             |
| 19  | Barley                      | <15 | Bean (Green)          | <15 | Clam                 |
| 19  | Rice                        | <15 | Bean (Red Kidney)     | <15 | Clove                |
| 18  | Egg Yolk                    | <15 | Beef                  | <15 | Cockle               |
| 18  | Fig                         | <15 | Beetroot              | <15 | Cocoa Bean           |
| 18  | Orange                      | <15 | Beta-Lactoglobulin    | <15 | Coconut              |
| 18  | Oyster                      | <15 | Blackberry            | <15 | Cod                  |
| 18  | Tiger Nut                   | <15 | Blackcurrant          | <15 | Coriander (Leaf)     |
| 17  | Lentil                      | <15 | Blueberry             | <15 | Corn (Maize)         |
| 17  | Potato                      | <15 | Broccoli              | <15 | Couscous             |
| 16  | Coffee                      | <15 | Brussel Sprout        | <15 | Crab                 |
| 15  | Agar Agar                   | <15 | Buckwheat             | <15 | Cucumber             |
| 15  | Radish                      | <15 | Cabbage (Red)         | <15 | Cumin                |
| 15  | Squash (Butternut/Carnival) | <15 | Cabbage (Savoy/White) | <15 | Curry (Mixed Spices) |
| 15  | Trout                       | <15 | Camomile              | <15 | Cuttlefish           |
| <15 | Alpha-Lactalbumin           | <15 | Caper                 | <15 | Date                 |
| <15 | Amaranth                    | <15 | Carob                 | <15 | Dill                 |
| <15 | Anchovy                     | <15 | Carp                  | <15 | Duck                 |
| <15 | Aniseed                     | <15 | Carrot                | <15 | Durum Wheat          |
| <15 | Apple                       | <15 | Cauliflower           | <15 | Eel                  |
| <15 | Apricot                     | <15 | Caviar                | <15 | Fennel (Leaf)        |
| <15 | Artichoke                   | <15 | Cayenne               | <15 | Flax Seed            |
| <15 | Asparagus                   | <15 | Chard                 | <15 | Garlic               |
| <15 | Aubergine                   | <15 | Cherry                | <15 | Ginger               |
| <15 | Avocado                     | <15 | Chestnut              | <15 | Ginseng              |
| <15 | Banana                      | <15 | Chicken               | <15 | Gliadin*             |

Continued on next page...

**Patient Name:** Demo Patient 1  
**Patient Number:** 183775  
**Date of Birth:** 01/06/1987

**Analysis Date:** 15/12/2025  
**Test Reference:** 308093

#### NORMAL FOODS ...continued

|     |                         |     |                           |     |              |
|-----|-------------------------|-----|---------------------------|-----|--------------|
| <15 | Grape (Black/Red/White) | <15 | Olive                     | <15 | Sesame Seed  |
| <15 | Grapefruit              | <15 | Onion                     | <15 | Shallot      |
| <15 | Guava                   | <15 | Ostrich                   | <15 | Shrimp/Prawn |
| <15 | Haddock                 | <15 | Papaya                    | <15 | Sole         |
| <15 | Hake                    | <15 | Parsley                   | <15 | Soya Bean    |
| <15 | Herring                 | <15 | Partridge                 | <15 | Spelt        |
| <15 | Hops                    | <15 | Peach                     | <15 | Spinach      |
| <15 | Horse                   | <15 | Pear                      | <15 | Squid        |
| <15 | Kiwi                    | <15 | Pepper (Green/Red/Yellow) | <15 | Strawberry   |
| <15 | Lamb                    | <15 | Peppercorn (Black/White)  | <15 | Sweet Potato |
| <15 | Leek                    | <15 | Peppermint                | <15 | Swordfish    |
| <15 | Lemon                   | <15 | Perch                     | <15 | Tangerine    |
| <15 | Lettuce                 | <15 | Pike                      | <15 | Tapioca      |
| <15 | Lime                    | <15 | Pine Nut                  | <15 | Tarragon     |
| <15 | Liquorice               | <15 | Pineapple                 | <15 | Tea (Black)  |
| <15 | Lobster                 | <15 | Plaice                    | <15 | Tea (Green)  |
| <15 | Lychee                  | <15 | Plum                      | <15 | Thyme        |
| <15 | Macadamia Nut           | <15 | Pomegranate               | <15 | Tomato       |
| <15 | Mackerel                | <15 | Pork                      | <15 | Tuna         |
| <15 | Mango                   | <15 | Quail                     | <15 | Turbot       |
| <15 | Marjoram                | <15 | Quinoa                    | <15 | Turkey       |
| <15 | Marrow                  | <15 | Rabbit                    | <15 | Turnip       |
| <15 | Melon (Galia/Honeydew)  | <15 | Raisin                    | <15 | Vanilla      |
| <15 | Milk (Buffalo)          | <15 | Rapeseed                  | <15 | Veal         |
| <15 | Millet                  | <15 | Raspberry                 | <15 | Venison      |
| <15 | Mint                    | <15 | Redcurrant                | <15 | Walnut       |
| <15 | Monkfish                | <15 | Rhubarb                   | <15 | Watercress   |
| <15 | Mulberry                | <15 | Rocket                    | <15 | Watermelon   |
| <15 | Mussel                  | <15 | Rosemary                  | <15 | Wheat        |
| <15 | Mustard Seed            | <15 | Saffron                   | <15 | Wheat Bran   |
| <15 | Nectarine               | <15 | Sage                      | <15 | Wild Boar    |
| <15 | Nettle                  | <15 | Salmon                    | <15 | Yuca         |
| <15 | Nutmeg                  | <15 | Sardine                   |     |              |
| <15 | Octopus                 | <15 | Sea Bream (Gilthead)      |     |              |

\* 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.