



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

08/08/2018



Dear Ms Vanessa Ellis,

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

- 1) **Food Groups** – foods are listed according to their respective food group
- 2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED**, **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- ✓ Information about food intolerance and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact CNS on 01353 863279.

Kind regards
Cambridge Nutritional Sciences

555-4-01

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Test Report : Food Groups

Patient Name: Vanessa Ellis
Patient Number: 74575
Date of Birth: 16/09/1973

Analysis Date: 06/08/2018
Test Reference: 112667

ELEVATED (≥30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤23 U/ml)

DAIRY / EGG

| | | | | | |
|----|-----------|----|-------------|----|--------------|
| 23 | Egg White | 55 | Milk (Cow) | 24 | Milk (Sheep) |
| 11 | Egg Yolk | 23 | Milk (Goat) | | |

GRAINS (Gluten-Containing)*

| | | | | | |
|----|-------------|----|-------|---|------------|
| 37 | Barley | 10 | Oat | 3 | Wheat Bran |
| 3 | Durum Wheat | 2 | Rye | | |
| 2 | Gliadin* | 25 | Wheat | | |

GRAINS (Gluten-Free)

| | | | |
|----|--------------|---|--------|
| 3 | Buckwheat | 1 | Millet |
| 20 | Corn (Maize) | 6 | Rice |

FRUIT

| | | | | | |
|----|--------------|---|-------------------------|----|------------|
| 0 | Apple | 1 | Grape (Black/Red/White) | 5 | Orange |
| 2 | Apricot | 1 | Grapefruit | 0 | Peach |
| 3 | Avocado | 0 | Kiwi | 1 | Pear |
| 2 | Banana | 2 | Lemon | 2 | Pineapple |
| 1 | Blackberry | 2 | Lime | 28 | Plum |
| 10 | Blackcurrant | 1 | Melon (Galia/Honeydew) | 4 | Raspberry |
| 2 | Cherry | 0 | Nectarine | 2 | Strawberry |
| 2 | Cranberry | 0 | Olive | | |

VEGETABLES

| | | | | | |
|----|----------------------|---|-----------------------|----|---------------------------|
| 0 | Asparagus | 5 | Cabbage (Savoy/White) | 0 | Lettuce |
| 2 | Aubergine | 5 | Carrot | 1 | Onion |
| 1 | Bean (Green) | 0 | Cauliflower | 33 | Pea |
| 10 | Bean (Red Kidney) | 6 | Celery | 2 | Pepper (Green/Red/Yellow) |
| 33 | Bean (White Haricot) | 0 | Chicory | 6 | Potato |
| 1 | Beetroot | 1 | Cucumber | 10 | Soya Bean |
| 4 | Broccoli | 2 | Leek | 0 | Spinach |
| 3 | Brussel Sprout | 8 | Lentil | 0 | Tomato |

FISH / SEAFOOD

| | | | | | |
|----|----------|----|--------------|---|-----------|
| 4 | Cod | 41 | Mussel | 4 | Sole |
| 16 | Crab | 14 | Oyster | 2 | Swordfish |
| 3 | Haddock | 8 | Plaice | 1 | Trout |
| 2 | Herring | 4 | Salmon | 7 | Tuna |
| 4 | Lobster | 4 | Scallop | 2 | Turbot |
| 5 | Mackerel | 2 | Shrimp/Prawn | | |

MEAT

| | | | | | |
|---|---------|---|--------|---|---------|
| 0 | Beef | 0 | Lamb | 2 | Veal |
| 2 | Chicken | 2 | Pork | 1 | Venison |
| 0 | Duck | 2 | Turkey | | |

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HERBS / SPICES

| | | | | | |
|---|------------------|---|--------------|---|--------------------------|
| 2 | Basil | 0 | Dill | 6 | Nutmeg |
| 0 | Chilli (Red) | 0 | Garlic | 0 | Parsley |
| 3 | Cinnamon | 4 | Ginger | 0 | Peppercorn (Black/White) |
| 0 | Clove | 1 | Hops | 2 | Sage |
| 0 | Coriander (Leaf) | 5 | Mint | 4 | Thyme |
| 3 | Cumin | 6 | Mustard Seed | 0 | Vanilla |

NUTS / SEEDS

| | | | | | |
|----|------------|----|-----------|----|----------------|
| 9 | Almond | 12 | Hazelnut | 0 | Sesame Seed |
| 8 | Brazil Nut | 14 | Peanut | 12 | Sunflower Seed |
| 18 | Cashew Nut | 40 | Pistachio | 0 | Walnut |
| 2 | Coconut | 0 | Rapeseed | | |

MISCELLANEOUS

| | | | | | |
|---|------------|---|-------------|----|------------------|
| 0 | Carob | 5 | Mushroom | 2 | Yeast (Baker's) |
| 2 | Cocoa Bean | 4 | Tea (Black) | 21 | Yeast (Brewer's) |
| 2 | Coffee | 2 | Tea (Green) | | |

* 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.

Test Report : Order of Reactivity

Patient Name: Vanessa Ellis
Patient Number: 74575
Date of Birth: 16/09/1973

Analysis Date: 06/08/2018
Test Reference: 112667

ELEVATED FOODS (≥30 U/ml)

| | | | | | |
|----|------------|----|-----------|----|----------------------|
| 55 | Milk (Cow) | 40 | Pistachio | 33 | Bean (White Haricot) |
| 41 | Mussel | 37 | Barley | 33 | Pea |

BORDERLINE FOODS (24-29 U/ml)

| | | | | | |
|----|------|----|-------|----|--------------|
| 28 | Plum | 25 | Wheat | 24 | Milk (Sheep) |
|----|------|----|-------|----|--------------|

NORMAL FOODS (≤23 U/ml)

| | | | | | |
|----|-----------------------|---|---------------------------|---|-------------------------|
| 23 | Egg White | 4 | Ginger | 2 | Pork |
| 23 | Milk (Goat) | 4 | Lobster | 2 | Rye |
| 21 | Yeast (Brewer's) | 4 | Raspberry | 2 | Sage |
| 20 | Corn (Maize) | 4 | Salmon | 2 | Shrimp/Prawn |
| 18 | Cashew Nut | 4 | Scallop | 2 | Strawberry |
| 16 | Crab | 4 | Sole | 2 | Swordfish |
| 14 | Oyster | 4 | Tea (Black) | 2 | Tea (Green) |
| 14 | Peanut | 4 | Thyme | 2 | Turbot |
| 12 | Hazelnut | 3 | Avocado | 2 | Turkey |
| 12 | Sunflower Seed | 3 | Brussel Sprout | 2 | Veal |
| 11 | Egg Yolk | 3 | Buckwheat | 2 | Yeast (Baker's) |
| 10 | Bean (Red Kidney) | 3 | Cinnamon | 1 | Bean (Green) |
| 10 | Blackcurrant | 3 | Cumin | 1 | Beetroot |
| 10 | Oat | 3 | Durum Wheat | 1 | Blackberry |
| 10 | Soya Bean | 3 | Haddock | 1 | Cucumber |
| 9 | Almond | 3 | Wheat Bran | 1 | Grape (Black/Red/White) |
| 8 | Brazil Nut | 2 | Apricot | 1 | Grapefruit |
| 8 | Lentil | 2 | Aubergine | 1 | Hops |
| 8 | Plaice | 2 | Banana | 1 | Melon (Galia/Honeydew) |
| 7 | Tuna | 2 | Basil | 1 | Millet |
| 6 | Celery | 2 | Cherry | 1 | Onion |
| 6 | Mustard Seed | 2 | Chicken | 1 | Pear |
| 6 | Nutmeg | 2 | Cocoa Bean | 1 | Trout |
| 6 | Potato | 2 | Coconut | 1 | Venison |
| 6 | Rice | 2 | Coffee | 0 | Apple |
| 5 | Cabbage (Savoy/White) | 2 | Cranberry | 0 | Asparagus |
| 5 | Carrot | 2 | Gliadin* | 0 | Beef |
| 5 | Mackerel | 2 | Herring | 0 | Carob |
| 5 | Mint | 2 | Leek | 0 | Cauliflower |
| 5 | Mushroom | 2 | Lemon | 0 | Chicory |
| 5 | Orange | 2 | Lime | 0 | Chilli (Red) |
| 4 | Broccoli | 2 | Pepper (Green/Red/Yellow) | 0 | Clove |
| 4 | Cod | 2 | Pineapple | 0 | Coriander (Leaf) |

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NORMAL FOODS ...continued

| | | | | | |
|---|---------|---|--------------------------|---|-------------|
| 0 | Dill | 0 | Nectarine | 0 | Sesame Seed |
| 0 | Duck | 0 | Olive | 0 | Spinach |
| 0 | Garlic | 0 | Parsley | 0 | Tomato |
| 0 | Kiwi | 0 | Peach | 0 | Vanilla |
| 0 | Lamb | 0 | Peppercorn (Black/White) | 0 | Walnut |
| 0 | Lettuce | 0 | Rapeseed | | |

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