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TEST NUMBER: T-NL-XXXXX (XXXXXXXXXX) GENDER: XYZ AGE: ΧХ

COLLECTED: XX/XX/XXXX **RECEIVED:** XX/XX/XXXX TESTED: XX/XX/XXXX TEST REF: TST-NL-XXXX

PRACTITIONER XXXXXXXXXXXXXXX

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

PAT

Dairy	
Beta-Lactoglobulin	10.04
Casein	28.29
Cheddar Cheese	19.79
Cow's Milk	20.78
Goat's Milk	4.07
Mozzarella Cheese	16.28
Sheep's Yogurt	2.69
Whey	19.83
Yogurt	27.06
Beans and Peas	
Adzuki Bean	8.18
Black Bean	8.47
Garbanzo Bean	5.65
Green Bean	10.21
Green Pea	4.78
Kidney Bean	8.39
Lentil	7.63
Lima Bean	3.47
Mung Bean	12.26
Navy Bean	8.40
Pinto Bean	6.87
Soybean	13.44
Tofu	10.09
Fruits	
Acai Berry	5.92
Apple	1.62
Apricot	17.02
Banana	5.23
Blueberry	1.03
Cantaloupe	2.32
Cherry	27.56

Coconut	11.56
Cranberry	1.10
Date	8.42
Fig	15.21
Grape	7.64
Grapefruit	15.12
Guava	2.55
Jackfruit	17.27
Kiwi	4.33
Lemon	10.10
Lychee	2.70
Mango	4.58
Orange	8.41
Рарауа	19.20
Passion Fruit	1.79
Peach	13.04
Pear	2.35
Pineapple	9.13
Plum	2.91
Pomegranate	1.27
Raspberry	5.21
Strawberry	1.52
Watermelon	3.44
Grains	
Amaranth	6.64
Barley	2.97
Buckwheat	2.39
Corn	6.83
Gliadin	26.82
Malt	1.23
Millet	8.31
Oat	6.23
Quinoa	3.41

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TEST NUMBER T-NL-XXXXX (XXXXXXXXX) GENDER XYZ AGE: XX COLLECTED: XX/XX/XXXX RECEIVED: XX/XX/XXXX TESTED: XX/XX/XXXX TEST REF: TST-NL-XXXX

PRACTITIONER:

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

PA'

Grains	Continued	
Rice		9.98
Rye		9.33
Sorghum		7.67
Teff		5.45
Wheat Gluten		31.96
Whole Wheat		26.14
Fish/Seafood		
Abalone		0.67
Anchovy		0.24
Bass		0.61
Bonito		1.27
Codfish		0.91
Crab		0.38
Halibut		0.32
Jack Mackerel		1.02
Lobster		0.37
Octopus		0.63
Oyster		0.52
Pacific Mackerel (Saba)		3.03
Pacific Saury		0.33
Perch		0.91
Red Snapper		1.27
Salmon		0.81
Sardine		0.04
Scallop		0.60
Shrimp		0.60
Small Clam		0.60
Squid		0.68
Tilapia		0.73
Trout		0.74
Tuna		3.30

Meat/Fowl	
Beef	1.06
Chicken	0.27
Duck	0.89
Egg White	47.59
Egg Yolk	24.29
Goose	1.90
Lamb	0.88
Pork	0.64
Turkey	0.84
Nuts/Seeds	
Almond	27.96
Brazil Nut	1.62
Cashew	5.81
Chestnut	3.28
Chia Seed	2.24
Flax Seed	7.14
Hazelnut	14.36
Hemp Seed	4.20
Macadamia Nut	7.43
Peanut	12.89
Pecan	0.82
Pine Nut	5.57
Pistachio	9.85
Pumpkin Seed	5.92
Sesame Seed	4.79
Sunflower Seed	13.80
Walnut	9.20
Vegetables	
Artichoke	4.16
Asparagus	6.17
Avocado	13.92

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TEST NUMBER: T-NL-XXXXX (XXXXXXXXXX) GENDER: XYZ AGE: ΧХ

COLLECTED: XX/XX/XXXX RECEIVED: XX/XX/XXXX TESTED: XX/XX/XXXX TEST REF: TST-NL-XXXX

PRACTITIONER: XXXXXXXXXXXXXXX

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

Vegetables	Continued	
Bamboo Shoot		2.18
Bean Sprout		8.41
Beet		3.80
Bell Pepper		21.93
Bitter Gourd		8.15
Broccoli		17.13
Brussel Sprout		19.38
Burdock Root		2.14
Cabbage		43.96
Carrot		6.22
Cauliflower		18.39
Celery		17.75
Chili Pepper		36.89
Cucumber		12.05
Eggplant		9.46
Enoki Mushroom		0.28
Garlic		15.71
Kale		11.97
Leek		9.60
Lettuce		6.33
Lotus Root		1.25
Napa Cabbage		6.57
Olive (Green)		0.28
Onion		10.57
Portabella Mushroom		0.71
Potato		19.01
Pumpkin		14.56
Radish		15.76
Seaweed Kombu Kelp		0.26
Seaweed Nori		0.37
Seaweed Wakame		0.28
Shitake Mushroom		0.34

Spinach	4.05
Sweet Potato	4.35
Tomato	8.62
Yam	16.52
	4.66
Yellow Squash	18.84
Yuca	0.00
Zucchini	5.46
Herbs/Spices	
Basil	2.54
Bay Leaf	0.56
Black Pepper	2.97
Cayenne Pepper	10.42
Cilantro	0.97
Cinnamon	1.29
Cloves	2.46
Cumin	11.01
Curry	5.52
Dill	1.59
Ginger	9.13
Hops	4.56
Mint	0.64
Miso	8.91
Mustard Seed	34.01
Oregano	0.27
Paprika	20.00
Rosemary	2.76
Sage	2.67
Tarragon	2.17
Thyme	3.47
Turmeric	0.88
Vanilla Bean	5.21
Miscellaneous	
Bromelain	22.50

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PATIENT:	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

TEST NUMBER T-NL-XXXXX (XXXXXXXXX) GENDER XYZ AGE: XX COLLECTED:XX/XX/XXXXRECEIVED:XX/XX/XXXXTESTED:XX/XX/XXXX

TEST REF: TST-NL-XXXX

PRACTITIONER:

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

Miscellaneous	Continued
Cane Sugar	3.51
Cocoa Bean	0.89
Coffee	0.33
Green Tea	6.80
Honey	10.29
Meat glue	16.05
Oolong Tea	2.07

Food Reactivity Scale	MFI* x 1000
Not Significant	< 4.47
Low	4.47-9.86
Moderate	9.87-15.99
High	>=16

(*) Median Fluorescent Intensity

Reactivity Summary

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TEST NUMBERT-NL-XXXXX (XXXXXXXXX)GENDER:XYZAGE:XX

COLLECTED:XX/XX/XXXXRECEIVED:XX/XX/XXXXTESTED:XX/XX/XXXX

TEST REF: TST-NL-XXXX

PRACTITIONER:

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods:

A patient's serum or dry blood spot sample is introduced to a protein extract from each of the 190 foods. The test report indicates the level of IgG antibodies to those specific food proteins. If food-specific binding occurs between a food antigen and the patient's IgG antibodies, the result will appear on the graph as low, moderate, or high in relation to a reactivity scale.

Using IgG Food MAP results to build elimination or exclusion diets:

Symptomatic reactions to IgG-reactive foods are difficult to connect with specific foods. A diet eliminating some or all reactive foods may improve symptoms and is not as challenging as a full elimination or elemental diet. As reactive foods are removed from the diet, it is useful to observe any changes in digestion, skin condition, energy level, mood, or pain level.

High levels of IgG antibodies to Candida, a genus of yeast:

A separate test for IgG antibody to Candida (serum and DBS) is included because of Candida's importance to overall health. IgG antibodies to Candida may be due to current or past infection or intestinal overgrowth. An elevated Candida IgG indicates the immune system has interacted with Candida. Although Candida and related fungal species are normal constituents of GI flora, use of antibiotics, oral contraceptives, chemotherapy, or anti-inflammatory steroids increases the possibility of fungal overgrowth and imbalance of GI flora. Dietary improvements and/or antifungal therapy may lower Candida antibodies and reduce symptoms.

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TEST NUMBER T-NL-XXXXX (XXXXXXXXXX) GENDER: XYZ AGE: XX COLLECTED:XX/XX/XXXXRECEIVED:XX/XX/XXXXTESTED:XX/XX/XXXX

TEST REF: TST-NL-XXXX

XXXXXXXXXXXXXX

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

PA



Four Day Rotation Diet – Customized for You

Congratulations,

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load, as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also "unmask" hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.



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TEST NUMBER: T-NL-XXXXX (XXXXXXXXXX) GENDER: XYZ AGE: ΧХ

COLLECTED: XX/XX/XXXX RECEIVED: XX/XX/XXXX TESTED: XX/XX/XXXX TEST REF: TST-NL-XXXX PRACTITIONER:

XXXXXXXXXXXXXX

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

PAT

Day 1 Dairy	Day 2	Day 3	Day 4	
		Goat's Milk Sheep's Yogurt		
Beans and Peas				
Black Bean Kidney Bean	Adzuki Bean	Lentil Lima Bean	Garbanzo Bean Green Pea	
Navy Bean Pinto Bean		Lind Dean		
Fruits				
Apple	Acai Berry	Blueberry	Banana	
Date Lychee	Cantaloupe Guava	Cranberry Grape	Mango Pineapple	
Passion Fruit Pear	Orange Pomegranate	Kiwi Plum		
	Watermelon	Raspberry Strawberry		
Grains				
Millet Sorghum Teff	Amaranth Buckwheat	Corn	Barley Malt	
Ien	Oat Quinoa		Rye	



PATIENT:	XXXXXX	XXXXX	XXXXXX
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TEST NUMBER: T-NL-XXXXX (XXXXXXXXXX) GENDER: XYZ AGE: ΧХ

COLLECTED: XX/XX/XXXX RECEIVED: XX/XX/XXXX TESTED: XX/XX/XXXX TEST REF: TST-NL-XXXX

PRACTITIONER XXXXXXXXXXXXXXX

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

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Hallbult Jack Maakerel Salmon Paolfic Saury Sardine Lobater Trout Trout Trout Trout Trout Mastrow Salmon Paolfic Saury Mastrow Salmon Trout Beef Chicken Pork Lamb Duck c Goose Turkey Chestnut Piace Paolic Saury Pine Nut Chestnut Piace Paolic Saury Vanue Chestnut Chestnut Pine Nut Pietachic Pietachic Seame Seed Artchoke Sagaragus Barl Cabbage Artchoke Egaphant Seaweed Koratu Kaip Seaweed Koratu Kaip Turnaric					
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Sealago Shring Sudi Sealago Shring Sudi MestFowl Pork Beef Lamb Oisken Duck Sealago Turkey Sealago Cashew Pork Flax Seed Pine Nut Chestnut Henry Seed Pine Nut Cashew Chia Seed Macadamia Nut Brazil Nut Pass Seed Pine Nut Chestnut Henry Seed Walnut Cashew Chia Seed Macadamia Nut Brazil Nut Vegetables Kester Coll Punpkin Seed Naga Cabbage Yam Attichoke Beet Bitter Gourd Burdoc Root Seaweed Konbu Kelp Seaweed Konbu Kelp S					
Shring Cam Stuid Service Deef Chicken Duck Duck Turkey Fork Fan A Chicken Duck Turkey Fork FAS Seed Chestnut Hemp Seed Pecan Walnut Cashew Chia Seed Macadamia Nut Brazi Nut Platachio Platachio Napa Cabbage Seamed Seed Artichoke Bitter Gourd Bitter Gour					
Snall Clam Squid Beef Chicken Lamb Duck Goose Turkey Pink Goose Turkey Cashew Pine Nut Beed Sease Chestnut Hemp Seed Pecan Pica Seed Press Press Pecan Walnut Cashew Naga Cabbage Artichoke Beet Beet Sweet Potato Batter Gourd Burdock Root Beeter Seaweed Kombu Keip Seaweed Kombu Keip Seaweed Kombu Keip					
Squid Image: Squid Mest/Fowl Image: Squid Deci Chicken Duck Goose Coose Turkey Muti/Socid East Soci Fix Seed Chestnut Pre Nut Hemp Seed Pacean Chia Seed Macadamia Nut Prestaction Vegetables East Nut Napa Cabbage Attribote Seawed North Keip Seawed North Basil Math Basil Curve Letwa Seawed North Basil Curve Cliantro Curve Curve Tarragon Black Pepper Miso Curve Tarragon Black Pepper Miso Curve Tarragon Black Pepper Miso Curve Turmeic Seamed Noti Stragen or High antibody response.					
Meas/Fow/ Beef Chicken Lamb Duck Goose Turkey Nute/Seeds Forestruit Pine Nut Pecan Searen Pecan Wainut Cashew Chia Seed Pecan Wainut Chia Seed Vergetables Macadamia Nut Vampkin Seed Pecan Wainut Bamboo Shoot Beet Sustein Egglant Bitter Courd Batter Courd Butter Courd Elek Seaweed Nori Seaweed Nori Seaweed Norini Seaweed Norini Seaweed Watame Seaweed Norini Seaweed Norini Seaweed Norini Mint Clastroo Orregano Clastroo Oregano Oregano Oregano Clastroo Very Data Miso Tarragon Miso Miscellaneous foods are not rotated. Remove foods with a moderate o					
Beef Lamb Chicken Duck Goose Turkey Pork Fix Seed Pre Nut Sesame Seed Chestnut Hemp Seed Pecan Pecan Wahut Cashew Chia Seed Macadamia Nut Brazil Nut Prazil Nut Pumpkin Seed Vogetables Artichoke Beet Bitter Gourd Yam Artichoke Beet Bitter Gourd Beet Bitter Gourd Seaweed Nori Seaweed Nori Seaweet	Moat/Four	Squid			
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Interver Interver NuteSeads Chestnut Flax Seed Presvi Nut Pine Nut Persvi Nut Sesame Seed Presvi Nut Valnut Cashew Chia Seed Pumpkin Seed Napa Cabbage Artichoke Bitter Gourd Bitter Gourd Bitter Gourd Bitter Gourd Burdock Root Seaweed Konbu Kelp Seaweed Wakame Spinant Spinant Seaweed Wakame Spinant Seaweed Wakame <t< td=""><td>Lamb</td><td></td><td></td><td></td><td></td></t<>	Lamb				
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• 1164 Copenhagen K • Denmark11 Old Factory Buildings • Stonegate • E. Sussex TN5 7DU • UKwww.nd0 00Tel: +44 (0) 1580 201 687info@n	r Leaf namon ves ragon <i>iscellaneous</i> Miscellaneous foods are no	Ginger Miso Turmeric	Mint Oregano Rosemary Sage Thyme	Curry Dill Hops	P



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 TEST NUMBER:
 T-NL-XXXXX (XXXXXXXXX)

 GENDER:
 XYZ

 AGE:
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COLLECTEDXX/XX/XXXXRECEIVEDXX/XX/XXXXTESTED:XX/XX/XXXX

TEST REF: TST-NL-XXXX PRACTITIONER:

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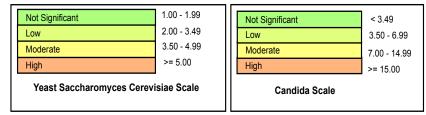
TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

PAT

IgG Yeasts Allergy Test (2) Serum



Reactivity Summa
Moderate
Candida Albicans
Low
Yeast



The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

This test has not been evaluated by the U.S. Food and Drug Administration.

Nordic Laboratories Aps

UK Office:

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