

LAB REPORT
YOUR NAME

date of birth: 8/23/1990 ■ age: 31 ■ sex: m ■ sample id: Test 101_180

Sample ID: Test 101_180

Dear Your Name,

This ImuPro laboratory report contains your personalized IgG food allergy test results and recommendations for your path to wellness. Your blood has been analyzed for the presence of specific IgG antibodies foods to help you discover which foods are good for you and which are your unique “trigger foods.”

We are here to support you on your path to improved health.

YOUR RESULTS AT A GLANCE

	Rating	Number of foodstuffs	Reference range
Specific IgG antibodies	■ Not elevated	152	< 8.0 µg/ml IgG
	■ Elevated	19	≥ 8.0 µg/ml IgG
	■ Highly elevated	9	≥ 18.0 µg/ml IgG
Total	28 out of 180 tested allergens were elevated or highly elevated		

Laboratory:

Immufood Laboratory
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specimen collection	7/1/2019
reception of specimen	7/8/2019
sample type	human capillary blood
sample id	Test 101_180
examination method	enzyme-linked immunosorbent assay for the detection of foodstuff spec. IgG
date of report	9/27/2018

If you have any questions about your ImuPro test result or about food allergies type III, do not hesitate to contact us.

We wish you all the best on your wellness journey!

Your Immufood Team



Disclaimer: If you have an existing type I or IgE mediated food allergy previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if the ImuPro test does not show any reaction to it. IgE-mediated food allergies can cause reactions such as anaphylactic shock, rashes, vomiting, itching etc. ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings.

The information in your documents does not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert.** Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severeness of serious clinical symptoms. The performance specifications for this high complexity, laboratory developed test (LDT) were established by Immufood lab. This test has not been cleared or approved by the FDA.

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■ Not elevated ■ Elevated ■ Highly elevated

	µg/ml IgG	Rating		µg/ml IgG	Rating
Vegetables			Fish and seafood		
Artichoke	5.6	■	Anchovy	< 2.5	■
Asparagus	2.7	■	Carp	< 2.5	■
Aubergine	4.9	■	Cod, codling	3.7	■
Beetroot	< 2.5	■	Crayfish	4.5	■
Broad bean	4.2	■	Gilthead bream	< 2.5	■
Broccoli	8.9	■	Haddock	3.9	■
Brussel sprouts	6.8	■	Hake	< 2.5	■
Carrots	9.4	■	Halibut	< 2.5	■
Cauliflower	< 2.5	■	Herring	< 2.5	■
Celeriac, knob celery	6.6	■	Mackerel	5.1	■
Chard, beet greens	< 2.5	■	Ocean perch	4.1	■
Chickpeas	8.3	■	Plaice	< 2.5	■
Chili Cayenne	6.6	■	Pollock	< 2.5	■
Chinese cabbage	2.9	■	Salmon	5.7	■
Courgette	2.6	■	Sardine	< 2.5	■
Cucumber	4.2	■	Shark	< 2.5	■
Green bean	5.6	■	Sole	3.6	■
Green pea	5.3	■	Squid, cuttlefish	< 2.5	■
Kale, curled kale	< 2.5	■	Swordfish	< 2.5	■
Kohlrabi (Turnip cabbage)	6.0	■	Trout	5.1	■
Leek	4.9	■	Tunafish	3.7	■
Lentil	7.0	■	Zander	5.4	■
Mung bean, green gram	< 2.5	■	Meat		
Olive	3.2	■	Beef	3.1	■
Onion	3.6	■	Chicken	< 2.5	■
Parsnip	4.0	■	Deer	3.8	■
Potato	7.2	■	Duck	< 2.5	■
Pumpkin	11.5	■	Goat meat	< 2.5	■
Radish red - Radish white	6.6	■	Goose	< 2.5	■
Red cabbage	8.9	■	Hare	2.6	■
Rutabaga	4.7	■	Lamb	< 2.5	■
Savoy cabbage	< 2.5	■	Ostrich meat	4.9	■
Soy bean	3.0	■	Pork	3.3	■
Spinach	3.1	■	Quail	< 2.5	■
Stalk celery	< 2.5	■	Rabbit	< 2.5	■
Sweet pepper	2.5	■	Turkey hen	< 2.5	■
Tomato	4.4	■	Veal	5.0	■
White cabbage	3.2	■	Venison	5.0	■
			Wild boar	5.4	■

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	µg/ml IgG	Rating		µg/ml IgG	Rating
Fruits			Spices and herbs		
Apple	4.6	■	Basil	2.8	■
Apricot	4.8	■	Chive	< 2.5	■
Avocado	< 2.5	■	Cinnamon	5.5	■
Banana	< 2.5	■	Garlic	3.2	■
Cherry	4.6	■	Horseradish	3.9	■
Date	4.3	■	Mustard seed	3.9	■
Fig	4.6	■	Nutmeg	8.3	■
Grape / Raisin	6.9	■	Oregano	7.5	■
Kiwi	6.7	■	Paprika, spice	5.5	■
Lemon	2.5	■	Parsley	3.2	■
Lychee	< 2.5	■	Pepper, black	10.1	■
Mango	< 2.5	■	Rosemary	3.9	■
Nectarine	4.9	■	Thyme	4.5	■
Orange	4.3	■	Vanilla	< 2.5	■
Papaya	< 2.5	■	Cereals containing gluten		
Peach	3.0	■	Barley	3.7	■
Pear	< 2.5	■	Gluten	4.3	■
Pineapple	3.3	■	Kamut	7.5	■
Plum	3.7	■	Oats	5.9	■
Strawberry	3.9	■	Rye	5.8	■
Watermelon	6.5	■	Spelt	4.4	■
Yellow plum	8.2	■	Wheat	3.5	■
Seeds and nuts			Cereals w/o gluten and alternatives		
Almond	7.9	■	Amaranth	4.6	■
Brazil nut	152.8	■	Arrowroot	< 2.5	■
Cashew kernels	4.4	■	Buckwheat	4.7	■
Cocoa bean	11.0	■	Carob	7.8	■
Coconut	10.1	■	Cassava	7.6	■
Hazelnut	8.8	■	Fonio	5.6	■
Linseed	20.4	■	Jerusalem artichoke	3.4	■
Macadamia nut	62.8	■	Lupine	< 2.5	■
Peanut	2.5	■	Maize, sweet corn	5.6	■
Pine nut	6.6	■	Millet	6.4	■
Pistachio	5.4	■	Quinoa	10.1	■
Poppy seeds	8.7	■	Rice	4.8	■
Pumpkin seeds	3.2	■	Sweet chestnut	14.7	■
Sesame	2.8	■	Sweet potato	2.6	■
Sunflower seed	< 2.5	■	Tapioca	< 2.5	■
Walnut	5.8	■	Teff	10.0	■

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	µg/ml IgG	Rating
Milk products		
Camel's milk	< 2.5	Not elevated
Goat: milk and cheese	58.0	Highly elevated
Halloumi	4.2	Not elevated
Kefir	81.9	Highly elevated
Mare's milk	< 2.5	Not elevated
Milk (cow)	48.7	Highly elevated
Milk, cooked	87.8	Highly elevated
Rennet cheese (cow)	8.2	Elevated
Ricotta	15.3	Elevated
Sheep: milk and cheese	57.4	Highly elevated
Sour-milk products (cow)	36.6	Highly elevated
Salads		
Butterhead lettuce	5.3	Not elevated
Chicory	3.3	Not elevated
Endive	4.0	Not elevated
Iceberg lettuce	3.7	Not elevated
Lamb's lettuce	3.1	Not elevated
Lollo rosso	< 2.5	Not elevated
Radicchio	< 2.5	Not elevated
Rocket	< 2.5	Not elevated
Romaine / Cos lettuce	3.1	Not elevated
Eggs		
Chicken egg (egg white and egg yolk)	9.7	Elevated
Goose eggs	4.5	Not elevated
Quail eggs	2.8	Not elevated
Sweeteners		
Cane sugar	3.5	Not elevated
Honey (Mixture)	5.6	Not elevated
Mushrooms		
Meadow mushrooms	7.5	Not elevated
Teas, coffee and tannin		
Peppermint	8.1	Elevated
Food additives		
Guar flour (E412)	< 2.5	Not elevated
Yeast		
Yeast	7.0	Not elevated

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GENERAL RECOMMENDATIONS

■ **Your results:** The test results show that you have raised IgG antibody titres to food(s). A monotonous diet, together with an increased permeability of the intestine, is assumed to be the reason for an IgG food allergy (type III). The amount of IgG-positive foods indicates that your gut permeability might be increased and that your immune system responds with an adverse reaction to foods which normally should not be recognised by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body. Experience shows that the simple avoidance of the positively tested foods is not enough and a diet modification in accordance with the rotation principle is required.

Your results might also suggest an imbalance of the intestinal flora and / or an irregularity in the intestinal barrier. It may be helpful to analyze the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialized stool analysis.

- **Diagnostics of the intestinal flora:** IgG-mediated food allergy is commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora (colon cleansing) is essential. It may be helpful to analyze the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialized stool analysis. Please ask your physician or therapist for more information.
- **Other causes:** In addition to a delayed IgG food allergy, there may be a non-immune related digestive disorder or poor utilization of nutrients which can have numerous causes. You should discuss this with your attending physician or health professional. If the diet modification in accordance with ImuPro shows no improvement at all, you should take further diagnostic steps.



CLIENT: Your Name **ImuXPro**

Foods to avoid during the elimination phase:

Brazil nut	Hazelnut	Pumpkin
Broccoli	Kefir	Quinoa
Carrots	Linseed	Red cabbage
Chicken egg (egg white and egg yolk)	Macadamia nut	Rennet cheese (cow)
Chickpeas	Milk (cow)	Ricotta
Cocoa bean	Milk, cooked	Sheep: milk and cheese
Coconut	Nutmeg	Sour-milk products (cow)
Goat: milk and cheese	Pepper, black	Sweet chestnut
	Peppermint	
	Poppy seeds	

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Foods to avoid during the elimination phase:

Teff

Yellow plum

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Allowed in 4-day rotation

Meat	Plaice	Papaya	Olive	Mushrooms	Sesame
Beef	Pollock	Peach	Onion	Meadow mushrooms	Sunflower seed
Chicken	Salmon	Pear	Parsnip	Sweeteners	Walnut
Deer	Sardine	Pineapple	Potato	Cane sugar	Cereals containing gluten
Duck	Shark	Plum	Radish red - Radish	Honey (Mixture)	Barley
Goat meat	Sole	Strawberry	white	Spices and herbs	Gluten
Goose	Squid, cuttlefish	Watermelon	Rutabaga	Basil	Kamut
Hare	Swordfish	Vegetables	Savoy cabbage	Chive	Oats
Lamb	Trout	Artichoke	Soy bean	Cinnamon	Rye
Ostrich meat	Tunafish	Asparagus	Spinach	Garlic	Spelt
Pork	Zander	Aubergine	Stalk celery	Horseradish	Wheat
Quail	Eggs	Beetroot	Sweet pepper	Mustard seed	Cereals w/o gluten and alternatives
Rabbit	Goose eggs	Broad bean	Tomato	Oregano	Amaranth
Turkey hen	Quail eggs	Brussel sprouts	White cabbage	Paprika, spice	Arrowroot
Veal	Fruits	Cauliflower	Milk products	Parsley	Buckwheat
Venison	Apple	Celeriac, knob celery	Camel's milk	Rosemary	Carob
Wild boar	Apricot	Chard, beet greens	Halloumi	Thyme	Cassava
Fish and seafood	Avocado	Chili Cayenne	Mare's milk	Vanilla	Fonio
Anchovy	Banana	Chinese cabbage	Salads	Food additives	Jerusalem artichoke
Carp	Cherry	Courgette	Butterhead lettuce	Guar flour (E412)	Lupine
Cod, codling	Date	Cucumber	Chicory	Yeast	Maize, sweet corn
Crayfish	Fig	Green bean	Endive	Yeast	Millet
Gilthead bream	Grape / Raisin	Green pea	Iceberg lettuce	Seeds and nuts	Rice
Haddock	Kiwi	Kale, curled kale	Lamb's lettuce	Almond	Sweet potato
Hake	Lemon	Kohlrabi (Turnip	Lollo rosso	Cashew kernels	Tapioca
Halibut	Lychee	cabbage)	Radicchio	Peanut	
Herring	Mango	Leek	Rocket	Pine nut	
Mackerel	Nectarine	Lentil	Romaine / Cos lettuce	Pistachio	
Ocean perch	Orange	Mung bean, green gram		Pumpkin seeds	

Avoid for at least 5 weeks

Brazil nut	Chickpeas	Kefir	Nutmeg	Quinoa	Sour-milk products (cow)
Broccoli	Cocoa bean	Linseed	Pepper, black	Red cabbage	Sweet chestnut
Carrots	Coconut	Macadamia nut	Peppermint	Rennet cheese (cow)	Teff
Chicken egg (egg white and egg yolk)	Goat: milk and cheese	Milk (cow)	Poppy seeds	Ricotta	Yellow plum
	Hazelnut	Milk, cooked	Pumpkin	Sheep: milk and cheese	