

LAB REPORT
YOUR NAME

date of birth: 8/23/1990 ■ age: 31 ■ sex: m ■ sample id: Test 101_270




Sample ID: Test 101_270

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	142	< 8.0 µg/ml IgG
	 Elevated	26	≥ 8.0 µg/ml IgG
	 Highly elevated	101	≥ 18.0 µg/ml IgG
Total	127 out of 269 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_270
examination method	enzyme-linked immunosorbent assay for the detection of foodstuff spec. IgG
date of report	4/11/2019

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
Fruits			Spices and herbs		
Apple	4.6	Not elevated	Alfalfa	34.2	Highly elevated
Apricot	4.8	Not elevated	Allspice	12.3	Elevated
Avocado	64.7	Highly elevated	Aniseed	8.3	Elevated
Banana	< 2.5	Not elevated	Basil	2.8	Not elevated
Blackberry	3.3	Not elevated	Bay leaf	5.2	Not elevated
Blueberry	2.5	Not elevated	Capers	< 2.5	Not elevated
Cherry	4.6	Not elevated	Caraway	3.4	Not elevated
Cranberry	4.9	Not elevated	Cardamom	3.9	Not elevated
Currant	4.1	Not elevated	Chervil	3.5	Not elevated
Date	102.8	Highly elevated	Chive	62.3	Highly elevated
Fig	106.1	Highly elevated	Cinnamon	5.5	Not elevated
Gooseberry	2.6	Not elevated	Clove	6.4	Not elevated
Grape / Raisin	6.9	Not elevated	Coriander	4.9	Not elevated
Grapefruit	8.2	Elevated	Cumin	5.5	Not elevated
Guava	2.8	Not elevated	Dill	3.7	Not elevated
Honeydew melon	9.3	Elevated	Garden cress	30.4	Highly elevated
Kiwi	6.7	Not elevated	Garlic	3.2	Not elevated
Lemon	2.5	Not elevated	Ginger	8.3	Elevated
Lime	3.2	Not elevated	Horseradish	3.9	Not elevated
Lingonberry	4.6	Not elevated	Juniper berry	17.0	Elevated
Lychee	71.9	Highly elevated	Lavender	2.5	Not elevated
Mandarin	15.0	Elevated	Lemon balm	3.1	Not elevated
Mango	52.3	Highly elevated	Lovage	4.9	Not elevated
Nectarine	4.9	Not elevated	Marjoram	8.7	Elevated
Orange	4.3	Not elevated	Mustard seed	3.9	Not elevated
Papaya	65.7	Highly elevated	Nutmeg	8.3	Elevated
Peach	88.5	Highly elevated	Oregano	7.5	Not elevated
Pear	57.6	Highly elevated	Paprika, spice	5.5	Not elevated
Pineapple	3.3	Not elevated	Parsley	3.2	Not elevated
Plum	96.6	Highly elevated	Pepper, black	10.1	Elevated
Pomegranate	10.8	Elevated	Pepper, white	6.6	Not elevated
Prickly pear	4.3	Not elevated	Rosemary	3.9	Not elevated
Quince	< 2.5	Not elevated	Saffron	5.4	Not elevated
Raspberry	21.4	Highly elevated	Sage	47.7	Highly elevated
Rhubarb	2.5	Not elevated	Savory	4.1	Not elevated
Sea buckthorn	4.5	Not elevated	Thyme	4.5	Not elevated
Strawberry	3.9	Not elevated	Vanilla	< 2.5	Not elevated
Watermelon	6.5	Not elevated	Wild garlic	4.4	Not elevated
Yellow plum	147.6	Highly elevated			

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	µg/ml IgG	Rating
Vegetables		
Artichoke	118.0	Highly elevated
Asparagus	84.7	Highly elevated
Aubergine	4.9	Not elevated
Bamboo shoots	13.5	Elevated
Beetroot	< 2.5	Not elevated
Broad bean	102.3	Highly elevated
Broccoli	8.9	Elevated
Brussel sprouts	131.9	Highly elevated
Carrots	9.4	Elevated
Cauliflower	65.7	Highly elevated
Celeriac, knob celery	6.6	Not elevated
Chard, beet greens	64.7	Highly elevated
Chickpeas	148.5	Highly elevated
Chili Cayenne	6.6	Not elevated
Chili Habanero	3.9	Not elevated
Chili Jalapeno	6.6	Not elevated
Chinese cabbage	87.6	Highly elevated
Courgette	2.6	Not elevated
Cucumber	4.2	Not elevated
Fennel	7.7	Not elevated
Green bean	5.6	Not elevated
Green pea	5.3	Not elevated
Kale, curled kale	80.9	Highly elevated
Kohlrabi (Turnip cabbage)	6.0	Not elevated
Leek	4.9	Not elevated
Lentil	134.2	Highly elevated
Molokhia	4.2	Not elevated
Mung bean, green gram	71.9	Highly elevated
Okra, lady's finger	6.2	Not elevated
Olive	3.2	Not elevated
Onion	3.6	Not elevated
Parsnip	100.0	Highly elevated
Potato	7.2	Not elevated
Pumpkin	180.4	Highly elevated
Radish red - Radish white	129.0	Highly elevated
Red cabbage	8.9	Elevated
Rutabaga	108.0	Highly elevated
Savoy cabbage	76.1	Highly elevated
Soy bean	3.0	Not elevated

	µg/ml IgG	Rating
Vegetables		
Spinach	89.5	Highly elevated
Stalk celery	81.4	Highly elevated
Sweet pepper	2.5	Not elevated
Tomato	4.4	Not elevated
White cabbage	90.9	Highly elevated
Fish and seafood		
Anchovy	60.0	Highly elevated
Angler, monkfish	6.2	Not elevated
Blue mussels	7.6	Not elevated
Carp	70.0	Highly elevated
Cod, codling	96.6	Highly elevated
Crayfish	4.5	Not elevated
Eel	7.0	Not elevated
Gilthead bream	73.8	Highly elevated
Haddock	99.0	Highly elevated
Hake	69.5	Highly elevated
Halibut	73.8	Highly elevated
Herring	75.7	Highly elevated
Iridescent shark, Sutchi catfish	6.2	Not elevated
Lobster	8.3	Elevated
Mackerel	111.9	Highly elevated
Ocean perch	4.1	Not elevated
Octopus	17.8	Elevated
Oysters	6.9	Not elevated
Plaice	81.4	Highly elevated
Pollock	< 2.5	Not elevated
Red Snapper	6.5	Not elevated
Salmon	5.7	Not elevated
Sardine	78.0	Highly elevated
Scallop	4.3	Not elevated
Sea bass	4.2	Not elevated
Shark	69.0	Highly elevated
Shrimp, prawn	6.2	Not elevated
Sole	95.7	Highly elevated
Squid, cuttlefish	76.6	Highly elevated
Swordfish	72.3	Highly elevated
Trout	111.9	Highly elevated
Tunafish	3.7	Not elevated
Zander	115.7	Highly elevated

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	µg/ml IgG	Rating		µg/ml IgG	Rating
Meat			Milk products		
Beef	3.1	Not elevated	Camel's milk	< 2.5	Not elevated
Chicken	< 2.5	Not elevated	Goat: milk and cheese	58.0	Highly elevated
Deer	97.6	Highly elevated	Halloumi	101.9	Highly elevated
Duck	68.0	Highly elevated	Kefir	> 200	Highly elevated
Goat meat	60.9	Highly elevated	Mare's milk	< 2.5	Not elevated
Goose	68.5	Highly elevated	Milk (cow)	48.7	Highly elevated
Hare	83.8	Highly elevated	Milk, cooked	> 200	Highly elevated
Lamb	< 2.5	Not elevated	Rennet cheese (cow)	8.2	Elevated
Ostrich meat	110.4	Highly elevated	Ricotta	> 200	Highly elevated
Pork	3.3	Not elevated	Sheep: milk and cheese	57.4	Highly elevated
Quail	63.3	Highly elevated	Sour-milk products (cow)	36.6	Highly elevated
Rabbit	74.2	Highly elevated	Cereals containing gluten		
Turkey hen	< 2.5	Not elevated	Barley	3.7	Not elevated
Veal	111.4	Highly elevated	Gluten	4.3	Not elevated
Venison	110.9	Highly elevated	Kamut	140.0	Highly elevated
Wild boar	115.2	Highly elevated	Oats	5.9	Not elevated
Seeds and nuts			Rye	5.8	Not elevated
Almond	7.9	Not elevated	Spelt	4.4	Not elevated
Brazil nut	> 200	Highly elevated	Wheat	3.5	Not elevated
Cashew kernels	4.4	Not elevated	Cereals w/o gluten and alternatives		
Cocoa bean	11.0	Elevated	Amaranth	107.1	Highly elevated
Coconut	168.0	Highly elevated	Arrowroot	57.6	Highly elevated
Hazelnut	8.8	Elevated	Buckwheat	4.7	Not elevated
Linseed	20.4	Highly elevated	Carob	143.3	Highly elevated
Macadamia nut	> 200	Highly elevated	Cassava	140.9	Highly elevated
Peanut	2.5	Not elevated	Fonio	117.6	Highly elevated
Pine nut	129.5	Highly elevated	Jerusalem artichoke	93.3	Highly elevated
Pistachio	5.4	Not elevated	Lupine	68.5	Highly elevated
Poppy seeds	8.7	Elevated	Maize, sweet corn	5.6	Not elevated
Pumpkin seeds	3.2	Not elevated	Millet	6.4	Not elevated
Sesame	2.8	Not elevated	Quinoa	168.5	Highly elevated
Sunflower seed	< 2.5	Not elevated	Rice	4.8	Not elevated
Walnut	5.8	Not elevated	Sweet chestnut	> 200	Highly elevated
Eggs			Sweet potato	83.8	Highly elevated
Chicken egg white	4.3	Not elevated	Tapioca	59.0	Highly elevated
Chicken egg yolk	5.6	Not elevated	Teff	167.1	Highly elevated
Goose eggs	105.2	Highly elevated	Algae		
Quail eggs	86.6	Highly elevated	Red algae(nori)	4.7	Not elevated
			Spirulina	34.2	Highly elevated

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	µg/ml IgG	Rating
Salads		
Butterhead lettuce	5.3	Not elevated
Chicory	91.4	Highly elevated
Dandelion	4.9	Not elevated
Endive	100.0	Highly elevated
Iceberg lettuce	96.6	Highly elevated
Lamb's lettuce	3.1	Not elevated
Lollo rosso	64.2	Highly elevated
Radicchio	76.6	Highly elevated
Rocket	71.4	Highly elevated
Romaine / Cos lettuce	90.0	Highly elevated
Teas, coffee and tannin		
Camomile	21.8	Highly elevated
Coffee	5.0	Not elevated
Nettle	6.5	Not elevated
Peppermint	8.1	Elevated
Rooibus tea	6.8	Not elevated
Rose hip	4.4	Not elevated
Tannin	7.7	Not elevated
Tea, black	4.7	Not elevated
Tea, green	4.2	Not elevated
Food additives		
Agar-Agar (E406)	7.6	Not elevated
Benzoic acid (E210)	6.1	Not elevated
Carrageenan (E407)	4.3	Not elevated
Curcumin (E100)	5.5	Not elevated
Guar flour (E412)	< 2.5	Not elevated
Pectin (E440)	2.7	Not elevated
Sorbic acid (E200)	8.1	Elevated
Tragacanth (E413)	3.2	Not elevated
Xanthan gum	3.8	Not elevated
Mushrooms		
Bay boletus	10.7	Elevated
Cep (boletus)	7.9	Not elevated
Chanterelle	20.9	Highly elevated
Meadow mushrooms	7.5	Not elevated
Oyster mushrooms	4.8	Not elevated
Shiitake	8.5	Elevated
Yeast		
Yeast	7.0	Not elevated


	µg/ml IgG	Rating
Sweeteners		
Agave nectar	7.5	Not elevated
Cane sugar	3.5	Not elevated
Honey (Mixture)	5.6	Not elevated
Maple syrup	8.1	Elevated
Specials		
Aloe Vera	3.1	Not elevated
Aspergillus Niger	22.6	Highly elevated
Candied lemon peel	3.0	Not elevated
Vine leaves	< 2.5	Not elevated

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GENERAL RECOMMENDATIONS

- **Your results:** The test results show that you have raised IgG antibody titers to food(s). The amount of IgG-positive foods indicates that your immune system responds with an adverse reaction to foods which normally should not be recognized by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body. It is therefore very important to stabilize your immune system by avoiding the foods to which elevated and highly elevated values of IgG antibodies have been found. Experience shows that simple avoidance of the positively tested foods is not enough and that a diet modification in accordance with the rotation principle is required.
The large number of positive reactions indicates a considerable affection of the intestinal flora and / or the intestinal barrier.
- **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:

Alfalfa	Bamboo shoots	Cassava
Allspice	Bay boletus	Cauliflower
Amaranth	Brazil nut	Chanterelle
Anchovy	Broad bean	Chard, beet greens
Aniseed	Broccoli	Chickpeas
Arrowroot	Brussel sprouts	Chicory
Artichoke	Camomile	Chinese cabbage
Asparagus	Carob	Chive
Aspergillus Niger	Carp	Cocoa bean
Avocado	Carrots	Coconut

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Foods to avoid during the elimination phase:

Cod, codling	Goat meat	Hare
Date	Goat: milk and cheese	Hazelnut
Deer	Goose	Herring
Duck	Goose eggs	Honeydew melon
Endive	Grapefruit	Iceberg lettuce
Fig	Haddock	Jerusalem artichoke
Fonio	Hake	Juniper berry
Garden cress	Halibut	Kale, curled kale
Gillthead bream	Halloumi	Kamut
Ginger		Kefir

CLIENT: Your Name



Foods to avoid during the elimination phase:

Lentil	Maple syrup	Parsnip
Linseed	Marjoram	Peach
Lobster	Milk (cow)	Pear
Lollo rosso	Milk, cooked	Pepper, black
Lupine	Mung bean, green	Peppermint
Lychee	gram	Pine nut
Macadamia nut	Nutmeg	Plaice
Mackerel	Octopus	Plum
Mandarin	Ostrich meat	Pomegranate
Mango	Papaya	Poppy seeds

CLIENT: Your Name



Foods to avoid during the elimination phase:

Pumpkin	Rennet cheese (cow)	Sheep: milk and cheese
Quail	Ricotta	Shiitake
Quail eggs	Rocket	Sole
Quinoa	Romaine / Cos lettuce	Sorbic acid (E200)
Rabbit	Rutabaga	Sour-milk products (cow)
Radicchio	Sage	Spinach
Radish red - Radish white	Sardine	Spirulina
Raspberry	Savoy cabbage	Squid, cuttlefish
Red cabbage	Shark	

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Foods to avoid during the elimination phase:

Stalk celery	Wild boar
Sweet chestnut	Yellow plum
Sweet potato	Zander
Swordfish	
Tapioca	
Teff	
Trout	
Veal	
Venison	
White cabbage	

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Allowed in 4-day rotation

Meat	Banana	Chili Jalapeno	Sweeteners	Lovage	Pumpkin seeds
Beef	Blackberry	Courgette	Agave nectar	Mustard seed	Sesame
Chicken	Blueberry	Cucumber	Cane sugar	Oregano	Sunflower seed
Lamb	Cherry	Fennel	Honey (Mixture)	Paprika, spice	Walnut
Pork	Cranberry	Green bean	Teas, coffee and tannin	Parsley	Specials
Turkey hen	Currant	Green pea	Coffee	Pepper, white	Aloe Vera
Fish and seafood	Gooseberry	Kohlrabi (Turnip	Nettle	Rosemary	Candied lemon peel
Angler, monkfish	Grape / Raisin	cabbage)	Rooibus tea	Saffron	Vine leaves
Blue mussels	Guava	Leek	Rose hip	Savory	Algae
Crayfish	Kiwi	Molokhia	Tannin	Thyme	Red algae(nori)
Eel	Lemon	Okra, lady's finger	Tea, black	Vanilla	Cereals containing gluten
Iridescent shark, Sutchi	Lime	Olive	Tea, green	Wild garlic	Barley
catfish	Lingonberry	Onion	Spices and herbs	Food additives	Gluten
Ocean perch	Nectarine	Potato	Basil	Agar-Agar (E406)	Oats
Oysters	Orange	Soy bean	Bay leaf	Benzoic acid (E210)	Rye
Pollock	Pineapple	Sweet pepper	Capers	Carrageenan (E407)	Spelt
Red Snapper	Prickly pear	Tomato	Caraway	Curcumin (E100)	Wheat
Salmon	Quince	Milk products	Cardamom	Guar flour (E412)	Cereals w/o gluten and alternatives
Scallop	Rhubarb	Camel's milk	Chervil	Pectin (E440)	Buckwheat
Sea bass	Sea buckthorn	Mare's milk	Cinnamon	Tragacanth (E413)	Maize, sweet corn
Shrimp, prawn	Strawberry	Salads	Clove	Xanthan gum	Millet
Tunafish	Watermelon	Butterhead lettuce	Coriander	Yeast	Rice
Eggs	Vegetables	Dandelion	Cumin	Yeast	
Chicken egg white	Aubergine	Lamb's lettuce	Dill	Seeds and nuts	
Chicken egg yolk	Beetroot	Mushrooms	Garlic	Almond	
Fruits	Celeriac, knob celery	Cep (boletus)	Horseradish	Cashew kernels	
Apple	Chili Cayenne	Meadow mushrooms	Lavender	Peanut	
Apricot	Chili Habanero	Oyster mushrooms	Lemon balm	Pistachio	

Avoid for at least 5 weeks

Alfalfa	Chanterelle	Grapefruit	Mackerel	Pumpkin	Sorbic acid (E200)
Allspice	Chard, beet greens	Haddock	Mandarin	Quail	Sour-milk products (cow)
Amaranth	Chickpeas	Hake	Mango	Quail eggs	Spinach
Anchovy	Chicory	Halibut	Maple syrup	Quinoa	Spirulina
Aniseed	Chinese cabbage	Halloumi	Marjoram	Rabbit	Squid, cuttlefish
Arrowroot	Chive	Hare	Milk (cow)	Radicchio	Stalk celery
Artichoke	Cocoa bean	Hazelnut	Milk, cooked	Radish red - Radish	Sweet chestnut
Asparagus	Coconut	Herring	Mung bean, green gram	white	Sweet potato
Aspergillus Niger	Cod, codling	Honeydew melon	Nutmeg	Raspberry	Swordfish
Avocado	Date	Iceberg lettuce	Octopus	Red cabbage	Tapioca
Bamboo shoots	Deer	Jerusalem artichoke	Ostrich meat	Rennet cheese (cow)	Teff
Bay boletus	Duck	Juniper berry	Papaya	Ricotta	Trout
Brazil nut	Endive	Kale, curled kale	Parsnip	Rocket	Veal
Broad bean	Fig	Kamut	Peach	Romaine / Cos lettuce	Venison
Broccoli	Fonio	Kefir	Pear	Rutabaga	White cabbage
Brussel sprouts	Garden cress	Lentil	Pepper, black	Sage	Wild boar
Camomile	Gilthead bream	Linseed	Peppermint	Sardine	Yellow plum
Carob	Ginger	Loobster	Pine nut	Savoy cabbage	Zander
Carp	Goat meat	Lollo rosso	Plaice	Shark	
Carrots	Goat: milk and cheese	Lupine	Plum	Sheep: milk and cheese	
Cassava	Goose	Lychee	Pomegranate	Shiitake	
Cauliflower	Goose eggs	Macadamia nut	Poppy seeds	Sole	