

LAB REPORT
YOUR NAME

date of birth: 8/23/1990 ■ age: 31 ■ sex: m ■ sample id: Test 101_90




Sample ID: Test 101_90

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	84	< 8.0 µg/ml IgG
	 Elevated	4	≥ 8.0 µg/ml IgG
	 Highly elevated	2	≥ 18.0 µg/ml IgG
Total	6 out of 90 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_90
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
Vegetables		
Aubergine	2.9	■
Beetroot	< 2.5	■
Broccoli	< 2.5	■
Carrots	2.9	■
Celeriac, knob celery	2.5	■
Chili Cayenne	< 2.5	■
Courgette	2.8	■
Cucumber	3.8	■
Green bean	4.4	■
Green pea	2.5	■
Kohlrabi (Turnip cabbage)	< 2.5	■
Leek	2.6	■
Olive	3.2	■
Onion	< 2.5	■
Potato	< 2.5	■
Red cabbage	3.7	■
Soy bean	2.5	■
Sweet pepper	< 2.5	■
Tomato	< 2.5	■
Cereals containing gluten		
Barley	3.7	■
Gluten	3.1	■
Oats	< 2.5	■
Rye	2.9	■
Spelt	< 2.5	■
Wheat	2.7	■
Cereals w/o gluten and alternatives		
Buckwheat	< 2.5	■
Maize, sweet corn	< 2.5	■
Millet	2.5	■
Rice	< 2.5	■
Meat		
Beef	< 2.5	■
Chicken	< 2.5	■
Lamb	< 2.5	■
Pork	< 2.5	■
Turkey hen	< 2.5	■
Eggs		
Chicken egg (egg white and egg yolk)	10.6	■

	µg/ml IgG	Rating
Spices and herbs		
Basil	< 2.5	■
Cinnamon	4.6	■
Garlic	2.6	■
Horseradish	< 2.5	■
Mustard seed	2.7	■
Nutmeg	3.3	■
Oregano	5.2	■
Paprika, spice	2.9	■
Parsley	< 2.5	■
Pepper, black	3.5	■
Rosemary	3.9	■
Thyme	3.6	■
Vanilla	< 2.5	■
Fruits		
Apple	4.0	■
Apricot	2.8	■
Banana	2.9	■
Cherry	< 2.5	■
Grape / Raisin	< 2.5	■
Kiwi	3.1	■
Lemon	5.0	■
Nectarine	2.5	■
Orange	2.5	■
Pineapple	< 2.5	■
Strawberry	2.7	■
Watermelon	< 2.5	■
Seeds and nuts		
Almond	< 2.5	■
Cashew kernels	< 2.5	■
Cocoa bean	3.5	■
Hazelnut	3.1	■
Linseed	< 2.5	■
Peanut	< 2.5	■
Pistachio	< 2.5	■
Poppy seeds	< 2.5	■
Pumpkin seeds	< 2.5	■
Sesame	3.0	■
Sunflower seed	< 2.5	■
Walnut	8.7	■

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	µg/ml IgG	Rating
Fish and seafood		
Crayfish	3.0	■
Ocean perch	3.1	■
Pollock	3.1	■
Salmon	4.2	■
Tunafish	< 2.5	■
Milk products		
Goat: milk and cheese	9.7	■
Milk (cow)	50.4	■
Rennet cheese (cow)	8.4	■
Sheep: milk and cheese	5.4	■
Sour-milk products (cow)	30.0	■
Salads		
Butterhead lettuce	2.8	■
Lamb's lettuce	< 2.5	■
Sweeteners		
Cane sugar	3.4	■
Honey (Mixture)	2.6	■
Mushrooms		
Meadow mushrooms	< 2.5	■
Teas, coffee and tannin		
Peppermint	2.9	■
Food additives		
Guar flour (E412)	< 2.5	■
Yeast		
Yeast	5.4	■

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GENERAL RECOMMENDATIONS

- **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

ImuPro

Foods to avoid during the elimination phase:

Chicken egg (egg white and egg yolk)		
Goat: milk and cheese		
Milk (cow)		
Rennet cheese (cow)		
Sour-milk products (cow)		
Walnut		

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Allowed in 4-day rotation					
Meat	Grape / Raisin	Green bean	Mushrooms	Pepper, black	Pumpkin seeds
Beef	Kiwi	Green pea	Meadow mushrooms	Rosemary	Sesame
Chicken	Lemon	Kohlrabi (Turnip cabbage)	Sweeteners	Thyme	Sunflower seed
Lamb	Nectarine	Leek	Cane sugar	Vanilla	Cereals containing gluten
Pork	Orange	Olive	Honey (Mixture)	Food additives	Barley
Turkey hen	Pineapple	Onion	Teas, coffee and tannin	Guar flour (E412)	Gluten
Fish and seafood	Strawberry	Potato	Peppermint	Yeast	Oats
Crayfish	Watermelon	Red cabbage	Spices and herbs	Yeast	Rye
Ocean perch	Vegetables	Soy bean	Basil	Seeds and nuts	Spelt
Pollock	Aubergine	Sweet pepper	Cinnamon	Almond	Wheat
Salmon	Beetroot	Tomato	Garlic	Cashew kernels	Cereals w/o gluten and alternatives
Tunafish	Broccoli	Milk products	Horseradish	Cocoa bean	Buckwheat
Fruits	Carrots	Sheep: milk and cheese	Mustard seed	Hazelnut	Maize, sweet corn
Apple	Celeriac, knob celery	Salads	Nutmeg	Linseed	Millet
Apricot	Chili Cayenne	Butterhead lettuce	Oregano	Peanut	Rice
Banana	Courgette	Lamb's lettuce	Paprika, spice	Pistachio	
Cherry	Cucumber		Parsley	Poppy seeds	
Avoid for at least 5 weeks					
Chicken egg (egg white and egg yolk)	Goat: milk and cheese Milk (cow)	Rennet cheese (cow) Sour-milk products (cow)	Walnut		