

FOOD SENSITIVITY DEMO

Name: FOOD SENSITIVITY DEMO
Date of Birth: 01-01-1111
Gender: Male
Age: 01
Height:
Weight: 116 lbs
Fasting: FASTING

Telephone: 000-000-0000
Street Address:
Email:

FINAL REPORT

Accession ID: 2310160104

Provider Information

Practice Name: DEMO CLIENT, MD
Provider Name: DEMO CLIENT, MD
Phlebotomist: 0

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Address: 3521 Leonard Ct, Santa Clara, CA 95054

Report Information

● Current Result ● Previous Result ● In Control ● Moderate ● Risk

Specimen Information

Sample Type	Collection Time	Received Time	Report	Final Report Date
Serum	2023-10-16 10:30 (PDT)	2023-10-17 11:42 (PDT)	Food Sensitivity - P2	2023-10-20 11:54 (PDT)

SAMPLE



3521 Leonard Ct, Santa Clara, CA 95054
1-866-364-0963 | support@vibrant-america.com | www.vibrant-america.com

TNP Test not performed

R&L Refer to risks and limitations at the end of report

Notes Refer to Lab notes at the end of the table

INTRODUCTION

Vibrant Wellness is pleased to present to you, "Food Sensitivity" Testing, to help you make healthy lifestyle and dietary choices in consultation with your physicians and dietitians. It is intended to be used as a tool to encourage a general state of health and well-being. The Vibrant Food Sensitivity is an array of commonly consumed food antigens and additives which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG, IgA, C3D and IgG4 reactivity to food antigens and food additives.

Methodology:

The Vibrant Food Sensitivity test is a semiquantitative assay that detects IgG, IgM, IgG4, and C3D antibodies in human serum/DBS for the food profile antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The food sensitivity summary page provides concise information on the list of foods that are outside the normal reference range. Reference ranges have been established using 2000 healthy individuals. Vibrant utilizes proprietary reporter-based analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2), C3D and IgG4 antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

This is followed by a complete list of all foods tested including IgG, IgA, C3D, IgG4 titers (as ordered). A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Food Sensitivity offered by Vibrant Wellness is performed by Vibrant America LLC, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrantwellness.com. By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your Physician/Dietitian for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your physician before making any changes. Pediatric reference ranges have not been established for this test.

Food Sensitivity - Summary

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

High	IgA	IgG	IgG4	C3D	High	IgA	IgG	IgG4	C3D
Buffalo milk	5	>30	7	22	Buttermilk	5	>30	10	11
Cheddar cheese	4	>30	14	9	Kefir	4	29	12	6
Sheep's milk	5	>30	9	15	Yoghurt	2	>30	15	6
Spelt	3	27	9	7	Cous Cous	4	23	7	9
Lobster	3	11	9	6	Crab	3	10	8	4
Shrimp	5	6	6	8	Peanut	4	5	7	8
Moderate	IgA	IgG	IgG4	C3D	Moderate	IgA	IgG	IgG4	C3D
Goat's Milk	4	16	6	8	Barley	3	11	11	4
Lamb	4	11	10	5	Pork	4	11	5	5
Cinnamon	5	11	10	6	Sweet Potato	5	12	5	9
Anchovy	3	16	9	11	Eel	3	12	10	8
Flounder	4	13	11	8	Sardine	4	17	10	7
Sea bass	5	14	8	6	Sole	4	11	8	10
Kiwi fruit	4	11	6	9	Mandarin	5	20	7	9
Mung beans	3	14	6	8	Duck meat	4	14	10	8
Goose meat	4	15	11	9	Rabbit	4	12	9	7
Veal	4	17	4	9	Black tea	4	13	10	9
Molasses	4	15	9	5	Parsley	4	15	5	10
Sweet chestnut	3	14	9	9	Crayfish	3	11	8	8
Caraway	5	12	7	8	Cayenne pepper	3	11	7	7
Common thyme	2	13	5	8	Curry powder	4	15	9	7
Vegan Cheese	5	19	8	5	Asparagus	4	15	11	8
Endive	3	19	9	8	Roquette	4	14	6	9

Food Sensitivity - Summary

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Moderate	IgA	IgG	IgG4	C3D	Moderate	IgA	IgG	IgG4	C3D
Tapioca	6	11	11	2	Arrowroot	7	19	11	2
Green onion/Scallions	4	11	9	4	Lentils	7	11	10	3
Brazilnut	7	12	11	8	Turmeric	6	14	10	2
Agave	9	14	12	8	Beta-Casein	2	7	3	12
Cow's Milk	2	8	3	12	Grapefruit	4	9	5	11
Oats	3	5	11	3	Wheat	6	10	11	5
Corn	6	5	11	4	Cocoa	5	9	11	4
Rosemary	4	10	13	4	Black Walnut	3	7	12	4
English Walnut	6	8	11	5	Green Pepper	6	6	10	12
Cabbage	3	5	11	6	Carrot	3	7	11	7
Green Peas	4	7	12	3	Onion	4	7	3	18
Plum	4	7	12	4	Bamboo shoots	5	9	11	5
Beet root	4	10	10	11	White radish	4	10	8	11
Taro Root	6	8	11	1					

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

High	IgA	IgG	IgG4	C3D	Moderate	IgA	IgG	IgG4	C3D
Fluoride	7.1	26.7	7.4	7.6					
Moderate	IgA	IgG	IgG4	C3D	Moderate	IgA	IgG	IgG4	C3D
Lecithin (Egg yolk)	3.2	11.9	7.5	6.8	Lecithin (Soy)	3.1	10.8	5.6	7.0
Bisphenol A (BPA)	2.8	10.9	10.7	5.5	Glyphosate	4.0	12.1	7.1	2.8
Acesulfame K	16.2	7.2	2.0	4.4	Acid Red #14 (Carmoisine)	3.3	6.5	10.8	4.5
Beta-Carotene	3.7	5.9	10.1	4.5	Yellow #5 (Tartrazine)	3.5	6.4	7.5	10.2
Butylated Hydroxytoluene (BHT)	2.7	8.3	10.2	4.0					

Food Sensitivity Complete

Reference Range: ■ In Control: ≤ 10 ■ Moderate: 10.1-20 ■ Risk: > 20

High	IgE	High	IgE
Lobster	3.55	Crab	22.85
Shrimp	49.82	Peanut	93.30
Moderate	IgE	Moderate	IgE
Goat's Milk	<0.1	Barley	<0.1
Lamb	<0.1	Pork	<0.1
Cinnamon	<0.1	Sweet Potato	<0.1
Beta-Casein	<0.1	Cow's Milk	<0.1
Grapefruit	<0.1	Oats	<0.1
Wheat	<0.1	Corn	<0.1
Cocoa	<0.1	Rosemary	<0.1
Black Walnut	0.17	English Walnut	0.68
Green Pepper	<0.1	Cabbage	<0.1
Carrot	<0.1	Green Peas	<0.1
Onion	<0.1		



Food Sensitivity - Summary Comments

Buffalo milk



FOOD DESCRIPTION

Buffalo milk is the milk of domestic water buffalo. Buffalo milk presents physicochemical features different from that of other ruminant species, such as a higher content of fatty acids and proteins, and slightly higher content of lactose, than that of cow milk.

COMMONLY FOUND IN

Buffalo milk is processed into a large variety of dairy products including cheeses, cream, butter, ghee, and fermented dairy products, the most common being buffalo mozzarella and burrata cheeses and the Indian soft cheese, paneer.

HIDDEN SOURCES

Buffalo milk is more costly than cow milk, thus it is less likely to be found as a milk protein-derived additive compared to cow's milk-derived casein and whey fillers and additives.

PRECAUTION

Buffalo milk proteins share similar homology to cow milk proteins, so cross reactivity may be possible in milk protein sensitive individuals.

Buttermilk



FOOD DESCRIPTION

Buttermilk is a dairy drink, typically derived from cow milk unless otherwise noted. Traditional buttermilk is the liquid left behind after churning butter out of cultured cream. Cultured buttermilk is fermented buttermilk. The tartness of buttermilk is due to acid in the milk, due to lactic acid produced by lactic acid bacteria fermenting the milk sugar, lactose.

COMMONLY FOUND IN

Buttermilk may be found in buttermilk yogurt-based drinks, salad dressings, pancakes, and baked goods.

HIDDEN SOURCES

Hidden sources of buttermilk are baked goods that contain powdered buttermilk for its tart and acidic properties.

PRECAUTION

Buttermilk contains milk proteins and is not appropriate for individuals with milk protein allergy or sensitivity.

Cheddar cheese



FOOD DESCRIPTION

Cheddar cheese is a relatively hard, off-white, or orange if spices such as annatto are added, sharp-tasting cheese.

COMMONLY FOUND IN

Cheddar cheese may be found in processed cheeses, sauces, biscuits, fondue, and pasta and potato dishes.

HIDDEN SOURCES

Hidden sources of cheddar cheese include popcorn, crackers and snack foods that use Cheddar flavorings.

PRECAUTION

Cheddar cheese contains milk proteins and is not appropriate for individuals with milk protein allergy or sensitivity. Cheddar cheese, like other aged cheeses, has a high tyramine and histamine content and may not be tolerated by individuals with tyramine and histamine intolerance.

Food Sensitivity - Summary Comments

Kefir



FOOD DESCRIPTION

Kefir (or kephir) is a fermented cow, goat, or sheep milk drink made with a yeast or bacterial fermentation starter of kefir grains.

Sheep's milk



FOOD DESCRIPTION

Sheep's milk (or Ewes' milk) is the milk of domestic sheep. Sheep milk has a higher content of fatty acids and protein, including conjugated linoleic acid (CLA), compared to cow and goat milk.

COMMONLY FOUND IN

Sheep's milk is commonly found in feta, ricotta, Roquefort, Manchego, and pecorino Romano cheeses.

HIDDEN SOURCES

Sheep's milk is more costly than cow milk, thus it is less likely to be found as a milk protein-derived additive compared to cow's milk-derived casein and whey fillers and additives.

PRECAUTION

Sheep milk proteins share similar homology to cow milk proteins, so cross reactivity may be possible in milk protein sensitive individuals.

Yoghurt



FOOD DESCRIPTION

Yoghurt (or Yogurt) is produced by bacterial fermentation of milk. The bacteria used to make yoghurt are known as yoghurt cultures. The fermentation of lactose by these bacteria produces lactic acid, which acts on milk protein to give yoghurt its texture and characteristic tart flavor.

COMMONLY FOUND IN

Yoghurt is commonly found in dips, dressings, smoothies, and the Indian drink lassi.

HIDDEN SOURCES

Because of its perishability, yoghurt is not typically used as an additive, filler, or flavoring agent.

PRECAUTION

Yoghurt is not suitable for people with cow milk allergy or sensitivity, these individuals may substitute coconut or almond yoghurt in place of yoghurt derived from cow's milk.

Food Sensitivity - Summary Comments

Spelt



FOOD DESCRIPTION

Spelt (or dinkel wheat or hulled wheat) is a species of wheat. As with all wheat species, spelt contains gluten and is unsuitable for people on a gluten free diet.

COMMONLY FOUND IN

Spelt may be found in bread, pasta, pancake and waffle mixes, muffins and baked goods.

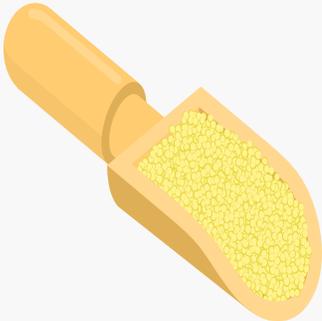
HIDDEN SOURCES

Spelt may be found in bread, pasta, pancake and waffle mixes, muffins and baked goods.

PRECAUTION

Spelt is not suitable for individuals with celiac disease, gluten sensitivity, wheat sensitivity, or wheat allergy.

Cous Cous



FOOD DESCRIPTION

Cous Cous is a type of pasta (wheat flour) and is derived from durum wheat crushed into granules. Cous Cous is a dried grain and cooked by steaming until it is light and fluffy. Israeli couscous is a variation on the traditional couscous which is made of larger, smoother, spherical granules.

COMMONLY FOUND IN

Cous Cous is cooked just like pasta and can be served as a side dish or as part of a salad. If used as a salad, it is cooked and then cooled and chilled before combining with the other ingredients. Can also be prepared sweet as either a dessert or even breakfast.

HIDDEN SOURCES

Be careful not to confuse cous cous with quinoa as they can look similar when cooked

PRECAUTION

As it is derived from wheat flour, cous cous is a gluten-containing food.

Lobster



FOOD DESCRIPTION

A saltwater crustacean with one or more sets of claws and a long body covered by a hard outer shell.

COMMONLY FOUND IN

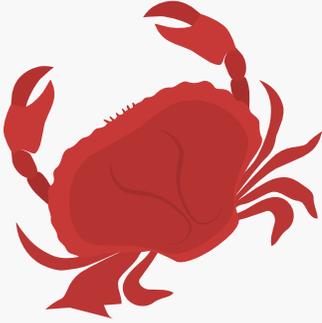
Lobster, canned lobster, sushi, soups, bisques, rolls.

HIDDEN SOURCES

Cioppino (fish stew), scampi.

Food Sensitivity - Summary Comments

Crab



FOOD DESCRIPTION

A freshwater or saltwater crustacean with a thick outer shell and eight legs, two of which are usually clawed on the ends.

COMMONLY FOUND IN

Crab, canned crab, crab cakes, crab legs, salad, sushi.

HIDDEN SOURCES

Imitation crab is not crab, but is made of fish and contains gluten; ceviche, cioppino (fish stew).

Shrimp



FOOD DESCRIPTION

A saltwater or freshwater crustacean with multiple legs and covered by a hard outer shell.

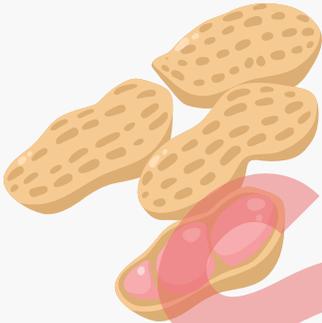
COMMONLY FOUND IN

Pasta, salad, Cajun food, mixed seafood dishes, fried shrimp, gumbo, jambalaya, appetizers.

HIDDEN SOURCES

Spring rolls, sushi, ceviche, cioppino (fish stew), scampi, paella.

Peanut



FOOD DESCRIPTION

A species of the legume family, although commonly referred to as a nut; native to South America. The edible brown shelled peanut is enclosed in a pod.

COMMONLY FOUND IN

Peanut butter (peanut butter and jelly sandwiches), peanut oil (Asian cuisine and sautéed foods), peanut flour which is used as a thickener in soups, and as a flavor and aromatic enhancer in breads, pastries and main dishes. Also found in snack foods (trail mixes, snack bars, and candy bars).

HIDDEN SOURCES

Can be referred to as peanut kernel, groundnut (because it grows in the ground as opposed to a tree), monkey-nut or earth nut.

PRECAUTION

One of the top 8 common allergens. High source of lectins, which are most commonly associated with digestive issues and other immunological issues.

Food Sensitivity - Summary Comments

Goat's Milk



FOOD DESCRIPTION

Goat milk contains more of the essential fatty acids (linoleic and arachidonic acids) and a higher proportion of short-chain and medium-chain fatty acids than cow's milk. The fat in goat milk may be more readily digested and absorbed than cow's milk because lipases attack ester linkages of such fatty acids more readily than those of longer chains. And, unlike cow's milk, goat milk does not contain agglutinin; as a result, the fat globules in goat milk do not cluster, which helps facilitate digestion and absorption.

COMMONLY FOUND IN

Goat milk may be found in a variety of goat milk cheeses, butter, ice cream, kefir, and yogurt.

HIDDEN SOURCES

Varieties of goat cheeses include chèvre, goat gouda, goat cheddar, goat cream cheese, goat feta, and goat brie. Any product made from cow's milk can also be made from goat milk such as ice cream and caramel.

PRECAUTION

The digestibility of goat milk can be attributed to its casein curd, which is both softer and smaller than that produced by bovine milk.

Barley



FOOD DESCRIPTION

A commonly used gluten-containing grain.

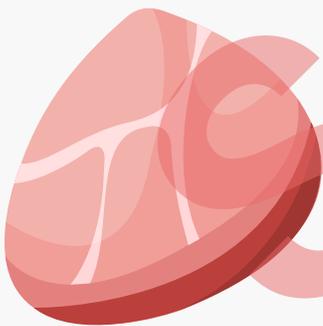
COMMONLY FOUND IN

Flour mixes, pancakes, baked goods, cereals, trail mix, granola, granola bars, pasta, porridge, tea, soups.

HIDDEN SOURCES

Unrelated to wheat; good source of iron, zinc and selenium; excellent source of niacin, manganese, magnesium and phosphorus. Contains gluten.

Lamb



FOOD DESCRIPTION

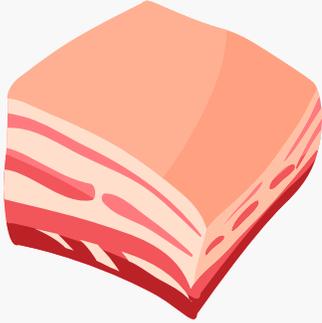
A type of red meat derived from lamb.

COMMONLY FOUND IN

Lamb chops, lamb stew, roast leg of lamb.

Food Sensitivity - Summary Comments

Pork



FOOD DESCRIPTION

A type of red meat derived from pigs, despite commonly being referred to as "the other white meat".

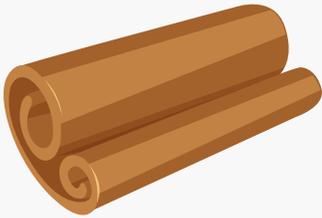
COMMONLY FOUND IN

Pork chops, bacon, ham, gammon, sausage, bratwurst, baked beans.

HIDDEN SOURCES

Avoid products with the following ingredients: lard, animal fats, animal glyceride, hydrolyzed animal protein, enzymes, emulsifiers, monostearates, mono- and diglyceride, gelatin.

Cinnamon



FOOD DESCRIPTION

Strongly aromatic, sweet tasting, dried inner bark of a tree in the laurel family. Considered a spice.

COMMONLY FOUND IN

Common in desserts in Western cuisine. Elsewhere in the world, in savory dishes.

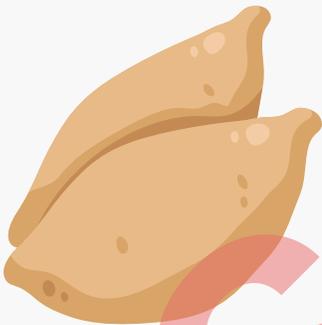
HIDDEN SOURCES

Cassia. Canella in Latin.

PRECAUTION

True cinnamon is not recommended for pregnant women because it stimulates the uterus.

Sweet Potato



FOOD DESCRIPTION

A tuberous root vegetable with orange skin and orange flesh.

COMMONLY FOUND IN

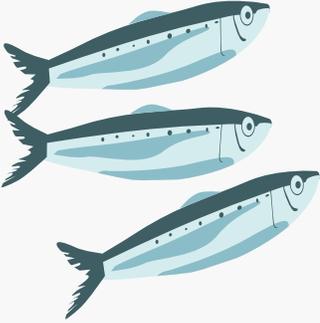
Whole baked sweet potato, mashed sweet potato, sweet potato fries, roasted vegetables, soups, smoothies.

HIDDEN SOURCES

Yams and sweet potatoes are not the same, but the words are often mistakenly used interchangeably.

Food Sensitivity - Summary Comments

Anchovy



FOOD DESCRIPTION

A small fish which is usually preserved in oil and salt which gives it a strong, salty taste.

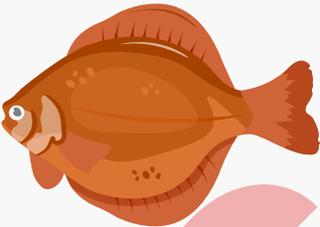
Eel



FOOD DESCRIPTION

A snake-like fish with an elongated body and poorly developed fins. Very slippery to touch.

Flounder



FOOD DESCRIPTION

Flounder is a type of flat fish with both eyes on one side of its head.

Food Sensitivity - Summary Comments

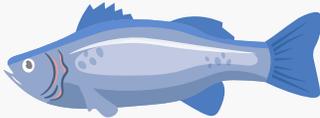
Sardine



FOOD DESCRIPTION

A young, herring-like fish.

Sea bass



FOOD DESCRIPTION

Any of numerous marine bony fishes that are usually smaller and more active than groupers.

Sole

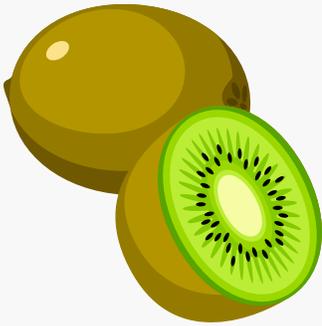


FOOD DESCRIPTION

Sole is a fish belonging to several families. The common, or Dover sole *solea solea* is the most esteemed and widely available.

Food Sensitivity - Summary Comments

Kiwi fruit



FOOD DESCRIPTION

The exterior appearance resembles that of a furry, brown egg, while the interior is a beautiful bright-green with numerous tiny, edible, black seeds surrounding the center of the fruit's edible white core. Kiwi is grown in temperate regions year-round.

COMMONLY FOUND IN

Eaten fresh, juiced, used as a decorative addition in fruit salads, in green salads and added to desserts, such as Ambrosia salad and as an ice cream topping.

PRECAUTION

Be mindful that raw kiwi contains the protein-dissolving enzyme **actinidin**, which is an allergen for some people, specifically those allergic to latex, papaya or pineapple. Kiwi contains calcium oxalate, which may induce itching and soreness in the mouth.

Mandarin



FOOD DESCRIPTION

Fruits from this large citrus group may be termed "mandarin" or "Clementine". All mandarins have fibrous strands located under their thin, loose-fitting peel, which easily detaches from the fruit. Most mandarins are low in acid and many are seedless.

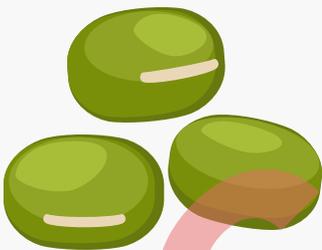
COMMONLY FOUND IN

Eaten fresh, juiced, used in fruit salads, used in green salads and added to desserts, such as Ambrosia salad.

PRECAUTION

Mandarins are often crossed with other citrus varieties.

Mung beans



FOOD DESCRIPTION

The mung bean (or green gram or mash) is a plant species in the legume family. The mung bean is mainly cultivated in Asia.

COMMONLY FOUND IN

Mung beans can be found in mung bean sprouts and noodles, soups, stews and dahl.

HIDDEN SOURCES

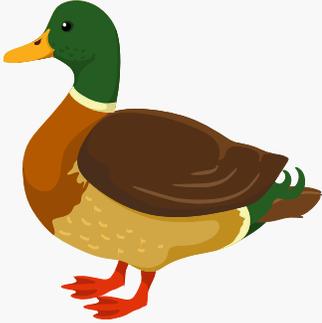
Mung beans, sprouts, or flour are not commonly used as food additives or fillers.

PRECAUTION

Mung bean sprouts can be a source of microbial contamination and food borne illness.

Food Sensitivity - Summary Comments

Duck meat



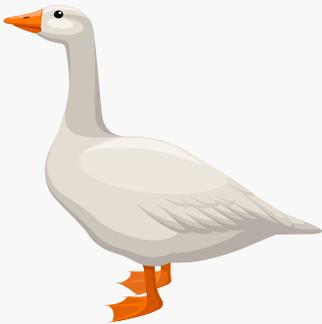
FOOD DESCRIPTION

Duck meat is the meat of several species of bird found of the anatidea family found in fresh and salt water.

HIDDEN SOURCES

Duck meat is high in fat and cholesterol, especially if you eat the skin.

Goose meat



FOOD DESCRIPTION

Goose meat is the flesh from the goose (bird). Goose meat be cooked in the same way as cooking other types of poultry

Rabbit



FOOD DESCRIPTION

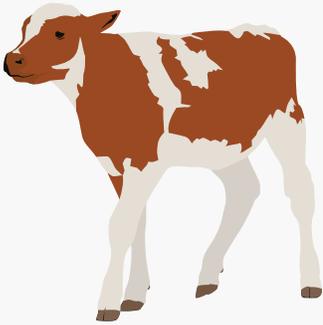
Rabbit meat is a source of high quality protein.

HIDDEN SOURCES

Rabbit meat should not be relied on as sole source of calories as it could lead to an excess of protein without enough carbohydrates and/or fat.

Food Sensitivity - Summary Comments

Veal



FOOD DESCRIPTION

Veal is the meat of calves and can be produced from either sex and any breed. Veal can come from any breed however most veal comes from young males of dairy breeds who are not used for breeding.

Black tea



FOOD DESCRIPTION

All teas (black, green, oolong) are products of *Camellia sinensis* leaves and buds. The difference in the teas is their level of oxidation when processing. Oolong tea falls in the middle of black (fully oxidized) and green (minimally oxidized). Oolong can range in color from dark green to black. The combination of bruising and partial fermentation give many oolongs distinct flowery & earthy flavors. Darker oolongs may have buttery or smoky tastes to them.

COMMONLY FOUND IN

A beverage, brewed/steeped

Molasses



FOOD DESCRIPTION

Molasses is a viscous, sweet and sticky product that is derived from either sugar beets or cane sugar. It essentially resembles a thick brown syrup. Most commonly it is cane sugar molasses that is used in cooking or as a food additive. Black strap molasses has been "triple boiled" to be thicker, and with a more robust flavor. Black strap molasses contains all of the vitamins and minerals of the sugar cane plant, but has most of the sugar (carbohydrate) removed.

COMMONLY FOUND IN

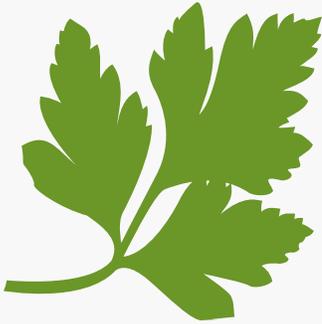
Molasses is a common sweetener in many foods/condiments. It is popular in Southern cuisine such as BBQ sauces, and baked beans, but is also used in a variety of marinades, salad dressings.

HIDDEN SOURCES

Because molasses can be added to any variety of dishes as a sweetener, it is important to read labels and ask ingredient questions when dining out.

Food Sensitivity - Summary Comments

Parsley



FOOD DESCRIPTION

Parsley is the world's most popular herb. It is widely available year-round and is bright green in color. There are two main varieties of parsley-curly parsley and Italian-flat leaf parsley. The Italian variety has a more fragrant and less bitter taste than the curly variety.

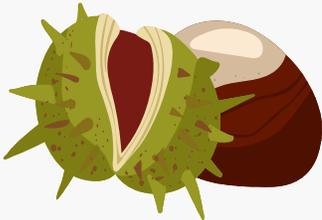
COMMONLY FOUND IN

Parsley is very commonly used as a garnish, and is sometimes forgotten as it's use as a flavor and nutritious ingredient in food.-but parsley can be used in a variety of recipes or as a topping to salads, soups, as an ingredient in smoothies or juices.

HIDDEN SOURCES

Because parsley it is a very common herb that can be used for flavoring or as a garnish in almost any dish, it is important to read labels and ask ingredient questions when dining out.

Sweet chestnut



FOOD DESCRIPTION

Sweet chestnut (or *Castanea sativa*) is a species of flowering plant in the family Fagaceae, and widely cultivated throughout the temperate world. Sweet chestnut produces an edible seed, the chestnut, which has been used in cooking since ancient times.

COMMONLY FOUND IN

Chestnuts may be found in some stuffings, salads, crepes, and Italian desserts.

HIDDEN SOURCES

Chestnut flavorings may be hidden in flavor extracts, syrups, and alcohols.

PRECAUTION

Chestnut is not suitable for individuals with tree nut allergy.

Crayfish



FOOD DESCRIPTION

A nocturnal, freshwater crustacean that resembles a small lobster and inhabits streams and rivers.

Food Sensitivity - Summary Comments

Caraway



FOOD DESCRIPTION

Although an herb, it has also been regarded as a spice and a vegetable. The small, dark brown seeds have a spicy, anise-like flavor.

COMMONLY FOUND IN

Caraway seeds may be chewed or infused as an herbal tea. The seeds are used to flavor breads, cakes and pastries, sauerkraut, and vegetable and meat dishes. The mild-flavored greens are used before they flower as an herb. The taproot can be cooked the same way one would cook a carrot.

HIDDEN SOURCES

The oil, fruit and seeds of caraway can be used as medicine, especially for digestive issues.

PRECAUTION

Caraway essential oil is not recommended for internal use without professional supervision.

Cayenne pepper



FOOD DESCRIPTION

Cayenne is a hot pepper from the *Capsicum annuum* nightshade family. It is related to bell and jalapeno peppers and is usually consumed in powdered form which is bright red in color.

COMMONLY FOUND IN

Cayenne is used as spice and has a sweet, sour, spicy flavor. Its red color can impart to the color of a dish and it's frequently used in Thai or Indian dish such as curries or chicken tikka masala. Also common in creole and cajun cooking. Cayenne is also an ingredient in some detox drinks or smoothies due to its variety of anti-inflammatory health benefits.

HIDDEN SOURCES

Because cayenne pepper it is a very common spice that can be used for flavoring or coloring in almost any dish, it is important to read labels and ask ingredient questions when dining out.

PRECAUTION

Cayenne is nightshade pepper; avoid if consuming a nightshade free diet.

Common thyme



FOOD DESCRIPTION

Thyme is a very small undershrub with slender, woody stems and grayish-green leaves that are whitish on the underside. There are more than a hundred species of this herb.

COMMONLY FOUND IN

One of the most popular all-purpose herbs used for flavoring soups, stews, stuffings and sauces. It is a classic ingredient in tomato sauce used for pizza and pasta. It performs especially well in slow-cooked dishes, and it does not overpower other flavors. Thyme is available fresh and dried. It can be used to make herbal tea.

HIDDEN SOURCES

Herbal cough syrup.

PRECAUTION

People with an allergy to mint should be cautious consuming thyme because thyme is a mint relative.

Food Sensitivity - Summary Comments

Curry powder



FOOD DESCRIPTION

Curry powder is typically a spice blend of coriander, turmeric, cumin, fenugreek, and chili peppers. It is typically a bright orange/yellow in color (largely because of the turmeric contained within).

HIDDEN SOURCES

Because this is a spice blend and can be used in a variety of dishes, particularly Chinese cuisine, it is important to read labels and ask ingredient questions when dining out.

Vegan Cheese



FOOD DESCRIPTION

A composition of water, coconut oil, starch, modified starch, and salt.

Asparagus



FOOD DESCRIPTION

Green speared vegetable with a compact tip. In Europe, white or blanched asparagus is popular; these are grown by mounding earth above the plants, which keeps them dark and unable to produce chlorophyll. Botanically, asparagus is unusual in that there are distinct male and female plants; the male spears are skinny and the female spears are plump. Their flavor depends upon freshness, not sex.

COMMONLY FOUND IN

Stalk ends are common in soups. Center and tips are common in salads. The whole spear is commonly found cut up and cooked in stir-fried dishes. Older, less fresh asparagus is ideal for stir-fried dishes or cooked by sauteeing or steaming to serve as a side dish.

PRECAUTION

Asparagus contains asparagine, a diuretic that gives urine a characteristic odor in people who lack the gene to break it down.

Food Sensitivity - Summary Comments

Endive



FOOD DESCRIPTION

An edible Mediterranean plant closely related to chicory, whose bitter leaves can be blanched and used in salads, stews, and soups

Roquette



FOOD DESCRIPTION

Roquette or Arugula is an edible annual plant in the family Brassicaceae used as a leaf vegetable for its fresh peppery flavor.

Tapioca



FOOD DESCRIPTION

Tapioca is a starch extracted from the storage roots of the cassava plant. Most of the fiber is removed through extraction, thus tapioca is a low fiber starch often used as a thickening agent in baking, particularly gluten and egg free baking.

COMMONLY FOUND IN

Tapioca flour is a very versatile gluten free flour. It has become a staple in gluten free alternative foods including gluten free flour blends, baked goods, soups, sauces, pie fillings and more. Tapioca pudding is a well known dessert made from tapioca "pearls" or instant tapioca.

HIDDEN SOURCES

As tapioca is a very popular gluten free alternative starch, always read ingredient lists on any gluten free alternative product such as bread, crackers, tortillas, pre-mixed baking powders, soups and sauces.

PRECAUTION

Tapioca is a high carbohydrate food. Tapioca is derived from Cassava root vegetable. See individual food sensitivity result to cassava.

Food Sensitivity - Summary Comments

Arrowroot



FOOD DESCRIPTION

Arrowroot is a starch obtained from the rhizomes of several tropical plants such as *Maranta arundinacea*, *Zamia integrifolia*. It is gluten and grain free and is often used as a thickener in recipes to replace wheat flour or corn starch.

COMMONLY FOUND IN

Arrowroot powder, also called flour or starch is an effective thickening agent used to add texture and structure in cooking and baking applications.

PRECAUTION

Arrowroot is similar in appearance to other root vegetables such as cassava and yucca. Cassava and arrowroot are often confused and sometimes mislabeled as each other.

Green onion/Scallions



FOOD DESCRIPTION

Scallions are vegetables of *Allium* onion species and have milder taste than most onions.

HIDDEN SOURCES

Soups, gnocchi, salads, fries and chips

Lentils



FOOD DESCRIPTION

The lentil, *Lens culinaris*, is a member of the legume plant family and considered an edible, flattened pulse. Lentils grow on a bushy annual plant that produces the edible, lens-shaped seeds within pods. There are different lentil seeds and each of them is a good source of protein, carbohydrate and fiber. They are loaded with minerals like magnesium, calcium, potassium and zinc.

COMMONLY FOUND IN

Lentils are commonly found in Indian, African and Middle Eastern cuisine.

HIDDEN SOURCES

Lentil hummus (instead of traditional chickpea hummus).

PRECAUTION

One of the biggest issues surrounding all legumes, including lentils, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

Food Sensitivity - Summary Comments

Brazilnut



FOOD DESCRIPTION

Brazilnut is a South American tree in the family Lecythidaceae. They are native to the amazon rain forest in Brazil, Bolivia and Peru. They have a smooth, buttery texture and nutty flavor. They have several health benefits and help regulate thyroid glands, and support the immune system.

COMMONLY FOUND IN

Brazil nuts are commonly found in mixed nuts, Brazil nut butter and mixed nut butters, desserts and other baked goods, chocolates, and other confectionaries.

HIDDEN SOURCES

Tree nut proteins can be found in cereals, crackers, flavored coffees, flavored syrups, marinades,

PRECAUTION

Brazil nut oil is derived from Brazil nuts and should be avoided by people with Brazil nut sensitivity.

Turmeric



FOOD DESCRIPTION

Turmeric is a spice that comes from turmeric plant and is commonly used in Asian food. It has a warm, bitter taste and is frequently used to flavor or color curry powders, butters and cheeses. It is also widely used to make medicine.

COMMONLY FOUND IN

Turmeric is commonly found in curries, soups, condiments, savory baked goods, South Asian cuisines, and fish, meat and vegetable dishes.

HIDDEN SOURCES

Hidden sources of turmeric include dietary supplements and protein powders marketed for digestion, inflammation, and pain.

PRECAUTION

Some topical products marketed for pain and inflammation may contain turmeric.

Agave



FOOD DESCRIPTION

Agave is native to the hot and arid regions of the America, and also to the tropical areas of South America. The flowers, leaves, stalks and basal rosettes are the edible parts of the agave and have different uses.

Food Sensitivity - Summary Comments

Beta-Casein



FOOD DESCRIPTION

Beta-casein is a class of cow's milk protein that may provide effects beyond nutrition, due to the release of biologically active peptides on digestion.

COMMONLY FOUND IN

A1 beta-casein is in cow's milk. Human milk, goat milk, sheep milk and other species' milk contain beta-casein A2.

Cow's Milk



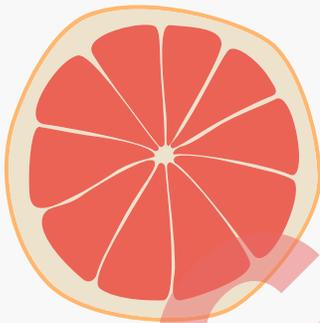
FOOD DESCRIPTION

A whitish liquid containing proteins, fats, lactose, and various vitamins and minerals that is produced by the mammary glands of cows.

COMMONLY FOUND IN

Butter and butter fat, cheese, including cottage cheese and cheese sauces, cream, including sour cream, custard, milk, including buttermilk, powdered milk, and evaporated milk, yogurt, ice cream, pudding, au gratin dishes and white sauces, baked goods – bread, cookies, crackers, cakes, cake mix, cereals, chewing gum, chocolate and cream candy, coffee creamers, creamed or scalloped foods, donuts, malted milk, margarine, mashed potatoes, meats - canned and processed, including cold cuts and deli meats, nougat, found in some candy, salad dressings, sherbet, artificial butter or cheese flavor.

Grapefruit



FOOD DESCRIPTION

A round citrus fruit about the size of a large softball; peel is inedible and usually light orange in color but can vary. The inside flesh can also vary in color from deep pink to white depending on variety; tart in flavor.

COMMONLY FOUND IN

Whole fruit, grapefruit juice, fruit salads/cocktails, citrus salads, some salad dressings or marinades, citrus-flavored soft drinks.

PRECAUTION

Grapefruit has potential to interact with some prescription medications; consult your physician for specific precautions.

Food Sensitivity - Summary Comments

Oats



FOOD DESCRIPTION

A brown or off-white cereal grain.

COMMONLY FOUND IN

Oats, cereal, hot cereal, trail mix, granola, granola bars, some alcoholic beverages, baked goods, some flour mixes, rolled oats, porridge, oat bran.

HIDDEN SOURCES

Used as a thickener in soups, oat grass in some natural remedies.

PRECAUTION

High in B vitamins and manganese; Some varieties of oats are gluten-free, but some contain gluten naturally, while others are cross-contaminated during processing or handling; look for certified gluten-free oats.

Wheat



FOOD DESCRIPTION

A commonly used gluten-containing grain.

COMMONLY FOUND IN

Flour, baked goods, crackers, packaged foods, soy sauce, sauces, dressings, soups, pasta, beer, chips, cereal, flour tortillas, bread crumbs, fried foods, croutons.

HIDDEN SOURCES

Durum wheat, bulgur, kamut, matzoh, spelt, cous cous, bran, wheat germ, farina, semolina, sprouted wheat, triticale, wheat berries; modified food starch, common food fillers, some spice blends, marinades, licorice candy, ice cream, deli meat.

PRECAUTION

Contains gluten. Also, found in cosmetics and shampoo.

Corn



FOOD DESCRIPTION

An oblong yellow or multi-colored grain on a cob.

COMMONLY FOUND IN

Mixed grain products, tortillas, breads, baked goods, breaded or fried foods, corn syrup, sweets, candy, soft drinks, cornmeal, popcorn, polenta, salsa, ceviche, breakfast cereals, chips, snack foods, hominy, grits, salad, tamales, casseroles.

HIDDEN SOURCES

Maize, baking powder derived from corn starch, some Vitamin C supplements, caramel color or caramel coloring in soft drinks, vegetable cellulose, dextrin or maltodextrin, honey (may contain corn syrup), maltitol, mannitol, modified food starch, some powdered sugar, sorbitol, starch, vanilla extract (contains corn syrup), xylitol.

PRECAUTION

Over 90% of the corn grown in the United States is GMO and may contain pesticide residues such as glyphosate.

Food Sensitivity - Summary Comments

Cocoa



FOOD DESCRIPTION

The dried seed of the cacao tree from which chocolate and cocoa powder is made.

COMMONLY FOUND IN

Anything chocolate flavored. Cereals, cakes, snack bars, candy bars, cacao nibs, cocoa powder, couverture.

HIDDEN SOURCES

Cacao. Chocolate: dark chocolate, milk chocolate and white chocolate should all be avoided. Coffee drinks, blended or chilled beverages containing coffee or mocha. Non-food sources can include cosmetics, i.e. chocolate scented bronzer or lip balm.

PRECAUTION

Chocolate is a stimulant. It contains caffeine, and is a diuretic.

Rosemary



FOOD DESCRIPTION

An herb; available fresh or dried. It is a mint relative and its green, silver tipped leaves look like small pine needles.

COMMONLY FOUND IN

Common chicken, lamb and pork seasoning. Often added to breads/biscuits, black olives and seasoned vinegar.

HIDDEN SOURCES

In addition to being a seasoning, it can be made into a tea to alleviate headaches, gas and fever. Essential oil is also available for rosemary.

Black Walnut



FOOD DESCRIPTION

A nut. Native American walnut, not to be confused with the more common English Walnut. Sweet, robust and woody flavor.

COMMONLY FOUND IN

Generally not found in meals, but rather eaten on its own.

PRECAUTION

Commonly used for medicinal purposes.

Food Sensitivity - Summary Comments

English Walnut



FOOD DESCRIPTION

Walnut kernels are plump, meaty and crisp, with a sweet flavor that has a bitter after tone.

COMMONLY FOUND IN

Savory dishes, stir fries, stuffing, and salads. Cakes, confections and cookies.

HIDDEN SOURCES

Called the English walnut in America, but called the Persian walnut throughout the world.

PRECAUTION

Tree nut allergies are one of the most common allergies.

Green Pepper



FOOD DESCRIPTION

A variety of sweet pepper in the capsicum family. They can be fairly large and have a bulbous shape. Green peppers are the youngest variety and can ripen into a diversity of colored bell peppers.

COMMONLY FOUND IN

Whole vegetable, relishes, soups, salads, topping for sandwiches/subs, salsa, pickles, stuffed peppers, stir fries, fajitas, peppered cheese.

HIDDEN SOURCES

This is a nightshade vegetable.

PRECAUTION

This food is on with EWG's Dirty Dozen List and contains high pesticide residues. It is best to choose organic.

Cabbage



FOOD DESCRIPTION

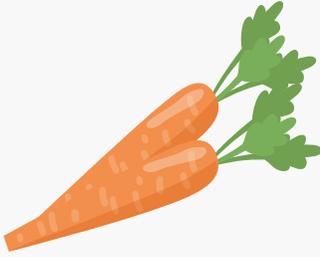
Cruciferous vegetable that grows in "heads" surrounded by thick leaves. Colors vary from classic red, green, purple.

COMMONLY FOUND IN

Whole vegetable, sauerkraut, soups and stews, egg rolls, cole slaw, stuffed cabbage, green salads, often used as a garnish/topping for tacos and Mexican cuisine. Chinese dishes and vegetable stir fries.

Food Sensitivity - Summary Comments

Carrot



FOOD DESCRIPTION

A long, orange root vegetable. The flesh is firm and fibrous making this a versatile vegetable for cooking. Green leaves branch from the top; these are edible but not commonly eaten and are usually removed before the vegetable is sold in stores.

COMMONLY FOUND IN

Whole vegetable, soups and stews containing carrots, broths, often served as a garnish, salads, coleslaw, carrot soup, carrot cake.

HIDDEN SOURCES

Fruit juices, vegetable juices and smoothies.

Green Peas



FOOD DESCRIPTION

The green pea is the small spherical seed of the pea pod.

COMMONLY FOUND IN

Whole vegetable (fresh, frozen, canned), soups, stews, salads, casseroles, stir-fries, protein powder.

HIDDEN SOURCES

Snow peas are immature pea pods. Pea protein is a popular vegan protein isolate and is found in many protein powders/bars.

Onion



FOOD DESCRIPTION

A bulb vegetable that comes in a variety of colors (red, white, yellow). The bulb is covered with a skin which is removed and discarded before using in foods. Onions have a strong flavor that lessens when cooked.

COMMONLY FOUND IN

Whole vegetable (cooked or raw), soups and stews, meat loaf/meatballs, broths (vegetable, chicken, beef), salads (chicken, tuna, potato, egg, green), Ethnic foods (Asian, Greek, Chinese, Cajun, Italian), mixed vegetable dishes, casseroles, V8-Juice, onion rings, onion may be used as 'natural flavor'.

PRECAUTION

Caution with other members of the onion family: garlic, chives, leeks, shallots, scallions (green onions).

Food Sensitivity - Summary Comments

Plum



FOOD DESCRIPTION

Plums have been used since prehistoric times. There are numerous varieties with ranging sizes, shapes and color - from yellow, green, black, purple and red. This fruit grows on every continent, except Antarctica. Plums tend to be sweet and tart in flavor.

COMMONLY FOUND IN

Pies, tarts, eaten fresh, stewed, made into preserves, wines and liqueurs.

HIDDEN SOURCES

A prune is a dried plum.

PRECAUTION

Plums are not recommended for those with stomach ulcers or inflammation due to their acid producing effects. Plums contains oxalic acid. High oxalic acid containing foods should be avoided or enjoyed in moderation if you have a tendency to have an irritated gut or a tendency to develop kidney stones.

Bamboo shoots



FOOD DESCRIPTION

Bamboo shoots are the asparagus-shaped roots (culms) found on the woody bamboo plant. Once bamboo shoots are dug, harvested, peeled, and, if necessary, their cyanide leached out, they are edible. They vary from slender to stout in shape, crisp in texture, white in color, and they taste similar to immature sweet corn.

COMMONLY FOUND IN

Traditionally paired with meat in Asian dishes, bamboo is regarded as invaluable because its "cool" energy balances the "hot" energy of meat.

HIDDEN SOURCES

Bamboo shoots are used in Chinese medicine as a tonic for respiratory disease and treating infections.

PRECAUTION

If the shoot tastes bitter, it contains hydrocyanic acid. To remove hydrocyanic acid from bamboo shoots, boil for 10-minutes and then taste; if not yet sweet, add the shoots to fresh water and repeat the leaching as necessary.

Beet root

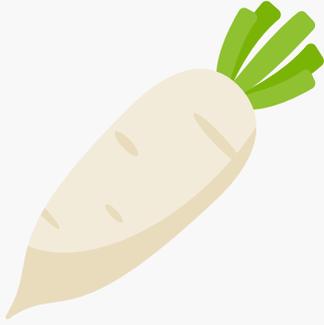


FOOD DESCRIPTION

The beetroot is the taproot portion of the beet plant usually known in north America as the beet, table beet, garden beet, red beet or golden beet. The taproots and their leaves (beet greens) are edible

Food Sensitivity - Summary Comments

White radish



FOOD DESCRIPTION

Also known as daikon, this plant has a long root that is eaten as a vegetable, either raw, pickled or cooked, in Eastern Asian cuisine. Also called Chinese radish or Japanese radish

Taro Root



FOOD DESCRIPTION

Taro root comes from Taro, a plant which is the most widely cultivated species in the Araceae family. It is a root vegetable and gluten and grain free. Popularly consumed in Hawaii where it is known as kalo.

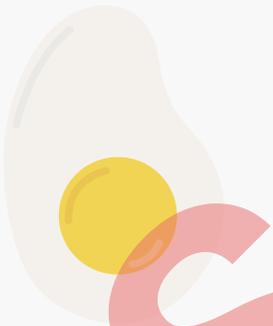
COMMONLY FOUND IN

Taro root is very versatile and often cooked and used in dishes where one might use potato (mashed, boiled, added to stews/soups, fried).

PRECAUTION

Taro root has a hairy outer coating, which is always removed with caution since skin irritation can arise due to the juices secreted by the taro root.

Lecithin (Egg yolk)



FOOD DESCRIPTION

The yellow part of the egg, which is surrounded by the white.

COMMONLY FOUND IN

Egg substitutes, baked goods, macaroni, pasta, marzipan, nougat, dried eggs, powdered eggs, eggnog, mayonnaise, imitation crab meat, common topping on salads.

HIDDEN SOURCES

Commercially processed cooked pastas, including ones found in soups; as an egg wash used for fried foods. Lutein (deep yellow coloring from marigolds or egg yolk) is a common commercial food coloring. Avoid products with the ingredient lecithin.

PRECAUTION

Eggs are a common food allergen.

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Dairy	IgA	Current	IgG	IgA	Previous	IgG
Beta-Casein	2		7			
Casomorphin	3		9			
Cow's Milk	2		8			
Goat's Milk	4		16			
Whey Protein	3		9			
Buffalo milk	5		>30			
Buttermilk	5		>30			
Cheddar cheese	4		>30			
Kefir	4		29			
Sheep's milk	5		>30			
Yoghurt	2		>30			
Fish	IgA	Current	IgG	IgA	Previous	IgG
Catfish	4		8			
Codfish	4		9			
Halibut	6		9			
Lake Trout	4		8			
Mackerel	2		6			
Perch	4		6			
Salmon	4		7			
Tuna	4		8			
Alaska pollock	3		8			
Anchovy	3		16			
Carp	3		10			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fish	IgA	Current	IgG	IgA	Previous	IgG
Eel	3		12			
Flounder	4		13			
Sardine	4		17			
Sea bass	5		14			
Sole	4		11			
Mollusks	IgA	Current	IgG	IgA	Previous	IgG
Clam	4		7			
Oyster	5		6			
Scallops	3		7			
Blue mussel	5		10			
Octopus	4		9			
Pacific squid	3		8			
Squid	4		10			
Shellfish	IgA	Current	IgG	IgA	Previous	IgG
Crab	3		10			
Lobster	3		11			
Shrimp	5		6			
Crayfish	3		11			
Fruits	IgA	Current	IgG	IgA	Previous	IgG
Apple	5		5			
Apricot	5		4			
Avocado	2		6			
Banana	3		3			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	IgA	Current	IgG	IgA	Previous	IgG
Blackberry	3		9			
Blueberry	4		7			
Cantaloupe	4		7			
Cherry	3		8			
Coconut	3		5			
Cranberry	4		8			
Grape	3		6			
Grapefruit	4		9			
Orange	4		6			
Peach	2		3			
Pear	4		7			
Pineapple	3		4			
Raspberry	4		8			
Strawberry	4		8			
Watermelon	3		7			
Tomato	4		6			
Olive	3		7			
Lemon	3		4			
Fig	3		6			
Guava	5		9			
Honeydew melon	3		9			
Kiwi fruit	4		11			
Litchi	3		7			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	IgA	Current	IgG	IgA	Previous	IgG
Mandarin	5		20			
Mango	4		8			
Plum	4		7			
Capers	4		7			
Papaya	3		8			
Gluten containing grains	IgA	Current	IgG	IgA	Previous	IgG
Barley	3		11			
Malt	3		10			
Rye	4		9			
Wheat	6		10			
Spelt	3		27			
Gluten free grains	IgA	Current	IgG	IgA	Previous	IgG
Oats	3		5			
Amaranth	3		3			
Brown Rice	3		5			
Buckwheat	4		6			
Corn	6		5			
Millet	7		8			
Legumes	IgA	Current	IgG	IgA	Previous	IgG
Kidney Bean	4		6			
Navy Bean	6		7			
Peanut	4		5			
Soybean	5		5			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Legumes	IgA	Current	IgG	IgA	Previous	IgG
Broad bean	3		9			
Chickpea	4		8			
Mung beans	3		14			
Black Beans	3		7			
Pinto Beans	5		9			
Black-eye Peas	7		8			
Lentils	7		11			
Meat	IgA	Current	IgG	IgA	Previous	IgG
Beef	4		10			
Chicken	5		7			
Egg White	7		6			
Egg Yolk	9		4			
Lamb	4		11			
Pork	4		11			
Turkey	4		10			
Duck meat	4		14			
Goose meat	4		15			
Grapevine snail	3		10			
Rabbit	4		12			
Veal	4		17			
Miscellaneous	IgA	Current	IgG	IgA	Previous	IgG
Cocoa	5		9			
Coffee	4		10			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Miscellaneous	IgA	Current	IgG	IgA	Previous	IgG
Hops	4		7			
Rosemary	4		10			
Vanilla Bean	3		4			
Yeast	3		4			
Black tea	4		13			
Cane sugar	4		9			
Dill	3		8			
Lemon grass	6		10			
Molasses	4		15			
Oolong tea	4		10			
Parsley	4		15			
Green Tea	7		9			
Agave	9		14			
Cilantro	7		6			
Espresso	6		10			
Spices	IgA	Current	IgG	IgA	Previous	IgG
Black pepper	3		7			
Cinnamon	5		11			
Nutmeg	4		9			
Anise	4		6			
Bay leaf	6		10			
Caraway	5		12			
Cayenne pepper	3		11			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Spices	IgA	Current	IgG	IgA	Previous	IgG
Common thyme	2		13			
Curry powder	4		15			
Hot paprika powder	3		8			
Oregano	5		5			
Woo-hsiang powder	3		8			
Turmeric	6		14			
Cumin	7		9			
Jalapeno pepper	9		9			
Habanero pepper	5		8			
Nuts(Tree)	IgA	Current	IgG	IgA	Previous	IgG
Almond	3		2			
Black Walnut	3		7			
Cashews	2		3			
English Walnut	6		8			
Pecan	3		7			
Macadamia Nut	6		5			
Brazilnut	7		12			
Seeds	IgA	Current	IgG	IgA	Previous	IgG
Mustard	5		6			
Sesame	3		4			
Coriander seed	7		7			
Flax seed	6		6			
Poppy seed	4		7			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Seeds	IgA	Current	IgG	IgA	Previous	IgG
Rape seed	5		10			
Sunflower seed	5		6			
Chia	5		10			
Hemp	7		6			
Nightshades	IgA	Current	IgG	IgA	Previous	IgG
Green Pepper	6		6			
White Potato	4		5			
Eggplant	5		9			
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Broccoli	5		5			
Cabbage	3		5			
Carrot	3		7			
Cauliflower	6		5			
Celery	4		6			
Cucumber	3		4			
Garlic	3		6			
Green Bean	6		6			
Green Peas	4		7			
Lettuce	4		6			
Lima Bean	5		6			
Mushrooms	3		9			
Onion	4		7			
Seaweed(Kelp)	3		4			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Spinach	3		6			
Squash	4		9			
Ginger	3		8			
Sweet Potato	5		12			
Asparagus	4		15			
Bamboo shoots	5		9			
Beet root	4		10			
Endive	3		19			
Leek	4		9			
Roquette	4		14			
Savoy cabbage	5		7			
Turnip	5		8			
Vine leaf	6		7			
White radish	4		10			
Artichoke	4		7			
Chard	4		8			
Kale	5		10			
Shiitake mushroom	4		7			
Zucchini	4		10			
Purple Potato	7		9			
Green onion/Scallions	4		11			
Shallots	7		8			
Acorn Squash	7		8			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Butternut Squash	5		9			
Spaghetti Squash	6		8			
Parsnip	7		9			
Portabella Mushroom	8		8			
Nuts (Tree)	IgA	Current	IgG	IgA	Previous	IgG
Hazelnut	3		7			
Pine nut	4		9			
Pistachio nut	4		7			
Sweet chestnut	3		14			
Vegan	IgA	Current	IgG	IgA	Previous	IgG
Cous Cous	4		23			
Tempeh	6		9			
Tofu	5		8			
Vegan Cheese	5		19			
Gluten free alternative starches	IgA	Current	IgG	IgA	Previous	IgG
Cassava	7		6			
Tapioca	6		11			
Tiger nut	8		3			
Taro Root	6		8			
Arrowroot	7		19			

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Elements	IgA	Current	IgG	IgA	Previous	IgG
Fluoride	7.1		26.7			

Food Sensitivity

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Elements	IgA	Current	IgG	IgA	Previous	IgG
Nickel Sulfate	3.5		6.4			
Titanium dioxide	3.1		1.1			
Emulsifiers and Surfactants	IgA	Current	IgG	IgA	Previous	IgG
Lecithin (Egg yolk)	3.2		11.9			
Lecithin (Soy)	3.1		10.8			
Polysorbate 80	3.6		9.4			
Fibrous Additives	IgA	Current	IgG	IgA	Previous	IgG
Ispaghula	3.9		7.7			
Flavor Enhancers	IgA	Current	IgG	IgA	Previous	IgG
Ammonium Chloride	5.5		7.0			
Monosodium Glutamate (MSG)	3.5		9.7			
Sodium Citrate	3.6		7.6			
Food Dyes and Pigments	IgA	Current	IgG	IgA	Previous	IgG
Acid Blue #3 (Patent Blue V)	4.3		8.6			
Acid Red #14 (Carmoisine)	3.3		6.5			
Annatto	4.0		6.7			
Beta-Carotene	3.7		5.9			
Blue #1 (Brilliant Blue)	3.8		6.7			
Blue #2 (Indigo Carmine)	4.6		8.7			
Brilliant Black	4.1		8.9			
Cochineal Extract	3.7		8.5			
Green #3 (Fast Green)	3.3		9.4			
Red #2 (Amaranth Red)	2.4		8.1			

Food Sensitivity

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Food Dyes and Pigments	IgA	Current	IgG	IgA	Previous	IgG
Red #3 (Erythrosine)	3.1		7.2			
Red #4 (Carmine)	2.7		5.8			
Red #40 (Allura Red)	3.7		8.1			
Yellow #5 (Tartrazine)	3.5		6.4			
Yellow #6 (Sunset Yellow)	4.1		7.5			
Gums and Thickening Agents	IgA	Current	IgG	IgA	Previous	IgG
Arabic Gum	3.4		7.9			
Beta-Glucan	3.6		6.3			
Carrageenan	3.1		5.8			
Cottonseed	3.3		8.0			
Guar Gum	3.1		8.6			
Gum Tragacanth	3.6		8.5			
Locust Bean Gum	2.9		8.1			
Mastic Gum	3.3		7.3			
Xanthan Gum	2.2		5.0			
Other	IgA	Current	IgG	IgA	Previous	IgG
Bisphenol A (BPA)	2.8		10.9			
Latex	3.5		9.6			
Pesticides	IgA	Current	IgG	IgA	Previous	IgG
Deltamethrin	2.4		5.1			
Glyphosate	4.0		12.1			
Preservatives and Antioxidants	IgA	Current	IgG	IgA	Previous	IgG
Benzoic Acid	3.8		8.2			

Food Sensitivity

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Preservatives and Antioxidants	IgA	Current	IgG	IgA	Previous	IgG
Butylated Hydroxyanisole (BHA)	3.7		8.2			
Butylated Hydroxytoluene (BHT)	2.7		8.3			
Citric Acid	2.5		7.2			
Formaldehyde	1.5		7.9			
Sodium Benzoate	5.6		7.2			
Sodium Nitrate	3.3		7.8			
Sodium Sulfite	4.1		7.1			
Sorbic Acid	3.5		8.1			

Sweeteners	IgA	Current	IgG	IgA	Previous	IgG
Acesulfame K	16.2		7.2			
Aspartame	3.6		8.4			
Erythritol	2.6		7.0			
Mannitol	7.0		7.3			
Monk fruit	2.9		7.1			
Saccharin	3.1		8.2			
Sorbitol	7.0		5.7			
Stevia	6.1		2.5			
Sucralose (Splenda)	3.4		8.3			
Xylitol	4.0		7.9			

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Dairy	C3D	Current	IgG4	C3D	Previous	IgG4
Beta-Casein	12		3			
Casomorphin	4		8			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Dairy	C3D	Current	IgG4	C3D	Previous	IgG4
Cow's Milk	12		3			
Goat's Milk	8		6			
Whey Protein	4		6			
Buffalo milk	22		7			
Buttermilk	11		10			
Cheddar cheese	9		14			
Kefir	6		12			
Sheep's milk	15		9			
Yoghurt	6		15			
Fish	C3D	Current	IgG4	C3D	Previous	IgG4
Catfish	7		4			
Codfish	4		9			
Halibut	10		5			
Lake Trout	6		10			
Mackerel	3		7			
Perch	7		10			
Salmon	6		3			
Tuna	5		3			
Flounder	8		11			
Sea bass	6		8			
Anchovy	11		9			
Sardine	7		10			
Eel	8		10			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fish	C3D	Current	IgG4	C3D	Previous	IgG4
Alaska pollock	8		8			
Sole	10		8			
Carp	6		10			
Mollusks	C3D	Current	IgG4	C3D	Previous	IgG4
Clam	6		4			
Oyster	10		9			
Scallops	8		3			
Blue mussel	8		9			
Squid	10		6			
Octopus	9		8			
Pacific squid	7		9			
Shellfish	C3D	Current	IgG4	C3D	Previous	IgG4
Crab	4		8			
Lobster	6		9			
Shrimp	8		6			
Crayfish	8		8			
Fruits	C3D	Current	IgG4	C3D	Previous	IgG4
Olive	6		6			
Apple	6		3			
Apricot	5		7			
Avocado	7		4			
Banana	6		2			
Blackberry	8		2			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	C3D	Current	IgG4	C3D	Previous	IgG4
Blueberry	8		2			
Cantaloupe	6		3			
Cherry	7		4			
Coconut	8		4			
Cranberry	5		7			
Grape	6		9			
Grapefruit	11		5			
Orange	9		5			
Peach	6		7			
Pear	8		9			
Pineapple	8		4			
Raspberry	6		10			
Strawberry	3		6			
Tomato	5		9			
Watermelon	5		6			
Lemon	7		3			
Fig	8		9			
Guava	9		10			
Honeydew melon	10		8			
Kiwi fruit	9		6			
Litchi	8		10			
Mandarin	9		7			
Mango	9		5			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	C3D	Current	IgG4	C3D	Previous	IgG4
Plum	4		12			
Capers	9		8			
Papaya	9		6			
Gluten containing grains	C3D	Current	IgG4	C3D	Previous	IgG4
Barley	4		11			
Malt	8		9			
Rye	8		10			
Wheat	5		11			
Spelt	7		9			
Gluten free grains	C3D	Current	IgG4	C3D	Previous	IgG4
Oats	3		11			
Amaranth	5		9			
Brown Rice	7		3			
Buckwheat	5		8			
Corn	4		11			
Millet	8		6			
Legumes	C3D	Current	IgG4	C3D	Previous	IgG4
Kidney Bean	8		6			
Navy Bean	9		7			
Peanut	8		7			
Soybean	3		9			
Broad bean	5		9			
Chickpea	6		5			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Legumes	C3D	Current	IgG4	C3D	Previous	IgG4
Mung beans	8		6			
Black Beans	1		5			
Pinto Beans	10		10			
Black-eye Peas	1		9			
Lentils	3		10			
Meat	C3D	Current	IgG4	C3D	Previous	IgG4
Beef	4		8			
Chicken	7		8			
Lamb	5		10			
Pork	5		5			
Turkey	6		10			
Egg White	3		6			
Egg Yolk	5		4			
Veal	9		4			
Goose meat	9		11			
Duck meat	8		10			
Rabbit	7		9			
Grapevine snail	6		10			
Miscellaneous	C3D	Current	IgG4	C3D	Previous	IgG4
Cocoa	4		11			
Coffee	4		8			
Hops	6		8			
Rosemary	4		13			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Miscellaneous	C3D	Current	IgG4	C3D	Previous	IgG4
Vanilla Bean	4		9			
Yeast	10		4			
Black tea	9		10			
Cane sugar	8		4			
Dill	7		5			
Molasses	5		9			
Oolong tea	8		8			
Parsley	10		5			
Lemon grass	9		5			
Green Tea	2		10			
Agave	8		12			
Cilantro	2		10			
Espresso	1		9			
Spices	C3D	Current	IgG4	C3D	Previous	IgG4
Black pepper	7		10			
Cinnamon	6		10			
Nutmeg	5		5			
Anise	8		6			
Bay leaf	7		6			
Caraway	8		7			
Cayenne pepper	7		7			
Common thyme	8		5			
Curry powder	7		9			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Spices	C3D	Current	IgG4	C3D	Previous	IgG4
Hot paprika powder	7		8			
Oregano	5		8			
Woo-hsiang powder	7		9			
Turmeric	2		10			
Cumin	1		9			
Jalapeno pepper	2		9			
Habanero pepper	2		9			
Nuts(Tree)	C3D	Current	IgG4	C3D	Previous	IgG4
Almond	8		4			
Black Walnut	4		12			
Cashews	7		5			
English Walnut	5		11			
Pecan	5		7			
Macadamia Nut	1		2			
Brazilnut	8		11			
Seeds	C3D	Current	IgG4	C3D	Previous	IgG4
Mustard	7		6			
Sesame	9		2			
Coriander seed	7		5			
Flax seed	10		3			
Poppy seed	8		10			
Rape seeds	4		10			
Sunflower seeds	8		6			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Seeds	C3D	Current	IgG4	C3D	Previous	IgG4
Chia	2		10			
Hemp	1		9			
Nightshades	C3D	Current	IgG4	C3D	Previous	IgG4
Green Pepper	12		10			
White Potato	7		4			
Eggplant	8		7			
Vegetables	C3D	Current	IgG4	C3D	Previous	IgG4
Broccoli	6		5			
Cabbage	6		11			
Carrot	7		11			
Cauliflower	9		9			
Celery	8		3			
Cucumber	3		6			
Garlic	7		4			
Green Bean	6		4			
Green Peas	3		12			
Lettuce	9		7			
Lima Bean	7		8			
Mushrooms	5		5			
Onion	18		3			
Seaweed(Kelp)	6		4			
Spinach	6		3			
Squash	4		10			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	C3D	Current	IgG4	C3D	Previous	IgG4
Sweet Potato	9		5			
Ginger	4		8			
Asparagus	8		11			
Bamboo shoots	5		11			
Beet root	11		10			
Endive	8		9			
Leek	8		9			
Roquette	9		6			
Savoy cabbage	6		9			
Turnip	8		10			
Vine leaf	7		10			
White radish	11		8			
Artichoke	6		8			
Chard	9		9			
Kale	8		8			
Shiitake mushroom	8		6			
Zucchini	6		7			
Purple Potato	2		8			
Green onion/Scallions	4		9			
Shallots	2		9			
Acorn Squash	2		9			
Butternut Squash	2		9			
Spaghetti Squash	4		10			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	C3D	Current	IgG4	C3D	Previous	IgG4
Parsnip		5	9			
Portabella Mushroom		1	9			
Nuts (Tree)	C3D	Current	IgG4	C3D	Previous	IgG4
Hazelnut		7	7			
Pine nut		7	1			
Pistachio nut		7	9			
Sweet chestnut		9	9			
Vegan	C3D	Current	IgG4	C3D	Previous	IgG4
Cous Cous		9	7			
Tempeh		6	8			
Tofu		6	1			
Vegan Cheese		5	8			
Gluten free alternative starches	C3D	Current	IgG4	C3D	Previous	IgG4
Cassava		2	8			
Tapioca		2	11			
Tiger nut		4	6			
Taro Root		1	11			
Arrowroot		2	11			

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Elements	C3D	Current	IgG4	C3D	Previous	IgG4
Fluoride		7.6	7.4			
Nickel Sulfate		7.3	5.0			
Titanium dioxide		1.3	4.5			

Food Sensitivity

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Emulsifiers and Surfactants	C3D	Current	IgG4	C3D	Previous	IgG4
Lecithin (Egg yolk)	6.8		7.5			
Lecithin (Soy)	7.0		5.6			
Polysorbate 80	4.1		8.8			
Fibrous Additives	C3D	Current	IgG4	C3D	Previous	IgG4
Ispaghula	6.0		7.3			
Flavor Enhancers	C3D	Current	IgG4	C3D	Previous	IgG4
Ammonium Chloride	4.4		7.4			
Monosodium Glutamate (MSG)	5.9		6.7			
Sodium Citrate	5.8		5.9			
Food Dyes and Pigments	C3D	Current	IgG4	C3D	Previous	IgG4
Acid Blue #3 (Patent Blue V)	5.1		8.7			
Acid Red #14 (Carmoisine)	4.5		10.8			
Annatto	6.2		9.6			
Beta-Carotene	4.5		10.1			
Blue #1 (Brilliant Blue)	5.4		9.8			
Blue #2 (Indigo Carmine)	6.5		9.0			
Brilliant Black	6.0		9.3			
Cochineal Extract	6.3		7.8			
Green #3 (Fast Green)	4.8		8.4			
Red #2 (Amaranth Red)	5.0		8.2			
Red #3 (Erythrosine)	6.0		8.3			
Red #4 (Carmine)	9.3		6.3			
Red #40 (Allura Red)	5.7		9.2			

Food Sensitivity

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Food Dyes and Pigments	C3D	Current	IgG4	C3D	Previous	IgG4
Yellow #5 (Tartrazine)		10.2	7.5			
Yellow #6 (Sunset Yellow)		7.4	9.7			
Gums and Thickening Agents	C3D	Current	IgG4	C3D	Previous	IgG4
Arabic Gum		5.4	6.5			
Beta-Glucan		5.7	4.1			
Carrageenan		6.7	3.8			
Cottonseed		7.9	4.9			
Guar Gum		6.0	5.5			
Gum Tragacanth		7.6	2.9			
Locust Bean Gum		8.2	6.0			
Mastic Gum		7.2	6.5			
Xanthan Gum		5.6	5.4			
Other	C3D	Current	IgG4	C3D	Previous	IgG4
Bisphenol A (BPA)		5.5	10.7			
Latex		6.1	5.4			
Pesticides	C3D	Current	IgG4	C3D	Previous	IgG4
Deltamethrin		2.4	6.4			
Glyphosate		2.8	7.1			
Preservatives and Antioxidants	C3D	Current	IgG4	C3D	Previous	IgG4
Benzoic Acid		6.4	6.2			
Butylated Hydroxyanisole (BHA)		3.5	9.2			
Butylated Hydroxytoluene (BHT)		4.0	10.2			
Citric Acid		4.0	8.2			

Food Sensitivity

Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Preservatives and Antioxidants	C3D	Current	IgG4	C3D	Previous	IgG4
Formaldehyde	5.4		5.3			
Sodium Benzoate	5.1		2.1			
Sodium Nitrate	6.4		6.9			
Sodium Sulfite	6.0		5.8			
Sorbic Acid	7.6		4.3			
Sweeteners	C3D	Current	IgG4	C3D	Previous	IgG4
Acesulfame K	4.4		2.0			
Aspartame	7.9		7.9			
Erythritol	5.6		9.7			
Mannitol	5.1		6.2			
Monk fruit	5.4		6.8			
Saccharin	7.7		8.5			
Sorbitol	3.0		7.3			
Stevia	2.3		1.7			
Sucralose (Splenda)	6.8		5.4			
Xylitol	3.8		5.3			

Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Quantification of specific IgG, IgM, IgG4 and C3D antibodies is not an FDA- recognized diagnostic indicator of allergy.

Food Sensitivity testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions. Tested individuals may find their experience is not consistent with Vibrant's selected peer reviewed scientific research findings of relative improvement for study groups. The science in this area is still developing and many personal health factors affect diet and health. Since subjects in the scientific studies referenced in this report may have had personal health and other factors different from those of tested individuals, results from these studies may not be representative of the results experienced by tested individuals. Further, some recommendations may or may not be attainable, depending on the tested individual's physical ability or other personal health factors. A limitation of this testing is that many of these scientific studies may have been performed in selected populations only. The interpretations and recommendations are done in the context of these studies, but the results may or may not be relevant to tested individuals of different or mixed ethnicities.

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