

29/03/2016



Dear. Patient

Please find enclosed the Patient Report for your FoodPrint<sup>®</sup> IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

#### TEST REPORT

Two different types of Test Report are provided with every FoodPrint<sup>®</sup> IgG antibody test:

- 1) **Food Groups** – foods are listed according to their respective food group
- 2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED BORDERLINE** or **NORMAL**, depending on the antibody level detected.

#### PATIENT GUIDEBOOK

- ✓ Information about food intolerance and commonly used terminology
- ✓ How to interpret the test results?
- ✓ How to plan your diet?
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: The FoodPrint<sup>®</sup> IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Celiac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact your health care practitioner.

Kind regards

CanAlt Health Laboratories

## Test Report : Food Groups

**Patient Name:** \_\_\_\_\_  
**Patient Number:** 1050  
**Date of Birth:** 18/11/1992

**Sample Date:** 23/02/2016  
**Analysis Date:** 29/03/2016  
**Clinic:** \_\_\_\_\_

<b>ELEVATED (≥30 U/ml)</b>	<b>BORDERLINE (24-29 U/ml)</b>	<b>NORMAL (≤23 U/ml)</b>
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### DAIRY / EGG

<b>0</b> Alpha-Lactalbumin	<b>99</b> Egg White	<b>155</b> Milk (Cow)
<b>0</b> Beta-Lactoglobulin	<b>19</b> Egg Yolk	<b>57</b> Milk (Goat)
<b>59</b> Casein	<b>0</b> Milk (Buffalo)	<b>81</b> Milk (Sheep)

### GRAINS (Gluten-Containing)\*

<b>29</b> Barley	<b>9</b> Malt	<b>74</b> Wheat
<b>15</b> Couscous	<b>16</b> Oat	<b>2</b> Wheat Bran
<b>22</b> Durum Wheat	<b>10</b> Rye	
<b>18</b> Gliadin*	<b>4</b> Spelt	

### GRAINS (Gluten-Free)

<b>4</b> Amaranth	<b>0</b> Millet	<b>0</b> Tapioca
<b>2</b> Buckwheat	<b>3</b> Polenta	
<b>18</b> Corn (Maize)	<b>13</b> Rice	

### FRUIT

<b>6</b> Apple	<b>20</b> Guava	<b>5</b> Pear
<b>19</b> Apricot	<b>3</b> Kiwi	<b>13</b> Pineapple
<b>20</b> Avocado	<b>7</b> Lemon	<b>29</b> Plum
<b>2</b> Banana	<b>8</b> Lime	<b>7</b> Pomegranate
<b>4</b> Blackberry	<b>7</b> Lychee	<b>11</b> Raisin
<b>7</b> Blackcurrant	<b>26</b> Mango	<b>5</b> Raspberry
<b>0</b> Blueberry	<b>4</b> Melon (Galia/Honeydew)	<b>2</b> Redcurrant
<b>6</b> Cherry	<b>4</b> Mulberry	<b>2</b> Rhubarb
<b>6</b> Cranberry	<b>8</b> Nectarine	<b>3</b> Strawberry
<b>3</b> Date	<b>2</b> Olive	<b>9</b> Tangerine
<b>12</b> Fig	<b>8</b> Orange	<b>7</b> Watermelon
<b>3</b> Grape (Black/Red/White)	<b>17</b> Papaya	
<b>5</b> Grapefruit	<b>2</b> Peach	

### VEGETABLES

<b>2</b> Artichoke	<b>5</b> Cauliflower	<b>17</b> Potato
<b>0</b> Asparagus	<b>22</b> Celery	<b>21</b> Quinoa
<b>7</b> Aubergine	<b>2</b> Chard	<b>15</b> Radish
<b>52</b> Bean (Broad)	<b>22</b> Chickpea	<b>2</b> Rocket
<b>0</b> Bean (Green)	<b>4</b> Chicory	<b>5</b> Shallot
<b>38</b> Bean (Red Kidney)	<b>10</b> Cucumber	<b>28</b> Soya Bean
<b>33</b> Bean (White Haricot)	<b>4</b> Fennel (Leaf)	<b>1</b> Spinach
<b>3</b> Beetroot	<b>6</b> Leek	<b>19</b> Squash (Butternut/Carnival)
<b>7</b> Broccoli	<b>31</b> Lentil	<b>10</b> Sweet Potato
<b>14</b> Brussel Sprout	<b>3</b> Lettuce	<b>15</b> Tomato
<b>3</b> Cabbage (Red)	<b>0</b> Marrow	<b>16</b> Turnip
<b>14</b> Cabbage (Savoy/White)	<b>8</b> Onion	<b>2</b> Watercress
<b>12</b> Caper	<b>65</b> Pea	<b>15</b> Yuca
<b>18</b> Carrot	<b>2</b> Pepper (Green/Red/Yellow)	

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### FISH / SEAFOOD

16	Alga Espaguette	7	Haddock	2	Sardine
1	Alga Spirulina	3	Hake	12	Scallop
7	Alga Wakame	10	Herring	0	Sea Bream (Gilthead)
6	Anchovy	5	Lobster	3	Sea Bream (Red)
3	Barnacle	12	Mackerel	4	Shrimp/Prawn
7	Bass	1	Monkfish	8	Sole
6	Carp	36	Mussel	11	Squid
0	Caviar	20	Octopus	2	Swordfish
38	Clam	4	Oyster	4	Trout
3	Cockle	2	Perch	27	Tuna
13	Cod	1	Pike	2	Turbot
11	Crab	6	Plaice	33	Winkle
13	Cuttlefish	0	Razor Clam		
0	Eel	18	Salmon		

### MEAT

4	Beef	0	Ostrich	4	Turkey
4	Chicken	12	Ox	0	Veal
0	Duck	0	Partridge	8	Venison
3	Goat	12	Pork	0	Wild Boar
5	Horse	6	Quail		
9	Lamb	6	Rabbit		

### HERBS / SPICES

0	Aniseed	2	Dill	1	Nutmeg
9	Basil	0	Garlic	3	Parsley
1	Bayleaf	2	Ginger	5	Peppercorn (Black/White)
0	Camomile	22	Ginkgo	3	Peppermint
6	Cayenne	1	Ginseng	4	Rosemary
12	Chilli (Red)	24	Hops	0	Saffron
4	Cinnamon	0	Liquorice	0	Sage
0	Clove	0	Marjoram	3	Tarragon
0	Coriander (Leaf)	2	Mint	0	Thyme
0	Cumin	15	Mustard Seed	0	Vanilla
9	Curry (Mixed Spices)	0	Nettle		

### NUTS / SEEDS

47	Almond	54	Hazelnut	2	Rapeseed
58	Brazil Nut	0	Macadamia Nut	1	Sesame Seed
49	Cashew Nut	93	Peanut	15	Sunflower Seed
2	Coconut	9	Pine Nut	22	Tiger Nut
33	Flax Seed	46	Pistachio	23	Walnut

### MISCELLANEOUS

51	Agar Agar	3	Cocoa Bean	1	Tea (Black)
24	Aloe Vera	9	Coffee	0	Tea (Green)
11	Cane Sugar	39	Cola Nut	3	Transglutaminase
6	Carob	1	Honey	20	Yeast (Baker's)
13	Chestnut	4	Mushroom	43	Yeast (Brewer's)

\* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

## Test Report : Order of Reactivity

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### ELEVATED FOODS (≥30 U/ml)

155	Milk (Cow)	57	Milk (Goat)	39	Cola Nut
99	Egg White	54	Hazelnut	38	Bean (Red Kidney)
93	Peanut	52	Bean (Broad)	38	Clam
81	Milk (Sheep)	51	Agar Agar	36	Mussel
74	Wheat	49	Cashew Nut	33	Bean (White Haricot)
65	Pea	47	Almond	33	Flax Seed
59	Casein	46	Pistachio	33	Winkle
58	Brazil Nut	43	Yeast (Brewer's)	31	Lentil

### BORDERLINE FOODS (24-29 U/ml)

29	Barley	27	Tuna	24	Hops
29	Plum	26	Mango		
28	Soya Bean	24	Aloe Vera		

### NORMAL FOODS (≤23 U/ml)

23	Walnut	15	Radish	10	Sweet Potato
22	Celery	15	Sunflower Seed	9	Basil
22	Chickpea	15	Tomato	9	Coffee
22	Durum Wheat	15	Yuca	9	Curry (Mixed Spices)
22	Ginkgo	14	Brussel Sprout	9	Lamb
22	Tiger Nut	14	Cabbage (Savoy/White)	9	Malt
21	Quinoa	13	Chestnut	9	Pine Nut
20	Avocado	13	Cod	9	Tangerine
20	Guava	13	Cuttlefish	8	Lime
20	Octopus	13	Pineapple	8	Nectarine
20	Yeast (Baker's)	13	Rice	8	Onion
19	Apricot	12	Caper	8	Orange
19	Egg Yolk	12	Chilli (Red)	8	Sole
19	Squash (Butternut/Carnival)	12	Fig	8	Venison
18	Carrot	12	Mackerel	7	Alga Wakame
18	Corn (Maize)	12	Ox	7	Aubergine
18	Gliadin*	12	Pork	7	Bass
18	Salmon	12	Scallop	7	Blackcurrant
17	Papaya	11	Cane Sugar	7	Broccoli
17	Potato	11	Crab	7	Haddock
16	Alga Espaguette	11	Raisin	7	Lemon
16	Oat	11	Squid	7	Lychee
16	Turnip	10	Cucumber	7	Pomegranate
15	Couscous	10	Herring	7	Watermelon
15	Mustard Seed	10	Rye	6	Anchovy

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### NORMAL FOODS ...continued

6	Apple	3	Date	1	Nutmeg
6	Carob	3	Goat	1	Pike
6	Carp	3	Grape (Black/Red/White)	1	Sesame Seed
6	Cayenne	3	Hake	1	Spinach
6	Cherry	3	Kiwi	1	Tea (Black)
6	Cranberry	3	Lettuce	0	Alpha-Lactalbumin
6	Leek	3	Parsley	0	Aniseed
6	Plaice	3	Peppermint	0	Asparagus
6	Quail	3	Polenta	0	Bean (Green)
6	Rabbit	3	Sea Bream (Red)	0	Beta-Lactoglobulin
5	Cauliflower	3	Strawberry	0	Blueberry
5	Grapefruit	3	Tarragon	0	Camomile
5	Horse	3	Transglutaminase	0	Caviar
5	Lobster	2	Artichoke	0	Clove
5	Pear	2	Banana	0	Coriander (Leaf)
5	Peppercorn (Black/White)	2	Buckwheat	0	Cumin
5	Raspberry	2	Chard	0	Duck
5	Shallot	2	Coconut	0	Eel
4	Amaranth	2	Dill	0	Garlic
4	Beef	2	Ginger	0	Liquorice
4	Blackberry	2	Mint	0	Macadamia Nut
4	Chicken	2	Olive	0	Marjoram
4	Chicory	2	Peach	0	Marrow
4	Cinnamon	2	Pepper (Green/Red/Yellow)	0	Milk (Buffalo)
4	Fennel (Leaf)	2	Perch	0	Millet
4	Melon (Galia/Honeydew)	2	Rapeseed	0	Nettle
4	Mulberry	2	Redcurrant	0	Ostrich
4	Mushroom	2	Rhubarb	0	Partridge
4	Oyster	2	Rocket	0	Razor Clam
4	Rosemary	2	Sardine	0	Saffron
4	Shrimp/Prawn	2	Swordfish	0	Sage
4	Spelt	2	Turbot	0	Sea Bream (Gilthead)
4	Trout	2	Watercress	0	Tapioca
4	Turkey	2	Wheat Bran	0	Tea (Green)
3	Barnacle	1	Alga Spirulina	0	Thyme
3	Beetroot	1	Bayleaf	0	Vanilla
3	Cabbage (Red)	1	Ginseng	0	Veal
3	Cockle	1	Honey	0	Wild Boar
3	Cocoa Bean	1	Monkfish		

\* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.