SAMPLE REPORT - NOT A PATIENT RESULT

Access MEDICAL LABS
5151 CORPORATE WAY
JUPITER, FL 33458-3101
(866)720-8386

foodANALYZER
Food Sensitivity, IgG Testing

PATIENT ID
A2208003636555
PATIENT NAME
TEST, FDSN 8-1
DATE OF BIRTH
8/8/1988
SAMPLE ID
003636555
QR-CODE
80AAX077
TESTED ANTIGENS
286
TEST METHOD
FOX

REFERRING PHYSICIAN
Vandhana Kiswani-Barley, MD

Lab report: Overview of the IgG profile

MILK & EGG	●●●	VEGETABLES	●
MEAT	●	SPICES	●●
FISH & SEAFOOD	●	EDIBLE MUSHROOMS	●
CEREALS & SEEDS	●●●	NOVEL FOODS	●●
NUTS	●	COFFEE & TEA	●
LEGUMES	●	OTHERS	●
FRUITS	●●		

Highest measured IgG concentration

0 - 9.99 µg/ml	10 - 19.99 µg/ml	≥ 20 µg/ml
●	●●	●●●
Low IgG level	Intermediate IgG level	Highly elevated IgG level

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Milk & Egg

Buttermilk	5.24 µg/ml	Cow's milk Bos d 8 * (Casein)	≤ 5.00 µg/ml
Camembert	≤ 5.00 µg/ml	Buffalo milk	≤ 5.00 µg/ml
Emmental	≤ 5.00 µg/ml	Camel milk	≤ 5.00 µg/ml
Gouda	≤ 5.00 µg/ml	Goat cheese	≤ 5.00 µg/ml
Cottage cheese	≤ 5.00 µg/ml	Goat milk	≤ 5.00 µg/ml
Cow's milk	≤ 5.00 µg/ml	Quail egg	≤ 5.00 µg/ml
Mozzarella	≤ 5.00 µg/ml	Egg white	28.98 µg/ml
Parmesan	≤ 5.00 µg/ml	Egg yolk	27.15 µg/ml
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	10.96 µg/ml	Sheep cheese	≤ 5.00 µg/ml
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	≤ 5.00 µg/ml	Sheep milk	≤ 5.00 µg/ml

Meat

Duck	≤ 5.00 µg/ml	Chicken	≤ 5.00 µg/ml
Beef	≤ 5.00 µg/ml	Turkey	≤ 5.00 µg/ml
Veal	≤ 5.00 µg/ml	Rabbit	≤ 5.00 µg/ml
Venison	≤ 5.00 µg/ml	Lamb	≤ 5.00 µg/ml
Goat	≤ 5.00 µg/ml	Ostrich	≤ 5.00 µg/ml
Stag	≤ 5.00 µg/ml	Pork	≤ 5.00 µg/ml
Horse	≤ 5.00 µg/ml	Boar	≤ 5.00 µg/ml

Fish & Seafood

Caviar	≤ 5.00 µg/ml	Trout	≤ 5.00 µg/ml
Eel	≤ 5.00 µg/ml	Oyster	5.18 µg/ml
Crayfish	≤ 5.00 µg/ml	Northern prawn	≤ 5.00 µg/ml
Cockle	5.39 µg/ml	Scallop	≤ 5.00 µg/ml
Crab	≤ 5.00 µg/ml	Razor shell clam	≤ 5.00 µg/ml
Atlantic herring	≤ 5.00 µg/ml	European plaice	≤ 5.00 µg/ml
Carp	≤ 5.00 µg/ml	Thornback Ray	≤ 5.00 µg/ml
Anchovy	≤ 5.00 µg/ml	Venus clam	≤ 5.00 µg/ml
Northern pike	≤ 5.00 µg/ml	Salmon	≤ 5.00 µg/ml
Atlantic cod	≤ 5.00 µg/ml	European pilchard	≤ 5.00 µg/ml

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Abalone	≤ 5.00 µg/ml	Turbot	≤ 5.00 µg/ml
Lobster	≤ 5.00 µg/ml	Mackerel	≤ 5.00 µg/ml
Shrimp mix	≤ 5.00 µg/ml	Atlantic redfish	≤ 5.00 µg/ml
Squid	≤ 5.00 µg/ml	Sepia	≤ 5.00 µg/ml
Monkfish	≤ 5.00 µg/ml	Sole	≤ 5.00 µg/ml
Haddock	≤ 5.00 µg/ml	Gilt-head bream	≤ 5.00 µg/ml
Hake	≤ 5.00 µg/ml	Tuna	≤ 5.00 µg/ml
Common mussel	6.64 µg/ml	Swordfish	≤ 5.00 µg/ml
Octopus	≤ 5.00 µg/ml		

Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	Pine nut	≤ 5.00 µg/ml
Oat	≤ 5.00 µg/ml	Rye	12.91 µg/ml
Canola	20.59 µg/ml	Sesame	≤ 5.00 µg/ml
Hempseed	≤ 5.00 µg/ml	Wheat	15.40 µg/ml
Quinoa	≤ 5.00 µg/ml	Wheat bran	8.37 µg/ml
Pumpkin seed	≤ 5.00 µg/ml	Wheat gliadin Tri a Gliadin *	11.87 µg/ml
Buckwheat	≤ 5.00 µg/ml	Wheatgrass	≤ 5.00 µg/ml
Sunflower	≤ 5.00 µg/ml	Gluten wheat	30.48 µg/ml
Barley	≤ 5.00 µg/ml	Emmer wheat	18.91 µg/ml
Malt (barley)	≤ 5.00 µg/ml	Durum wheat	7.14 µg/ml
Flaxseed	≤ 5.00 µg/ml	Einkorn wheat	7.91 µg/ml
Lupine seed	≤ 5.00 µg/ml	Polish wheat	8.96 µg/ml
Rice	≤ 5.00 µg/ml	Spelt	5.77 µg/ml
Millet	≤ 5.00 µg/ml	Corn	≤ 5.00 µg/ml
Poppyseed	≤ 5.00 µg/ml		

Nuts

Cashew	≤ 5.00 µg/ml	Hazelnut	≤ 5.00 µg/ml
Brazil nut	≤ 5.00 µg/ml	Tigernut	≤ 5.00 µg/ml
Pecan nut	≤ 5.00 µg/ml	Walnut	≤ 5.00 µg/ml
Sweet chestnut	≤ 5.00 µg/ml	Macadamia	≤ 5.00 µg/ml
Coconut milk	≤ 5.00 µg/ml	Pistachio	≤ 5.00 µg/ml
Coconut	≤ 5.00 µg/ml	Almond	≤ 5.00 µg/ml

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Kola nut	≤ 5.00 µg/ml

Legumes

Peanut	≤ 5.00 µg/ml	Green bean	≤ 5.00 µg/ml
Chickpea	≤ 5.00 µg/ml	Pea	≤ 5.00 µg/ml
Soy	≤ 5.00 µg/ml	Sugar pea	≤ 5.00 µg/ml
Lentil	≤ 5.00 µg/ml	Tamarind	≤ 5.00 µg/ml
White bean	≤ 5.00 µg/ml	Mung bean	≤ 5.00 µg/ml

Fruits

Kiwi	≤ 5.00 µg/ml	Date	≤ 5.00 µg/ml
Pineapple	10.49 µg/ml	Physalis	≤ 5.00 µg/ml
Papaya	≤ 5.00 µg/ml	Apricot	≤ 5.00 µg/ml
Lime	≤ 5.00 µg/ml	Cherry	≤ 5.00 µg/ml
Lemon	≤ 5.00 µg/ml	Plum	≤ 5.00 µg/ml
Watermelon	≤ 5.00 µg/ml	Peach	≤ 5.00 µg/ml
Grapefruit	≤ 5.00 µg/ml	Nectarine	≤ 5.00 µg/ml
Tangerine	≤ 5.00 µg/ml	Pomegranate	≤ 5.00 µg/ml
Orange	≤ 5.00 µg/ml	Pear	≤ 5.00 µg/ml
Melon	≤ 5.00 µg/ml	Gooseberry	≤ 5.00 µg/ml
Fig	≤ 5.00 µg/ml	Red currant	≤ 5.00 µg/ml
Strawberry	≤ 5.00 µg/ml	Blackberry	≤ 5.00 µg/ml
Lychee	≤ 5.00 µg/ml	Raspberry	≤ 5.00 µg/ml
Apple	≤ 5.00 µg/ml	Elderberry	≤ 5.00 µg/ml
Mango	≤ 5.00 µg/ml	Blueberry	≤ 5.00 µg/ml
Mulberry	≤ 5.00 µg/ml	Cranberry	≤ 5.00 µg/ml
Banana	≤ 5.00 µg/ml	Grape	≤ 5.00 µg/ml
Passion fruit	≤ 5.00 µg/ml	Raisin	≤ 5.00 µg/ml

Vegetables

Shallot	≤ 5.00 µg/ml	Caper	≤ 5.00 µg/ml
Onion	≤ 5.00 µg/ml	Endive	≤ 5.00 µg/ml
Leek	≤ 5.00 µg/ml	Radicchio	≤ 5.00 µg/ml

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Garlic	8.47 µg/ml	Chicorée	≤ 5.00 µg/ml
Chives	≤ 5.00 µg/ml	Pumpkin Butternut	≤ 5.00 µg/ml
Wild garlic	≤ 5.00 µg/ml	Pumpkin Hokkaido	≤ 5.00 µg/ml
Celery Bulb	≤ 5.00 µg/ml	Kiwano	≤ 5.00 µg/ml
Celery Stalk	≤ 5.00 µg/ml	Zucchini	≤ 5.00 µg/ml
Horseradish	≤ 5.00 µg/ml	Cucumber	≤ 5.00 µg/ml
Asparagus	≤ 5.00 µg/ml	Artichoke	≤ 5.00 µg/ml
Bamboo sprouts	≤ 5.00 µg/ml	Carrot	≤ 5.00 µg/ml
Chard	≤ 5.00 µg/ml	Arugula	≤ 5.00 µg/ml
Red beet	≤ 5.00 µg/ml	Fennel (bulb)	≤ 5.00 µg/ml
Cabbage	≤ 5.00 µg/ml	Sweet potato	≤ 5.00 µg/ml
Cauliflower	≤ 5.00 µg/ml	Watercress	≤ 5.00 µg/ml
White cabbage	≤ 5.00 µg/ml	Olive	≤ 5.00 µg/ml
Brussels sprouts	≤ 5.00 µg/ml	Parsnip	≤ 5.00 µg/ml
Kohlrabi	≤ 5.00 µg/ml	Avocado	≤ 5.00 µg/ml
Broccoli	≤ 5.00 µg/ml	Radish	≤ 5.00 µg/ml
Romanesco	≤ 5.00 µg/ml	Eggplant	≤ 5.00 µg/ml
Red cabbage	≤ 5.00 µg/ml	Potato	≤ 5.00 µg/ml
Green cabbage	≤ 5.00 µg/ml	Tomato	≤ 5.00 µg/ml
Savoy cabbage	≤ 5.00 µg/ml	Spinach	≤ 5.00 µg/ml
Turnip	≤ 5.00 µg/ml	Nettle leaves	≤ 5.00 µg/ml
Bok Choy	≤ 5.00 µg/ml	Lamb's lettuce	≤ 5.00 µg/ml
Chinese cabbage	≤ 5.00 µg/ml		

Spices

Dill	≤ 5.00 µg/ml	Mint	≤ 5.00 µg/ml
Tarragon	≤ 5.00 µg/ml	Basil	≤ 5.00 µg/ml
Paprika	≤ 5.00 µg/ml	Majoram	≤ 5.00 µg/ml
Cayenne pepper	≤ 5.00 µg/ml	Oregano	≤ 5.00 µg/ml
Chili (red)	≤ 5.00 µg/ml	Parsley	≤ 5.00 µg/ml
Caraway	≤ 5.00 µg/ml	Anise	≤ 5.00 µg/ml
Cinnamon	≤ 5.00 µg/ml	Pepper (black/white/green/red/yellow)	≤ 5.00 µg/ml
Curry	≤ 5.00 µg/ml	Rosmary	≤ 5.00 µg/ml

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Coriander	≤ 5.00 µg/ml	Sage	≤ 5.00 µg/ml
Cumin	≤ 5.00 µg/ml	Mustard	11.21 µg/ml
Turmeric	≤ 5.00 µg/ml	Clove	≤ 5.00 µg/ml
Lemongrass	≤ 5.00 µg/ml	Thyme	≤ 5.00 µg/ml
Cardamom	≤ 5.00 µg/ml	Fenugreek	≤ 5.00 µg/ml
Juniper berry	≤ 5.00 µg/ml	Vanilla	≤ 5.00 µg/ml
Bay leaf	≤ 5.00 µg/ml	Ginger	≤ 5.00 µg/ml
Nutmeg	≤ 5.00 µg/ml		

Edible Mushrooms

White mushroom	≤ 5.00 µg/ml	Enoki	≤ 5.00 µg/ml
Boletus	≤ 5.00 µg/ml	French horn mushroom	≤ 5.00 µg/ml
Chanterelle	≤ 5.00 µg/ml	Oyster mushroom	≤ 5.00 µg/ml

Novel Foods

House cricket	13.30 µg/ml	Ginseng	≤ 5.00 µg/ml
Baobab	≤ 5.00 µg/ml	Guarana	≤ 5.00 µg/ml
Aloe	≤ 5.00 µg/ml	Almond milk	≤ 5.00 µg/ml
Greater burdock root	≤ 5.00 µg/ml	Nori	≤ 5.00 µg/ml
Aronia	≤ 5.00 µg/ml	Chia seed	≤ 5.00 µg/ml
Safflower oil	≤ 5.00 µg/ml	Yacón root	≤ 5.00 µg/ml
Chlorella	≤ 5.00 µg/ml	Spirulina	≤ 5.00 µg/ml
Ginkgo	5.69 µg/ml	Dandelion root	≤ 5.00 µg/ml
Maca root	≤ 5.00 µg/ml	Mealworm	≤ 5.00 µg/ml
Migratory locust	≤ 5.00 µg/ml	Wakame	≤ 5.00 µg/ml
Tapioca	≤ 5.00 µg/ml		

Coffee & Tea

Tea, black	≤ 5.00 µg/ml	Chamomile	≤ 5.00 µg/ml
Tea, green	≤ 5.00 µg/ml	Peppermint	≤ 5.00 µg/ml
Coffee	≤ 5.00 µg/ml	Moringa	≤ 5.00 µg/ml
Hibiscus	≤ 5.00 µg/ml	Cocoa	≤ 5.00 µg/ml
Jasmine	≤ 5.00 µg/ml		

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Others

Agar Agar	≤ 5.00 µg/ml	Cane sugar	5.52 µg/ml
Honey	≤ 5.00 µg/ml	Brewer's yeast	≤ 5.00 µg/ml
Aspergillus niger	≤ 5.00 µg/ml	Elderflower	≤ 5.00 µg/ml
Hops	≤ 5.00 µg/ml	M-Transglutaminase, meat glue	≤ 5.00 µg/ml
Baker's yeast	≤ 5.00 µg/ml		

CCD

Human Lactoferrin	≤ 5.00 µg/ml

ASSAY PERFORMED ON	APPROVED ON
8/1/2022	8/2/2022

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Number of tested food sources: 283

MILK & EGG 17

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk

MEAT 14

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison

FISH & SEAFOOD 37

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, Anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell clam, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam

CEREALS & SEEDS 29

Amaranth, Barley, Buckwheat, Corn, Durum wheat, Einkorn wheat, Emmer wheat, Hempseed, Flaxseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Canola, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten wheat, Wheat bran, Wheatgrass

NUTS 13

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut

LEGUMES 10

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean

FRUITS 36

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon

VEGETABLES 51

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Bok Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy cabbage, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, Asparagus, White cabbage, Wild garlic, Zucchini

SPICES 31

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosmary, Sage, Tarragon, Thyme, Turmeric, Vanilla

EDIBLE MUSHROOMS 6

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom

NOVEL FOODS 21

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root

COFFEE & TEA 9

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green

OTHERS 9

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

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Interpretation - Support

Interpretation Summary

Milk & Eggs

Cow's milk

Your IgG level for cow's milk is 10.96 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk.Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Egg white

Your IgG level for egg white is 28.98 µg/ml.

Associated food intolerance symptoms after consuming egg white include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovamucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Egg yolk

Your IgG level for egg yolk is 27.15 µg/ml.

Associated food intolerance symptoms after consuming egg yolk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg yolks include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, and surimi. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovamucin, ovovitellin, or vitellin.

Possible alternatives for egg yolks include soy lecithin (a byproduct of soybean oil). If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Cereals & Seeds

Emmer

Your IgG level for emmer is 18.91 µg/ml.

Associated food intolerance symptoms after consuming emmer include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn,

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diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmer or emmer flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to emmer flour include spelt flour, einkorn flour, amaranth flour, barley flour, and rice flour.

Gluten

Your IgG level for gluten is 30.48 µg/ml.

Associated food intolerance symptoms after consuming gluten include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gluten include wheat, wheat varieties (spelt, durum, couscous, semolina, farina, farro, kamut, einkorn, bulgur, wheat bran, wheat starch, emmer, seitan, graham flour, rye, barley), bread, pittas, bagels, flatbreads, rolls, pasta, crackers, biscuits, pastry, breakfast cereals, breadcrumbs, croutons, beers, ales, and lagers. On food labels, gluten may be referred to as triticum vulgare (wheat), triticale (cross between wheat and rye), hordeum vulgare (barley), secale cereale (rye), and triticum spelta (spelt).

Possible alternatives to gluten products include buckwheat (groats and flour), quinoa (grain or flour), rice (grain or flour), potato flour, soy flour, chickpea flour, corn, amaranth, millet, gluten-free oats, sorghum, and tapioca. Gluten-free pasta alternatives are made from lentils, peas, corn, rice, or buckwheat. Vegetable noodles are made from zucchini, carrot, or squash.

Canola

Your IgG level for canola is 20.59 µg/ml.

Associated food intolerance symptoms after consuming canola include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing canola include canola oil.

Possible alternatives for canola oil include olive oil, avocado oil, and pumpkin seed oil.

Rye

Your IgG level for rye is 12.91 µg/ml.

Associated food intolerance symptoms after consuming rye include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing rye and rye flour include sandwich bread, crisp bread, pretzels, crackers, as well as rye whiskey and rye beer.

Possible alternatives for rye and rye flour include barley and barley flour.

Wheat

Your IgG level for wheat is 15.4 µg/ml.

Associated food intolerance symptoms after consuming wheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, buiscuits, couscous, crackers, crumpets, durum, einkorn, emmer, farina, farro, kamut, malt, seitan, semolina, scones, pancakes, pizza, pasta, and pastries. On food labels, wheat may be referred to as bromated flour, cereal extract, cracker meal, hydrolyzed vegatable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artifical flavoring, caramel color, dextrin, food starch, glucose syrup, maltodextrin, soy sauce, surimi, textured vegetable protein, and vegetable gum.

Possible alternatives for wheat include amaranth, buckwheat, millet, quinoa, and teff.

Wheat gliadin

Your IgG level for wheat gliadin is 11.87 µg/ml.

Associated food intolerance symptoms after consuming wheat gliadin include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gliadin include major sources of gluten such as bread, pasta, pizza, dressing, and sauces, as well as barley, rye, and oats.

Possible alternatives for wheat gliadin products include amaranth, millet, buckwheat, and quinoa.

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Fruits

Pineapple

Your IgG level for pineapple is 10.49 µg/ml.

Associated food intolerance symptoms after consuming pineapple include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing pineapple include salads, chutneys, relishes, marinades, juices, smoothies and cocktails.

Possible alternatives for pineapples include green apples and oranges.

Spices

Mustard

Your IgG level for mustard is 11.21 µg/ml.

Associated food intolerance symptoms after consuming mustard include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes using mustard seeds as a flavoring agent include sauces, curries, and chutneys in Indian cooking. Mustard paste is used for salad dressings, as well as meat and fish dishes (as a glaze).

Possible alternatives for mustard seeds include caraway seeds and horseradish.

Novel Foods

House cricket

Your IgG level for house cricket is 13.3 µg/ml.

Associated food intolerance symptoms after consuming house cricket include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Crickets are edible insects high in protein and many other nutrients, and are consumed as snacks in several African and Southeast Asian countries.

Possible alternatives for crickets are other edible insects such as grasshoppers and mealworms.

Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.

(The connection between food intake, elevated IgG levels and chronic disorders has been described in peer reviewed publications and case studies. Nonetheless this connection is still debated in the scientific community and a consensus has not been reached thus far.)

This assay has not been cleared or approved by the US Food and Drug Administration. Performance characteristics have been determined by Access Medical Laboratories Inc. pursuant to the CLIA regulations. All tests are performed at Access Medical Laboratories, unless otherwise indicated. CLIA #:10D1016867. Director: Alan Sara, MD.