



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test



Dear Sample Patient,

Please find enclosed the Patient Report for your FoodPrint[®] 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[®] 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[®] 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 Coeliac 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 CNS on 01353 863279.

Kind regards
Cambridge Nutritional Sciences

555-4-01

Test Report : Food Groups

Functional Health Screening Sydney, NSW

Patient Name: Sample Patient
Patient Number: 1
Date of Birth: 01/01/2001

Sample Date: 01/01/2001
Analysis Date: 01/01/2001
Clinic: FHS

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
1	Alpha-Lactalbumin	21	Egg White	34	Milk (Cow)
0	Beta-Lactoglobulin	20	Egg Yolk	41	Milk (Goat)
51	Casein	0	Milk (Buffalo)	38	Milk (Sheep)
GRAINS (Gluten-Containing)*					
49	Barley	39	Malt	31	Wheat
5	Couscous	4	Oat	6	Wheat Bran
2	Durum Wheat	10	Rye		
5	Gliadin*	7	Spelt		
GRAINS (Gluten-Free)					
9	Amaranth	0	Millet	0	Tapioca
0	Buckwheat	2	Polenta		
23	Corn (Maize)	10	Rice		
FRUIT					
1	Apple	7	Guava	2	Pear
3	Apricot	0	Kiwi	2	Pineapple
7	Avocado	2	Lemon	25	Plum
0	Banana	6	Lime	3	Pomegranate
12	Blackberry	2	Lychee	2	Raisin
16	Blackcurrant	2	Mango	1	Raspberry
0	Blueberry	4	Melon (Galia/Honeydew)	3	Redcurrant
10	Cherry	0	Mulberry	1	Rhubarb
6	Cranberry	0	Nectarine	1	Strawberry
0	Date	0	Olive	4	Tangerine
28	Fig	12	Orange	2	Watermelon
2	Grape (Black/Red/White)	0	Papaya		
2	Grapefruit	1	Peach		
VEGETABLES					
1	Artichoke	2	Cauliflower	22	Potato
0	Asparagus	37	Celery	4	Quinoa
0	Aubergine	8	Chard	28	Radish
16	Bean (Broad)	6	Chickpea	1	Rocket
2	Bean (Green)	5	Chicory	2	Shallot
20	Bean (Red Kidney)	6	Cucumber	10	Soya Bean
15	Bean (White Haricot)	0	Fennel (Leaf)	3	Spinach
4	Beetroot	8	Leek	5	Squash (Butternut/Carnival)
6	Broccoli	4	Lentil	3	Sweet Potato
5	Brussel Sprout	2	Lettuce	1	Tomato
5	Cabbage (Red)	2	Marrow	4	Turnip
10	Cabbage (Savoy/White)	8	Onion	0	Watercress
0	Caper	46	Pea	10	Yuca
8	Carrot	9	Pepper (Green/Red/Yellow)		

Continued on next page...

Patient Name: Sample Patient
Patient Number: 1
Date of Birth: 01/01/2001

Sample Date: 01/01/2001
Analysis Date: 01/01/2001
Clinic: FHS

FISH / SEAFOOD

14	Alga Espaguette	5	Haddock	1	Sardine
3	Alga Spirulina	1	Hake	2	Scallop
36	Alga Wakame	1	Herring	0	Sea Bream (Gilthead)
7	Anchovy	6	Lobster	5	Sea Bream (Red)
2	Barnacle	1	Mackerel	2	Shrimp/Prawn
1	Bass	1	Monkfish	7	Sole
0	Carp	15	Mussel	4	Squid
2	Caviar	11	Octopus	2	Swordfish
12	Clam	3	Oyster	5	Trout
3	Cockle	0	Perch	7	Tuna
4	Cod	0	Pike	0	Turbot
0	Crab	0	Plaice	14	Winkle
3	Cuttlefish	4	Razor Clam		
0	Eel	3	Salmon		

MEAT

1	Beef	0	Ostrich	1	Turkey
1	Chicken	2	Ox	0	Veal
0	Duck	0	Partridge	3	Venison
1	Goat	0	Pork	0	Wild Boar
1	Horse	0	Quail		
1	Lamb	0	Rabbit		

HERBS / SPICES

0	Aniseed	0	Dill	20	Nutmeg
48	Basil	0	Garlic	0	Parsley
6	Bayleaf	20	Ginger	9	Peppercorn (Black/White)
4	Camomile	12	Ginkgo	10	Peppermint
10	Cayenne	32	Ginseng	6	Rosemary
3	Chilli (Red)	2	Hops	7	Saffron
5	Cinnamon	0	Liquorice	2	Sage
0	Clove	4	Marjoram	0	Tarragon
0	Coriander (Leaf)	19	Mint	5	Thyme
1	Cumin	13	Mustard Seed	0	Vanilla
45	Curry (Mixed Spices)	4	Nettle		

NUTS / SEEDS

61	Almond	41	Hazelnut	1	Rapeseed
24	Brazil Nut	36	Macadamia Nut	1	Sesame Seed
50	Cashew Nut	14	Peanut	8	Sunflower Seed
4	Coconut	2	Pine Nut	10	Tiger Nut
11	Flax Seed	54	Pistachio	6	Walnut

MISCELLANEOUS

33	Agar Agar	4	Cocoa Bean	7	Tea (Black)
38	Aloe Vera	0	Coffee	0	Tea (Green)
17	Cane Sugar	103	Cola Nut	0	Transglutaminase
1	Carob	1	Honey	4	Yeast (Baker's)
6	Chestnut	44	Mushroom	55	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

Functional Health Screening Sydney, NSW

Patient Name:	Sample Patient	Sample Date:	01/01/2001
Patient Number:	1	Analysis Date:	01/01/2001
Date of Birth:	01/01/2001	Clinic:	FHS

ELEVATED FOODS (≥30 U/ml)

103	Cola Nut	46	Pea	37	Celery
61	Almond	45	Curry (Mixed Spices)	36	Alga Wakame
55	Yeast (Brewer's)	44	Mushroom	36	Macadamia Nut
54	Pistachio	41	Hazelnut	34	Milk (Cow)
51	Casein	41	Milk (Goat)	33	Agar Agar
50	Cashew Nut	39	Malt	32	Ginseng
49	Barley	38	Aloe Vera	31	Wheat
48	Basil	38	Milk (Sheep)		

BORDERLINE FOODS (24-29 U/ml)

28	Fig	25	Plum
28	Radish	24	Brazil Nut

NORMAL FOODS (≤23 U/ml)

23	Corn (Maize)	10	Peppermint	6	Cranberry
22	Potato	10	Rice	6	Cucumber
21	Egg White	10	Rye	6	Lime
20	Bean (Red Kidney)	10	Soya Bean	6	Lobster
20	Egg Yolk	10	Tiger Nut	6	Rosemary
20	Ginger	10	Yuca	6	Walnut
20	Nutmeg	9	Amaranth	6	Wheat Bran
19	Mint	9	Pepper (Green/Red/Yellow)	5	Brussel Sprout
17	Cane Sugar	9	Peppercorn (Black/White)	5	Cabbage (Red)
16	Bean (Broad)	8	Carrot	5	Chicory
16	Blackcurrant	8	Chard	5	Cinnamon
15	Bean (White Haricot)	8	Leek	5	Couscous
15	Mussel	8	Onion	5	Gliadin*
14	Alga Espaguetto	8	Sunflower Seed	5	Haddock
14	Peanut	7	Anchovy	5	Sea Bream (Red)
14	Winkle	7	Avocado	5	Squash (Butternut/Carnival)
13	Mustard Seed	7	Guava	5	Thyme
12	Blackberry	7	Saffron	5	Trout
12	Clam	7	Sole	4	Beetroot
12	Ginkgo	7	Spelt	4	Camomile
12	Orange	7	Tea (Black)	4	Cocoa Bean
11	Flax Seed	7	Tuna	4	Coconut
11	Octopus	6	Bayleaf	4	Cod
10	Cabbage (Savoy/White)	6	Broccoli	4	Lentil
10	Cayenne	6	Chestnut	4	Marjoram
10	Cherry	6	Chickpea	4	Melon (Galia/Honeydew)

Patient Name: Sample Patient
Patient Number: 1
Date of Birth: 01/01/2001

Sample Date: 01/01/2001
Analysis Date: 01/01/2001
Clinic: FHS

NORMAL FOODS ...continued

4	Nettle	2	Sage	0	Caper
4	Oat	2	Scallop	0	Carp
4	Quinoa	2	Shallot	0	Clove
4	Razor Clam	2	Shrimp/Prawn	0	Coffee
4	Squid	2	Swordfish	0	Coriander (Leaf)
4	Tangerine	2	Watermelon	0	Crab
4	Turnip	1	Alpha-Lactalbumin	0	Date
4	Yeast (Baker's)	1	Apple	0	Dill
3	Alga Spirulina	1	Artichoke	0	Duck
3	Apricot	1	Bass	0	Eel
3	Chilli (Red)	1	Beef	0	Fennel (Leaf)
3	Cockle	1	Carob	0	Garlic
3	Cuttlefish	1	Chicken	0	Kiwi
3	Oyster	1	Cumin	0	Liquorice
3	Pomegranate	1	Goat	0	Milk (Buffalo)
3	Redcurrant	1	Hake	0	Millet
3	Salmon	1	Herring	0	Mulberry
3	Spinach	1	Honey	0	Nectarine
3	Sweet Potato	1	Horse	0	Olive
3	Venison	1	Lamb	0	Ostrich
2	Barnacle	1	Mackerel	0	Papaya
2	Bean (Green)	1	Monkfish	0	Parsley
2	Cauliflower	1	Peach	0	Partridge
2	Caviar	1	Rapeseed	0	Perch
2	Durum Wheat	1	Raspberry	0	Pike
2	Grape (Black/Red/White)	1	Rhubarb	0	Plaice
2	Grapefruit	1	Rocket	0	Pork
2	Hops	1	Sardine	0	Quail
2	Lemon	1	Sesame Seed	0	Rabbit
2	Lettuce	1	Strawberry	0	Sea Bream (Gilthead)
2	Lychee	1	Tomato	0	Tapioca
2	Mango	1	Turkey	0	Tarragon
2	Marrow	0	Aniseed	0	Tea (Green)
2	Ox	0	Asparagus	0	Transglutaminase
2	Pear	0	Aubergine	0	Turbot
2	Pine Nut	0	Banana	0	Vanilla
2	Pineapple	0	Beta-Lactoglobulin	0	Veal
2	Polenta	0	Blueberry	0	Watercress
2	Raisin	0	Buckwheat	0	Wild Boar

* 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.