



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

07/09/2021



Dear Ms

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
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555-4-03

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Test Report : Food Groups

Patient Name:
Patient Number:
Date of Birth:

Analysis Date:
Test Reference:

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

89 Egg White	127 Milk (Cow)	91 Milk (Sheep)
36 Egg Yolk	66 Milk (Goat)	

GRAINS (Gluten-Containing)*

88 Barley	51 Oat	41 Wheat Bran
50 Durum Wheat	37 Rye	
72 Gliadin*	59 Wheat	

GRAINS (Gluten-Free)

63 Buckwheat	<15 Millet	
65 Corn (Maize)	51 Rice	

FRUIT

<15 Apple	<15 Grape (Black/Red/White)	71 Orange
<15 Apricot	20 Grapefruit	<15 Peach
<15 Avocado	<15 Kiwi	<15 Pear
<15 Banana	<15 Lemon	<15 Pineapple
<15 Blackberry	20 Lime	26 Plum
<15 Blackcurrant	<15 Melon (Galia/Honeydew)	22 Raspberry
<15 Cherry	21 Nectarine	18 Strawberry
78 Cranberry	<15 Olive	

VEGETABLES

<15 Asparagus	28 Cabbage (Savoy/White)	<15 Lettuce
<15 Aubergine	<15 Carrot	<15 Onion
<15 Bean (Green)	<15 Cauliflower	75 Pea
31 Bean (Red Kidney)	49 Celery	<15 Pepper (Green/Red/Yellow)
81 Bean (White Haricot)	<15 Chicory	37 Potato
<15 Beetroot	<15 Cucumber	65 Soya Bean
<15 Broccoli	23 Leek	18 Spinach
<15 Brussel Sprout	21 Lentil	<15 Tomato

FISH / SEAFOOD

<15 Cod	16 Mussel	<15 Sole
<15 Crab	20 Oyster	<15 Swordfish
<15 Haddock	<15 Plaice	<15 Trout
<15 Herring	<15 Salmon	<15 Tuna
<15 Lobster	19 Scallop	<15 Turbot
<15 Mackerel	<15 Shrimp/Prawn	

MEAT

<15 Beef	<15 Lamb	<15 Veal
<15 Chicken	<15 Pork	<15 Venison
<15 Duck	<15 Turkey	

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Patient Name:
Patient Number:
Date of Birth:

Analysis Date:
Test Reference:

HERBS / SPICES

<15	Basil	<15	Dill	<15	Nutmeg
<15	Chilli (Red)	<15	Garlic	<15	Parsley
<15	Cinnamon	<15	Ginger	<15	Peppercorn (Black/White)
<15	Clove	19	Hops	<15	Sage
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	35	Mustard Seed	<15	Vanilla

NUTS / SEEDS

38	Almond	43	Hazelnut	<15	Sesame Seed
20	Brazil Nut	46	Peanut	41	Sunflower Seed
49	Cashew Nut	59	Pistachio	41	Walnut
<15	Coconut	<15	Rapeseed		

MISCELLANEOUS

47	Carob	<15	Mushroom	<15	Yeast (Baker's)
61	Cocoa Bean	<15	Tea (Black)	36	Yeast (Brewer's)
<15	Coffee	<15	Tea (Green)		

* 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
Patient Name:

Analysis Date:

Patient Number:
Date of Birth:
ELEVATED FOODS (≥30 U/ml)

127	Milk (Cow)	63	Buckwheat	41	Sunflower Seed
91	Milk (Sheep)	61	Cocoa Bean	41	Walnut
89	Egg White	59	Pistachio	41	Wheat Bran
88	Barley	59	Wheat	38	Almond
81	Bean (White Haricot)	51	Oat	37	Potato
78	Cranberry	51	Rice	37	Rye
75	Pea	50	Durum Wheat	36	Egg Yolk
72	Gliadin*	49	Cashew Nut	36	Yeast (Brewer's)
71	Orange	49	Celery	35	Mustard Seed
66	Milk (Goat)	47	Carob	31	Bean (Red Kidney)
65	Corn (Maize)	46	Peanut		
65	Soya Bean	43	Hazelnut		

BORDERLINE FOODS (24-29 U/ml)

28	Cabbage (Savoy/White)	26	Plum
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NORMAL FOODS (≤23 U/ml)

23	Leek	<15	Tea (Black)	<15	Cinnamon
22	Raspberry	<15	Basil	<15	Crab
21	Lentil	<15	Broccoli	<15	Dill
21	Nectarine	<15	Cherry	<15	Haddock
20	Brazil Nut	<15	Cumin	<15	Pepper (Green/Red/Yellow)
20	Grapefruit	<15	Grape (Black/Red/White)	<15	Rapeseed
20	Lime	<15	Peach	<15	Sole
20	Oyster	<15	Peppercorn (Black/White)	<15	Thyme
19	Hops	<15	Tomato	<15	Aubergine
19	Scallop	<15	Vanilla	<15	Carrot
18	Spinach	<15	Avocado	<15	Chicory
18	Strawberry	<15	Cucumber	<15	Kiwi
16	Mussel	<15	Yeast (Baker's)	<15	Lemon
<15	Ginger	<15	Blackberry	<15	Shrimp/Prawn
<15	Salmon	<15	Blackcurrant	<15	Trout
<15	Pineapple	<15	Clove	<15	Venison
<15	Tea (Green)	<15	Mushroom	<15	Garlic
<15	Apricot	<15	Plaice	<15	Mackerel
<15	Banana	<15	Sage	<15	Mint
<15	Parsley	<15	Bean (Green)	<15	Coconut
<15	Pear	<15	Beetroot	<15	Cod
<15	Apple	<15	Brussel Sprout	<15	Coriander (Leaf)
<15	Nutmeg	<15	Cauliflower	<15	Lettuce

Patient Name:
Patient Number:
Date of Birth:

Analysis Date:
Test Reference:

NORMAL FOODS ...continued

<15	Lobster	<15	Swordfish	<15	Asparagus
<15	Millet	<15	Beef	<15	Coffee
<15	Olive	<15	Herring	<15	Duck
<15	Turbot	<15	Melon (Galia/Honeydew)	<15	Lamb
<15	Chicken	<15	Pork	<15	Sesame Seed
<15	Chilli (Red)	<15	Tuna	<15	Veal
<15	Onion	<15	Turkey		

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