



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test



Dear Sample Result,

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

555-4-03

Test Report : Food Groups

Patient Name: Result
Patient Number: 202
Date of Birth: 17/12/2000

Analysis Date: 26/10/2020
Test Reference: 111

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

7	Alpha-Lactalbumin	131	Egg White	76	Milk (Cow)
7	Beta-Lactoglobulin	29	Egg Yolk	21	Milk (Goat)
53	Casein	1	Milk (Buffalo)	46	Milk (Sheep)

GRAINS (Gluten-Containing)*

80	Barley	53	Malt	27	Wheat
3	Couscous	39	Oat	15	Wheat Bran
7	Durum Wheat	22	Rye		
9	Gliadin*	5	Spelt		

GRAINS (Gluten-Free)

146	Amaranth	1	Millet	0	Tapioca
5	Buckwheat	0	Polenta		
64	Corn (Maize)	68	Rice		

FRUIT

0	Apple	17	Guava	2	Pear
1	Apricot	0	Kiwi	3	Pineapple
9	Avocado	0	Lemon	39	Plum
3	Banana	2	Lime	55	Pomegranate
1	Blackberry	3	Lychee	2	Raisin
10	Blackcurrant	2	Mango	4	Raspberry
5	Blueberry	0	Melon (Galia/Honeydew)	15	Redcurrant
1	Cherry	2	Mulberry	5	Rhubarb
25	Cranberry	5	Nectarine	3	Strawberry
0	Date	0	Olive	2	Tangerine
34	Fig	2	Orange	2	Watermelon
3	Grape (Black/Red/White)	2	Papaya		
0	Grapefruit	7	Peach		

VEGETABLES

9	Artichoke	0	Cauliflower	22	Potato
3	Asparagus	5	Celery	3	Quinoa
2	Aubergine	13	Chard	23	Radish
6	Bean (Broad)	7	Chickpea	0	Rocket
0	Bean (Green)	0	Chicory	3	Shallot
17	Bean (Red Kidney)	0	Cucumber	39	Soya Bean
25	Bean (White Haricot)	0	Fennel (Leaf)	4	Spinach
0	Beetroot	5	Leek	23	Squash (Butternut/Carnival)
0	Broccoli	19	Lentil	2	Sweet Potato
4	Brussel Sprout	0	Lettuce	0	Tomato
1	Cabbage (Red)	1	Marrow	1	Turnip
1	Cabbage (Savoy/White)	1	Onion	0	Watercress
2	Caper	43	Pea	8	Yuca
0	Carrot	2	Pepper (Green/Red/Yellow)		

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Patient Name: Result
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HERBS / SPICES

2	Aniseed	0	Dill	2	Parsley
9	Basil	0	Garlic	14	Peppercorn (Black/White)
10	Bayleaf	32	Ginger	9	Peppermint
7	Camomile	7	Ginseng	13	Rosemary
9	Cayenne	5	Hops	3	Saffron
2	Chilli (Red)	14	Liquorice	7	Sage
13	Cinnamon	6	Marjoram	6	Tarragon
4	Clove	32	Mint	14	Thyme
17	Coriander (Leaf)	16	Mustard Seed	1	Vanilla
4	Cumin	10	Nettle		
39	Curry (Mixed Spices)	17	Nutmeg		

NUTS / SEEDS

15	Almond	47	Hazelnut	1	Rapeseed
65	Brazil Nut	2	Macadamia Nut	8	Sesame Seed
76	Cashew Nut	28	Peanut	69	Sunflower Seed
1	Coconut	3	Pine Nut	25	Tiger Nut
17	Flax Seed	52	Pistachio	6	Walnut

MISCELLANEOUS

71	Agar Agar	7	Cocoa Bean	9	Tea (Green)
18	Aloe Vera	27	Coffee	20	Yeast (Baker's)
23	Carob	21	Mushroom	84	Yeast (Brewer's)
4	Chestnut	10	Tea (Black)		

* 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:	Result	Analysis Date:	26/10/2020
Patient Number:	202	Test Reference:	111
Date of Birth:	17/12/2000		

ELEVATED FOODS (≥30 U/ml)

146	Amaranth	65	Brazil Nut	39	Curry (Mixed Spices)
131	Egg White	64	Corn (Maize)	39	Oat
84	Yeast (Brewer's)	55	Pomegranate	39	Plum
80	Barley	53	Casein	39	Soya Bean
76	Cashew Nut	53	Malt	34	Fig
76	Milk (Cow)	52	Pistachio	32	Ginger
71	Agar Agar	47	Hazelnut	32	Mint
69	Sunflower Seed	46	Milk (Sheep)		
68	Rice	43	Pea		

BORDERLINE FOODS (24-29 U/ml)

29	Egg Yolk	27	Wheat	25	Tiger Nut
28	Peanut	25	Bean (White Haricot)		
27	Coffee	25	Cranberry		

NORMAL FOODS (≤23 U/ml)

23	Carob	13	Rosemary	6	Marjoram
23	Radish	10	Bayleaf	6	Tarragon
23	Squash (Butternut/Carnival)	10	Blackcurrant	6	Walnut
22	Potato	10	Nettle	5	Blueberry
22	Rye	10	Tea (Black)	5	Buckwheat
21	Milk (Goat)	9	Artichoke	5	Celery
21	Mushroom	9	Avocado	5	Hops
20	Yeast (Baker's)	9	Basil	5	Leek
19	Lentil	9	Cayenne	5	Nectarine
18	Aloe Vera	9	Glutadin*	5	Rhubarb
17	Bean (Red Kidney)	9	Peppermint	5	Spelt
17	Coriander (Leaf)	9	Tea (Green)	4	Brussel Sprout
17	Flax Seed	8	Sesame Seed	4	Chestnut
17	Guava	8	Yuca	4	Clove
17	Nutmeg	7	Alpha-Lactalbumin	4	Cumin
16	Mustard Seed	7	Beta-Lactoglobulin	4	Raspberry
15	Almond	7	Camomile	4	Spinach
15	Redcurrant	7	Chickpea	3	Asparagus
15	Wheat Bran	7	Cocoa Bean	3	Banana
14	Liquorice	7	Durum Wheat	3	Couscous
14	Peppercorn (Black/White)	7	Ginseng	3	Grape (Black/Red/White)
14	Thyme	7	Peach	3	Lychee
13	Chard	7	Sage	3	Pine Nut
13	Cinnamon	6	Bean (Broad)	3	Pineapple

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NORMAL FOODS ...continued

3	Quinoa	2	Tangerine	0	Carrot
3	Saffron	2	Watermelon	0	Cauliflower
3	Shallot	1	Apricot	0	Chicory
3	Strawberry	1	Blackberry	0	Cucumber
2	Aniseed	1	Cabbage (Red)	0	Date
2	Aubergine	1	Cabbage (Savoy/White)	0	Dill
2	Caper	1	Cherry	0	Fennel (Leaf)
2	Chilli (Red)	1	Coconut	0	Garlic
2	Lime	1	Marrow	0	Grapefruit
2	Macadamia Nut	1	Milk (Buffalo)	0	Kiwi
2	Mango	1	Millet	0	Lemon
2	Mulberry	1	Onion	0	Lettuce
2	Orange	1	Rapeseed	0	Melon (Galia/Honeydew)
2	Papaya	1	Turnip	0	Olive
2	Parsley	1	Vanilla	0	Polenta
2	Pear	0	Apple	0	Rocket
2	Pepper (Green/Red/Yellow)	0	Bean (Green)	0	Tapioca
2	Raisin	0	Beetroot	0	Tomato
2	Sweet Potato	0	Broccoli	0	Watercress

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