



# PATIENT REPORT



**FOODPRINT<sup>®</sup>**

Food IgG Antibody Test



Dear Sample Result,

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 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: 23/10/2020  
 Test Reference: 111

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
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### GRAINS (Gluten-Containing)\*

85	Barley	50	Malt	71	Wheat
30	Couscous	22	Oat	62	Wheat Bran
56	Durum Wheat	85	Rye		
125	Gliadin*	81	Spelt		

### GRAINS (Gluten-Free)

14	Amaranth	0	Millet	0	Tapioca
4	Buckwheat	0	Polenta		
68	Corn (Maize)	81	Rice		

### FRUIT

0	Apple	16	Guava	0	Pear
6	Apricot	0	Kiwi	1	Pineapple
13	Avocado	0	Lemon	40	Plum
0	Banana	3	Lime	8	Pomegranate
0	Blackberry	0	Lychee	2	Raisin
8	Blackcurrant	2	Mango	0	Raspberry
0	Blueberry	0	Melon (Galia/Honeydew)	7	Redcurrant
2	Cherry	0	Mulberry	0	Rhubarb
37	Cranberry	10	Nectarine	1	Strawberry
0	Date	0	Olive	5	Tangerine
17	Fig	26	Orange	0	Watermelon
2	Grape (Black/Red/White)	2	Papaya		
1	Grapefruit	1	Peach		

### VEGETABLES

1	Artichoke	0	Cauliflower	11	Potato
0	Asparagus	3	Celery	8	Quinoa
0	Aubergine	11	Chard	31	Radish
24	Bean (Broad)	1	Chickpea	0	Rocket
4	Bean (Green)	0	Chicory	2	Shallot
11	Bean (Red Kidney)	0	Cucumber	4	Soya Bean
34	Bean (White Haricot)	0	Fennel (Leaf)	0	Spinach
1	Beetroot	1	Leek	9	Squash (Butternut/Carnival)
1	Broccoli	4	Lentil	1	Sweet Potato
5	Brussel Sprout	0	Lettuce	0	Tomato
0	Cabbage (Red)	0	Marrow	0	Turnip
5	Cabbage (Savoy/White)	2	Onion	0	Watercress
0	Caper	56	Pea	0	Yuca
0	Carrot	8	Pepper (Green/Red/Yellow)		

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Patient Name: Result  
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#### HERBS / SPICES

0	Aniseed	0	Dill	0	Parsley
1	Basil	0	Garlic	10	Peppercorn (Black/White)
0	Bayleaf	5	Ginger	7	Peppermint
2	Camomile	2	Ginseng	3	Rosemary
5	Cayenne	7	Hops	0	Saffron
0	Chilli (Red)	0	Liquorice	0	Sage
0	Cinnamon	1	Marjoram	0	Tarragon
0	Clove	10	Mint	0	Thyme
0	Coriander (Leaf)	15	Mustard Seed	0	Vanilla
0	Cumin	4	Nettle		
17	Curry (Mixed Spices)	22	Nutmeg		

#### NUTS / SEEDS

19	Almond	20	Hazelnut	0	Rapeseed
29	Brazil Nut	0	Macadamia Nut	0	Sesame Seed
7	Cashew Nut	15	Peanut	13	Sunflower Seed
0	Coconut	2	Pine Nut	11	Tiger Nut
0	Flax Seed	19	Pistachio	3	Walnut

#### MISCELLANEOUS

87	Agar Agar	5	Cocoa Bean	0	Tea (Green)
30	Aloe Vera	10	Coffee	5	Yeast (Baker's)
0	Carob	22	Mushroom	49	Yeast (Brewer's)
0	Chestnut	0	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  
**Patient Number:** 202  
**Date of Birth:** 17/12/2000

**Analysis Date:** 23/10/2020  
**Test Reference:** 111

**ELEVATED FOODS (≥30 U/ml)**

125	Gliadin*	68	Corn (Maize)	37	Cranberry
87	Agar Agar	62	Wheat Bran	34	Bean (White Haricot)
85	Barley	56	Durum Wheat	31	Radish
85	Rye	56	Pea	30	Aloe Vera
81	Rice	50	Malt	30	Couscous
81	Spelt	49	Yeast (Brewer's)		
71	Wheat	40	Plum		

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

29	Brazil Nut	26	Orange	24	Bean (Broad)
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**NORMAL FOODS (≤23 U/ml)**

22	Mushroom	7	Hops	2	Raisin
22	Nutmeg	7	Peppermint	2	Shallot
22	Oat	7	Redcurrant	1	Artichoke
20	Hazelnut	6	Apricot	1	Basil
19	Almond	5	Brussel Sprout	1	Beetroot
19	Pistachio	5	Cabbage (Savoy/White)	1	Broccoli
17	Curry (Mixed Spices)	5	Cayenne	1	Chickpea
17	Fig	5	Cocoa Bean	1	Grapefruit
16	Guava	5	Ginger	1	Leek
15	Mustard Seed	5	Tangerine	1	Marjoram
15	Peanut	5	Yeast (Baker's)	1	Peach
14	Amaranth	4	Bean (Green)	1	Pineapple
13	Avocado	4	Buckwheat	1	Strawberry
13	Sunflower Seed	4	Lentil	1	Sweet Potato
11	Bean (Red Kidney)	4	Nettle	0	Aniseed
11	Chard	4	Soya Bean	0	Apple
11	Potato	3	Celery	0	Asparagus
11	Tiger Nut	3	Lime	0	Aubergine
10	Coffee	3	Rosemary	0	Banana
10	Mint	3	Walnut	0	Bayleaf
10	Nectarine	2	Camomile	0	Blackberry
10	Peppercorn (Black/White)	2	Cherry	0	Blueberry
9	Squash (Butternut/Carnival)	2	Ginseng	0	Cabbage (Red)
8	Blackcurrant	2	Grape (Black/Red/White)	0	Caper
8	Pepper (Green/Red/Yellow)	2	Mango	0	Carob
8	Pomegranate	2	Onion	0	Carrot
8	Quinoa	2	Papaya	0	Cauliflower
7	Cashew Nut	2	Pine Nut	0	Chestnut

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#### NORMAL FOODS ...continued

0	Chicory	0	Liquorice	0	Sage
0	Chilli (Red)	0	Lychee	0	Sesame Seed
0	Cinnamon	0	Macadamia Nut	0	Spinach
0	Clove	0	Marrow	0	Tapioca
0	Coconut	0	Melon (Galia/Honeydew)	0	Tarragon
0	Coriander (Leaf)	0	Millet	0	Tea (Black)
0	Cucumber	0	Mulberry	0	Tea (Green)
0	Cumin	0	Olive	0	Thyme
0	Date	0	Parsley	0	Tomato
0	Dill	0	Pear	0	Turnip
0	Fennel (Leaf)	0	Polenta	0	Vanilla
0	Flax Seed	0	Rapeseed	0	Watercress
0	Garlic	0	Raspberry	0	Watermelon
0	Kiwi	0	Rhubarb	0	Yuca
0	Lemon	0	Rocket		
0	Lettuce	0	Saffron		

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