



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

10/08/2021



Dear Mr

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
81 Egg White

26 Egg Yolk

95 Milk (Cow)

GRAINS (Gluten-Containing)*
88 Barley

45 Gliadin*

<15 Rye

30 Durum Wheat

24 Oat

41 Wheat

GRAINS (Gluten-Free)
49 Corn (Maize)

30 Rice

FRUIT
<15 Apple

<15 Lemon

<15 Raspberry

<15 Blackberry

19 Orange

<15 Strawberry

<15 Grapefruit

<15 Pear

VEGETABLES
43 Bean (Red Kidney)

26 Cabbage (Savoy/White)

28 Potato

29 Bean (White Haricot)

<15 Cauliflower

25 Soya Bean

<15 Broccoli

54 Pea

FISH / SEAFOOD
<15 Cod

<15 Haddock

<15 Plaice

23 Crab

19 Lobster

18 Shrimp/Prawn

MEAT
<15 Beef

<15 Lamb

<15 Turkey

<15 Chicken

<15 Pork

NUTS / SEEDS
41 Almond

35 Hazelnut

51 Cashew Nut

44 Peanut

MISCELLANEOUS
33 Yeast (Baker's)

53 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
Patient Name:

Patient Number:
Date of Birth:
Analysis Date:
Test Reference:

ELEVATED FOODS (≥30 U/ml)

95	Milk (Cow)	49	Corn (Maize)	35	Hazelnut
88	Barley	45	Gliadin*	33	Yeast (Baker's)
81	Egg White	44	Peanut	30	Durum Wheat
54	Pea	43	Bean (Red Kidney)	30	Rice
53	Yeast (Brewer's)	41	Almond		
51	Cashew Nut	41	Wheat		

BORDERLINE FOODS (24-29 U/ml)

29	Bean (White Haricot)	26	Cabbage (Savoy/White)	25	Soya Bean
28	Potato	26	Egg Yolk	24	Oat

NORMAL FOODS (≤23 U/ml)

23	Crab	<15	Haddock	<15	Lemon
19	Lobster	<15	Grapefruit	<15	Pork
19	Orange	<15	Plaice	<15	Beef
18	Shrimp/Prawn	<15	Broccoli	<15	Chicken
<15	Raspberry	<15	Cod	<15	Lamb
<15	Rye	<15	Strawberry	<15	Turkey
<15	Apple	<15	Blackberry		
<15	Cauliflower	<15	Pear		

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