



# PATIENT REPORT



**FOODPRINT<sup>®</sup>**

Food IgG Antibody Test

26/10/2020



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

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## 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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### DAIRY / EGG

7	Alpha-Lactalbumin	101	Egg White	24	Milk (Cow)
4	Beta-Lactoglobulin	29	Egg Yolk	37	Milk (Goat)
16	Casein	1	Milk (Buffalo)	49	Milk (Sheep)

### GRAINS (Gluten-Containing)\*

53	Barley	13	Malt	16	Wheat
5	Couscous	14	Oat	10	Wheat Bran
7	Durum Wheat	7	Rye		
18	Gliadin*	4	Spelt		

### GRAINS (Gluten-Free)

10	Amaranth	20	Corn (Maize)	13	Rice
4	Buckwheat	3	Millet	1	Tapioca

### FRUIT

3	Apple	15	Guava	3	Pear
3	Apricot	2	Kiwi	3	Pineapple
4	Avocado	3	Lemon	10	Plum
9	Banana	6	Lime	6	Pomegranate
2	Blackberry	4	Lychee	3	Raisin
10	Blackcurrant	3	Mango	9	Raspberry
6	Blueberry	5	Melon (Galia/Honeydew)	17	Redcurrant
3	Cherry	2	Mulberry	6	Rhubarb
29	Cranberry	3	Nectarine	3	Strawberry
2	Date	1	Olive	3	Tangerine
11	Fig	45	Orange	5	Watermelon
3	Grape (Black/Red/White)	12	Papaya		
5	Grapefruit	2	Peach		

### VEGETABLES

11	Artichoke	4	Cauliflower	21	Potato
2	Asparagus	8	Celery	3	Quinoa
6	Aubergine	4	Chard	9	Radish
8	Bean (Broad)	5	Chickpea	3	Rocket
1	Bean (Green)	2	Chicory	1	Shallot
12	Bean (Red Kidney)	5	Cucumber	8	Soya Bean
21	Bean (White Haricot)	2	Fennel (Leaf)	4	Spinach
1	Beetroot	11	Leek	19	Squash (Butternut/Carnival)
5	Broccoli	13	Lentil	5	Sweet Potato
7	Brussel Sprout	4	Lettuce	4	Tomato
2	Cabbage (Red)	2	Marrow	2	Turnip
11	Cabbage (Savoy/White)	1	Onion	5	Watercress
3	Caper	46	Pea	6	Yuca
1	Carrot	2	Pepper (Green/Red/Yellow)		

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#### FISH / SEAFOOD

5	Anchovy	5	Hake	5	Salmon
6	Bass	3	Herring	6	Sardine
4	Carp	4	Lobster	3	Scallop
11	Caviar	5	Mackerel	3	Sea Bream (Gilthead)
8	Clam	15	Monkfish	7	Shrimp/Prawn
4	Cockle	8	Mussel	7	Sole
5	Cod	2	Octopus	2	Squid
2	Crab	6	Oyster	3	Swordfish
2	Cuttlefish	7	Perch	7	Trout
14	Eel	4	Pike	6	Tuna
8	Haddock	17	Plaice	6	Turbot

#### MEAT

6	Beef	7	Ostrich	3	Turkey
2	Chicken	4	Partridge	4	Veal
9	Duck	6	Pork	4	Venison
8	Horse	5	Quail	2	Wild Boar
4	Lamb	7	Rabbit		

#### HERBS / SPICES

1	Aniseed	2	Dill	2	Parsley
6	Basil	1	Garlic	10	Peppercorn (Black/White)
9	Bayleaf	5	Ginger	6	Peppermint
7	Camomile	8	Ginseng	10	Rosemary
3	Cayenne	15	Hops	4	Saffron
2	Chilli (Red)	5	Liquorice	4	Sage
8	Cinnamon	5	Marjoram	6	Tarragon
7	Clove	8	Mint	6	Thyme
8	Coriander (Leaf)	12	Mustard Seed	4	Vanilla
6	Cumin	15	Nettle		
17	Curry (Mixed Spices)	17	Nutmeg		

#### NUTS / SEEDS

21	Almond	20	Hazelnut	2	Rapeseed
38	Brazil Nut	0	Macadamia Nut	4	Sesame Seed
12	Cashew Nut	91	Peanut	23	Sunflower Seed
5	Coconut	4	Pine Nut	20	Tiger Nut
9	Flax Seed	18	Pistachio	5	Walnut

#### MISCELLANEOUS

36	Agar Agar	4	Cocoa Bean	6	Tea (Green)
23	Aloe Vera	11	Coffee	23	Yeast (Baker's)
6	Carob	8	Mushroom	48	Yeast (Brewer's)
3	Chestnut	5	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**

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**ELEVATED FOODS (≥30 U/ml)**

101	Egg White	48	Yeast (Brewer's)	37	Milk (Goat)
91	Peanut	46	Pea	36	Agar Agar
53	Barley	45	Orange		
49	Milk (Sheep)	38	Brazil Nut		

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

29	Cranberry	29	Egg Yolk	24	Milk (Cow)
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**NORMAL FOODS (≤23 U/ml)**

23	Aloe Vera	11	Artichoke	7	Brussel Sprout
23	Sunflower Seed	11	Cabbage (Savoy/White)	7	Camomile
23	Yeast (Baker's)	11	Caviar	7	Clove
21	Almond	11	Coffee	7	Durum Wheat
21	Bean (White Haricot)	11	Fig	7	Ostrich
21	Potato	11	Leek	7	Perch
20	Corn (Maize)	10	Amaranth	7	Rabbit
20	Hazelnut	10	Blackcurrant	7	Rye
20	Tiger Nut	10	Peppercorn (Black/White)	7	Shrimp/Prawn
19	Squash (Butternut/Carnival)	10	Plum	7	Sole
18	Gliadin*	10	Rosemary	7	Trout
18	Pistachio	10	Wheat Bran	6	Aubergine
17	Curry (Mixed Spices)	9	Banana	6	Basil
17	Nutmeg	9	Bayleaf	6	Bass
17	Plaice	9	Duck	6	Beef
17	Redcurrant	9	Flax Seed	6	Blueberry
16	Casein	9	Radish	6	Carob
16	Wheat	9	Raspberry	6	Cumin
15	Guava	8	Bean (Broad)	6	Lime
15	Hops	8	Celery	6	Oyster
15	Monkfish	8	Cinnamon	6	Peppermint
15	Nettle	8	Clam	6	Pomegranate
14	Eel	8	Coriander (Leaf)	6	Pork
14	Oat	8	Ginseng	6	Rhubarb
13	Lentil	8	Haddock	6	Sardine
13	Malt	8	Horse	6	Tarragon
13	Rice	8	Mint	6	Tea (Green)
12	Bean (Red Kidney)	8	Mushroom	6	Thyme
12	Cashew Nut	8	Mussel	6	Tuna
12	Mustard Seed	8	Soya Bean	6	Turbot
12	Papaya	7	Alpha-Lactalbumin	6	Yuca

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### NORMAL FOODS ...continued

5	Anchovy	4	Pike	2	Asparagus
5	Broccoli	4	Pine Nut	2	Blackberry
5	Chickpea	4	Saffron	2	Cabbage (Red)
5	Coconut	4	Sage	2	Chicken
5	Cod	4	Sesame Seed	2	Chicory
5	Couscous	4	Spelt	2	Chilli (Red)
5	Cucumber	4	Spinach	2	Crab
5	Ginger	4	Tomato	2	Cuttlefish
5	Grapefruit	4	Vanilla	2	Date
5	Hake	4	Veal	2	Dill
5	Liquorice	4	Venison	2	Fennel (Leaf)
5	Mackerel	3	Apple	2	Kiwi
5	Marjoram	3	Apricot	2	Marrow
5	Melon (Galia/Honeydew)	3	Caper	2	Mulberry
5	Quail	3	Cayenne	2	Octopus
5	Salmon	3	Cherry	2	Parsley
5	Sweet Potato	3	Chestnut	2	Peach
5	Tea (Black)	3	Grape (Black/Red/White)	2	Pepper (Green/Red/Yellow)
5	Walnut	3	Herring	2	Rapeseed
5	Watercress	3	Lemon	2	Squid
5	Watermelon	3	Mango	2	Turnip
4	Avocado	3	Millet	2	Wild Boar
4	Beta-Lactoglobulin	3	Nectarine	1	Aniseed
4	Buckwheat	3	Pear	1	Bean (Green)
4	Carp	3	Pineapple	1	Beetroot
4	Cauliflower	3	Quinoa	1	Carrot
4	Chard	3	Raisin	1	Garlic
4	Cockle	3	Rocket	1	Milk (Buffalo)
4	Cocoa Bean	3	Scallop	1	Olive
4	Lamb	3	Sea Bream (Gilthead)	1	Onion
4	Lettuce	3	Strawberry	1	Shallot
4	Lobster	3	Swordfish	1	Tapioca
4	Lychee	3	Tangerine	0	Macadamia Nut
4	Partridge	3	Turkey		

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