



PRECISION POINT DIAGNOSTICS

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P88-DIY Dietary Antigen Test

A Targeted Approach to Wellness



P88 Guide

PATIENT INFO

CLINIC INFO

SUMMARY | 1/2

DIETARY ANTIGEN	ALLERGY					SENSITIVITY			
	IgE	% IgE	IgG4	% IgG4	IMMUNE TOLERANCE TO IgE	IgG	% IgG	C3d	% C3d
Almond	LOW	18.20%		3.02%			0.14%		4.27%
Apple	LOW	12.07%		4.38%		LOW	29.07%	LOW	15.69%
Asparagus		7.40%	LOW	3.69%	YES	LOW	14.81%	MODERATE	57.02%
Aspergillus Mix		2.34%		0.00%		LOW	36.25%	MODERATE	45.12%
Avocado		0.00%		0.00%		LOW	11.04%		5.54%
Banana	LOW	19.44%	LOW	11.21%	YES	MODERATE	45.00%	MODERATE	81.91%
Barley	LOW	14.35%	MODERATE	65.29%	YES	LOW	7.05%	LOW	19.02%
Beef	LOW	7.64%	LOW	16.41%			0.00%	LOW	31.64%
Black Pepper	LOW	9.39%	LOW	4.14%	YES	LOW	35.69%	LOW	37.09%
Blueberry		0.00%	MODERATE	41.11%		LOW	19.08%	LOW	17.88%
Brewer's Yeast		0.00%		0.00%		MODERATE	71.96%		0.00%
Broccoli		3.12%	LOW	61.58%	YES	HIGH	>99%	LOW	44.78%
Cabbage		0.00%	MODERATE	51.61%			0.00%	HIGH	>99%
Cacao	LOW	16.55%		0.00%		MODERATE	49.56%	LOW	22.58%
Candida	LOW	53.72%		0.00%		LOW	49.98%	LOW	17.29%
Cantaloupe		0.03%		1.04%	YES		1.06%		4.79%
Carrot	LOW	5.47%	LOW	34.24%	YES		6.60%	LOW	46.53%
Casein	LOW	25.11%	LOW	20.47%	YES	MODERATE	80.30%	LOW	16.51%
Cashew	LOW	11.65%		2.59%			0.00%	MODERATE	97.62%
Cauliflower		0.00%	MODERATE	61.94%			0.00%		0.00%
Celery		0.00%		2.17%			0.00%		0.00%
Cherry		0.72%	HIGH	>99%	YES	LOW	34.63%	LOW	16.77%
Chicken		0.00%	LOW	24.48%			0.00%		5.91%
Cinnamon		0.00%		0.00%		LOW	18.76%		0.00%
Clam	HIGH	>99%	LOW	44.71%		MODERATE	63.17%	HIGH	>99%
Coconut	LOW	30.92%		0.00%			6.06%	HIGH	>99%
Codfish		1.98%	HIGH	>99%	YES	LOW	51.46%	MODERATE	63.80%
Coffee		2.69%	LOW	7.01%	YES	MODERATE	44.75%	MODERATE	58.10%
Corn	LOW	19.09%		8.91%			0.14%	LOW	51.25%
Cottonseed		0.00%	MODERATE	29.73%			3.29%	LOW	24.87%
Cow's Milk	LOW	23.44%	LOW	14.86%	YES	LOW	50.40%	LOW	43.63%
Crab		0.00%	LOW	20.41%			0.00%		0.00%
Cucumber		0.00%		0.00%			0.00%	LOW	25.39%
Egg Albumin	HIGH	>99%	LOW	33.21%	YES		10.55%	HIGH	>99%
Egg Yolk		2.88%	LOW	30.83%	YES	LOW	12.16%	LOW	46.59%
English Walnut		0.00%	HIGH	>99%		HIGH	>99%	MODERATE	82.73%
Flax Seed		0.00%	MODERATE	29.83%		LOW	2.55%		0.00%
Flounder		0.00%	HIGH	>99%		MODERATE	64.75%		0.00%

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SUMMARY | 2/2

DIETARY ANTIGEN	ALLERGY					SENSITIVITY			
	IgE	% IgE	IgG4	% IgG4	IMMUNE TOLERANCE TO IgE	IgG	% IgG	C3d	% C3d
Garlic		0.00%	HIGH	>99%		LOW	6.41%	LOW	55.41%
Ginger		1.13%	MODERATE	30.21%	YES	LOW	29.81%	LOW	32.73%
Gluten	HIGH	>99%		0.74%			5.71%	HIGH	>99%
Goat's Milk	MODERATE	62.09%	MODERATE	23.64%	YES	MODERATE	43.06%	HIGH	>99%
Grapefruit		3.68%	LOW	3.07%	YES		0.65%		13.42%
Grapes		5.74%	HIGH	>99%	YES	LOW	33.60%		0.00%
Green Olive		2.56%	MODERATE	98.35%	YES		3.69%		0.00%
Green Pea		1.58%	LOW	12.44%	YES	LOW	14.12%		0.00%
Green Pepper		0.00%	MODERATE	62.12%			0.00%		0.00%
Halibut		0.00%	HIGH	>99%		LOW	8.05%		0.00%
Honeydew		0.00%		0.00%		HIGH	>99%		0.00%
Hops		0.78%		0.00%			1.40%		0.00%
Kidney Bean	LOW	11.62%	LOW	10.18%	YES	LOW	17.47%	MODERATE	76.05%
Lemon		0.00%		0.00%			0.00%	LOW	33.05%
Lettuce	LOW	23.30%	MODERATE	66.12%	YES		4.96%		0.00%
Lima Bean	LOW	13.04%	LOW	44.11%	YES		0.00%	MODERATE	80.12%
Lobster	LOW	54.69%		0.00%			0.00%		0.00%
Mushroom	LOW	9.28%		0.00%			5.21%	LOW	13.46%
Mustard	LOW	40.84%	MODERATE	39.77%	YES		2.65%		0.00%
Navy Bean	LOW	59.94%	MODERATE	50.83%	YES	LOW	13.54%	MODERATE	70.94%
Oat	LOW	14.86%		0.00%		LOW	10.28%		0.00%
Onion		10.15%		0.00%			0.00%		0.00%
Orange	LOW	23.36%	MODERATE	59.19%	YES	LOW	18.08%		0.00%
Peach		0.00%		0.00%			0.00%		0.00%
Peanut		2.77%	LOW	29.72%	YES	LOW	17.52%		0.00%
Pear		0.00%		0.00%			0.00%		0.00%
Pecan		0.00%	HIGH	>99%		MODERATE	40.18%		0.00%
Pineapple		0.00%		0.00%			0.00%		0.00%
Plum	LOW	22.50%		0.00%			0.00%		0.00%
Pork		0.00%	HIGH	>99%		LOW	40.33%	MODERATE	86.79%
Rice		0.00%	LOW	14.99%		LOW	32.53%	LOW	44.44%
Rye	LOW	17.64%		0.00%		LOW	15.07%		0.00%
Salmon		0.00%	HIGH	>99%			0.00%		0.00%
Scallops	HIGH	>99%		0.00%			0.00%		0.00%
Sesame		0.00%		0.00%		MODERATE	55.32%		0.00%
Shrimp		10.15%		0.00%			0.00%	HIGH	>99%
Soybean		2.39%		31.31%	YES		0.00%	MODERATE	80.37%
Spinach	LOW	7.54%	MODERATE	58.54%	YES		4.92%	MODERATE	74.59%
Strawberry		0.00%		0.00%			1.45%		0.00%
String Bean		0.00%	LOW	28.15%			0.76%		0.00%
Sweet Potato		0.00%	MODERATE	50.51%			5.38%		9.90%
Tea		0.00%		0.00%		MODERATE	47.23%		0.00%
Tomato		0.00%	LOW	5.77%			0.00%		0.00%
Tuna	MODERATE	91.91%	HIGH	>99%	YES	LOW	7.34%		0.00%
Turkey		0.00%	LOW	24.80%			0.00%		0.00%
Vanilla		0.00%		0.00%		LOW	9.16%		0.00%
Watermelon		0.00%		0.00%			0.00%		7.03%
White Potato		0.00%	MODERATE	51.48%			6.96%	LOW	26.65%
Whole Wheat		0.00%	LOW	27.03%			0.00%		3.46%
Yellow Squash		0.00%	MODERATE	95.18%			1.07%	MODERATE	77.84%

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PATIENT NAME:

Patient Sample

REQUISITION ID:

DPA213230010

DRAFT DATE:

LESS RESTRICTIVE DIET

The Less Restrictive Diet removes foods with high levels of reactivity for IgE and IgG. The Less Restrictive Diet rotates foods with moderate IgG reactivity where levels of C3d are also present due to increased inflammatory potential.

High IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. The red "Remove at Providers Discretion" column reflects only IgG4 immunogenicity. Refer to "Understanding The P88 Dietary Antigen Test Results" guide for an expanded list of conditions associated with IgG4-RDs.

NO LIMITATION		ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.		These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Almond	Peanut	Banana	Barley	Cherry
Apple	Pear	Cacao	Broccoli	Codfish
Asparagus	Pineapple	Casein	Clam	Flounder
Aspergillus Mix	Plum	Coffee	Egg Albumin	Garlic
Avocado	Rice		English Walnut	Grapes
Beef	Sesame		Gluten	Halibut
Black Pepper	Shrimp		Goat's Milk	Pecan
Blueberry	Soybean		Honeydew	Pork
Brewer's Yeast	Spinach		Rye	Salmon
Cabbage	Strawberry		Scallops	Tuna
Candida	String Bean		Whole Wheat	
Cantaloupe	Sweet Potato			
Carrot	Tea			
Cashew	Tomato			
Cauliflower	Turkey			
Celery	Vanilla			
Chicken	Watermelon			
Cinnamon	White Potato			
Coconut	Yellow Squash			
Corn				
Cottonseed				
Cow's Milk				
Crab				
Cucumber				
Egg Yolk				
Flax Seed				
Ginger				
Grapefruit				
Green Olive				
Green Pea				
Green Pepper				
Hops				
Kidney Bean				
Lemon				
Lettuce				
Lima Bean				
Lobster				
Mushroom				
Mustard				
Navy Bean				
Oat				
Onion				
Orange				
Peach				

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MORE RESTRICTIVE DIET

The More Restrictive Diet removes foods with high and moderate levels of IgE, IgG, and complement (C3d). Additionally, low IgG reactivity with any positive complement response are rotated because C3d has the potential to amplify an IgG reaction 1000-10,000-fold.

High and moderate IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. The red "Remove at Providers Discretion" column reflects only IgG4 immunogenicity. Refer to "Understanding The P88 Dietary Antigen Test Results" guide for an expanded list of conditions associated with IgG4-RDs.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
<p>These foods produce no immune reaction within your system at this time.</p>	<p>These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.</p>	<p>Remove these foods entirely from your diet.</p>	<p>Remove at Provider's Discretion</p>
<ul style="list-style-type: none"> Almond Avocado Beef Cantaloupe Carrot Celery Chicken Cinnamon Corn Crab Cucumber Grapefruit Green Pea Hops Lemon Lobster Mushroom Oat Onion Peach Peanut Pear Pineapple Plum Strawberry String Bean Tomato Turkey Vanilla Watermelon 	<ul style="list-style-type: none"> Apple Black Pepper Candida Cow's Milk Egg Yolk Rice 	<ul style="list-style-type: none"> Asparagus Aspergillus Mix Banana Barley Brewer's Yeast Broccoli Cabbage Cacao Casein Cashew Clam Coconut Codfish Coffee Egg Albumin English Walnut Flounder Gluten Goat's Milk Honeydew Kidney Bean Lima Bean Navy Bean Pecan Pork Rye Scallops Sesame Shrimp Soybean Spinach Tea Tuna Whole Wheat Yellow Squash 	<ul style="list-style-type: none"> Blueberry Cauliflower Cherry Cottonseed Flax Seed Garlic Ginger Grapes Green Olive Green Pepper Halibut Lettuce Mustard Orange Salmon Sweet Potato White Potato

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IMMUNE INDEX

The Precision 88 is the only dietary antigen test to categorize overall reactivity of foods by adjusting for immunogenicity across four independent markers: IgE, IgG4, total IgG, and C3d (complement). Our immunogenicity-adjusted algorithm, known here as the Immune Index, emphasizes C3d, and de-emphasizes IgG4. This specialized calculation generates its own rank of most-to-least reactive foods and allows for consideration of increased flexibility towards IgG4 reactive foods in the absence of IgG4-RDs.

Concurrently, the red "Remove at Providers Discretion" columns on pp. 3 and 4 reflect only IgG4 immunogenicity. Refer to pp. 4-5 in our *Understanding The P88 Dietary Antigen Test Results* guide, for an expanded list of conditions associated with IgG4-RDs.

Rank	DIETARY ANTIGEN	Immune Index
1	Clam	HIGH
2	Goat's Milk	HIGH
3	Banana	MODERATE
4	Egg Albumin	MODERATE
5	English Walnut	MODERATE
6	Gluten	MODERATE
7	Cacao	MODERATE
8	Kidney Bean	MODERATE
9	Navy Bean	MODERATE
10	Casein	MODERATE
11	Apple	LOW
12	Barley	LOW
13	Black Pepper	LOW
14	Broccoli	LOW
15	Candida	LOW
16	Coconut	LOW
17	Codfish	LOW
18	Coffee	LOW
19	Pork	LOW
20	Tuna	LOW
21	Cow's Milk	LOW
22	Asparagus	LOW
23	Aspergillus Mix	LOW
24	Cashew	LOW
25	Cherry	LOW
26	Garlic	LOW
27	Lima Bean	LOW
28	Spinach	LOW
29	Beef	LOW
30	Blueberry	LOW
31	Cabbage	LOW
32	Carrot	LOW
33	Corn	LOW
34	Egg Yolk	LOW
35	Flounder	LOW
36	Honeydew	LOW
37	Ginger	LOW
38	Mushroom	LOW
39	Oat	LOW
40	Orange	LOW
41	Pecan	LOW
42	Rice	LOW
43	Rye	LOW
44	Scallops	LOW

Rank	DIETARY ANTIGEN	Immune Index
45	Shrimp	LOW
46	Brewer's Yeast	LOW
47	Grapes	LOW
48	Halibut	LOW
49	Sesame	LOW
50	Soybean	LOW
51	Yellow Squash	LOW
52	Tea	LOW
53	Almond	
54	Avocado	
55	Cinnamon	
56	Cottonseed	
57	Cucumber	
58	Green Pea	
59	Flax Seed	
60	Lemon	
61	Lettuce	
62	Lobster	
63	Mustard	
64	Peanut	
65	Plum	
66	Vanilla	
67	White Potato	
68	Salmon	
69	Cantaloupe	
70	Celery	
71	Chicken	
72	Crab	
73	Cauliflower	
74	Grapefruit	
75	Green Olive	
76	Green Pepper	
77	Onion	
78	Hops	
79	Peach	
80	Pear	
81	Pineapple	
82	Strawberry	
83	String Bean	
84	Sweet Potato	
85	Tomato	
86	Turkey	
87	Watermelon	
88	Whole Wheat	

BIOGENIC COMPOUNDS

This table recognizes the dynamics of symptom-eliciting compounds as potential, non-immune-response-driven, explanations for perturbances, irritations and allergy-mimicking reactions. Reactive foods that also populate for these compounds can identify additional patterns of food reactions that are not mediated by IgE or IgG. For example, several reactions in a category may signal an intolerance not previously considered, or may confirm observed symptomologies and metabolic disturbances, thus prompting a dietary source review for those and similar-acting compounds. This illustration reminds of the myriad of reasons why biological systems respond to food (and other environmental) triggers.

DIETARY ANTIGEN	Oxalates	Amines	Glutamate	Histamine	Lectins	Nitrite	FOD-MAP	Phenol	Salicylates
Almond									
Apple									
Asparagus							M		
Avocado									
Banana							M		
Barley							M		
Blueberry	M								
Broccoli			H						
Cabbage						H			
Casein				M					
Cashew							M		
Cauliflower							M		
Celery									
Coconut						H			
Coffee	M								
Corn									
Grapefruit									
Kidney Bean	M			M	M		M		
Lettuce						M			
Mushroom									
Navy Bean	M			M	M		M		
Onion									
Orange	M								
Peach									
Peanut									
Pear									
Pineapple									
Plum									
Shrimp				H					
Soybean	M			M			M		
Spinach	M					M			
Strawberry									
Tea	M								
Tomato									
Turkey									
Watermelon									
White Potato					M				
Whole Wheat									



PRECISION POINT P88-DIY Dietary Antigen Test

DIAGNOSTICS

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A Targeted Approach to Wellness

PATIENT INFO

NAME: **Patient Sample**
 REQUISITION ID: DPA213230010
 DOB: 1/1/1971
 SAMPLE DATE: 4/1/2022
 RECEIVE DATE: 4/3/2022
 DRAFT DATE: 11/11/2022

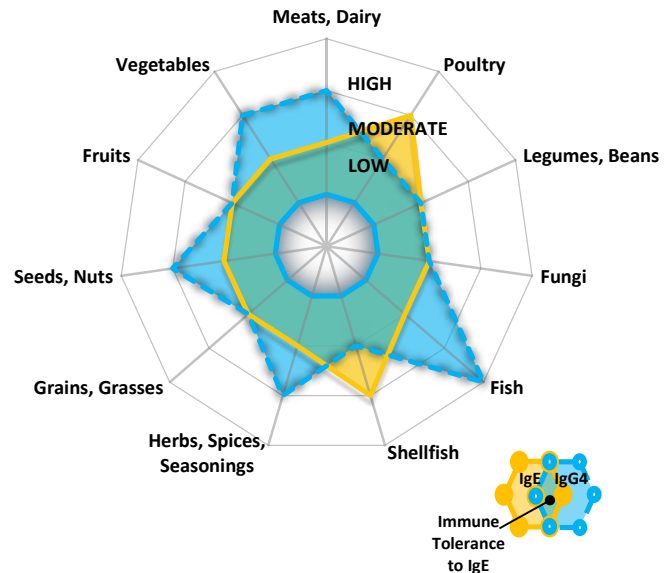
CLINIC INFO

Sample Clinic
 ADDRESS: 121 Sample Lane
 Sample City, SS 10101
 PHONE: (678)736-6374
 FAX: (770)674-1701

IgE/IgG4 Food Allergies

Dietary Antigen Exposure by Food Group

	IgE	IgG4
Meats, Dairy	LOW	MODERATE
Poultry	MODERATE	LOW
Legumes, Beans	LOW	LOW
Fungi	LOW	LOW
Fish	LOW	HIGH
Shellfish	MODERATE	LOW
Herbs, Spices,	LOW	MODERATE
Grains, Grasses	LOW	LOW
Seeds, Nuts	LOW	MODERATE
Fruits	LOW	LOW
Vegetables	LOW	MODERATE



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgE and IgG4 antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgE and IgG4 results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

Immune Tolerance To IgE

In high levels, IgG4 antibodies alone can trigger an immune response within the body. However, data is available that provides support for the notion that IgG4 can serve another specific function of controlling antigen recognition by IgE and consequently regulating anaphylactic reactions and IgE-mediated immunity. IgG4 can act as a blocking agent by preventing IgE from binding to targeted receptor sites and releasing histamine. We refer to this as the Immune Tolerance to IgE.

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Lab Director: Steven Lobel, PhD

Analysis performed by Dunwoody Labs Inc. DBA, Precision Point Diagnostics

IgE/IgG4 Food Allergies

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgE

The IgE antibody response is the most commonly known food allergy response. This response usually occurs immediately and can create severe symptoms such as swelling, hives, itching, and - in some cases - anaphylaxis. Even though IgE reactions are immediate, the allergic potential of food-based allergens can remain in your system 1-2 days after ingestion, extending the presence of symptoms during this duration. IgE reactions can be permanent or they may improve with the elimination diet and gut treatment. IgE reactions stimulate the release of histamine in the body.

IgG4

IgG4, which is a subclass of IgG, is a distinct antibody in the immune system. IgG4 total antibody is important in relation to IgE because this antibody acts as a blocking agent for an IgE reaction. When the IgG4 reaction is greater than the IgE reaction for a particular antigen, IgG4 blocks the IgE antibodies from binding to the receptor sites and releasing histamine, thereby reducing severity of the symptoms associated with the IgE reaction. This is referred to as the blocking potential. IgG4 carries its own clinical relevance in high levels and may mediate several conditions and diseases.

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO
MEATS, DAIRY				
Beef	1.50	LOW	<0.54 µg/ml	
Casein	0.55	LOW	<0.29 µg/ml	YES
Cow's Milk	2.18	LOW	<0.3 µg/ml	YES
Goat's Milk	2.12	MODERATE	<0.25 µg/ml	YES
Pork	0.00		<0.43 µg/ml	
POULTRY				
Chicken	0.00		<0.39 µg/ml	
Egg Albumin	24.05	HIGH	<3.01 µg/ml	YES
Egg Yolk	0.09		<0.24 µg/ml	YES
Turkey	0.00		<0.26 µg/ml	
LEGUMES, BEANS				
Green Pea	0.07		<0.32 µg/ml	YES
Kidney Bean	0.20	LOW	<0.15 µg/ml	YES
Lima Bean	0.38	LOW	<0.25 µg/ml	YES
Navy Bean	2.89	LOW	<0.97 µg/ml	YES
Peanut	0.11		<0.86 µg/ml	YES
Soybean	0.10		<1.65 µg/ml	YES
String Bean	0.00		<0.22 µg/ml	
FUNGI				
Aspergillus Mix	0.06		<0.27 µg/ml	
Brewer's Yeast	0.00		<0.28 µg/ml	
Candida	1.60	LOW	<0.61 µg/ml	
Mushroom	0.32	LOW	<0.25 µg/ml	
FISH				
Codfish	0.09		<0.22 µg/ml	YES
Flounder	0.00		<0.29 µg/ml	
Halibut	0.00		<0.27 µg/ml	
Salmon	0.00		<0.27 µg/ml	
Tuna	2.07	MODERATE	<0.28 µg/ml	YES

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	1.47	LOW	<0.76 µg/ml
Casein	9.45	LOW	<0.56 µg/ml
Cow's Milk	12.63	LOW	<0.6 µg/ml
Goat's Milk	6.95	MODERATE	<0.25 µg/ml
Pork	12.22	HIGH	<0.36 µg/ml
POULTRY			
Chicken	1.30	LOW	<0.64 µg/ml
Egg Albumin	25.23	LOW	<6.88 µg/ml
Egg Yolk	15.33	LOW	<0.87 µg/ml
Turkey	1.10	LOW	<0.39 µg/ml
LEGUMES, BEANS			
Green Pea	0.82	LOW	<0.32 µg/ml
Kidney Bean	2.99	LOW	<0.34 µg/ml
Lima Bean	1.68	LOW	<0.35 µg/ml
Navy Bean	12.58	MODERATE	<0.8 µg/ml
Peanut	2.36	LOW	<1.54 µg/ml
Soybean	2.04		<2.04 µg/ml
String Bean	6.98	LOW	<0.63 µg/ml
FUNGI			
Aspergillus Mix	0.00		<0.56 µg/ml
Brewer's Yeast	0.00		<0.36 µg/ml
Candida	0.00		<0.33 µg/ml
Mushroom	0.00		<0.55 µg/ml
FISH			
Codfish	32.75	HIGH	<0.34 µg/ml
Flounder	5.74	HIGH	<0.37 µg/ml
Halibut	5.14	HIGH	<0.31 µg/ml
Salmon	18.71	HIGH	<0.25 µg/ml
Tuna	9.33	HIGH	<0.21 µg/ml

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PATIENT NAME:

Patient Sample

REQUISITION ID:

DPA213230010

DRAFT DATE:

11/11/2022

IgE/IgG4 Food Allergies

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO
SHELLFISH				
Clam	19.52	HIGH	<3.14 µg/ml	
Crab	0.00		<0.4 µg/ml	
Lobster	1.14	LOW	<0.19 µg/ml	
Scallops	2.76	HIGH	<0.47 µg/ml	
Shrimp	0.12		<0.15 µg/ml	
HERBS, SPICES, SEASONINGS				
Black Pepper	0.27	LOW	<0.21 µg/ml	YES
Cinnamon	0.00		<0.14 µg/ml	
Garlic	0.00		<0.24 µg/ml	
Ginger	0.04		<0.26 µg/ml	YES
Hops	0.03		<0.25 µg/ml	
Mustard	0.79	LOW	<0.35 µg/ml	YES
Vanilla (LO)	0.00		<0.2 µg/ml	
GRAINS, GRASSES				
Barley (LO)	0.52	LOW	<0.18 µg/ml	YES
Corn	0.55	LOW	<0.26 µg/ml	
Gluten	18.38	HIGH	<3.47 µg/ml	
Oat (LO)	0.26	LOW	<0.21 µg/ml	
Rice	0.00		<0.19 µg/ml	
Rye	0.48	LOW	<0.27 µg/ml	
Whole Wheat	0.00		<0.32 µg/ml	
SEEDS, NUTS				
Almond	1.13	LOW	<0.27 µg/ml	
Cacao	0.42	LOW	<0.2 µg/ml	
Cashew	0.57	LOW	<0.36 µg/ml	
Coffee	0.10		<0.32 µg/ml	YES
Cottonseed	0.00		<0.19 µg/ml	
English Walnut	0.00		<0.21 µg/ml	
Flax Seed	0.00		<0.49 µg/ml	
Pecan	0.00		<0.39 µg/ml	
Sesame	0.00		<0.15 µg/ml	
FRUITS				
Apple	0.59	LOW	<0.23 µg/ml	
Avocado	0.00		<0.38 µg/ml	
Banana	0.43	LOW	<0.21 µg/ml	YES
Blueberry	0.00		<0.33 µg/ml	
Cantaloupe	0.00		<0.28 µg/ml	YES
Cherry	0.03		<0.35 µg/ml	YES
Coconut	0.82	LOW	<0.32 µg/ml	
Cucumber	0.00		<0.15 µg/ml	
Grapefruit	0.07		<0.15 µg/ml	YES
Grapes	0.07		<0.15 µg/ml	YES
Green Olive	0.05		<0.2 µg/ml	YES
Green Pepper	0.00		<0.19 µg/ml	
Honeydew	0.00		<0.22 µg/ml	
Lemon	0.00		<0.15 µg/ml	
Orange	0.22	LOW	<0.19 µg/ml	YES
Peach	0.00		<0.29 µg/ml	
Pear	0.00		<0.18 µg/ml	
Pineapple	0.00		<0.16 µg/ml	
Plum	0.36	LOW	<0.19 µg/ml	
Strawberry	0.00		<0.28 µg/ml	
Tomato	0.00		<0.18 µg/ml	
Watermelon	0.00		<0.25 µg/ml	
Yellow Squash	0.00		<0.22 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
SHELLFISH			
Clam	4.10	LOW	<1.86 µg/ml
Crab	0.68	LOW	<0.54 µg/ml
Lobster	0.00		<0.27 µg/ml
Scallops	0.00		<0.31 µg/ml
Shrimp	0.00		<0.28 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	1.36	LOW	<0.32 µg/ml
Cinnamon	0.00		<0.42 µg/ml
Garlic	9.89	HIGH	<0.36 µg/ml
Ginger	8.99	MODERATE	<0.39 µg/ml
Hops	0.00		<0.48 µg/ml
Mustard	2.61	MODERATE	<0.35 µg/ml
Vanilla	0.00		<0.29 µg/ml
GRAINS, GRASSES			
Barley (LO)	2.36	MODERATE	<0.23 µg/ml
Corn	0.35		<0.44 µg/ml
Gluten	0.84		<6.18 µg/ml
Oat	0.00		<0.27 µg/ml
Rice	0.41	LOW	<0.28 µg/ml
Rye	0.00		<0.44 µg/ml
Whole Wheat	1.60	LOW	<0.42 µg/ml
SEEDS, NUTS			
Almond	0.25		<0.53 µg/ml
Cacao	0.00		<0.34 µg/ml
Cashew	0.49		<0.51 µg/ml
Coffee	1.77	LOW	<0.24 µg/ml
Cottonseed	3.21	MODERATE	<0.29 µg/ml
English Walnut	6.25	HIGH	<0.26 µg/ml
Flax Seed	7.17	MODERATE	<0.47 µg/ml
Pecan	5.87	HIGH	<0.36 µg/ml
Sesame	0.00		<0.24 µg/ml
FRUITS			
Apple	0.11		<0.25 µg/ml
Avocado	0.00		<0.54 µg/ml
Banana	1.51	LOW	<0.33 µg/ml
Blueberry	2.83	MODERATE	<0.54 µg/ml
Cantaloupe	0.05		<0.32 µg/ml
Cherry	8.75	HIGH	<0.33 µg/ml
Coconut	0.00		<0.46 µg/ml
Cucumber	0.00		<0.23 µg/ml
Grapefruit	0.57	LOW	<0.29 µg/ml
Grapes	3.86	HIGH	<0.23 µg/ml
Green Olive	5.11	MODERATE	<0.29 µg/ml
Green Pepper	1.74	MODERATE	<0.24 µg/ml
Honeydew	0.00		<0.38 µg/ml
Lemon	0.00		<0.19 µg/ml
Orange	1.49	MODERATE	<0.32 µg/ml
Peach	0.00		<0.22 µg/ml
Pear	0.00		<0.29 µg/ml
Pineapple	0.00		<0.19 µg/ml
Plum	0.00		<0.24 µg/ml
Strawberry	0.00		<0.33 µg/ml
Tomato	0.27	LOW	<0.21 µg/ml
Watermelon	0.00		<0.36 µg/ml
Yellow Squash	9.67	MODERATE	<0.32 µg/ml

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.

Lab Director: Steven Lobel, PhD

Analysis performed by Dunwoody Labs Inc. DBA, Precision Point Diagnostics

PATIENT NAME:

Patient Sample

REQUISITION ID:

DPA213230010

DRAFT DATE:

11/11/2022

IgE/IgG4 Food Allergies

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO
VEGETABLES				
Asparagus	0.31		<0.32 µg/ml	YES
Broccoli	0.11		<0.32 µg/ml	YES
Cabbage	0.00		<0.18 µg/ml	
Carrot	0.23	LOW	<0.19 µg/ml	YES
Cauliflower	0.00		<0.16 µg/ml	
Celery	0.00		<0.25 µg/ml	
Lettuce	0.39	LOW	<0.17 µg/ml	YES
Onion	0.13		<0.15 µg/ml	
Spinach	0.22	LOW	<0.22 µg/ml	YES
Sweet Potato	0.00		<0.33 µg/ml	
Tea	0.00		<0.15 µg/ml	
White Potato	0.00		<0.22 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	0.54	LOW	<0.36 µg/ml
Broccoli	2.63	LOW	<0.53 µg/ml
Cabbage	1.66	MODERATE	<0.25 µg/ml
Carrot	1.03	LOW	<0.24 µg/ml
Cauliflower	9.42	MODERATE	<0.32 µg/ml
Celery	0.11		<0.3 µg/ml
Lettuce	1.63	MODERATE	<0.32 µg/ml
Onion	0.00		<0.23 µg/ml
Spinach	2.85	MODERATE	<0.47 µg/ml
Sweet Potato	3.23	MODERATE	<0.37 µg/ml
Tea	0.00		<0.23 µg/ml
White Potato	6.25	MODERATE	<0.36 µg/ml



PRECISION POINT DIAGNOSTICS

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P88-DIY Dietary Antigen

A Targeted Approach to Wellness

PATIENT INFO

NAME: **Patient Sample**
REQUISITION ID: DPA213230010
DOB: 1/1/1971
SAMPLE DATE: 4/1/2022
RECEIVE DATE: 4/3/2022
DRAFT DATE: 11/11/2022

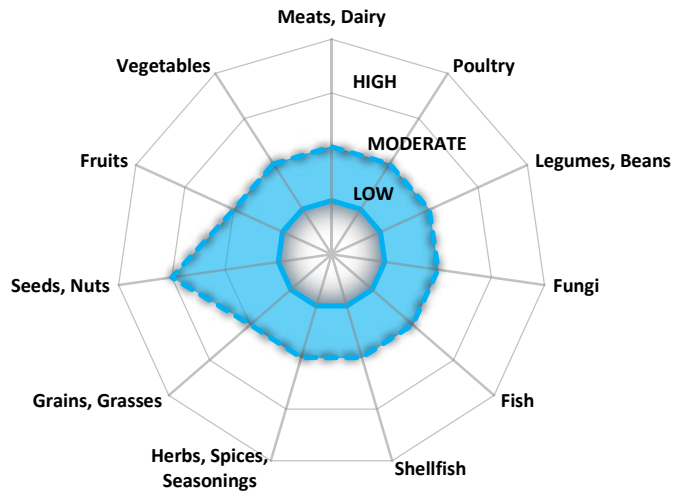
CLINIC INFO

Sample Clinic
ADDRESS: 121 Sample Lane
Sample City, SS 10101
PHONE: (678)736-6374
FAX: (770)674-1701

IgG/C3d Food Sensitivities

Dietary Antigen Exposure by Food Group

	IgG
Meats, Dairy	LOW
Poultry	LOW
Legumes, Beans	LOW
Fungi	LOW
Fish	LOW
Shellfish	LOW
Herbs, Spices,	LOW
Grains, Grasses	LOW
Seeds, Nuts	MODERATE
Fruits	LOW
Vegetables	LOW



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgG antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgG results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

IgG/C3d Food Sensitivities

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgG

The IgG antibody response creates sensitivity to a particular food. Symptoms may be less severe than with IgE allergic reaction and can manifest anywhere from 3-72 hours after exposure. IgG reactions create inflammation that makes many pathologies worse. The delayed response makes sensitivities difficult to identify without a diagnostic test. Sensitivities can improve with treatment and improved gut health.

C3d

C3d is a complement antigen and an activator of our complement cascade system. Reaction to the specified food will worsen if C3d activation is present along with an IgG antibody response. The C3 protein attaches to the antigen and amplifies the IgG response, increasing the inflammatory potential of IgG titer. Complement is not dependent on exposure or antibody presence, and represents innate immune function.

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	0.00		<2.59 µg/ml
Casein	122.82	MODERATE	<2.93 µg/ml
Cow's Milk	153.37	LOW	<15.86 µg/ml
Goat's Milk	65.35	MODERATE	<2.91 µg/ml
Pork	15.60	LOW	<2.36 µg/ml
POULTRY			
Chicken	0.00		<1.24 µg/ml
Egg Albumin	15.11		<17.73 µg/ml
Egg Yolk	9.93	LOW	<2.17 µg/ml
Turkey	0.00		<0.84 µg/ml
LEGUMES, BEANS			
Green Pea	3.22	LOW	<1.5 µg/ml
Kidney Bean	8.20	LOW	<1.92 µg/ml
Lima Bean	0.00		<2.1 µg/ml
Navy Bean	11.97	LOW	<4.38 µg/ml
Peanut	5.50	LOW	<3.7 µg/ml
Soybean	0.00		<2.7 µg/ml
String Bean	0.73		<3.03 µg/ml
FUNGI			
Aspergillus Mix	128.38	LOW	<23.71 µg/ml
Brewer's Yeast	106.23	MODERATE	<3.97 µg/ml
Candida	229.23	LOW	<17.42 µg/ml
Mushroom	5.10		<15.73 µg/ml
FISH			
Codfish	6.06	LOW	<0.97 µg/ml
Flounder	8.11	MODERATE	<0.73 µg/ml
Halibut	0.61	LOW	<0.52 µg/ml
Salmon	0.00		<0.8 µg/ml
Tuna	1.07	LOW	<0.76 µg/ml

ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	2.49	LOW	<0.22 µg/ml
Casein	0.30	LOW	<0.23 µg/ml
Cow's Milk	2.71	LOW	<0.33 µg/ml
Goat's Milk	3.16	HIGH	<0.17 µg/ml
Pork	1.42	MODERATE	<0.21 µg/ml
POULTRY			
Chicken	0.08		<0.16 µg/ml
Egg Albumin	3.61	HIGH	<0.42 µg/ml
Egg Yolk	3.16	LOW	<0.68 µg/ml
Turkey	0.00		<0.19 µg/ml
LEGUMES, BEANS			
Green Pea	0.00		<0.24 µg/ml
Kidney Bean	0.75	MODERATE	<0.12 µg/ml
Lima Bean	1.20	MODERATE	<0.18 µg/ml
Navy Bean	0.97	MODERATE	<0.15 µg/ml
Peanut	0.00		<0.33 µg/ml
Soybean	1.33	MODERATE	<0.58 µg/ml
String Bean	0.00		<0.18 µg/ml
FUNGI			
Aspergillus Mix	1.59	MODERATE	<0.27 µg/ml
Brewer's Yeast	0.00		<0.14 µg/ml
Candida	0.47	LOW	<0.16 µg/ml
Mushroom	1.31	LOW	<1.29 µg/ml
FISH			
Codfish	0.86	MODERATE	<0.26 µg/ml
Flounder	0.00		<0.16 µg/ml
Halibut	0.00		<0.21 µg/ml
Salmon	0.00		<0.15 µg/ml
Tuna	0.00		<0.12 µg/ml

IgG/C3d Food Sensitivities

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
SHELLFISH			
Clam	41.38	MODERATE	<8.28 µg/ml
Crab	0.00		<1.38 µg/ml
Lobster	0.00		<1.42 µg/ml
Scallops	0.00		<0.96 µg/ml
Shrimp	0.00		<1.28 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	61.0	LOW	<11.4 µg/ml
Cinnamon	12.2	LOW	<3.21 µg/ml
Garlic	1.5	LOW	<1.2 µg/ml
Ginger	55.3	LOW	<12.06 µg/ml
Hops	0.6		<1.89 µg/ml
Mustard	1.0		<1.38 µg/ml
Vanilla	27.3	LOW	<9.54 µg/ml
GRAINS, GRASSES			
Barley	0.95	LOW	<0.77 µg/ml
Corn	0.04		<1.81 µg/ml
Gluten	32.11		<54.14 µg/ml
Oat	3.00	LOW	<0.81 µg/ml
Rice	2.88	LOW	<1.13 µg/ml
Rye	5.61	LOW	<1.94 µg/ml
Whole Wheat	0.00		<1.39 µg/ml
SEEDS, NUTS			
Almond	0.05		<1.56 µg/ml
Cacao	65.92	MODERATE	<9.31 µg/ml
Cashew	0.00		<2.1 µg/ml
Coffee	83.52	MODERATE	<6.72 µg/ml
Cottonseed	2.54		<3.19 µg/ml
English Walnut	26.62	HIGH	<1.88 µg/ml
Flax Seed	3.00	LOW	<2.31 µg/ml
Pecan	6.06	MODERATE	<1.11 µg/ml
Sesame	9.02	MODERATE	<0.3 µg/ml
FRUITS			
Apple	2.20	LOW	<0.46 µg/ml
Avocado	3.91	LOW	<3.13 µg/ml
Banana	16.63	MODERATE	<0.79 µg/ml
Blueberry	7.77	LOW	<1.98 µg/ml
Cantaloupe	0.16		<1.18 µg/ml
Cherry	3.68	LOW	<0.64 µg/ml
Coconut	1.41		<2.25 µg/ml
Cucumber	0.00		<0.38 µg/ml
Grapefruit	0.39		<1.15 µg/ml
Grapes	2.10	LOW	<0.49 µg/ml
Green Olive	0.95		<1.93 µg/ml
Green Pepper	0.00		<0.45 µg/ml
Honeydew	10.00	HIGH	<0.51 µg/ml
Lemon	0.00		<0.19 µg/ml
Orange	1.75	LOW	<1.34 µg/ml
Peach	0.00		<0.75 µg/ml
Pear	0.00		<0.45 µg/ml
Pineapple	0.00		<0.33 µg/ml
Plum	0.00		<0.78 µg/ml
Strawberry	0.16		<0.88 µg/ml
Tomato	0.00		<0.27 µg/ml
Watermelon	0.00		<0.93 µg/ml
Yellow Squash	0.39		<1.32 µg/ml

ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
SHELLFISH			
Clam	5.80	HIGH	<0.24 µg/ml
Crab	0.00		<0.14 µg/ml
Lobster	0.00		<0.16 µg/ml
Scallops	0.00		<0.14 µg/ml
Shrimp	0.92	HIGH	<0.13 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	0.5	LOW	<0.15 µg/ml
Cinnamon	0.0		<0.15 µg/ml
Garlic	0.5	LOW	<0.15 µg/ml
Ginger	0.7	LOW	<0.33 µg/ml
Hops	0.0		<0.23 µg/ml
Mustard	0.0		<0.18 µg/ml
Vanilla	0.0		<0.15 µg/ml
GRAINS, GRASSES			
Barley	0.19	LOW	<0.14 µg/ml
Corn	0.47	LOW	<0.19 µg/ml
Gluten	2.38	HIGH	<0.16 µg/ml
Oat	0.00		<0.12 µg/ml
Rice	0.41	LOW	<0.15 µg/ml
Rye	0.00		<0.18 µg/ml
Whole Wheat	0.08		<0.14 µg/ml
SEEDS, NUTS			
Almond	0.07		<0.24 µg/ml
Cacao	0.19	LOW	<0.12 µg/ml
Cashew	3.39	MODERATE	<0.14 µg/ml
Coffee	1.31	MODERATE	<0.29 µg/ml
Cottonseed	0.19	LOW	<0.18 µg/ml
English Walnut	4.56	MODERATE	<0.49 µg/ml
Flax Seed	0.00		<0.16 µg/ml
Pecan	0.00		<0.14 µg/ml
Sesame	0.00		<0.12 µg/ml
FRUITS			
Apple	0.19	LOW	<0.14 µg/ml
Avocado	0.30		<0.63 µg/ml
Banana	0.80	MODERATE	<0.15 µg/ml
Blueberry	0.30	LOW	<0.19 µg/ml
Cantaloupe	0.08		<0.22 µg/ml
Cherry	0.19	LOW	<0.18 µg/ml
Coconut	2.32	HIGH	<0.14 µg/ml
Cucumber	0.24	LOW	<0.13 µg/ml
Grapefruit	0.13		<0.14 µg/ml
Grapes	0.00		<0.12 µg/ml
Green Olive	0.00		<0.14 µg/ml
Green Pepper	0.00		<0.15 µg/ml
Honeydew	0.00		<0.2 µg/ml
Lemon	0.36	LOW	<0.12 µg/ml
Orange	0.00		<0.12 µg/ml
Peach	0.00		<0.14 µg/ml
Pear	0.00		<0.16 µg/ml
Pineapple	0.00		<0.12 µg/ml
Plum	0.00		<0.12 µg/ml
Strawberry	0.00		<0.18 µg/ml
Tomato	0.00		<0.13 µg/ml
Watermelon	0.13		<0.23 µg/ml
Yellow Squash	0.75	MODERATE	<0.15 µg/ml

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.

PATIENT NAME:

Patient Sample

REQUISITION ID:

DPA213230010

DRAFT DATE:

11/11/2022

IgG/C3d Food Sensitivities

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	16.74	LOW	<7.25 µg/ml
Broccoli	21.62	HIGH	<1.73 µg/ml
Cabbage	0.00		<0.37 µg/ml
Carrot	0.84		<1.12 µg/ml
Cauliflower	0.00		<0.78 µg/ml
Celery	0.00		<1.72 µg/ml
Lettuce	0.50		<0.83 µg/ml
Onion	0.00		<0.2 µg/ml
Spinach	0.84		<1.21 µg/ml
Sweet Potato	0.95		<1.94 µg/ml
Tea	18.78	MODERATE	<1.92 µg/ml
White Potato	2.66		<3.69 µg/ml

ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	0.97	MODERATE	<0.19 µg/ml
Broccoli	0.52	LOW	<0.14 µg/ml
Cabbage	1.14	HIGH	<0.13 µg/ml
Carrot	0.52	LOW	<0.14 µg/ml
Cauliflower	0.00		<0.14 µg/ml
Celery	0.00		<0.17 µg/ml
Lettuce	0.00		<0.13 µg/ml
Onion	0.00		<0.12 µg/ml
Spinach	1.09	MODERATE	<0.2 µg/ml
Sweet Potato	0.41		<0.42 µg/ml
Tea	0.00		<0.13 µg/ml
White Potato	1.65	LOW	<0.68 µg/ml



This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.