

PATIENT ID:

20240905-0907

PATIENT NAME:

Christine Lacy

DATE OF BIRTH:

10/25/1986

SAMPLE ID:

20240905-0907-1

QR-CODE:

80AFQ16E

ANALYZED ON:

9/16/2024

TESTED ANTIGENS:

287

TEST METHOD:

FOX

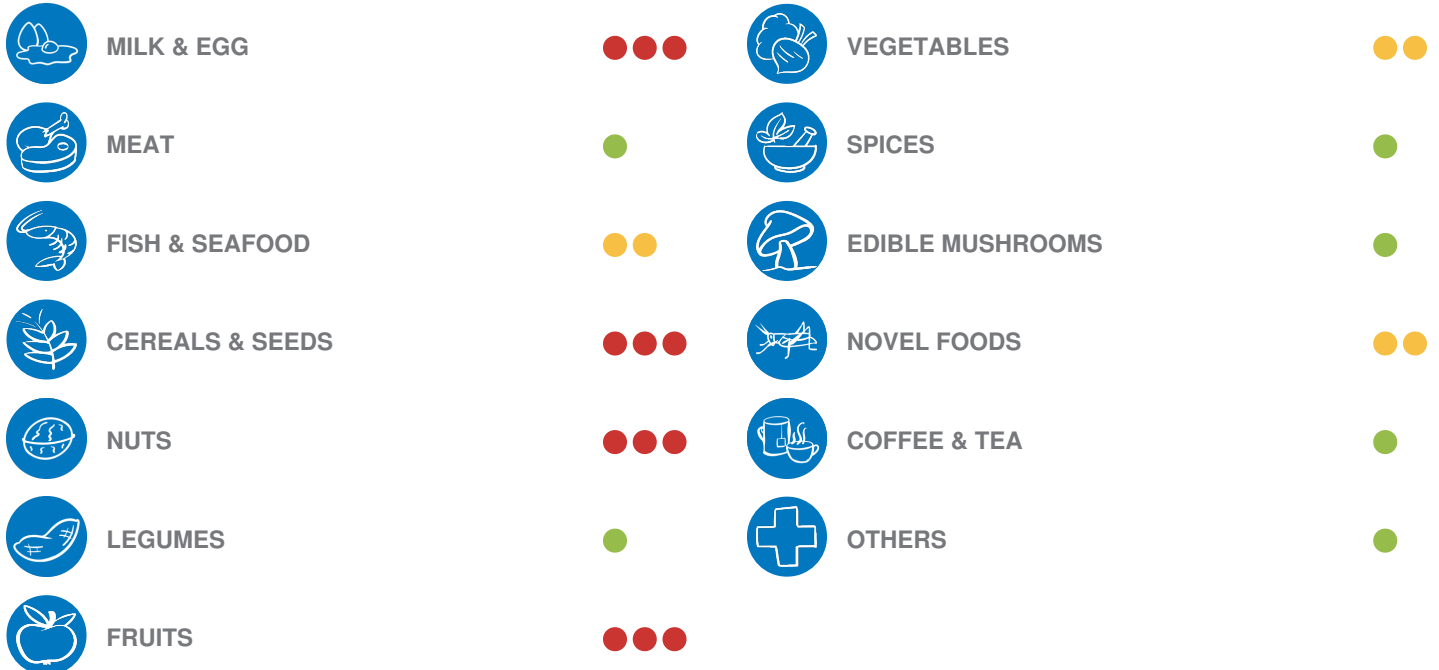
REFERRING PHYSICIAN:

Ben Ramsden-Stein DO

ADDITIONAL INFORMATION:

The internal QC (Plausibility check for GD) was within acceptance range.

Lab report: Overview of the IgG profile



Highest measured IgG concentration

0 - 9.99 µg/ml



Low IgG level

10 - 19.99 µg/ml



Intermediate IgG level

≥ 20 µg/ml



Highly elevated IgG level

Milk & Egg

Buttermilk	6.91 µg/ml	●	Cow's milk Bos d 8 * (Casein)	≤ 5.00 µg/ml	●
Camembert	6.33 µg/ml	●	Buffalo milk	≤ 5.00 µg/ml	●
Emmental	12.73 µg/ml	●●	Camel milk	≤ 5.00 µg/ml	●
Gouda	8.80 µg/ml	●	Goat cheese	≤ 5.00 µg/ml	●
Cottage cheese	5.78 µg/ml	●	Goat milk	5.40 µg/ml	●
Cow's milk	≤ 5.00 µg/ml	●	Quail egg	5.96 µg/ml	●
Mozzarella	7.97 µg/ml	●	Egg white	44.03 µg/ml	●●●
Parmesan	7.34 µg/ml	●	Egg yolk	45.98 µg/ml	●●●
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	≤ 5.00 µg/ml	●	Sheep cheese	≤ 5.00 µg/ml	●
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	≤ 5.00 µg/ml	●	Sheep milk	≤ 5.00 µg/ml	●

Meat

Duck	≤ 5.00 µg/ml	●	Chicken	≤ 5.00 µg/ml	●
Beef	≤ 5.00 µg/ml	●	Turkey	≤ 5.00 µg/ml	●
Veal	≤ 5.00 µg/ml	●	Rabbit	≤ 5.00 µg/ml	●
Venison	≤ 5.00 µg/ml	●	Lamb	≤ 5.00 µg/ml	●
Goat	≤ 5.00 µg/ml	●	Ostrich	≤ 5.00 µg/ml	●
Stag	≤ 5.00 µg/ml	●	Pork	≤ 5.00 µg/ml	●
Horse	≤ 5.00 µg/ml	●	Boar	≤ 5.00 µg/ml	●

Fish & Seafood

Caviar	≤ 5.00 µg/ml	●	Trout	≤ 5.00 µg/ml	●
Eel	≤ 5.00 µg/ml	●	Oyster	15.10 µg/ml	●●
Crayfish	≤ 5.00 µg/ml	●	Northern prawn	≤ 5.00 µg/ml	●
Cockle	18.00 µg/ml	●●	Scallop	14.01 µg/ml	●●
Crab	≤ 5.00 µg/ml	●	Razor shell clam	6.77 µg/ml	●
Atlantic herring	≤ 5.00 µg/ml	●	European plaice	≤ 5.00 µg/ml	●
Carp	≤ 5.00 µg/ml	●	Thornback Ray	≤ 5.00 µg/ml	●
Anchovy	≤ 5.00 µg/ml	●	Venus clam	13.80 µg/ml	●●
Northern pike	≤ 5.00 µg/ml	●	Salmon	≤ 5.00 µg/ml	●
Atlantic cod	≤ 5.00 µg/ml	●	European pilchard	≤ 5.00 µg/ml	●

Abalone	8.19 µg/ml	●
Lobster	≤ 5.00 µg/ml	●
Shrimp mix	≤ 5.00 µg/ml	●
Squid	≤ 5.00 µg/ml	●
Monkfish	≤ 5.00 µg/ml	●
Haddock	≤ 5.00 µg/ml	●
Hake	≤ 5.00 µg/ml	●
Common mussel	10.99 µg/ml	●●
Octopus	≤ 5.00 µg/ml	●

Turbot	≤ 5.00 µg/ml	●
Mackerel	≤ 5.00 µg/ml	●
Atlantic redfish	9.10 µg/ml	●
Sepia	≤ 5.00 µg/ml	●
Sole	≤ 5.00 µg/ml	●
Gilt-head bream	≤ 5.00 µg/ml	●
Tuna	5.25 µg/ml	●
Swordfish	≤ 5.00 µg/ml	●

Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	●
Oat	≤ 5.00 µg/ml	●
Canola	15.99 µg/ml	●●
Hempseed	≤ 5.00 µg/ml	●
Quinoa	≤ 5.00 µg/ml	●
Pumpkin seed	≤ 5.00 µg/ml	●
Buckwheat	≤ 5.00 µg/ml	●
Sunflower	≤ 5.00 µg/ml	●
Barley	≤ 5.00 µg/ml	●
Malt (barley)	≤ 5.00 µg/ml	●
Flaxseed	≤ 5.00 µg/ml	●
Lupine seed	≤ 5.00 µg/ml	●
Rice	≤ 5.00 µg/ml	●
Millet	≤ 5.00 µg/ml	●
Poppyseed	≤ 5.00 µg/ml	●

Pine nut	≤ 5.00 µg/ml	●
Rye	≤ 5.00 µg/ml	●
Sesame	7.88 µg/ml	●
Wheat	11.51 µg/ml	●●
Wheat bran	≤ 5.00 µg/ml	●
Wheat gliadin Tri a Gliadin *	9.35 µg/ml	●
Wheatgrass	≤ 5.00 µg/ml	●
Gluten wheat	11.83 µg/ml	●●
Emmer wheat	6.22 µg/ml	●
Durum wheat	5.83 µg/ml	●
Einkorn wheat	32.28 µg/ml	●●●
Polish wheat	6.53 µg/ml	●
Spelt	≤ 5.00 µg/ml	●
Corn	≤ 5.00 µg/ml	●

Nuts

Cashew	≤ 5.00 µg/ml	●
Brazil nut	≤ 5.00 µg/ml	●
Pecan nut	≤ 5.00 µg/ml	●
Sweet chestnut	≤ 5.00 µg/ml	●
Coconut milk	≤ 5.00 µg/ml	●
Coconut	≤ 5.00 µg/ml	●
Kola nut	≤ 5.00 µg/ml	●

Hazelnut	≤ 5.00 µg/ml	●
Tigernut	≤ 5.00 µg/ml	●
Walnut	≤ 5.00 µg/ml	●
Macadamia	≤ 5.00 µg/ml	●
Pistachio	≤ 5.00 µg/ml	●
Almond	45.82 µg/ml	●●●

* Molecular Antigen

The assays performance characteristics were determined by Diagnostic Solutions Laboratory.

Legumes

Peanut	≤ 5.00 µg/ml	●	Green bean	5.31 µg/ml	●
Chickpea	≤ 5.00 µg/ml	●	Pea	≤ 5.00 µg/ml	●
Soy	≤ 5.00 µg/ml	●	Sugar pea	≤ 5.00 µg/ml	●
Lentil	≤ 5.00 µg/ml	●	Tamarind	≤ 5.00 µg/ml	●
White bean	8.86 µg/ml	●	Mung bean	≤ 5.00 µg/ml	●

Fruits

Kiwi	≤ 5.00 µg/ml	●	Date	≤ 5.00 µg/ml	●
Pineapple	8.90 µg/ml	●	Physalis	≤ 5.00 µg/ml	●
Papaya	≤ 5.00 µg/ml	●	Apricot	≤ 5.00 µg/ml	●
Lime	≤ 5.00 µg/ml	●	Cherry	6.93 µg/ml	●
Lemon	≤ 5.00 µg/ml	●	Plum	≤ 5.00 µg/ml	●
Watermelon	≤ 5.00 µg/ml	●	Peach	≤ 5.00 µg/ml	●
Grapefruit	≤ 5.00 µg/ml	●	Nectarine	≤ 5.00 µg/ml	●
Tangerine	≤ 5.00 µg/ml	●	Pomegranate	≤ 5.00 µg/ml	●
Orange	≤ 5.00 µg/ml	●	Pear	≤ 5.00 µg/ml	●
Melon	≤ 5.00 µg/ml	●	Gooseberry	≤ 5.00 µg/ml	●
Fig	41.90 µg/ml	●●●	Red currant	≤ 5.00 µg/ml	●
Strawberry	≤ 5.00 µg/ml	●	Blackberry	≤ 5.00 µg/ml	●
Lychee	≤ 5.00 µg/ml	●	Raspberry	≤ 5.00 µg/ml	●
Apple	≤ 5.00 µg/ml	●	Elderberry	≤ 5.00 µg/ml	●
Mango	≤ 5.00 µg/ml	●	Blueberry	≤ 5.00 µg/ml	●
Mulberry	≤ 5.00 µg/ml	●	Cranberry	≤ 5.00 µg/ml	●
Banana	5.56 µg/ml	●	Grape	≤ 5.00 µg/ml	●
Passion fruit	≤ 5.00 µg/ml	●	Raisin	≤ 5.00 µg/ml	●

Vegetables

Shallot	≤ 5.00 µg/ml	●	Caper	≤ 5.00 µg/ml	●
Onion	≤ 5.00 µg/ml	●	Endive	≤ 5.00 µg/ml	●
Leek	≤ 5.00 µg/ml	●	Radicchio	≤ 5.00 µg/ml	●
Garlic	≤ 5.00 µg/ml	●	Chicorée	≤ 5.00 µg/ml	●
Chives	≤ 5.00 µg/ml	●	Pumpkin Butternut	≤ 5.00 µg/ml	●
Wild garlic	≤ 5.00 µg/ml	●	Pumpkin Hokkaido	7.42 µg/ml	●

Celery Bulb	≤ 5.00 µg/ml	●	Kiwano	≤ 5.00 µg/ml	●
Celery Stalk	≤ 5.00 µg/ml	●	Zucchini	≤ 5.00 µg/ml	●
Horseradish	≤ 5.00 µg/ml	●	Cucumber	≤ 5.00 µg/ml	●
Asparagus	≤ 5.00 µg/ml	●	Artichoke	≤ 5.00 µg/ml	●
Bamboo sprouts	≤ 5.00 µg/ml	●	Carrot	≤ 5.00 µg/ml	●
Chard	≤ 5.00 µg/ml	●	Arugula	≤ 5.00 µg/ml	●
Red beet	≤ 5.00 µg/ml	●	Fennel (bulb)	≤ 5.00 µg/ml	●
Cabbage	11.30 µg/ml	●●	Sweet potato	≤ 5.00 µg/ml	●
Cauliflower	≤ 5.00 µg/ml	●	Watercress	≤ 5.00 µg/ml	●
White cabbage	≤ 5.00 µg/ml	●	Olive	≤ 5.00 µg/ml	●
Brussels sprouts	≤ 5.00 µg/ml	●	Parsnip	≤ 5.00 µg/ml	●
Kohlrabi	≤ 5.00 µg/ml	●	Avocado	5.86 µg/ml	●
Broccoli	≤ 5.00 µg/ml	●	Radish	≤ 5.00 µg/ml	●
Romanesco	≤ 5.00 µg/ml	●	Eggplant	≤ 5.00 µg/ml	●
Red cabbage	≤ 5.00 µg/ml	●	Potato	≤ 5.00 µg/ml	●
Green cabbage	≤ 5.00 µg/ml	●	Tomato	≤ 5.00 µg/ml	●
Savoy cabbage	≤ 5.00 µg/ml	●	Spinach	≤ 5.00 µg/ml	●
Turnip	≤ 5.00 µg/ml	●	Nettle leaves	≤ 5.00 µg/ml	●
Bok Choy	≤ 5.00 µg/ml	●	Lamb's lettuce	≤ 5.00 µg/ml	●
Chinese cabbage	≤ 5.00 µg/ml	●			

Spices

Dill	≤ 5.00 µg/ml	●	Mint	≤ 5.00 µg/ml	●
Tarragon	≤ 5.00 µg/ml	●	Basil	≤ 5.00 µg/ml	●
Paprika	≤ 5.00 µg/ml	●	Majoram	≤ 5.00 µg/ml	●
Cayenne pepper	≤ 5.00 µg/ml	●	Oregano	≤ 5.00 µg/ml	●
Chili (red)	≤ 5.00 µg/ml	●	Parsley	≤ 5.00 µg/ml	●
Caraway	≤ 5.00 µg/ml	●	Anise	≤ 5.00 µg/ml	●
Cinnamon	≤ 5.00 µg/ml	●	Pepper (black/white/green/red/yellow)	≤ 5.00 µg/ml	●
Curry	≤ 5.00 µg/ml	●	Rosmary	≤ 5.00 µg/ml	●
Coriander	≤ 5.00 µg/ml	●	Sage	≤ 5.00 µg/ml	●
Cumin	≤ 5.00 µg/ml	●	Mustard	≤ 5.00 µg/ml	●
Turmeric	≤ 5.00 µg/ml	●	Clove	≤ 5.00 µg/ml	●
Lemongrass	≤ 5.00 µg/ml	●	Thyme	9.61 µg/ml	●

Cardamom	≤ 5.00 µg/ml	●	Fenugreek	≤ 5.00 µg/ml	●
Juniper berry	≤ 5.00 µg/ml	●	Vanilla	≤ 5.00 µg/ml	●
Bay leaf	≤ 5.00 µg/ml	●	Ginger	≤ 5.00 µg/ml	●
Nutmeg	≤ 5.00 µg/ml	●			

Edible Mushrooms

White mushroom	≤ 5.00 µg/ml	●	Enoki	≤ 5.00 µg/ml	●
Boletus	≤ 5.00 µg/ml	●	French horn mushroom	≤ 5.00 µg/ml	●
Chanterelle	≤ 5.00 µg/ml	●	Oyster mushroom	≤ 5.00 µg/ml	●

Novel Foods

House cricket	7.63 µg/ml	●	Ginseng	≤ 5.00 µg/ml	●
Baobab	≤ 5.00 µg/ml	●	Guarana	≤ 5.00 µg/ml	●
Aloe	≤ 5.00 µg/ml	●	Almond milk	11.24 µg/ml	●●
Greater burdock root	≤ 5.00 µg/ml	●	Nori	5.36 µg/ml	●
Aronia	≤ 5.00 µg/ml	●	Chia seed	≤ 5.00 µg/ml	●
Safflower oil	≤ 5.00 µg/ml	●	Yacón root	≤ 5.00 µg/ml	●
Chlorella	12.70 µg/ml	●●	Spirulina	≤ 5.00 µg/ml	●
Ginkgo	6.32 µg/ml	●	Dandelion root	≤ 5.00 µg/ml	●
Maca root	≤ 5.00 µg/ml	●	Mealworm	≤ 5.00 µg/ml	●
Migratory locust	≤ 5.00 µg/ml	●	Wakame	≤ 5.00 µg/ml	●
Tapioca	≤ 5.00 µg/ml	●			

Coffee & Tea

Tea, black	≤ 5.00 µg/ml	●	Chamomile	≤ 5.00 µg/ml	●
Tea, green	≤ 5.00 µg/ml	●	Peppermint	8.68 µg/ml	●
Coffee	≤ 5.00 µg/ml	●	Moringa	≤ 5.00 µg/ml	●
Hibiscus	≤ 5.00 µg/ml	●	Cocoa	≤ 5.00 µg/ml	●
Jasmine	≤ 5.00 µg/ml	●			

Others

Agar Agar	≤ 5.00 µg/ml	●	Cane sugar	≤ 5.00 µg/ml	●
Honey	≤ 5.00 µg/ml	●	Brewer's yeast	≤ 5.00 µg/ml	●
Aspergillus niger	6.15 µg/ml	●	Elderflower	≤ 5.00 µg/ml	●

Hops ≤ 5.00 µg/ml ●

Baker's yeast ≤ 5.00 µg/ml ●

M-Transglutaminase, meat glue ≤ 5.00 µg/ml ●

CCD

Human Lactoferrin ≤ 5.00 µg/ml ●

PRINTED ON
9/18/2024

Number of tested food sources

283



MILK & EGG

17

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk



MEAT

14

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison



FISH & SEAFOOD

37

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, Anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell clam, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam



CEREALS & SEEDS

29

Amaranth, Barley, Buckwheat, Corn, Durum wheat, Einkorn wheat, Emmer wheat, Hempseed, Flaxseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Canola, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten wheat, Wheat bran, Wheatgrass



NUTS

13

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut



LEGUMES

10

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean



FRUITS

36

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon



VEGETABLES

51

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Bok Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy cabbage, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, Asparagus, White cabbage, Wild garlic, Zucchini



SPICES

31

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosemary, Sage, Tarragon, Thyme, Turmeric, Vanilla



EDIBLE MUSHROOMS

6

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom



NOVEL FOODS

21

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root



COFFEE & TEA

9

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green



OTHERS

9

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

Interpretation Summary

Milk & Eggs

Egg white

Your IgG level for egg white is 44.03 µg/ml.

Associated food intolerance symptoms after consuming egg white include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Egg yolk

Your IgG level for egg yolk is 45.98 µg/ml.

Associated food intolerance symptoms after consuming egg yolk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg yolks include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, and surimi. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg yolks include soy lecithin (a byproduct of soybean oil). If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Emmental

Your IgG level for emmental is 12.73 µg/ml.

Associated food intolerance symptoms after consuming emmental include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmental cheese include gratins, cheese fondues, cheese puffs, soups, pizza, and cheese boards.

Possible alternatives (non-dairy) for emmental cheese are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Fish & Seafood

Cockle

Your IgG level for cockle is 18 µg/ml.

Associated food intolerance symptoms after consuming cockle include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cockles include seafood pies, paellas, soups, stews, pasta dishes, and salads.

Possible alternatives for cockles include mussels and oysters, as well as king oyster mushrooms as a plant-based substitute.

Common mussel

Your IgG level for common mussel is 10.99 µg/ml.

Associated food intolerance symptoms after consuming common mussel include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing common mussels include seafood pies, paellas, soups, stews, pasta dishes, and salads.

Possible alternatives for common mussels include cockles and oysters, as well as king oyster mushrooms as a plant-based substitute.

Oyster

Your IgG level for oyster is 15.1 µg/ml.

Associated food intolerance symptoms after consuming oyster include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing oyster include stews, soups, sautées, stir fries, salads, and savory pies.

Possible alternatives for oyster include abalone, clams, scallops, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

Scallop

Your IgG level for scallop is 14.01 µg/ml.

Associated food intolerance symptoms after consuming scallop include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing scallops include stews, soups, sautées, stir fries, salads, and savory pies.

Possible alternatives for scallops include oyster, abalone, clams, oysters, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

Venus clam

Your IgG level for venus clam is 13.8 µg/ml.

Associated food intolerance symptoms after consuming venus clam include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing venus clams include stews, soups, sautées, stir fries, salads, and savory pies.

Possible alternatives for venus clams include scallops, oyster, abalone, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

Cereals & Seeds

Einkorn

Your IgG level for einkorn is 32.28 µg/ml.

Associated food intolerance symptoms after consuming einkorn include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing einkorn or einkorn flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to einkorn flour include spelt flour, amaranth flour, emmer flour, barley flour, and rice flour.

Gluten

Your IgG level for gluten is 11.83 µg/ml.

Associated food intolerance symptoms after consuming gluten include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gluten include wheat, wheat varieties (spelt, durum, couscous, semolina, farina, farro, kamut, einkorn, bulgur, wheat bran, wheat starch, emmer, seitan, graham flour, rye, barley), bread, pittas, bagels, flatbreads, rolls, pasta, crackers, biscuits, pastry, breakfast cereals, breadcrumbs, croutons, beers, ales, and lagers. On food labels, gluten may be referred to as triticum vulgare (wheat), triticale (cross between wheat and rye), hordeum vulgare (barley), secale cereale (rye), and triticum spelta (spelt).

Possible alternatives to gluten products include buckwheat (groats and flour), quinoa (grain or flour), rice (grain or flour), potato flour, soy flour, chickpea flour, corn, amaranth, millet, gluten-free oats, sorghum, and tapioca. Gluten-free pasta alternatives are made from lentils, peas, corn, rice, or buckwheat. Vegetable noodles are made from zucchini, carrot, or squash.

Canola

Your IgG level for canola is 15.99 µg/ml.

Associated food intolerance symptoms after consuming canola include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing canola include canola oil.

Possible alternatives for canola oil include olive oil, avocado oil, and pumpkin seed oil.

Wheat

Your IgG level for wheat is 11.51 µg/ml.

Associated food intolerance symptoms after consuming wheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, biscuits, couscous, crackers, crumpets, durum, einkorn, emmer, farina, farro, kamut, malt, seitan, semolina, scones, pancakes, pizza, pasta, and pastries. On food labels, wheat may be referred to as bromated flour, cereal extract, cracker meal, hydrolyzed vegetable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artificial flavoring, caramel color, dextrin, food starch, glucose syrup, maltodextrin, soy sauce, surimi, textured vegetable protein, and vegetable gum.

Possible alternatives for wheat include amaranth, buckwheat, millet, quinoa, and teff.

Nuts

Almond

Your IgG level for almond is 45.82 µg/ml.

Associated food intolerance symptoms after consuming almonds include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing almonds, ground almonds, or almond flour include cakes, breads, biscuits, confectionary, ice cream, marzipan, and liqueurs such as Amaretto.

Possible alternatives for almonds include hazelnuts, Brazil nuts, cashews, and unsalted pistachios. Unsalted pumpkin and sunflower seeds, granola, or oatmeal can function as nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for almond butter.

Fruits

Fig

Your IgG level for fig is 41.9 µg/ml.

Associated food intolerance symptoms after consuming fig include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing figs include jams, salads, and pastries (e.g., tarts, pies, etc.).

Possible alternatives for figs include pears, nectarines, apricots, dried dates, dried prunes, and raisins.

Vegetables

Cabbage

Your IgG level for cabbage is 11.3 µg/ml.

Associated food intolerance symptoms after consuming cabbage include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cabbage include sautéés, stir fries, slaws, soups, and salads.

Possible alternatives for cabbage include kale, kohlrabi, brussel sprouts, endives, and pak choi.

Novel Foods

Almond milk

Your IgG level for almond milk is 11.24 µg/ml.

Associated food intolerance symptoms after consuming almond milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Almond milk is a plant-based substitute for cow's milk and is used for cooking porridge, oatmeal, cream-based soups, creamy sauces, gravies, as a coffee creamer, smoothies, ice creams, and other desserts.

Possible alternatives (plant-based) to almond milk include oat milk, rice milk, coconut milk, soy milk, hemp milk, and cashew milk.

Chlorella

Your IgG level for chlorella is 12.7 µg/ml

Associated food intolerance symptoms after consuming chlorella include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Chlorella is a type of algae and a good source of protein, fats, carbohydrates, fiber, vitamins, and minerals. Chlorella powder can be added to juices and smoothies.

Possible alternatives for chlorella include spirulina (another type of algae), raw organic manuka honey, acai berry powder, ground flax seed meal, and goji berries.

Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.

(The connection between food intake, elevated IgG levels and chronic disorders has been described in peer reviewed publications and case studies. Nonetheless this connection is still debated in the scientific community and a consensus has not been reached thus far.)