



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

07/06/2018



Dear Lisa Kirkham,

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
Cambridge Nutritional Sciences

555-4-01

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Test Report : Food Groups

Functional Health Screening Sydney, NSW

Patient Name: Lisa Kirkham
 Patient Number: 16
 Date of Birth: 11/09/1969

Sample Date: 04/06/2018
 Analysis Date: 07/06/2018
 Clinic: The Lucy Rose Clinic

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
0	Alpha-Lactalbumin	141	Egg White	113	Milk (Cow)
3	Beta-Lactoglobulin	13	Egg Yolk	51	Milk (Goat)
57	Casein	0	Milk (Buffalo)	53	Milk (Sheep)
GRAINS (Gluten-Containing)*					
95	Barley	22	Malt	79	Wheat
26	Couscous	8	Oat	20	Wheat Bran
23	Durum Wheat	10	Rye		
39	Gliadin*	47	Spelt		
GRAINS (Gluten-Free)					
22	Amaranth	0	Millet	0	Tapioca
4	Buckwheat	4	Polenta		
43	Corn (Maize)	29	Rice		
FRUIT					
3	Apple	16	Guava	0	Pear
0	Apricot	0	Kiwi	18	Pineapple
11	Avocado	10	Lemon	37	Plum
4	Banana	7	Lime	6	Pomegranate
1	Blackberry	6	Lychee	11	Raisin
3	Blackcurrant	4	Mango	1	Raspberry
0	Blueberry	1	Melon (Galia/Honeydew)	12	Redcurrant
9	Cherry	0	Mulberry	0	Rhubarb
12	Cranberry	3	Nectarine	6	Strawberry
0	Date	0	Olive	1	Tangerine
42	Fig	11	Orange	8	Watermelon
7	Grape (Black/Red/White)	0	Papaya		
5	Grapefruit	4	Peach		
VEGETABLES					
4	Artichoke	0	Cauliflower	38	Potato
0	Asparagus	27	Celery	5	Quinoa
10	Aubergine	8	Chard	33	Radish
7	Bean (Broad)	9	Chickpea	0	Rocket
2	Bean (Green)	4	Chicory	5	Shallot
39	Bean (Red Kidney)	2	Cucumber	12	Soya Bean
33	Bean (White Haricot)	0	Fennel (Leaf)	11	Spinach
1	Beetroot	8	Leek	22	Squash (Butternut/Carnival)
11	Broccoli	21	Lentil	5	Sweet Potato
9	Brussel Sprout	5	Lettuce	0	Tomato
0	Cabbage (Red)	2	Marrow	14	Turnip
19	Cabbage (Savoy/White)	6	Onion	0	Watercress
0	Caper	65	Pea	9	Yuca
8	Carrot	8	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

15	Alga Espaguette	11	Haddock	0	Sardine
0	Alga Spirulina	72	Hake	16	Scallop
60	Alga Wakame	25	Herring	0	Sea Bream (Gilthead)
0	Anchovy	12	Lobster	61	Sea Bream (Red)
6	Barnacle	5	Mackerel	6	Shrimp/Prawn
20	Bass	9	Monkfish	25	Sole
25	Carp	8	Mussel	14	Squid
0	Caviar	4	Octopus	0	Swordfish
17	Clam	9	Oyster	38	Trout
4	Cockle	9	Perch	8	Tuna
24	Cod	18	Pike	9	Turbot
1	Crab	16	Plaice	15	Winkle
2	Cuttlefish	5	Razor Clam		
0	Eel	10	Salmon		

MEAT

8	Beef	1	Ostrich	14	Turkey
7	Chicken	10	Ox	11	Veal
0	Duck	0	Partridge	4	Venison
6	Goat	8	Pork	0	Wild Boar
12	Horse	4	Quail		
12	Lamb	25	Rabbit		

HERBS / SPICES

0	Aniseed	6	Dill	18	Nutmeg
9	Basil	0	Garlic	5	Parsley
5	Bayleaf	33	Ginger	7	Peppercorn (Black/White)
8	Camomile	20	Ginkgo	7	Peppermint
9	Cayenne	24	Ginseng	8	Rosemary
0	Chilli (Red)	5	Hops	3	Saffron
2	Cinnamon	0	Liquorice	4	Sage
0	Clove	0	Marjoram	10	Tarragon
0	Coriander (Leaf)	8	Mint	0	Thyme
1	Cumin	5	Mustard Seed	0	Vanilla
53	Curry (Mixed Spices)	0	Nettle		

NUTS / SEEDS

31	Almond	27	Hazelnut	0	Rapeseed
55	Brazil Nut	0	Macadamia Nut	0	Sesame Seed
80	Cashew Nut	47	Peanut	69	Sunflower Seed
2	Coconut	6	Pine Nut	31	Tiger Nut
12	Flax Seed	55	Pistachio	10	Walnut

MISCELLANEOUS

119	Agar Agar	92	Cocoa Bean	10	Tea (Black)
41	Aloe Vera	7	Coffee	0	Tea (Green)
26	Cane Sugar	146	Cola Nut	3	Transglutaminase
0	Carob	0	Honey	57	Yeast (Baker's)
2	Chestnut	10	Mushroom	77	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

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ELEVATED FOODS (≥30 U/ml)

146	Cola Nut	61	Sea Bream (Red)	42	Fig
141	Egg White	60	Alga Wakame	41	Aloe Vera
119	Agar Agar	57	Casein	39	Bean (Red Kidney)
113	Milk (Cow)	57	Yeast (Baker's)	39	Gliadin*
95	Barley	55	Brazil Nut	38	Potato
92	Cocoa Bean	55	Pistachio	38	Trout
80	Cashew Nut	53	Curry (Mixed Spices)	37	Plum
79	Wheat	53	Milk (Sheep)	33	Bean (White Haricot)
77	Yeast (Brewer's)	51	Milk (Goat)	33	Ginger
72	Hake	47	Peanut	33	Radish
69	Sunflower Seed	47	Spelt	31	Almond
65	Pea	43	Corn (Maize)	31	Tiger Nut

BORDERLINE FOODS (24-29 U/ml)

29	Rice	26	Couscous	25	Sole
27	Celery	25	Carp	24	Cod
27	Hazelnut	25	Herring	24	Ginseng
26	Cane Sugar	25	Rabbit		

NORMAL FOODS (≤23 U/ml)

23	Durum Wheat	14	Turnip	10	Rye
22	Amaranth	13	Egg Yolk	10	Salmon
22	Malt	12	Cranberry	10	Tarragon
22	Squash (Butternut/Carnival)	12	Flax Seed	10	Tea (Black)
21	Lentil	12	Horse	10	Walnut
20	Bass	12	Lamb	9	Basil
20	Ginkgo	12	Lobster	9	Brussel Sprout
20	Wheat Bran	12	Redcurrant	9	Cayenne
19	Cabbage (Savoy/White)	12	Soya Bean	9	Cherry
18	Nutmeg	11	Avocado	9	Chickpea
18	Pike	11	Broccoli	9	Monkfish
18	Pineapple	11	Haddock	9	Oyster
17	Clam	11	Orange	9	Perch
16	Guava	11	Raisin	9	Turbot
16	Plaice	11	Spinach	9	Yuca
16	Scallop	11	Veal	8	Beef
15	Alga Espaguette	10	Aubergine	8	Camomile
15	Winkle	10	Lemon	8	Carrot
14	Squid	10	Mushroom	8	Chard
14	Turkey	10	Ox	8	Leek

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NORMAL FOODS ...continued

8	Mint	4	Cockle	0	Cauliflower
8	Mussel	4	Mango	0	Caviar
8	Oat	4	Octopus	0	Chilli (Red)
8	Pepper (Green/Red/Yellow)	4	Peach	0	Clove
8	Pork	4	Polenta	0	Coriander (Leaf)
8	Rosemary	4	Quail	0	Date
8	Tuna	4	Sage	0	Duck
8	Watermelon	4	Venison	0	Eel
7	Bean (Broad)	3	Apple	0	Fennel (Leaf)
7	Chicken	3	Beta-Lactoglobulin	0	Garlic
7	Coffee	3	Blackcurrant	0	Honey
7	Grape (Black/Red/White)	3	Nectarine	0	Kiwi
7	Lime	3	Saffron	0	Liquorice
7	Peppercorn (Black/White)	3	Transglutaminase	0	Macadamia Nut
7	Peppermint	2	Bean (Green)	0	Marjoram
6	Barnacle	2	Chestnut	0	Milk (Buffalo)
6	Dill	2	Cinnamon	0	Millet
6	Goat	2	Coconut	0	Mulberry
6	Lychee	2	Cucumber	0	Nettle
6	Onion	2	Cuttlefish	0	Olive
6	Pine Nut	2	Marrow	0	Papaya
6	Pomegranate	1	Beetroot	0	Partridge
6	Shrimp/Prawn	1	Blackberry	0	Pear
6	Strawberry	1	Crab	0	Rapeseed
5	Bayleaf	1	Cumin	0	Rhubarb
5	Grapefruit	1	Melon (Galia/Honeydew)	0	Rocket
5	Hops	1	Ostrich	0	Sardine
5	Lettuce	1	Raspberry	0	Sea Bream (Gilthead)
5	Mackerel	1	Tangerine	0	Sesame Seed
5	Mustard Seed	0	Alga Spirulina	0	Swordfish
5	Parsley	0	Alpha-Lactalbumin	0	Tapioca
5	Quinoa	0	Anchovy	0	Tea (Green)
5	Razor Clam	0	Aniseed	0	Thyme
5	Shallot	0	Apricot	0	Tomato
5	Sweet Potato	0	Asparagus	0	Vanilla
4	Artichoke	0	Blueberry	0	Watercress
4	Banana	0	Cabbage (Red)	0	Wild Boar
4	Buckwheat	0	Caper		
4	Chicory	0	Carob		

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