



FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline

Prepared for: **Narelle Marjanovic**

Accession: 2019006663

Practitioner: RN LABS

Guideline Prepared: February 15th, 2019



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The information in this US BioTek Laboratories' report and proposed rotation diet is intended to be used by healthcare professionals, along with other health and clinical information, in assessing their patients' immunological reactions to certain food allergens. Healthcare professionals are responsible for interpreting the profile of test results provided by US BioTek Laboratories and communicating their interpretations and any recommendations for dietary changes to their patients.

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Dear Healthcare Practitioner:

Thank you for allowing US BioTek Laboratories to assist you in helping your patients towards a healthier lifestyle.

The enclosed report consists of information regarding your patient's immune system's response to certain foods. Depending on which test(s) you ordered, three antibody types: IgA, IgE, and IgG may have been measured in our laboratory utilizing an Enzyme-linked Immunosorbent Assay (ELISA) and Chemiluminescent Assay.

Also attached is a rotation diet guideline. The concept behind rotation-style eating is to eliminate foods that scored high for reactivity and to rotate consumption of foods that scored mild - moderate reactivity. The rotation diet guideline is designed so the patient does not consume the same food more than once every four days and no foods of the same family more than once every two days. Rotation-style eating is designed to encourage diversification of the diet.

The guideline excludes all tested foods on which your patients scored Class IV or greater for IgA and/or IgG antibody analysis and/or Class 0/I and greater for IgE antibody analysis.

The guideline includes all tested foods on which your patient scored Class 0 to Class III. These foods are rotated throughout a 4-day cycle by their food families (groups of foods that are biologically or botanically related). The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle. Patients may move any food through days 1 to 4 as long as members of the same family are not consumed on consecutive days, and any particular food is not consumed more than once every four days.

Health care practitioners are responsible for interpreting the profile of test results provided by US BioTek Laboratories, applying those results to your patient and recommending dietary changes based on these and other data available to you. US BioTek Laboratories provides this rotation diet guideline for your consideration only. This is just one suggested rotation schedule. You may prefer a different, but similar, diet guideline for your patients, such as a 7-day plan. Also, you may want to modify the guideline by limiting a particular food family to one day of the rotation cycle vs. two days. If you have any questions about the attached guideline, please let us know.

We wish you and your patient all the best,

US BioTek Laboratories, Inc.

Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to VI identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent Assay. Not all antibody tests (i.e.: IgA, IgE and IgG) may have been ordered by your practitioner.

These foods are **omitted** from the 4-day rotation guideline:

| |
|-----------------------------------|
| IgE: Class 0/I and greater |
| <i>(not tested)</i> |

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

| Class IV and greater (High to Extremely High antibody levels) | | |
|--|-----------------------|--|
| IgA: | IgA & IgG: | IgG: |
| <i>(not tested)</i> | <i>(none)</i> | Baker's Yeast, Banana, Brewer's Yeast, Pineapple |

These foods are **included** in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

| Class III (Moderate antibody levels) | | |
|---|-----------------------|-----------------------------------|
| IgA: | IgA & IgG: | IgG: |
| <i>(not tested)</i> | <i>(none)</i> | Chicken Egg White, Cottage Cheese |

| Class I/II (Low antibody levels) | | |
|---|-----------------------|---|
| IgA: | IgA & IgG: | IgG: |
| <i>(not tested)</i> | <i>(none)</i> | Broccoli, Clam, Crab, Lemon, Lobster, Milk, Mushroom, Sesame Seed, String Bean, Sugar Cane, Tomato, Tuna, Whey, Whole Wheat |

This report does not identify anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class IV and greater for IgA and/or IgG antibody analysis and Class 0/I and greater for IgE antibody analysis, as identified on your Food-Specific Antibody Assessment graph.

The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle, where no particular food item is eaten more than once every 4 days. This is not a mandatory food menu. Pick, choose and improvise as you like for a nutritionally balanced and varied diet.

| | Day 1 | Day 2 | Day 3 | Day 4 |
|---------------------------------|---|---|---|---|
| Dairy | Casein, Cheddar Cheese, Goat Milk, Yogurt | | Cottage Cheese, Milk, Mozzarella Cheese, Whey | |
| Fish, Crustacea, Mollusk | Lobster, Shrimp | Cod, Red Snapper, Scallop, Sole, Tuna | Crab | Clam, Halibut, Salmon |
| Fruits | Apple, Apricot, Papaya, Plum, Strawberry | Coconut, Cranberry, Grape, Orange | Peach, Pear, Raspberry | Blueberry, Grapefruit, Lemon |
| Grains, Legumes, Nuts | English Walnut, Hazelnut, Rye, Sesame Seed, Spelt, Wheat Gliadin, Wheat Gluten, Whole Wheat | Amaranth, Green Pea, Lentil, Peanut, Pinto Bean, Sunflower Seed | Almond, Barley, Buckwheat, Corn, Oat, Pecan, White Rice | Kidney Bean, Lima Bean, Soy Bean, String Bean |
| Meat, Fowl | Chicken, Duck Egg Whole, Lamb | Pork | Beef, Chicken Egg White, Chicken Egg Yolk, Turkey | |
| Miscellaneous | Cocoa Bean | | Bee Honey, Coffee Bean, Sugar Cane | |
| Vegetables | Avocado, Cucumber, Green Bell Pepper, Olive, Sweet Potato, White Potato | Cauliflower, Celery, Radish, Spinach | Garlic, Mushroom, Onion, Pumpkin, Tomato, Zucchini Squash | Beet, Broccoli, Cabbage, Carrot, Lettuce |

This report does not identify anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).



For Your Convenience

Patient: **Narelle Marjanovic**

Practitioner: **RN LABS**

Food Antibody Assessment

IgE: Class 0/I and greater – *(not tested)*

IgA/IgG: Class IV and greater – Baker's Yeast, Banana,
Brewer's Yeast, Pineapple

IgA/IgG: Class III – Chicken Egg White, Cottage Cheese





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