



AUSTRALIAN BIOLOGICS TESTING SERVICES PTY LTD ABN 83 057 347 387

Fayworth House, 383 Pitt Street, 6th Floor Sydney NSW 2000
 Telephone: (02) 9283 0807 Facsimile: (02) 9283 0910
 Email: austbio@mpx.com.au Website: www.australianbiologics.com

Patient Janelle Fletcher
 Address
 D.O.B. 12.8.63

Ref. Dr.
 Test No.
 Date 12.12.03
 Lab. No. B.P.1729

Food Sensitivity Testing

Foods producing immune responses are marked below:

Mild (+), consume once to twice each week (once every four days).

Moderate (++) Marked (+++), avoid for a 2 month period then if desired reintroduce the food cautiously and monitor any response carefully. If symptoms appear discontinue intake and seek professional advice.

| GRAINS | |
|--------------|----|
| Barley | |
| Buckwheat | + |
| Corn | |
| Hops | |
| Oats | |
| Rice | |
| Rye | + |
| Wheat | |
| Wheat Gluten | ++ |

| NUTS & SEEDS | |
|--------------|---|
| Almond | |
| Cashew | |
| Hazelnut | |
| Peanut | |
| Safflower | + |
| Sunflower | |

| HERBS & SEASONINGS | |
|--------------------|---|
| Coconut | |
| Curry | |
| Dill | |
| Garlic | |
| Ginger | + |
| Mustard | |
| Olives | |
| Oregano | |
| Parsley | |
| Tobacco | + |

| FUNGUS | |
|------------------|----|
| Mushroom | |
| Candida albicans | |
| Baker's Yeast | |
| Brewer's Yeast | ++ |

| FRUIT | |
|-----------------------------|--|
| Apple | |
| Avocado | |
| Banana | |
| Grape | |
| Lemon | |
| Orange | |
| Papaya | |
| Rockmelon and Honeydew Fam. | |
| Strawberry | |
| Pear | |

| VEGETABLES | |
|--------------|---|
| Beetroot | |
| Broccoli | |
| Cabbage | + |
| Carrot | |
| Lettuce | |
| Onion | |
| Parsnip | |
| Pumpkin | + |
| Spinach | + |
| Sweet Potato | |
| Tomato | |
| White Potato | |
| Pineapple | |

| FOOD ADDITIVES | |
|----------------------------|----|
| Carmoisine (122) | + |
| MSG (621) | + |
| Potassium sorbate (202) | |
| Sodium benzoate (211) | |
| Sodium metabisulfite (223) | |
| Sodium nitrite (250) | ++ |
| Sunset Yellow (110) | + |
| Tartrazine (102) | |
| Ca Propionate | |
| Blueberry | + |

| SWEETENERS | |
|-------------|----|
| Aspartame | |
| Barley malt | ++ |
| Cane Sugar | |
| Cyclamate | |
| Saccharin | + |
| Vanilla | |

| MEAT & POULTRY | |
|----------------|---|
| Beef | |
| Chicken | |
| Lamb | |
| Pork | |
| Whole Egg | + |
| Egg Yolk | + |

| DAIRY PRODUCTS | |
|----------------|---|
| Cheddar | + |
| Cow's Milk | |
| Goat's Milk | |

| SEAFOOD | |
|---------|---|
| Oyster | |
| Salmon | |
| Shrimp | |
| Sole | + |
| Tuna | |

| LEGUMES | |
|-------------|---|
| Green Pea | |
| Kidney Bean | |
| Lentil | |
| Soybean | |
| String Bean | + |

| BEVERAGES | |
|-----------|---|
| Cocoa | |
| Coffee | |
| Cola | |
| Tea | + |

Notes

1. Patients who have not fasted for 12 hours prior to their blood collection may prejudice the accuracy of their test result.
2. Patients are reminded that extended avoidance of foods may: