

# FOOD SENSITIVITY DEMO

Name: FOOD SENSITIVITY DEMO  
Date of Birth: 01-01-1111  
Gender: Female  
Age: 01  
Height: 62 inches  
Weight: 130 lbs  
Fasting: FASTING

Telephone: 000-000-0000  
Street Address:  
Email:

FINAL REPORT

Accession ID: 2406136194

## Provider Information

Practice Name: DEMO CLIENT, MD  
Provider Name: DEMO CLIENT, MD  
Phlebotomist: 0

Telephone: 000-000-0000  
Address: 3521 Leonard Ct, Santa Clara, CA 95054

## Report Information

Current Result Previous Result In Control Moderate Risk

## Specimen Information

Sample Type	Collection Time	Received Time	Report	Final Report Date
Serum	2024-07-15 08:00 (PDT)	2024-07-16 11:59 (PDT)	Food Sensitivity - P2	2024-10-09 01:05 (PDT)



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1-866-364-0963 | support@vibrant-america.com | www.vibrant-america.com

TNP Test not performed

R&L Refer to risks and limitations at the end of report

Notes Refer to Lab notes at the end of the table

## INTRODUCTION

Vibrant Wellness is pleased to present to you, "Food Sensitivity" Testing, to help you make healthy lifestyle and dietary choices in consultation with your healthcare providers and dietitians. It is intended to be used as a tool to encourage a general state of health and well-being. The Vibrant Food Sensitivity is an array of commonly consumed food antigens and additives which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG, IgA, C3D and IgG4 reactivity to food antigens and food additives.

### Methodology:

The Vibrant Food Sensitivity test is a semiquantitative assay that detects IgG, IgA, IgG4, and C3D antibodies in human serum/DBS for the food profile antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

### Interpretation of Report:

The food sensitivity summary page provides concise information on the list of foods that are outside the normal reference range. Reference ranges have been established using 2000 healthy individuals. Vibrant utilizes proprietary reporter-based analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2), C3D and IgG4 antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

This is followed by a complete list of all foods tested including IgG, IgA, C3D, IgG4 titers (as ordered). A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Food Sensitivity offered by Vibrant Wellness is performed by Vibrant America LLC, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at [www.vibrantwellness.com](http://www.vibrantwellness.com). By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your Healthcare provider for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

### Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.



## Food Personalization Summary

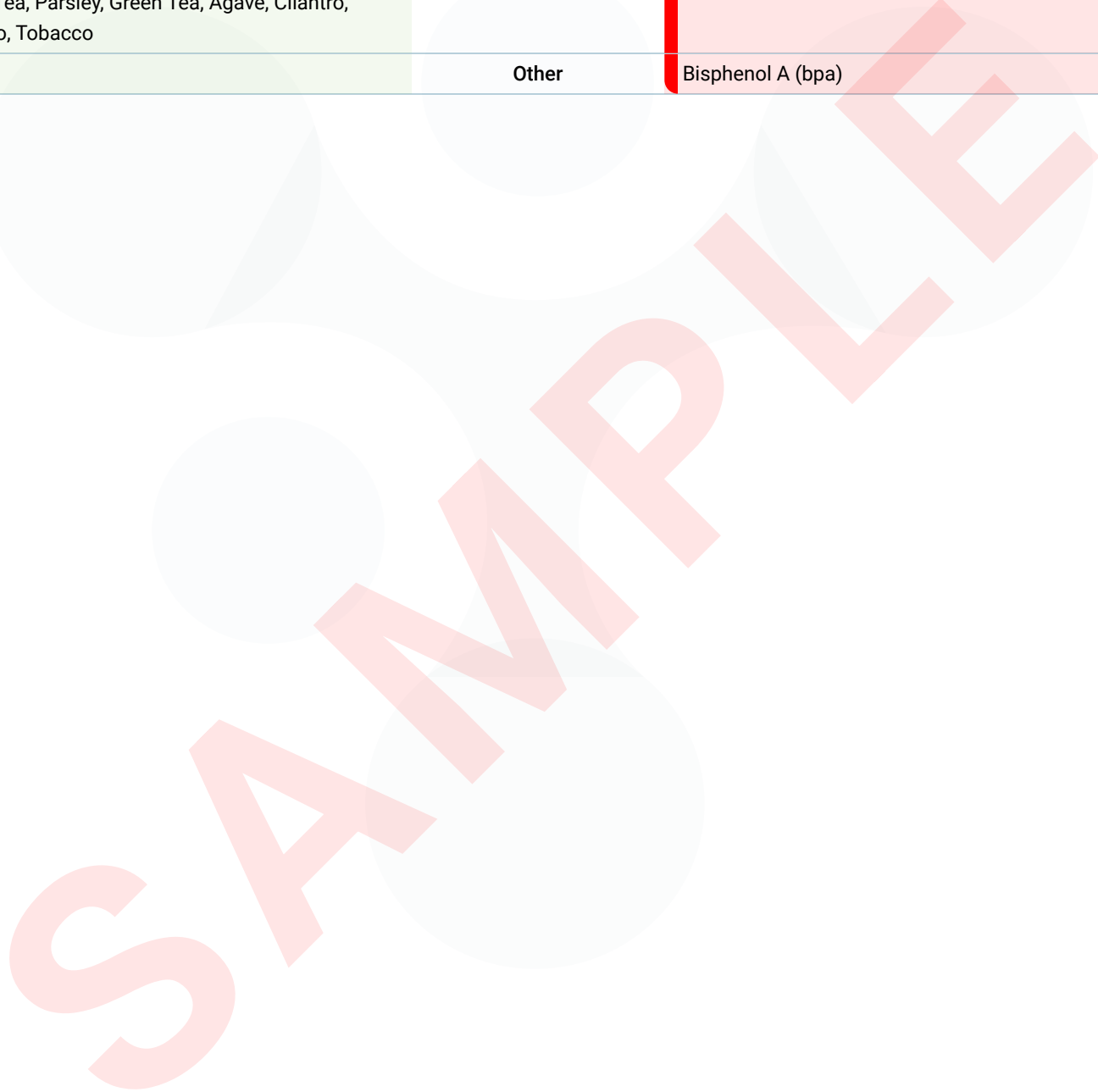
Non-Reactive Foods <span>✔</span>	Category	Reactive Foods <span>✘</span>
Malt, Wheat, Corn, Spelt	Gluten containing grains	Oats, Barley, Rye
Millet, Quinoa, Sorghum, Teff	Gluten free grains	Amaranth, Buckwheat, Brown Rice
Cassava, Tapioca, Taro Root, Arrowroot	Gluten free alternative starches	Tiger Nut
Cous Cous, Tempeh, Tofu, Vegan Cheese	Vegan	/
Sesame, Coriander Seed, Poppy Seed, Rape Seed, Sunflower Seed, Hemp, Rape Seeds, Sunflower Seeds	Seeds	Flax Seed, Mustard, Chia
Cow's Milk, Goat's Milk, Whey Protein, Buffalo Milk, Buttermilk, Cheddar Cheese, Kefir, Sheep's Milk, Yoghurt	Dairy	/
Beef, Chicken, Lamb, Pork, Turkey, Duck Meat, Goose Meat, Rabbit, Veal	Meat	Egg White, Egg Yolk
Catfish, Codfish, Halibut, Lake Trout, Mackerel, Perch, Salmon, Tuna, Alaska Pollock, Anchovy, Carp, Eel, Flounder, Sardine, Sea Bass, Sole	Fish	/
Crab, Lobster, Shrimp, Crayfish	Shellfish	/
Clam, Oyster, Scallops, Grapevine Snail, Blue Mussel, Octopus, Pacific Squid, Squid	Mollusks	/
Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Garlic, Green Bean, Green Peas, Lettuce, Lima Bean, Mushrooms, Onion, Seaweed(kelp), Spinach, Squash, Ginger, Sweet Potato, Asparagus, Bamboo Shoots, Beet Root, Endive, Leek, Roquette, Savoy Cabbage, Turnip, Vine Leaf, White Radish, Artichoke, Chard, Kale, Shiitake Mushroom, Zucchini, Purple Potato, Green Onion/scallions, Acorn Squash, Butternut Squash, Spaghetti Squash, Parsnip, Portabella Mushroom	Vegetables	Shallots
Green Pepper, White Potato, Eggplant	Nightshades	/
Kidney Bean, Navy Bean, Peanut, Soybean, Broad Bean, Chickpea, Black Beans, Pinto Beans, Black-eye Peas, Pea	Legumes	Lentils, Mung Beans

## Food Personalization Summary

Non-Reactive Foods 	Category	Reactive Foods 
Apple, Apricot, Banana, Blackberry, Blueberry, Cantaloupe, Cherry, Coconut, Cranberry, Grape, Grapefruit, Orange, Peach, Pear, Pineapple, Raspberry, Watermelon, Tomato, Olive, Lemon, Guava, Honeydew Melon, Kiwi Fruit, Litchi, Mandarin, Mango, Plum, Capers, Papaya	Fruits	Avocado, Fig, Strawberry
Black Pepper, Cinnamon, Nutmeg, Anise, Bay Leaf, Caraway, Cayenne Pepper, Common Thyme, Curry Powder, Hot Paprika Powder, Oregano, Woo-hsiang Powder, Cumin, Jalapeno Pepper, Habanero Pepper	Spices	Turmeric
Almond, Black Walnut, Cashews, English Walnut, Hazelnut, Pine Nut, Sweet Chestnut	Nuts(Tree)	Brazilnut, Pistachio Nut, Pecan, Macadamia Nut
Wheat, Corn, Cow's Milk	Allergen	/
Acid Blue #3 (patent Blue V), Acid Red #14 (carmoisine), Annatto, Beta-carotene, Blue #1 (brilliant Blue), Blue #2 (indigo Carmine), Brilliant Black, Cochineal Extract, Green #3 (fast Green), Red #2 (amaranth Red), Red #3 (erythrosine), Red #4 (carmine), Yellow #6 (sunset Yellow)	Food Dyes and Pigments	Yellow #5 (tartrazine), Red #40 (allura Red)
Arabic Gum, Beta-glucan, Carrageenan, Cottonseed, Gum Tragacanth, Locust Bean Gum, Mastic Gum, Xanthan Gum	Gums and Thickening Agents	Guar Gum
Ispaghula	Fibrous Additives	/
Lecithin (egg Yolk), Lecithin (soy), Polysorbate 80	Emulsifiers and Surfactants	/
Monosodium Glutamate (msg), Sodium Citrate	Flavor Enhancers	Ammonium Chloride
Aspartame, Mannitol, Monk Fruit, Saccharin, Sorbitol, Stevia, Sucralose (splenda), Xylitol	Sweeteners	Acesulfame K, Erythritol
Benzoic Acid, Butylated Hydroxyanisole (bha), Butylated Hydroxytoluene (bht), Citric Acid, Formaldehyde, Sodium Benzoate, Sodium Nitrate, Sodium Sulfite	Preservatives and Antioxidants	Sorbic Acid
Deltamethrin	Pesticides	Glyphosate
Fluoride, Nickel Sulfate, Titanium Dioxide	Elements	/

## Food Personalization Summary

Non-Reactive Foods 	Category	Reactive Foods 
Cocoa, Coffee, Hops, Rosemary, Vanilla Bean, Yeast, Black Tea, Cane Sugar, Dill, Lemon Grass, Molasses, Oolong Tea, Parsley, Green Tea, Agave, Cilantro, Espresso, Tobacco	Miscellaneous	/
Latex	Other	Bisphenol A (bpa)



# Food Sensitivity - Summary

## Food Sensitivity Complete

Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

High	IgA	IgG	IgG4	C3D	High	IgA	IgG	IgG4	C3D
Amaranth	5	6	>30	>30	Flax seed	4	3	29	6
Avocado	6	17	12	22	Fig	9	2	7	>30
Turmeric	6	17	14	23	Brazilnut	4	24	2	8
Pistachio nut	6	7	>30	5					
Moderate	IgA	IgG	IgG4	C3D	Moderate	IgA	IgG	IgG4	C3D
Oats	3	6	4	6	Rye	3	6	5	6
Barley	3	6	4	6	Brown Rice	4	6	1	7
Buckwheat	6	8	8	5	Tiger nut	4	6	5	11
Mustard	8	19	<0.1	6	Chia	4	14	3	7
Egg White	8	20	1	16	Egg Yolk	3	8	3	4
Shallots	5	11	6	7	Lentils	2	13	5	6
Mung beans	4	5	6	5	Strawberry	6	16	7	9
Pecan	4	7	5	7	Macadamia Nut	4	6	2	6

## Food Additives

Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

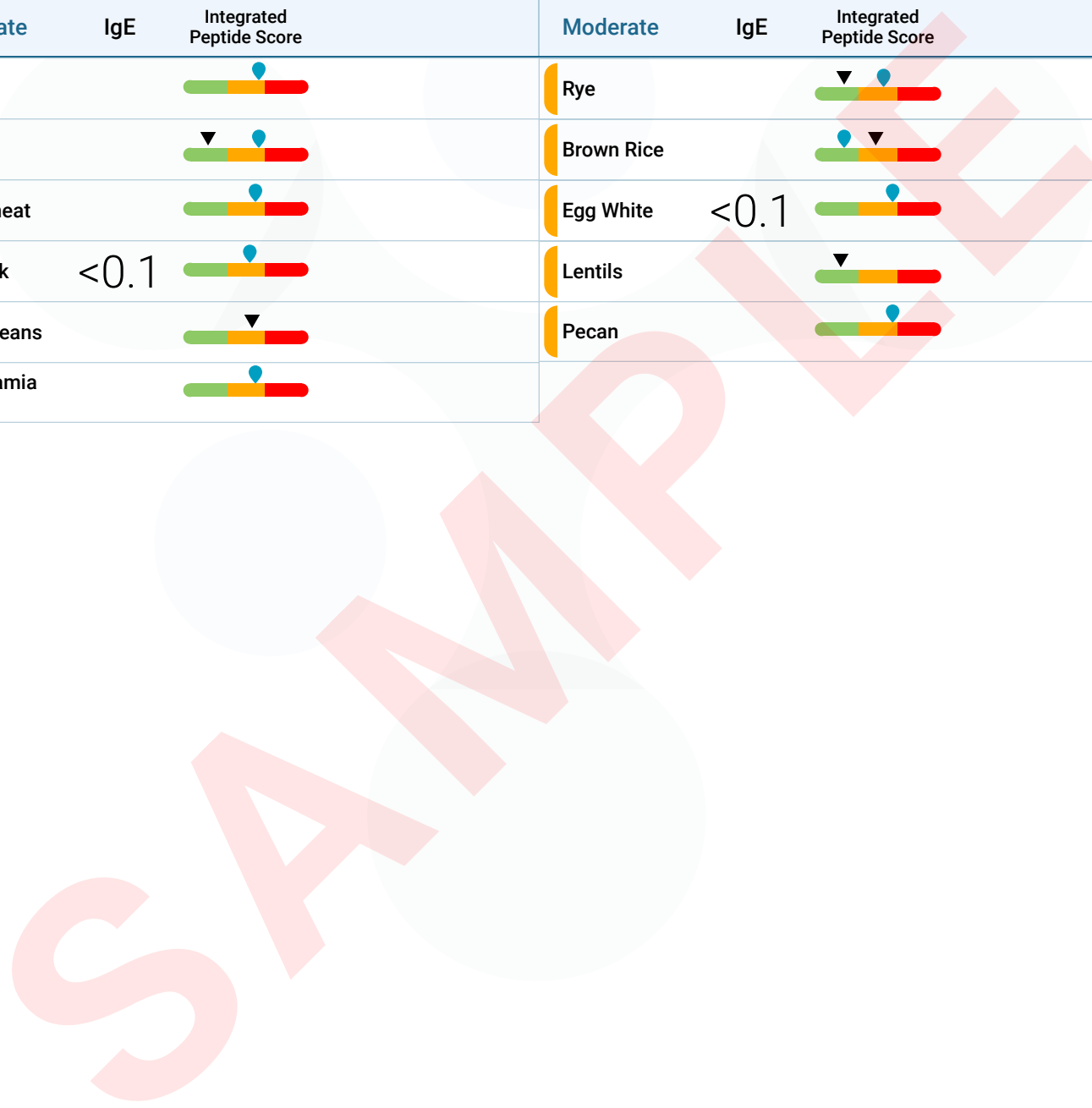
High	IgA	IgG	IgG4	C3D	High	IgA	IgG	IgG4	C3D
Yellow #5 (Tartrazine)	1.3	23.8	5.3	6.2	Glyphosate	3.8	24.7	4.2	1.2
Moderate	IgA	IgG	IgG4	C3D	Moderate	IgA	IgG	IgG4	C3D
Red #40 (Allura Red)	3.7	13.5	5.2	5.3	Guar Gum	9.7	15.6	8.1	5.1
Ammonium Chloride	1.5	11.0	5.1	4.8	Acesulfame K	5.4	10.6	1.5	4.6
Erythritol	5.6	14.2	7.0	5.3	Sorbic Acid	4.8	14.7	5.7	4.3
Bisphenol A (BPA)	6.6	13.7	8.7	6.7					

# Food Sensitivity - Summary

## Food Sensitivity Complete

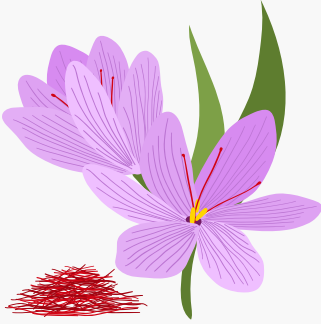
Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

High	IgE	Integrated Peptide Score	High	IgE	Integrated Peptide Score
Brazilnut			Pistachio nut		
Moderate	IgE	Integrated Peptide Score	Moderate	IgE	Integrated Peptide Score
Oats			Rye		
Barley			Brown Rice		
Buckwheat			Egg White	<0.1	
Egg Yolk	<0.1		Lentils		
Mung beans			Pecan		
Macadamia Nut					



## Food Sensitivity - Summary Comments

### Amaranth



#### FOOD DESCRIPTION

A gluten free grain from one of the 70 species of the flowering Amaranthus plant family.

#### COMMONLY FOUND IN

Gluten-free grains, cereals, trail mix, granola, granola bars, alternative flour mixes.

#### HIDDEN SOURCES

Squalene (a common oil extracted and used in cosmetics).

### Flax seed



#### FOOD DESCRIPTION

Flaxseed (or linseed) is a member of the genus Linum in the family Linaceae. It is a food and fiber crop cultivated in cooler regions of the world. The textiles made from flax are known as linen. Flaxseeds contain 54% omega-3 fatty acids.

#### COMMONLY FOUND IN

Flax seeds are commonly found in cereals, breads, muffins and other baked goods, vegan protein powders, and gluten free flours and foods.

#### HIDDEN SOURCES

Hidden sources of flax seed include vegetarian and vegan protein powders and omega-three fatty acid supplements.

#### PRECAUTION

While less common, flax seeds may have possible cross-reactivity with other seeds.

### Avocado



#### FOOD DESCRIPTION

A stone fruit, bright orange in color with a velvety skin and flesh; related to peaches but usually smaller in diameter and not as juicy.

#### COMMONLY FOUND IN

Whole fruit, salads, guacamole, salad dressings, ceviche, Mexican cuisine (tacos/burritos), sometimes in omelets or egg dishes.

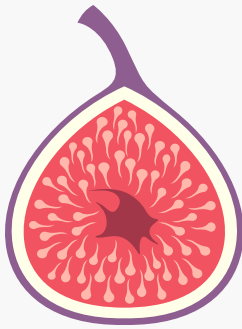
#### HIDDEN SOURCES

Alligator Pear is an alternative name.



## Food Sensitivity - Summary Comments

### Fig



#### FOOD DESCRIPTION

Figs are best eaten ripe and fresh because they are highly perishable; as a consequence, figs are most commonly sold dried. The fresh fruit is crunchy and sweet with a seed count that can be as high as 750! Figs are one of the few fruits that contain omega-3 and omega-3 essential fatty acids. The two most common domestic dried figs are the light-green colored Calimyrna and the dark purple Mission fig; however, figs can vary in color, available in shades of white, green, purple and red.

#### COMMONLY FOUND IN

Commonly consumed fresh, dried, canned or processed to produce jams or fig paste. Fig paste is used in fig rolls, a pastry filled with fig paste.

#### PRECAUTION

A dried fig is about 50% sugar, which is amongst the highest sugar content in common fruits.

### Turmeric



#### FOOD DESCRIPTION

Turmeric is a spice that comes from turmeric plant and is commonly used in Asian food. It has a warm, bitter taste and is frequently used to flavor or color curry powders, butters and cheeses. It is also widely used to make medicine.

#### COMMONLY FOUND IN

Turmeric is commonly found in curries, soups, condiments, savory baked goods, South Asian cuisines, and fish, meat and vegetable dishes.

#### HIDDEN SOURCES

Hidden sources of turmeric include dietary supplements and protein powders marketed for digestion, inflammation, and pain.

#### PRECAUTION

Some topical products marketed for pain and inflammation may contain turmeric.

### Brazilnut



#### FOOD DESCRIPTION

Brazilnut is a South American tree in the family Lecythidaceae. They are native to the amazon rain forest in Brazil, Bolivia and Peru. They have a smooth, buttery texture and nutty flavor. They have several health benefits and help regulate thyroid glands, and support the immune system.

#### COMMONLY FOUND IN

Brazil nuts are commonly found in mixed nuts, Brazil nut butter and mixed nut butters, desserts and other baked goods, chocolates, and other confectionaries.

#### HIDDEN SOURCES

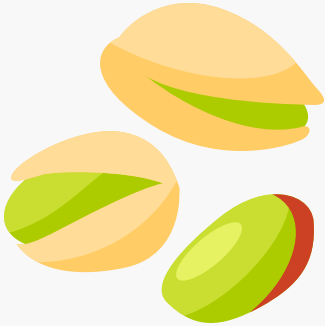
Tree nut proteins can be found in cereals, crackers, flavored coffees, flavored syrups, marinades,

#### PRECAUTION

Brazil nut oil is derived from Brazil nuts and should be avoided by people with Brazil nut sensitivity.

## Food Sensitivity - Summary Comments

### Pistachio nut



#### FOOD DESCRIPTION

The pistachio, a member of the cashew family, is a small tree originating from Central Asia and the Middle East. The tree produces pistachio seeds that are widely consumed as food. Pistacia vera often is confused with other species in the genus Pistacia that are also known as pistachio.

#### COMMONLY FOUND IN

Pistachios are commonly found in ice cream, baked goods, nougat, fudge and other desserts, and may be found in stuffings and crusts.

#### HIDDEN SOURCES

Hidden sources of pistachio include pistachio flavorings and extracts used in ice cream and baked goods.

#### PRECAUTION

Pistachio is not suitable for individuals with tree nut allergy.

### Oats



#### FOOD DESCRIPTION

A brown or off-white cereal grain.

#### COMMONLY FOUND IN

Oats, cereal, hot cereal, trail mix, granola, granola bars, some alcoholic beverages, baked goods, some flour mixes, rolled oats, porridge, oat bran.

#### HIDDEN SOURCES

Used as a thickener in soups, oat grass in some natural remedies.

#### PRECAUTION

High in B vitamins and manganese; Some varieties of oats are gluten-free, but some contain gluten naturally, while others are cross-contaminated during processing or handling; look for certified gluten-free oats.

### Rye



#### FOOD DESCRIPTION

A gluten-containing grain closely related to barley and wheat.

#### COMMONLY FOUND IN

Breads, flour, baked goods, crackers.

#### HIDDEN SOURCES

Whiskey and beer.

#### PRECAUTION

Contains gluten.

## Food Sensitivity - Summary Comments

### Barley



#### FOOD DESCRIPTION

A commonly used gluten-containing grain.

#### COMMONLY FOUND IN

Flour mixes, pancakes, baked goods, cereals, trail mix, granola, granola bars, pasta, porridge, tea, soups.

#### HIDDEN SOURCES

Unrelated to wheat; good source of iron, zinc and selenium; excellent source of niacin, manganese, magnesium and phosphorus. Contains gluten.

### Buckwheat



#### FOOD DESCRIPTION

A commonly used gluten-containing grain.

#### COMMONLY FOUND IN

Flour, baked goods, crackers, packaged foods, soy sauce, sauces, dressings, soups, pasta, beer, chips, cereal, flour tortillas, bread crumbs, fried foods, croutons.

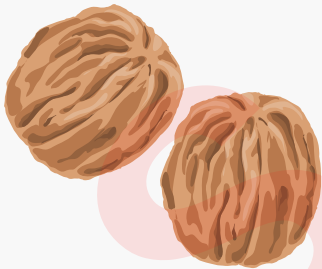
#### HIDDEN SOURCES

Durum wheat, bulgur, kamut, matzoh, spelt, cous cous, bran, wheat germ, farina, semolina, sprouted wheat, triticale, wheat berries; modified food starch, common food fillers, some spice blends, marinades, licorice candy, ice cream, deli meat.

#### PRECAUTION

Contains gluten. Also, found in cosmetics and shampoo.

### Tiger nut



#### FOOD DESCRIPTION

Tiger nuts are small, wrinkled, marble sized orbs cultivated from a sedge grass known as *Cyperus esculentus lativum*. Despite the name, tiger nuts are not nuts; they are in the category of tuber/root vegetables—they are gluten free and have low allergenic potential.

#### COMMONLY FOUND IN

Tiger nuts are versatile and can be consumed whole-raw, roasted, or boiled as a snack or salad topping or component of cereal/granola. Tiger nuts can also be used as a baking flour alternative and a milk alternative. Tiger nuts are a traditionally ingredient in the drink Horchata.

#### HIDDEN SOURCES

Tiger nuts are emerging as a very popular "super food" and while it is common to see tiger nuts in many gluten free and dairy free foods; they will be clearly stated in ingredient lists. Cautioned with mixed foods such as granolas, cereal blends, nut mixes, smoothies, etc.

#### PRECAUTION

Tiger nuts are very high in resistant starch. This makes them a higher fiber food which can stabilize blood sugars, regulate appetite, and serve as a prebiotic fiber for gut bacteria. Caution advised for anyone following a low FODMAP or low fiber diet for IBS symptoms.

## Food Sensitivity - Summary Comments

### Mustard



#### FOOD DESCRIPTION

Mustard seeds are cabbage family members. They come in black (*B. nigra*), brown (*B. juncea*) or white (*B. hirta*).

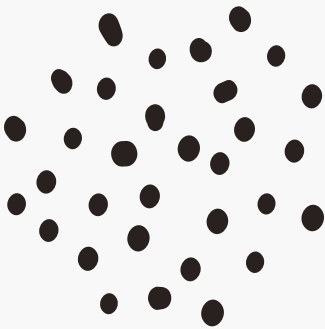
#### COMMONLY FOUND IN

Most commonly used to make the mustard condiment: yellow mustard, Dijon mustard, spicy mustard. Common in pickles and salad dressings.

#### HIDDEN SOURCES

Soups, curries, stir-fries.

### Chia



#### FOOD DESCRIPTION

Chia seeds are the edible seeds derived from the *Salvia hispanica*, a flowering plant in the mint family native to Central America. The seeds are hydrophilic and are capable of absorbing up to 12 times their weight in liquid when soaked. They are a good source of omega-3 fatty acids, fiber, antioxidants, iron and calcium.

#### COMMONLY FOUND IN

Chia seeds are commonly found in chia seed butter and mixed seed and nut butters, cereals, yogurt, smoothies, chia 'puddings' and 'overnight oats' recipes, and nutrition bars.

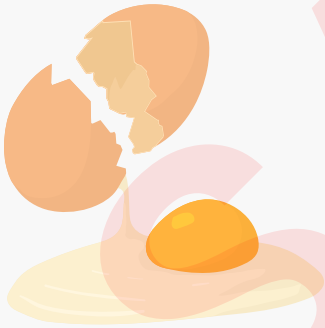
#### HIDDEN SOURCES

Hidden sources of chia seeds include egg replacers, fiber supplements, and vegan protein powders.

#### PRECAUTION

Chia seed oil is derived from chia seeds and should be avoided by people with chia seed sensitivity.

### Egg White



#### FOOD DESCRIPTION

The clear liquid contained within an egg.

#### COMMONLY FOUND IN

Liquid egg whites, egg substitutes, baked goods, macaroni, pasta, marzipan, marshmallows, nougat, albumin/albumen, dried eggs, powdered eggs, egg salad, eggnog, mayonnaise, meringue, imitation crab meat.

#### HIDDEN SOURCES

The foam on some specialty coffee drinks, egg substitutes, commercially processed cooked pasta, including ones found in soups; as an egg wash for pretzels before they are dipped on the salt, and an egg wash on fried foods. Albumin (the protein component of egg white) is found in processed foods. Avoid products with the following ingredients: ovalbumin, lecithin.

#### PRECAUTION

It is impossible to completely separate the egg white from the yolk.

## Food Sensitivity - Summary Comments

### Egg Yolk



#### FOOD DESCRIPTION

The yellow part of the egg, which is surrounded by the white.

#### COMMONLY FOUND IN

Egg substitutes, baked goods, macaroni, pasta, marzipan, nougat, dried eggs, powdered eggs, eggnog, mayonnaise, imitation crab meat, common topping on salads.

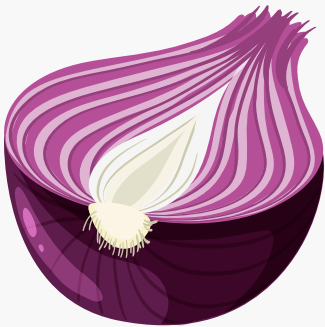
#### HIDDEN SOURCES

Commercially processed cooked pastas, including ones found in soups; as an egg wash used for fried foods. Lutein (deep yellow coloring from marigolds or egg yolk) is a common commercial food coloring. Avoid products with the ingredient lecithin.

#### PRECAUTION

Eggs are a common food allergen.

### Shallots



#### FOOD DESCRIPTION

Shallot is a type of onion and a botanical variety of the species *Allium Cepa*. The skin colour of shallot can vary from golden brown to gray to rose red. Their flesh is usually green or magenta.

### Lentils



#### FOOD DESCRIPTION

The lentil, *Lens culinaris*, is a member of the legume plant family and considered an edible, flattened pulse. Lentils grow on a bushy annual plant that produces the edible, lens-shaped seeds within pods. There are different lentil seeds and each of them is a good source of protein, carbohydrate and fiber. They are loaded with minerals like magnesium, calcium, potassium and zinc.

#### COMMONLY FOUND IN

Lentils are commonly found in Indian, African and Middle Eastern cuisine.

#### HIDDEN SOURCES

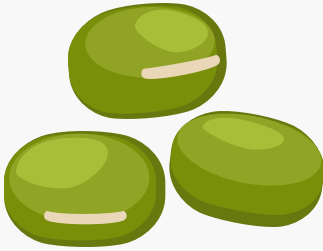
Lentil hummus (instead of traditional chickpea hummus).

#### PRECAUTION

One of the biggest issues surrounding all legumes, including lentils, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

## Food Sensitivity - Summary Comments

### Mung beans



#### FOOD DESCRIPTION

The mung bean (or green gram or mash) is a plant species in the legume family. The mung bean is mainly cultivated in Asia.

#### COMMONLY FOUND IN

Mung beans can be found in mung bean sprouts and noodles, soups, stews and dahl.

#### HIDDEN SOURCES

Mung beans, sprouts, or flour are not commonly used as food additives or fillers.

#### PRECAUTION

Mung bean sprouts can be a source of microbial contamination and food borne illness.

### Strawberry



#### FOOD DESCRIPTION

A heart-shaped red fruit with a green leafy crown, small edible black seeds are on the outside of the fruit.

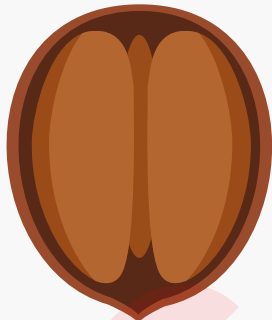
#### COMMONLY FOUND IN

Whole fruit, jams and jellies, mixed fruit preserves or juices, smoothies, berry wines, baked goods with berries, ice cream, sorbets, frozen fruit bars, milkshakes.

#### PRECAUTION

Strawberries are #1 on EWG's dirty dozen list for produce and are best consumed organic.

### Pecan



#### FOOD DESCRIPTION

Oblong nuts that have a smooth, light brown, sometimes mottled brown shell.

#### COMMONLY FOUND IN

Desserts and sweet treats, such as pecan pie, candied pecans and pecan sticky buns. A staple in Southern cooking.

#### HIDDEN SOURCES

Hickory Nut.

#### PRECAUTION

Tree nut allergies are one of the most common allergies.

## Food Sensitivity - Summary Comments

### Macadamia Nut



#### FOOD DESCRIPTION

Macadamia nut hails from Australia from the plant family of Proteaceae.

#### COMMONLY FOUND IN

Macadamia nuts are commonly found in mixed nuts, macadamia and mixed nut butters, desserts and other baked goods, chocolates, and other confectionaries.

#### HIDDEN SOURCES

Tree nut proteins can be found in cereals, crackers, flavored coffees, flavored syrups, marinadees,

#### PRECAUTION

Macadamia oil is derived from macadamia nuts and should be avoided by people with macadamia nut sensitivity.

### Yellow #5 (Tartrazine)



#### FOOD DESCRIPTION

Tartrazine is a synthetic yellow azo dye derived from tatrazone acid. It is used for food coloring and can be found in ice cream, popsicles, confectionery, soft drinks, chewing gum, cereal, and other processed foods.

### Glyphosate



#### FOOD DESCRIPTION

Glyphosate is a broad-spectrum systemic herbicide and crop desiccant. Glyphosate residues can be found in food products such as lettuce, carrots, barley, honey, dry lentils, soya beans, dry peas, tea, buckwheat, wheat and rye.

## Food Sensitivity - Summary Comments

### Red #40 (Allura Red)



#### FOOD DESCRIPTION

Allura red is a red azo dye and is used as a food dye. It is used in many foods such as cotton candy, soft drinks, cherry flavored products, dairy products, and children's medication. It is the most commonly used red dye in the United States.

### Guar Gum



#### FOOD DESCRIPTION

Guar gum a polysaccharide extracted from guar beans. It is used as a thickening and stabilizing agent in foods. It is used in baked goods, dairy products, meat, condiments, soups, oatmeal, desserts, and frozen food items.

### Ammonium Chloride



#### FOOD DESCRIPTION

Ammonium chloride is a white crystalline salt that is mainly used as flavoring agent in some types of liquorice. It is used as a yeast nutrient in breadmaking and as an acidifier. It is also found in candies, baked goods, condiments, margarine, and dried foods.



## Food Sensitivity - Summary Comments

### Acesulfame K



#### FOOD DESCRIPTION

Acesulfame potassium (also known as acesulfame K, or ace K) is an artificial sweetener. It is around 200 times sweeter than sugar and is used to give food and drinks a sweet taste without adding calories. It is found in foods including beverages, tabletop sweeteners, dairy products, ice cream, desserts, jam, jelly, marmalade, baked goods, toothpaste and mouthwash, chewing gum, marinades, yogurt, breakfast cereals, salad dressings, sauces, and condiments.

### Erythritol



#### FOOD DESCRIPTION

Erythritol is a sugar alcohol produced in the food industry by fermenting glucose with a yeast - *Moniliella pollinis*. It is used as a low-calorie sugar substitute. It can be found in various foods like sugar-free cakes, cookies, yogurt, puddings, pastries, and candies.

### Sorbic Acid



#### FOOD DESCRIPTION

Sorbic acid is a natural organic compound, which is formed by the condensation of malonic acid and trans-butenal. It is used as an antimicrobial agent to prevent the growth of mold, yeast, and fungi, which can spoil food and spread fatal diseases. It is very common in foods like cheese and bread.

## Food Sensitivity - Summary Comments

### Bisphenol A (BPA)



#### FOOD DESCRIPTION

Bisphenol A is a colorless solid organic compound, which is found in polycarbonate and epoxy resins. It is used in plastics such as water bottles, food containers, and cans that store foods and beverages. In cans, BPA-based liners form a barrier between the food and the can surface that prevents corrosion of the can and migration of the metal into the food. Exposure to BPA can have health effects on the brain and prostate gland in developing fetuses and infants. It can also affect children's behavior. Additional research suggests a possible link between BPA and increased blood pressure.

SAMPLE

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ● In Control: ≤10 ● Moderate: 10.1-20 ● Risk: >20

Gluten containing grains	IgA	Current	IgG	IgA	Previous	IgG
Barley	3		6	8 (06-02-2023)		4 (06-02-2023)
Malt	3		7	8 (06-02-2023)		10 (06-02-2023)
Oats	3		6	5 (06-02-2023)		9 (06-02-2023)
Rye	3		6	9 (06-02-2023)		2 (06-02-2023)
Wheat	4		4	3 (06-02-2023)		8 (06-02-2023)
Corn	4		5	8 (06-02-2023)		5 (06-02-2023)
Spelt	3		7	1 (06-02-2023)		4 (06-02-2023)
Gluten free grains	IgA	Current	IgG	IgA	Previous	IgG
Amaranth	5		6	7 (06-02-2023)		8 (06-02-2023)
Brown Rice	4		6	6 (06-02-2023)		8 (06-02-2023)
Buckwheat	6		8	6 (06-02-2023)		2 (06-02-2023)
Millet	4		7	1 (06-02-2023)		4 (06-02-2023)
Gluten free alternative starches	IgA	Current	IgG	IgA	Previous	IgG
Cassava	5		8	3 (06-02-2023)		8 (06-02-2023)
Tapioca	5		9	7 (06-02-2023)		5 (06-02-2023)
Tiger nut	4		6	3 (06-02-2023)		14 (06-02-2023)
Taro Root	4		6	1 (06-02-2023)		2 (06-02-2023)
Arrowroot	4		6	2 (06-02-2023)		4 (06-02-2023)
Vegan	IgA	Current	IgG	IgA	Previous	IgG
Cous Cous	4		7	2 (06-02-2023)		5 (06-02-2023)
Tempeh	6		3	2 (06-02-2023)		5 (06-02-2023)
Tofu	4		5	1 (06-02-2023)		4 (06-02-2023)
Vegan Cheese	4		7	6 (06-02-2023)		9 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Seeds	IgA	Current	IgG	IgA	Previous	IgG
Mustard	8	19		6 (06-02-2023)		25 (06-02-2023)
Sesame	4	5		6 (06-02-2023)		8 (06-02-2023)
Coriander seed	3	5		1 (06-02-2023)		5 (06-02-2023)
Flax seed	4	3		1 (06-02-2023)		4 (06-02-2023)
Poppy seed	4	7		2 (06-02-2023)		6 (06-02-2023)
Rape seed	4	4		1 (06-02-2023)		6 (06-02-2023)
Sunflower seed	2	9		1 (06-02-2023)		4 (06-02-2023)
Chia	4	14		1 (06-02-2023)		16 (06-02-2023)
Hemp	3	7		2 (06-02-2023)		9 (06-02-2023)
Dairy	IgA	Current	IgG	IgA	Previous	IgG
Beta-Casein	2	2		2 (06-02-2023)		3 (06-02-2023)
Casomorphin	4	6		6 (06-02-2023)		5 (06-02-2023)
Cow's Milk	1	2		3 (06-02-2023)		4 (06-02-2023)
Goat's Milk	4	3		6 (06-02-2023)		6 (06-02-2023)
Whey Protein	5	6		8 (06-02-2023)		7 (06-02-2023)
Buffalo milk	1	2		1 (06-02-2023)		8 (06-02-2023)
Buttermilk	4	6		1 (06-02-2023)		8 (06-02-2023)
Cheddar cheese	3	3		1 (06-02-2023)		3 (06-02-2023)
Kefir	3	9		1 (06-02-2023)		5 (06-02-2023)
Sheep's milk	3	6		3 (06-02-2023)		3 (06-02-2023)
Yoghurt	2	6		1 (06-02-2023)		4 (06-02-2023)
Meat	IgA	Current	IgG	IgA	Previous	IgG
Beef	5	9		8 (06-02-2023)		5 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Meat	IgA	Current	IgG	IgA	Previous	IgG
Chicken	2		9	9 (06-02-2023)		5 (06-02-2023)
Egg White	8		20	9 (06-02-2023)		30 (06-02-2023)
Egg Yolk	3		8	7 (06-02-2023)		6 (06-02-2023)
Lamb	5		7	9 (06-02-2023)		5 (06-02-2023)
Pork	4		5	6 (06-02-2023)		9 (06-02-2023)
Turkey	4		6	5 (06-02-2023)		6 (06-02-2023)
Duck meat	4		7	1 (06-02-2023)		6 (06-02-2023)
Goose meat	4		7	1 (06-02-2023)		7 (06-02-2023)
Rabbit	5		9	1 (06-02-2023)		4 (06-02-2023)
Veal	4		7	1 (06-02-2023)		7 (06-02-2023)
Fish	IgA	Current	IgG	IgA	Previous	IgG
Catfish	5		10	8 (06-02-2023)		5 (06-02-2023)
Codfish	5		8	7 (06-02-2023)		9 (06-02-2023)
Halibut	5		7	5 (06-02-2023)		5 (06-02-2023)
Lake Trout	3		9	5 (06-02-2023)		6 (06-02-2023)
Mackerel	6		6	4 (06-02-2023)		8 (06-02-2023)
Perch	6		6	6 (06-02-2023)		5 (06-02-2023)
Salmon	4		9	5 (06-02-2023)		2 (06-02-2023)
Tuna	5		9	7 (06-02-2023)		7 (06-02-2023)
Alaska pollock	4		9	1 (06-02-2023)		3 (06-02-2023)
Anchovy	4		6	2 (06-02-2023)		9 (06-02-2023)
Carp	1		3	2 (06-02-2023)		8 (06-02-2023)
Eel	4		7	1 (06-02-2023)		4 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fish	IgA	Current	IgG	IgA	Previous	IgG
Flounder	4		10	1 (06-02-2023)		5 (06-02-2023)
Sardine	4		9	5 (06-02-2023)		3 (06-02-2023)
Sea bass	4		9	2 (06-02-2023)		7 (06-02-2023)
Sole	4		8	1 (06-02-2023)		4 (06-02-2023)
Shellfish	IgA	Current	IgG	IgA	Previous	IgG
Crab	5		8	8 (06-02-2023)		6 (06-02-2023)
Lobster	7		10	6 (06-02-2023)		6 (06-02-2023)
Shrimp	4		8	5 (06-02-2023)		5 (06-02-2023)
Crayfish	3		10	1 (06-02-2023)		4 (06-02-2023)
Mollusks	IgA	Current	IgG	IgA	Previous	IgG
Clam	4		9	5 (06-02-2023)		7 (06-02-2023)
Oyster	5		9	10 (06-02-2023)		8 (06-02-2023)
Scallops	2		7	5 (06-02-2023)		9 (06-02-2023)
Grapevine snail	5		9	1 (06-02-2023)		4 (06-02-2023)
Blue mussel	5		5	2 (06-02-2023)		6 (06-02-2023)
Octopus	3		6	1 (06-02-2023)		4 (06-02-2023)
Pacific squid	4		8	1 (06-02-2023)		5 (06-02-2023)
Squid	4		9	1 (06-02-2023)		4 (06-02-2023)
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Broccoli	4		6	8 (06-02-2023)		5 (06-02-2023)
Cabbage	7		8	9 (06-02-2023)		7 (06-02-2023)
Carrot	5		8	7 (06-02-2023)		5 (06-02-2023)
Cauliflower	5		8	6 (06-02-2023)		5 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	IgA	Current IgG	IgA Previous	IgG Previous
Celery	5	8	7 (06-02-2023)	5 (06-02-2023)
Cucumber	6	6	6 (06-02-2023)	7 (06-02-2023)
Garlic	7	1	5 (06-02-2023)	7 (06-02-2023)
Green Bean	5	7	6 (06-02-2023)	5 (06-02-2023)
Green Peas	6	5	6 (06-02-2023)	10 (06-02-2023)
Lettuce	5	6	6 (06-02-2023)	6 (06-02-2023)
Lima Bean	6	8	6 (06-02-2023)	7 (06-02-2023)
Mushrooms	3	8	7 (06-02-2023)	7 (06-02-2023)
Onion	5	10	5 (06-02-2023)	8 (06-02-2023)
Seaweed(Kelp)	6	9	7 (06-02-2023)	6 (06-02-2023)
Spinach	6	4	5 (06-02-2023)	8 (06-02-2023)
Squash	4	4	8 (06-02-2023)	5 (06-02-2023)
Ginger	5	8	9 (06-02-2023)	7 (06-02-2023)
Sweet Potato	5	6	5 (06-02-2023)	4 (06-02-2023)
Asparagus	6	7	1 (06-02-2023)	6 (06-02-2023)
Bamboo shoots	5	7	2 (06-02-2023)	6 (06-02-2023)
Beet root	6	9	1 (06-02-2023)	5 (06-02-2023)
Endive	4	7	1 (06-02-2023)	5 (06-02-2023)
Leek	5	8	1 (06-02-2023)	5 (06-02-2023)
Roquette	5	7	1 (06-02-2023)	9 (06-02-2023)
Savoy cabbage	6	9	1 (06-02-2023)	4 (06-02-2023)
Turnip	7	10	1 (06-02-2023)	5 (06-02-2023)
Vine leaf	4	7	1 (06-02-2023)	3 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	IgA	Current	IgG	IgA	Previous	IgG
White radish	5		4	1 (06-02-2023)		6 (06-02-2023)
Artichoke	6		8	1 (06-02-2023)		3 (06-02-2023)
Chard	4		8	1 (06-02-2023)		4 (06-02-2023)
Kale	5		8	1 (06-02-2023)		5 (06-02-2023)
Shiitake mushroom	5		8	2 (06-02-2023)		3 (06-02-2023)
Zucchini	6		8	1 (06-02-2023)		5 (06-02-2023)
Purple Potato	3		8	2 (06-02-2023)		8 (06-02-2023)
Green onion/Scallions	3		3	3 (06-02-2023)		7 (06-02-2023)
Shallots	5		11	2 (06-02-2023)		13 (06-02-2023)
Acorn Squash	4		8	2 (06-02-2023)		10 (06-02-2023)
Butternut Squash	4		8	2 (06-02-2023)		8 (06-02-2023)
Spaghetti Squash	4		8	2 (06-02-2023)		8 (06-02-2023)
Parsnip	4		5	3 (06-02-2023)		9 (06-02-2023)
Portabella Mushroom	4		10	2 (06-02-2023)		5 (06-02-2023)
Nightshades	IgA	Current	IgG	IgA	Previous	IgG
Green Pepper	6		9	6 (06-02-2023)		6 (06-02-2023)
White Potato	5		6	9 (06-02-2023)		7 (06-02-2023)
Eggplant	4		7	1 (06-02-2023)		7 (06-02-2023)
Legumes	IgA	Current	IgG	IgA	Previous	IgG
Kidney Bean	3		8	8 (06-02-2023)		9 (06-02-2023)
Navy Bean	5		9	5 (06-02-2023)		6 (06-02-2023)
Peanut	5		3	4 (06-02-2023)		7 (06-02-2023)
Soybean	8		8	8 (06-02-2023)		7 (06-02-2023)



# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Legumes	IgA	Current	IgG	IgA	Previous	IgG
Broad bean	2		3	1 (06-02-2023)		5 (06-02-2023)
Chickpea	4		7	1 (06-02-2023)		5 (06-02-2023)
Mung beans	4		5	1 (06-02-2023)		3 (06-02-2023)
Black Beans	3		7	1 (06-02-2023)		1 (06-02-2023)
Pinto Beans	3		5	2 (06-02-2023)		9 (06-02-2023)
Black-eye Peas	3		8	2 (06-02-2023)		9 (06-02-2023)
Lentils	2		13	4 (06-02-2023)		16 (06-02-2023)
Fruits	IgA	Current	IgG	IgA	Previous	IgG
Apple	6		8	7 (06-02-2023)		5 (06-02-2023)
Apricot	4		6	6 (06-02-2023)		4 (06-02-2023)
Avocado	6		17	5 (06-02-2023)		>30 (06-02-2023)
Banana	6		5	7 (06-02-2023)		4 (06-02-2023)
Blackberry	2		6	6 (06-02-2023)		8 (06-02-2023)
Blueberry	3		7	8 (06-02-2023)		5 (06-02-2023)
Cantaloupe	6		8	6 (06-02-2023)		5 (06-02-2023)
Cherry	3		7	5 (06-02-2023)		6 (06-02-2023)
Coconut	4		7	6 (06-02-2023)		5 (06-02-2023)
Cranberry	3		8	7 (06-02-2023)		5 (06-02-2023)
Grape	4		7	9 (06-02-2023)		6 (06-02-2023)
Grapefruit	4		10	7 (06-02-2023)		6 (06-02-2023)
Orange	6		7	6 (06-02-2023)		7 (06-02-2023)
Peach	4		6	8 (06-02-2023)		6 (06-02-2023)
Pear	3		10	4 (06-02-2023)		6 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	IgA	Current	IgG	IgA	Previous	IgG
Pineapple	4		7	9 (06-02-2023)		3 (06-02-2023)
Raspberry	6		6	8 (06-02-2023)		6 (06-02-2023)
Strawberry	6		16	9 (06-02-2023)		22 (06-02-2023)
Watermelon	5		8	4 (06-02-2023)		8 (06-02-2023)
Tomato	6		8	7 (06-02-2023)		9 (06-02-2023)
Olive	5		3	5 (06-02-2023)		5 (06-02-2023)
Lemon	5		4	5 (06-02-2023)		4 (06-02-2023)
Fig	9		2	1 (06-02-2023)		7 (06-02-2023)
Guava	5		7	1 (06-02-2023)		3 (06-02-2023)
Honeydew melon	5		9	5 (06-02-2023)		8 (06-02-2023)
Kiwi fruit	4		8	1 (06-02-2023)		8 (06-02-2023)
Litchi	5		8	1 (06-02-2023)		4 (06-02-2023)
Mandarin	6		8	1 (06-02-2023)		9 (06-02-2023)
Mango	4		7	1 (06-02-2023)		5 (06-02-2023)
Plum	3		5	1 (06-02-2023)		6 (06-02-2023)
Capers	6		9	1 (06-02-2023)		4 (06-02-2023)
Papaya	7		9	1 (06-02-2023)		3 (06-02-2023)
Spices	IgA	Current	IgG	IgA	Previous	IgG
Black pepper	4		5	5 (06-02-2023)		7 (06-02-2023)
Cinnamon	3		7	8 (06-02-2023)		7 (06-02-2023)
Nutmeg	4		7	6 (06-02-2023)		5 (06-02-2023)
Anise	7		8	1 (06-02-2023)		4 (06-02-2023)
Bay leaf	4		7	1 (06-02-2023)		4 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Spices	IgA	Current	IgG	IgA	Previous	IgG
Caraway	4		7	3 (06-02-2023)		2 (06-02-2023)
Cayenne pepper	4		6	1 (06-02-2023)		6 (06-02-2023)
Common thyme	4		8	2 (06-02-2023)		9 (06-02-2023)
Curry powder	5		6	1 (06-02-2023)		3 (06-02-2023)
Hot paprika powder	5		8	1 (06-02-2023)		4 (06-02-2023)
Oregano	5		7	1 (06-02-2023)		5 (06-02-2023)
Woo-hsiang powder	5		8	1 (06-02-2023)		4 (06-02-2023)
Turmeric	6		17	4 (06-02-2023)		22 (06-02-2023)
Cumin	4		5	3 (06-02-2023)		7 (06-02-2023)
Jalapeno pepper	8		7	7 (06-02-2023)		2 (06-02-2023)
Habanero pepper	6		7	2 (06-02-2023)		9 (06-02-2023)
Nuts(Tree)	IgA	Current	IgG	IgA	Previous	IgG
Almond	8		3	8 (06-02-2023)		2 (06-02-2023)
Black Walnut	7		5	5 (06-02-2023)		9 (06-02-2023)
Cashews	5		10	7 (06-02-2023)		9 (06-02-2023)
English Walnut	5		6	9 (06-02-2023)		6 (06-02-2023)
Pecan	4		7	6 (06-02-2023)		5 (06-02-2023)
Hazelnut	6		7	1 (06-02-2023)		5 (06-02-2023)
Pine nut	3		8	1 (06-02-2023)		4 (06-02-2023)
Pistachio nut	6		7	1 (06-02-2023)		4 (06-02-2023)
Sweet chestnut	4		5	1 (06-02-2023)		9 (06-02-2023)
Macadamia Nut	4		6	2 (06-02-2023)		8 (06-02-2023)
Brazilnut	4		24	2 (06-02-2023)		15 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Miscellaneous	IgA	Current	IgG	IgA	Previous	IgG
Cocoa	5		9	9 (06-02-2023)		5 (06-02-2023)
Coffee	4		8	7 (06-02-2023)		7 (06-02-2023)
Hops	5		8	5 (06-02-2023)		6 (06-02-2023)
Rosemary	5		7	5 (06-02-2023)		4 (06-02-2023)
Vanilla Bean	3		3	7 (06-02-2023)		7 (06-02-2023)
Yeast	4		9	10 (06-02-2023)		2 (06-02-2023)
Black tea	8		8	1 (06-02-2023)		5 (06-02-2023)
Cane sugar	5		10	1 (06-02-2023)		5 (06-02-2023)
Dill	7		7	1 (06-02-2023)		7 (06-02-2023)
Lemon grass	6		6	2 (06-02-2023)		8 (06-02-2023)
Molasses	5		8	1 (06-02-2023)		4 (06-02-2023)
Oolong tea	6		6	1 (06-02-2023)		5 (06-02-2023)
Parsley	5		7	1 (06-02-2023)		5 (06-02-2023)
Green Tea	6		6	4 (06-02-2023)		6 (06-02-2023)
Agave	5		8	4 (06-02-2023)		7 (06-02-2023)
Cilantro	4		6	2 (06-02-2023)		5 (06-02-2023)
Espresso	3		6	2 (06-02-2023)		4 (06-02-2023)

## Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Food Dyes and Pigments	IgA	Current	IgG	IgA	Previous	IgG
Acid Blue #3 (Patent Blue V)	3.8		6.0	6.7 (06-02-2023)		5.1 (06-02-2023)
Acid Red #14 (Carmoisine)	3.9		5.3	3.7 (06-02-2023)		7.4 (06-02-2023)
Annatto	3.5		5.3	7.8 (06-02-2023)		12.6 (06-02-2023)
Beta-Carotene	3.6		5.8	6.3 (06-02-2023)		7.6 (06-02-2023)

# Food Sensitivity

## Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Food Dyes and Pigments	IgA	Current	IgG	IgA	Previous	IgG
Blue #1 (Brilliant Blue)	2.9		5.5	4.6 (06-02-2023)		7.6 (06-02-2023)
Blue #2 (Indigo Carmine)	2.1		7.1	6.5 (06-02-2023)		4.1 (06-02-2023)
Brilliant Black	2.3		5.8	6.3 (06-02-2023)		11.3 (06-02-2023)
Cochineal Extract	0.8		7.5	5.7 (06-02-2023)		4.2 (06-02-2023)
Green #3 (Fast Green)	3.7		5.9	1.2 (06-02-2023)		6.2 (06-02-2023)
Red #2 (Amaranth Red)	3.8		6.2	7.2 (06-02-2023)		4.2 (06-02-2023)
Red #3 (Erythrosine)	2.7		8.4	5.0 (06-02-2023)		3.1 (06-02-2023)
Red #4 (Carmine)	4.1		6.9	11.9 (06-02-2023)		8.1 (06-02-2023)
Red #40 (Allura Red)	3.7		13.5	3.5 (06-02-2023)		23.2 (06-02-2023)
Yellow #5 (Tartrazine)	1.3		23.8	5.0 (06-02-2023)		3.0 (06-02-2023)
Yellow #6 (Sunset Yellow)	3.4		6.8	5.1 (06-02-2023)		1.0 (06-02-2023)
Gums and Thickening Agents	IgA	Current	IgG	IgA	Previous	IgG
Arabic Gum	4.7		5.8	2.3 (06-02-2023)		5.9 (06-02-2023)
Beta-Glucan	6.1		5.9	5.7 (06-02-2023)		6.6 (06-02-2023)
Carrageenan	3.7		4.0	3.4 (06-02-2023)		6.0 (06-02-2023)
Cottonseed	6.5		8.3	2.5 (06-02-2023)		2.2 (06-02-2023)
Guar Gum	9.7		15.6	2.6 (06-02-2023)		18.9 (06-02-2023)
Gum Tragacanth	6.4		5.4	11.7 (06-02-2023)		2.5 (06-02-2023)
Locust Bean Gum	5.6		5.9	1.4 (06-02-2023)		3.1 (06-02-2023)
Mastic Gum	6.3		7.3	4.3 (06-02-2023)		9.5 (06-02-2023)
Xanthan Gum	8.5		7.0	5.6 (06-02-2023)		9.2 (06-02-2023)
Fibrous Additives	IgA	Current	IgG	IgA	Previous	IgG
Ispaghula	4.2		6.2	3.3 (06-02-2023)		4.7 (06-02-2023)

# Food Sensitivity

## Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Emulsifiers and Surfactants	IgA	Current	IgG	IgA	Previous	IgG
Lecithin (Egg yolk)	7.3		8.6	4.4 (06-02-2023)		6.0 (06-02-2023)
Lecithin (Soy)	5.2		9.3	3.4 (06-02-2023)		3.6 (06-02-2023)
Polysorbate 80	4.3		3.9	7.1 (06-02-2023)		3.8 (06-02-2023)
Flavor Enhancers	IgA	Current	IgG	IgA	Previous	IgG
Ammonium Chloride	1.5		11.0	2.7 (06-02-2023)		16.0 (06-02-2023)
Monosodium Glutamate (MSG)	5.7		7.1	2.7 (06-02-2023)		7.0 (06-02-2023)
Sodium Citrate	4.3		4.8	4.9 (06-02-2023)		1.4 (06-02-2023)
Sweeteners	IgA	Current	IgG	IgA	Previous	IgG
Acesulfame K	5.4		10.6	5.3 (06-02-2023)		22.3 (06-02-2023)
Aspartame	3.3		4.9	3.6 (06-02-2023)		11.1 (06-02-2023)
Erythritol	5.6		14.2	4.7 (06-02-2023)		16.8 (06-02-2023)
Mannitol	7.5		1.5	5.4 (06-02-2023)		1.8 (06-02-2023)
Monk fruit	6.5		7.7	4.1 (06-02-2023)		2.2 (06-02-2023)
Saccharin	6.3		6.5	2.6 (06-02-2023)		12.9 (06-02-2023)
Sorbitol	7.8		4.1	3.3 (06-02-2023)		6.6 (06-02-2023)
Stevia	6.5		2.9	4.4 (06-02-2023)		3.9 (06-02-2023)
Sucralose (Splenda)	5.3		8.5	5.4 (06-02-2023)		6.2 (06-02-2023)
Xylitol	6.2		7.5	1.9 (06-02-2023)		8.5 (06-02-2023)
Preservatives and Antioxidants	IgA	Current	IgG	IgA	Previous	IgG
Benzoic Acid	1.7		5.0	6.7 (06-02-2023)		4.3 (06-02-2023)
Butylated Hydroxyanisole (BHA)	3.2		6.0	1.7 (06-02-2023)		3.0 (06-02-2023)
Butylated Hydroxytoluene (BHT)	5.6		6.2	3.5 (06-02-2023)		2.5 (06-02-2023)
Citric Acid	3.1		6.6	3.8 (06-02-2023)		5.5 (06-02-2023)

# Food Sensitivity

Food Additives			Reference Range: <span style="color: green;">In Control: ≤10</span> <span style="color: orange;">Moderate: 10.1-20</span> <span style="color: red;">Risk: &gt;20</span>			
Preservatives and Antioxidants	IgA	Current	IgG	IgA	Previous	IgG
Formaldehyde	2.7		5.8	4.1 (06-02-2023)		3.4 (06-02-2023)
Sodium Benzoate	3.1		5.1	7.9 (06-02-2023)		9.4 (06-02-2023)
Sodium Nitrate	6.2		7.1	2.3 (06-02-2023)		3.3 (06-02-2023)
Sodium Sulfite	5.6		6.3	1.6 (06-02-2023)		7.1 (06-02-2023)
Sorbic Acid	4.8		14.7	1.3 (06-02-2023)		18.2 (06-02-2023)
Pesticides	IgA	Current	IgG	IgA	Previous	IgG
Deltamethrin	2.0		7.0	7.3 (06-02-2023)		5.5 (06-02-2023)
Glyphosate	3.8		24.7	1.7 (06-02-2023)		1.0 (06-02-2023)
Elements	IgA	Current	IgG	IgA	Previous	IgG
Fluoride	4.1		1.9	1.9 (06-02-2023)		7.9 (06-02-2023)
Nickel Sulfate	7.0		7.0	7.8 (06-02-2023)		5.1 (06-02-2023)
Titanium dioxide	3.2		2.6	11.2 (06-02-2023)		5.9 (06-02-2023)
Other	IgA	Current	IgG	IgA	Previous	IgG
Bisphenol A (BPA)	6.6		13.7	2.7 (06-02-2023)		15.6 (06-02-2023)
Latex	5.7		7.8	3.7 (06-02-2023)		1.7 (06-02-2023)

Food Sensitivity Complete			Reference Range: <span style="color: green;">In Control: ≤10</span> <span style="color: orange;">Moderate: 10.1-20</span> <span style="color: red;">Risk: &gt;20</span>			
Gluten containing grains	C3D	Current	IgG4	C3D	Previous	IgG4
Barley	6		4	2 (06-02-2023)		2 (06-02-2023)
Malt	6		4	1 (06-02-2023)		2 (06-02-2023)
Oats	6		4	5 (06-02-2023)		6 (06-02-2023)
Rye	6		5	3 (06-02-2023)		4 (06-02-2023)
Corn	3		8	8 (06-02-2023)		2 (06-02-2023)
Wheat	5		4	5 (06-02-2023)		4 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Gluten containing grains	C3D	Current	IgG4	C3D	Previous	IgG4
Spelt	5		4	4 (06-02-2023)	2 (06-02-2023)	
Gluten free grains	C3D	Current	IgG4	C3D	Previous	IgG4
Amaranth	>30		>30	>30 (06-02-2023)	>30 (06-02-2023)	
Brown Rice	7		1	8 (06-02-2023)	7 (06-02-2023)	
Buckwheat	5		8	2 (06-02-2023)	2 (06-02-2023)	
Millet	5		6	6 (06-02-2023)	3 (06-02-2023)	
Gluten free alternative starches	C3D	Current	IgG4	C3D	Previous	IgG4
Cassava	9		5	2 (06-02-2023)	5 (06-02-2023)	
Tapioca	4		5	1 (06-02-2023)	4 (06-02-2023)	
Tiger nut	11		5	11 (06-02-2023)	5 (06-02-2023)	
Taro Root	10		5	1 (06-02-2023)	2 (06-02-2023)	
Arrowroot	4		3	1 (06-02-2023)	3 (06-02-2023)	
Vegan	C3D	Current	IgG4	C3D	Previous	IgG4
Cous Cous	6		5	6 (06-02-2023)	4 (06-02-2023)	
Tempeh	7		5	9 (06-02-2023)	5 (06-02-2023)	
Tofu	8		6	5 (06-02-2023)	3 (06-02-2023)	
Vegan Cheese	5		8	5 (06-02-2023)	3 (06-02-2023)	
Seeds	C3D	Current	IgG4	C3D	Previous	IgG4
Mustard	6		<0.1	2 (06-02-2023)	4 (06-02-2023)	
Sesame	5		7	3 (06-02-2023)	2 (06-02-2023)	
Coriander seed	4		5	7 (06-02-2023)	3 (06-02-2023)	
Flax seed	6		29	6 (06-02-2023)	3 (06-02-2023)	
Poppy seed	6		8	5 (06-02-2023)	2 (06-02-2023)	



# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Seeds	C3D	Current	IgG4	C3D	Previous	IgG4
Rape seeds	5		5	6 (06-02-2023)		5 (06-02-2023)
Sunflower seeds	5		3	8 (06-02-2023)		4 (06-02-2023)
Chia	7		3	1 (06-02-2023)		5 (06-02-2023)
Hemp	5		6	1 (06-02-2023)		4 (06-02-2023)
Dairy	C3D	Current	IgG4	C3D	Previous	IgG4
Beta-Casein	1		<0.1	3 (06-02-2023)		2 (06-02-2023)
Casomorphin	7		2	2 (06-02-2023)		1 (06-02-2023)
Cow's Milk	2		2	1 (06-02-2023)		4 (06-02-2023)
Goat's Milk	2		2	2 (06-02-2023)		3 (06-02-2023)
Whey Protein	5		1	6 (06-02-2023)		3 (06-02-2023)
Buffalo milk	5		4	4 (06-02-2023)		2 (06-02-2023)
Buttermilk	6		4	4 (06-02-2023)		2 (06-02-2023)
Cheddar cheese	6		4	3 (06-02-2023)		2 (06-02-2023)
Kefir	5		5	4 (06-02-2023)		2 (06-02-2023)
Sheep's milk	6		6	3 (06-02-2023)		3 (06-02-2023)
Yoghurt	5		5	3 (06-02-2023)		2 (06-02-2023)
Meat	C3D	Current	IgG4	C3D	Previous	IgG4
Beef	6		6	3 (06-02-2023)		2 (06-02-2023)
Chicken	6		6	2 (06-02-2023)		2 (06-02-2023)
Lamb	5		6	4 (06-02-2023)		4 (06-02-2023)
Pork	4		7	7 (06-02-2023)		5 (06-02-2023)
Turkey	9		7	4 (06-02-2023)		4 (06-02-2023)
Egg White	16		1	17 (06-02-2023)		2 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Meat	C3D	Current	IgG4	C3D	Previous	IgG4
Egg Yolk	4		3	5 (06-02-2023)	7 (06-02-2023)	
Veal	5		5	6 (06-02-2023)	3 (06-02-2023)	
Goose meat	6		6	4 (06-02-2023)	2 (06-02-2023)	
Duck meat	6		6	3 (06-02-2023)	2 (06-02-2023)	
Rabbit	5		5	3 (06-02-2023)	2 (06-02-2023)	
Fish	C3D	Current	IgG4	C3D	Previous	IgG4
Catfish	6		6	1 (06-02-2023)	1 (06-02-2023)	
Codfish	9		9	2 (06-02-2023)	3 (06-02-2023)	
Halibut	5		7	8 (06-02-2023)	2 (06-02-2023)	
Lake Trout	5		<0.1	2 (06-02-2023)	2 (06-02-2023)	
Mackerel	5		8	2 (06-02-2023)	2 (06-02-2023)	
Perch	3		1	3 (06-02-2023)	3 (06-02-2023)	
Salmon	4		8	2 (06-02-2023)	2 (06-02-2023)	
Tuna	6		5	4 (06-02-2023)	4 (06-02-2023)	
Flounder	5		6	2 (06-02-2023)	1 (06-02-2023)	
Sea bass	3		3	6 (06-02-2023)	6 (06-02-2023)	
Anchovy	8		5	7 (06-02-2023)	6 (06-02-2023)	
Sardine	5		6	4 (06-02-2023)	3 (06-02-2023)	
Eel	5		6	4 (06-02-2023)	2 (06-02-2023)	
Alaska pollock	5		5	5 (06-02-2023)	2 (06-02-2023)	
Sole	5		4	4 (06-02-2023)	2 (06-02-2023)	
Carp	6		5	7 (06-02-2023)	6 (06-02-2023)	

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ● In Control: ≤10 ● Moderate: 10.1-20 ● Risk: >20

Shellfish	C3D	Current	IgG4	C3D	Previous	IgG4
Crab	5		1	2 (06-02-2023)		2 (06-02-2023)
Lobster	6		6	3 (06-02-2023)		2 (06-02-2023)
Shrimp	5		6	2 (06-02-2023)		3 (06-02-2023)
Crayfish	6		5	5 (06-02-2023)		2 (06-02-2023)
Mollusks	C3D	Current	IgG4	C3D	Previous	IgG4
Clam	6		5	5 (06-02-2023)		5 (06-02-2023)
Oyster	7		2	2 (06-02-2023)		2 (06-02-2023)
Scallops	5		3	2 (06-02-2023)		2 (06-02-2023)
Grapevine snail	6		5	3 (06-02-2023)		2 (06-02-2023)
Blue mussel	4		6	9 (06-02-2023)		2 (06-02-2023)
Squid	6		5	4 (06-02-2023)		2 (06-02-2023)
Octopus	5		5	5 (06-02-2023)		3 (06-02-2023)
Pacific squid	5		5	6 (06-02-2023)		2 (06-02-2023)
Vegetables	C3D	Current	IgG4	C3D	Previous	IgG4
Broccoli	5		8	3 (06-02-2023)		3 (06-02-2023)
Cabbage	5		7	3 (06-02-2023)		2 (06-02-2023)
Carrot	4		5	1 (06-02-2023)		2 (06-02-2023)
Cauliflower	7		5	4 (06-02-2023)		3 (06-02-2023)
Celery	5		5	1 (06-02-2023)		2 (06-02-2023)
Cucumber	5		9	2 (06-02-2023)		1 (06-02-2023)
Garlic	4		7	2 (06-02-2023)		4 (06-02-2023)
Green Bean	6		3	5 (06-02-2023)		7 (06-02-2023)
Green Peas	5		7	3 (06-02-2023)		3 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ● In Control: ≤10 ● Moderate: 10.1-20 ● Risk: >20

Vegetables	C3D	Current IgG4	C3D	Previous IgG4
Lettuce	5	9	3 (06-02-2023)	3 (06-02-2023)
Lima Bean	4	2	3 (06-02-2023)	3 (06-02-2023)
Mushrooms	5	4	5 (06-02-2023)	4 (06-02-2023)
Onion	5	6	5 (06-02-2023)	7 (06-02-2023)
Seaweed(Kelp)	4	5	4 (06-02-2023)	6 (06-02-2023)
Spinach	7	7	2 (06-02-2023)	2 (06-02-2023)
Squash	6	7	2 (06-02-2023)	3 (06-02-2023)
Sweet Potato	4	2	1 (06-02-2023)	5 (06-02-2023)
Ginger	6	7	8 (06-02-2023)	5 (06-02-2023)
Asparagus	5	6	5 (06-02-2023)	2 (06-02-2023)
Bamboo shoots	1	7	8 (06-02-2023)	2 (06-02-2023)
Beet root	6	4	4 (06-02-2023)	3 (06-02-2023)
Endive	6	5	6 (06-02-2023)	3 (06-02-2023)
Leek	5	5	7 (06-02-2023)	4 (06-02-2023)
Roquette	5	6	5 (06-02-2023)	3 (06-02-2023)
Savoy cabbage	5	8	6 (06-02-2023)	2 (06-02-2023)
Turnip	4	5	6 (06-02-2023)	3 (06-02-2023)
Vine leaf	5	6	4 (06-02-2023)	2 (06-02-2023)
White radish	8	4	6 (06-02-2023)	2 (06-02-2023)
Artichoke	6	5	4 (06-02-2023)	2 (06-02-2023)
Chard	8	7	4 (06-02-2023)	2 (06-02-2023)
Kale	6	6	4 (06-02-2023)	2 (06-02-2023)
Shiitake mushroom	4	5	4 (06-02-2023)	2 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ● In Control: ≤10 ● Moderate: 10.1-20 ● Risk: >20

Vegetables	C3D	Current	IgG4	C3D	Previous	IgG4
Zucchini	5		6	5 (06-02-2023)		2 (06-02-2023)
Purple Potato	9		4	1 (06-02-2023)		6 (06-02-2023)
Green onion/Scallions	9		6	1 (06-02-2023)		8 (06-02-2023)
Shallots	7		6	1 (06-02-2023)		8 (06-02-2023)
Acorn Squash	9		5	1 (06-02-2023)		6 (06-02-2023)
Butternut Squash	3		5	1 (06-02-2023)		8 (06-02-2023)
Spaghetti Squash	4		5	1 (06-02-2023)		5 (06-02-2023)
Parsnip	9		5	1 (06-02-2023)		5 (06-02-2023)
Portabella Mushroom	7		5	1 (06-02-2023)		4 (06-02-2023)
Nightshades	C3D	Current	IgG4	C3D	Previous	IgG4
Green Pepper	7		7	2 (06-02-2023)		2 (06-02-2023)
White Potato	7		4	2 (06-02-2023)		3 (06-02-2023)
Eggplant	7		4	6 (06-02-2023)		2 (06-02-2023)
Legumes	C3D	Current	IgG4	C3D	Previous	IgG4
Kidney Bean	5		4	2 (06-02-2023)		3 (06-02-2023)
Navy Bean	5		3	3 (06-02-2023)		5 (06-02-2023)
Peanut	4		4	5 (06-02-2023)		3 (06-02-2023)
Soybean	8		5	3 (06-02-2023)		4 (06-02-2023)
Broad bean	5		5	5 (06-02-2023)		3 (06-02-2023)
Chickpea	6		3	7 (06-02-2023)		2 (06-02-2023)
Mung beans	5		6	4 (06-02-2023)		2 (06-02-2023)
Black Beans	7		5	1 (06-02-2023)		4 (06-02-2023)
Pinto Beans	8		4	1 (06-02-2023)		5 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Legumes	C3D	Current IgG4	C3D	Previous IgG4
Black-eye Peas	7	4	1 (06-02-2023)	6 (06-02-2023)
Lentils	6	5	14 (06-02-2023)	12 (06-02-2023)
Fruits	C3D	Current IgG4	C3D	Previous IgG4
Olive	5	<0.1	1 (06-02-2023)	3 (06-02-2023)
Apple	7	6	3 (06-02-2023)	3 (06-02-2023)
Apricot	5	8	2 (06-02-2023)	2 (06-02-2023)
Avocado	22	12	25 (06-02-2023)	26 (06-02-2023)
Banana	5	1	2 (06-02-2023)	2 (06-02-2023)
Blackberry	5	3	2 (06-02-2023)	3 (06-02-2023)
Blueberry	5	6	4 (06-02-2023)	2 (06-02-2023)
Cantaloupe	5	8	4 (06-02-2023)	4 (06-02-2023)
Cherry	5	7	4 (06-02-2023)	2 (06-02-2023)
Coconut	5	2	4 (06-02-2023)	4 (06-02-2023)
Cranberry	6	5	1 (06-02-2023)	1 (06-02-2023)
Grape	6	7	4 (06-02-2023)	3 (06-02-2023)
Grapefruit	6	5	3 (06-02-2023)	2 (06-02-2023)
Orange	5	4	6 (06-02-2023)	9 (06-02-2023)
Peach	6	5	1 (06-02-2023)	2 (06-02-2023)
Pear	6	6	3 (06-02-2023)	3 (06-02-2023)
Pineapple	6	4	2 (06-02-2023)	2 (06-02-2023)
Raspberry	5	7	3 (06-02-2023)	5 (06-02-2023)
Strawberry	9	7	1 (06-02-2023)	1 (06-02-2023)
Tomato	5	3	3 (06-02-2023)	3 (06-02-2023)

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	C3D	Current	IgG4	C3D	Previous	IgG4
Watermelon	5		4	2 (06-02-2023)	1 (06-02-2023)	
Lemon	3		3	6 (06-02-2023)	4 (06-02-2023)	
Fig	>30		7	>30 (06-02-2023)	8 (06-02-2023)	
Guava	6		6	3 (06-02-2023)	3 (06-02-2023)	
Honeydew melon	4		5	7 (06-02-2023)	2 (06-02-2023)	
Kiwi fruit	6		4	6 (06-02-2023)	3 (06-02-2023)	
Litchi	6		6	6 (06-02-2023)	2 (06-02-2023)	
Mandarin	6		5	7 (06-02-2023)	2 (06-02-2023)	
Mango	5		6	4 (06-02-2023)	3 (06-02-2023)	
Plum	5		8	3 (06-02-2023)	2 (06-02-2023)	
Capers	4		5	5 (06-02-2023)	2 (06-02-2023)	
Papaya	4		6	8 (06-02-2023)	4 (06-02-2023)	
Spices	C3D	Current	IgG4	C3D	Previous	IgG4
Black pepper	5		7	3 (06-02-2023)	3 (06-02-2023)	
Cinnamon	5		4	2 (06-02-2023)	3 (06-02-2023)	
Nutmeg	3		5	3 (06-02-2023)	5 (06-02-2023)	
Anise	6		7	5 (06-02-2023)	2 (06-02-2023)	
Bay leaf	6		5	2 (06-02-2023)	2 (06-02-2023)	
Caraway	6		6	8 (06-02-2023)	4 (06-02-2023)	
Cayenne pepper	5		5	4 (06-02-2023)	2 (06-02-2023)	
Common thyme	5		7	9 (06-02-2023)	4 (06-02-2023)	
Curry powder	7		6	5 (06-02-2023)	2 (06-02-2023)	
Hot paprika powder	6		6	3 (06-02-2023)	2 (06-02-2023)	

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Spices	C3D	Current	IgG4	C3D	Previous	IgG4
Oregano	5		8	5 (06-02-2023)	2 (06-02-2023)	
Woo-hsiang powder	5		7	3 (06-02-2023)	2 (06-02-2023)	
Turmeric	23		14	24 (06-02-2023)	25 (06-02-2023)	
Cumin	4		6	2 (06-02-2023)	7 (06-02-2023)	
Jalapeno pepper	8		6	1 (06-02-2023)	8 (06-02-2023)	
Habanero pepper	8		8	1 (06-02-2023)	6 (06-02-2023)	
Nuts(Tree)	C3D	Current	IgG4	C3D	Previous	IgG4
Almond	6		1	6 (06-02-2023)	3 (06-02-2023)	
Black Walnut	6		7	2 (06-02-2023)	3 (06-02-2023)	
Cashews	7		2	2 (06-02-2023)	3 (06-02-2023)	
English Walnut	5		3	3 (06-02-2023)	2 (06-02-2023)	
Pecan	7		5	3 (06-02-2023)	3 (06-02-2023)	
Hazelnut	5		5	7 (06-02-2023)	3 (06-02-2023)	
Pine nut	8		7	7 (06-02-2023)	3 (06-02-2023)	
Pistachio nut	5		>30	7 (06-02-2023)	6 (06-02-2023)	
Sweet chestnut	5		5	9 (06-02-2023)	2 (06-02-2023)	
Macadamia Nut	6		2	1 (06-02-2023)	6 (06-02-2023)	
Brazilnut	8		2	1 (06-02-2023)	7 (06-02-2023)	
Miscellaneous	C3D	Current	IgG4	C3D	Previous	IgG4
Cocoa	7		5	2 (06-02-2023)	4 (06-02-2023)	
Coffee	4		7	2 (06-02-2023)	2 (06-02-2023)	
Hops	7		1	2 (06-02-2023)	3 (06-02-2023)	
Rosemary	5		8	5 (06-02-2023)	4 (06-02-2023)	



# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Miscellaneous	C3D	Current	IgG4	C3D	Previous	IgG4
Vanilla Bean	5		7	6 (06-02-2023)	6 (06-02-2023)	
Yeast	5		4	10 (06-02-2023)	9 (06-02-2023)	
Black tea	6		7	2 (06-02-2023)	1 (06-02-2023)	
Cane sugar	5		7	3 (06-02-2023)	2 (06-02-2023)	
Dill	6		8	4 (06-02-2023)	3 (06-02-2023)	
Molasses	6		6	2 (06-02-2023)	2 (06-02-2023)	
Oolong tea	5		7	3 (06-02-2023)	2 (06-02-2023)	
Parsley	5		7	3 (06-02-2023)	2 (06-02-2023)	
Lemon grass	5		6	7 (06-02-2023)	4 (06-02-2023)	
Green Tea	7		6	1 (06-02-2023)	7 (06-02-2023)	
Agave	5		6	5 (06-02-2023)	5 (06-02-2023)	
Cilantro	6		5	1 (06-02-2023)	7 (06-02-2023)	
Espresso	7		6	1 (06-02-2023)	4 (06-02-2023)	

## Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Food Dyes and Pigments	C3D	Current	IgG4	C3D	Previous	IgG4
Acid Blue #3 (Patent Blue V)	4.8		2.5	4.4 (06-02-2023)	2.6 (06-02-2023)	
Acid Red #14 (Carmoisine)	6.3		4.0	9.3 (06-02-2023)	3.6 (06-02-2023)	
Annatto	6.5		4.0	3.6 (06-02-2023)	12.8 (06-02-2023)	
Beta-Carotene	7.0		4.8	9.1 (06-02-2023)	3.2 (06-02-2023)	
Blue #1 (Brilliant Blue)	5.1		4.6	4.6 (06-02-2023)	9.2 (06-02-2023)	
Blue #2 (Indigo Carmine)	4.1		4.9	4.7 (06-02-2023)	6.9 (06-02-2023)	
Brilliant Black	5.4		4.6	6.6 (06-02-2023)	5.7 (06-02-2023)	
Cochineal Extract	4.3		1.8	1.0 (06-02-2023)	5.8 (06-02-2023)	

# Food Sensitivity

## Food Additives

Reference Range: ● In Control: ≤10 ● Moderate: 10.1-20 ● Risk: >20

Food Dyes and Pigments	C3D	Current	IgG4	C3D	Previous	IgG4
Green #3 (Fast Green)	6.0		2.8	3.8 (06-02-2023)		4.8 (06-02-2023)
Red #2 (Amaranth Red)	6.9		4.2	8.8 (06-02-2023)		5.1 (06-02-2023)
Red #3 (Erythrosine)	6.0		5.4	7.9 (06-02-2023)		1.5 (06-02-2023)
Red #4 (Carmine)	7.4		5.8	5.9 (06-02-2023)		3.6 (06-02-2023)
Red #40 (Allura Red)	5.3		5.2	3.1 (06-02-2023)		6.0 (06-02-2023)
Yellow #5 (Tartrazine)	6.2		5.3	5.8 (06-02-2023)		5.1 (06-02-2023)
Yellow #6 (Sunset Yellow)	3.3		5.6	4.9 (06-02-2023)		0.6 (06-02-2023)
Gums and Thickening Agents	C3D	Current	IgG4	C3D	Previous	IgG4
Arabic Gum	8.1		2.9	7.3 (06-02-2023)		4.8 (06-02-2023)
Beta-Glucan	9.1		8.2	6.6 (06-02-2023)		8.4 (06-02-2023)
Carrageenan	7.6		6.9	2.1 (06-02-2023)		6.1 (06-02-2023)
Cottonseed	8.1		7.0	4.0 (06-02-2023)		8.7 (06-02-2023)
Guar Gum	5.1		8.1	5.2 (06-02-2023)		15.4 (06-02-2023)
Gum Tragacanth	5.9		5.6	4.8 (06-02-2023)		7.8 (06-02-2023)
Locust Bean Gum	4.6		8.2	0.6 (06-02-2023)		7.0 (06-02-2023)
Mastic Gum	7.0		6.7	2.9 (06-02-2023)		1.4 (06-02-2023)
Xanthan Gum	8.1		8.1	2.5 (06-02-2023)		8.3 (06-02-2023)
Fibrous Additives	C3D	Current	IgG4	C3D	Previous	IgG4
Ispaghula	4.9		3.6	4.2 (06-02-2023)		4.1 (06-02-2023)
Emulsifiers and Surfactants	C3D	Current	IgG4	C3D	Previous	IgG4
Lecithin (Egg yolk)	7.0		8.3	2.8 (06-02-2023)		5.9 (06-02-2023)
Lecithin (Soy)	6.8		5.6	4.1 (06-02-2023)		0.7 (06-02-2023)
Polysorbate 80	4.2		1.4	6.8 (06-02-2023)		7.4 (06-02-2023)

# Food Sensitivity

## Food Additives

Reference Range: ● In Control: ≤10 ● Moderate: 10.1-20 ● Risk: >20

Flavor Enhancers	C3D	Current	IgG4	C3D	Previous	IgG4
Ammonium Chloride	4.8		5.1	8.2 (06-02-2023)		3.1 (06-02-2023)
Monosodium Glutamate (MSG)	4.5		6.8	3.9 (06-02-2023)		9.4 (06-02-2023)
Sodium Citrate	6.7		6.3	3.5 (06-02-2023)		5.3 (06-02-2023)
Sweeteners	C3D	Current	IgG4	C3D	Previous	IgG4
Acesulfame K	4.6		1.5	6.7 (06-02-2023)		3.7 (06-02-2023)
Aspartame	7.5		5.5	8.3 (06-02-2023)		0.7 (06-02-2023)
Erythritol	5.3		7.0	9.5 (06-02-2023)		1.5 (06-02-2023)
Mannitol	3.5		4.3	7.8 (06-02-2023)		6.3 (06-02-2023)
Monk fruit	8.8		4.6	2.0 (06-02-2023)		7.9 (06-02-2023)
Saccharin	3.8		7.8	7.2 (06-02-2023)		5.2 (06-02-2023)
Sorbitol	5.3		3.6	8.6 (06-02-2023)		7.0 (06-02-2023)
Stevia	7.7		1.6	3.1 (06-02-2023)		6.2 (06-02-2023)
Sucralose (Splenda)	6.3		6.9	4.4 (06-02-2023)		8.0 (06-02-2023)
Xylitol	6.4		5.1	5.5 (06-02-2023)		0.7 (06-02-2023)
Preservatives and Antioxidants	C3D	Current	IgG4	C3D	Previous	IgG4
Benzoic Acid	5.9		3.3	9.4 (06-02-2023)		1.8 (06-02-2023)
Butylated Hydroxyanisole (BHA)	6.6		2.6	0.5 (06-02-2023)		8.3 (06-02-2023)
Butylated Hydroxytoluene (BHT)	6.3		4.8	2.1 (06-02-2023)		4.1 (06-02-2023)
Citric Acid	6.1		5.4	5.9 (06-02-2023)		2.4 (06-02-2023)
Formaldehyde	2.5		4.0	6.3 (06-02-2023)		8.7 (06-02-2023)
Sodium Benzoate	6.2		8.1	6.7 (06-02-2023)		5.8 (06-02-2023)
Sodium Nitrate	8.7		9.0	3.2 (06-02-2023)		2.4 (06-02-2023)
Sodium Sulfite	2.8		7.5	6.7 (06-02-2023)		4.3 (06-02-2023)

# Food Sensitivity

## Food Additives

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Preservatives and Antioxidants	C3D	Current	IgG4	C3D	Previous	IgG4
Sorbic Acid	4.3		5.7	7.2 (06-02-2023)		3.9 (06-02-2023)
Pesticides	C3D	Current	IgG4	C3D	Previous	IgG4
Deltamethrin	4.4		5.7	7.4 (06-02-2023)		1.0 (06-02-2023)
Glyphosate	1.2		4.2	7.7 (06-02-2023)		1.5 (06-02-2023)
Elements	C3D	Current	IgG4	C3D	Previous	IgG4
Fluoride	4.4		6.1	9.3 (06-02-2023)		5.3 (06-02-2023)
Nickel Sulfate	5.2		7.8	1.1 (06-02-2023)		6.1 (06-02-2023)
Titanium dioxide	7.4		7.1	1.8 (06-02-2023)		7.5 (06-02-2023)
Other	C3D	Current	IgG4	C3D	Previous	IgG4
Bisphenol A (BPA)	6.7		8.7	2.4 (06-02-2023)		6.0 (06-02-2023)
Latex	9.7		2.6	8.9 (06-02-2023)		0.5 (06-02-2023)

## Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Quantification of specific IgG, IgA, IgG4 and C3D antibodies is not an FDA- recognized diagnostic indicator of allergy.

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