<u>דוח רגישות למזון 190 סוגי מזונות</u>

Requisition #: 1272091

Patient Name: Israel

Date of Birth: Feb 23, 2012

Gender: M

Specimen Id.: 111111-1

Practitioner:

Date of Collection: Jan 14, 2024

Time of Collection: 02:00 PM

Report Date: Jan 24, 2024

IgG Food MAP - Serum (190)

Dairy Beta-Lactoglobulin Casein Cheddar Cheese Cow's Milk Goat's Milk Mozzarella Cheese Sheep's Yogurt Whey Yogurt

Peans and Peas Adzuki Bean Black Bean Garbanzo Bean Green Bean Green Pea Kidney Bean Lentil Lima Bean Mung Bean Navy Bean Pinto Bean Soybean Tofu

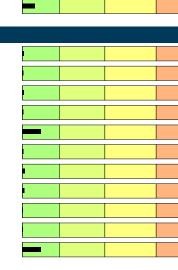
ioiu	
Fruits	
Acai Berry	
Apple	
Apricot	
Banana	
Blueberry	
Cantaloupe	
Cherry	
Coconut	

Cranberry
Date
Fig
Grape
Grapefruit
Guava
Jackfruit
Kiwi
Lemon
Lychee
Mango
Orange
Papaya
Passion Fruit
Peach
Pear
Pineapple
Plum
Pomegranate
Raspberry
Strawberry
Watermelon

Grains

Amaranth

Barley
Buckwheat
Corn
Gliadin
Malt
Millet
Oat
Quinoa
Rice
Rye



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IgG Food MAP - Serum (190)

Grains	Con	tinued
Sorghum		
Teff		
Wheat Gluten		
Whole Wheat		
Fish/Seafood		
Abalone		
Anchovy		
Bass		
Bonito		
Codfish		
Crab		
Halibut		
Jack Mackerel		
Lobster		
Octopus		
Oyster		
Pacific Mackerel (Saba)		
Pacific Saury		
Perch		
Red Snapper		
Salmon		
Sardine		
Scallop		
Shrimp		
Small Clam		
Squid		
Tilapia		
Trout		
Tuna		
Meat/Fowl		
Beef		
0.1.1		

Chicken

Duck		
Egg White		
Egg Yolk		
Goose		
Lamb		
Pork		
Turkey		
Nuts/Seeds		
Almond		

Turkey	
Nuts/Seeds	
Almond	
Brazil Nut	
Cashew	
Chestnut	
Chia Seed	
Flax Seed	
Hazelnut	
Hemp Seed	
Macadamia Nut	
Peanut	
Pecan	
Pine Nut	
Pistachio	
Pumpkin Seed	
Sesame Seed	
Sunflower Seed	
Walnut	
Vegetables	

	<u> </u>
Vegetables	
Artichoke	
Asparagus	
Avocado	
Bamboo Shoot	
Bean Sprout	
Beet	
Bell Pepper	
Bitter Gourd	

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Brussel Syrout	Vegetables	Continued	Zucchini	
Burlock Root			Herbs/Spices	
Cabbage Black Pepper Image: Cayenne Pep	Brussel Sprout		Basil	
Carrot Cauliflower Cauliflower Called Cauliflower Cauliflower Cauliflower Cauliflower Cauliflower Cauliflower Cauliflower Called Cauliflower Cauliflow	Burdock Root		Bay Leaf	
Califlower Cilantro Celery Cinnamon Chili Pepper Cloves Cuumber Cumin Eggplant Curry Enoki Mushroom Dill Garlic Ginger Kale Hops Leek Mint Letuce Mint Lotus Root Muserd Seed Napa Cabbage Oregano Olive (Green) Paprika Portabella Mushroom Sage Potato Tarragon Pumpkin Thyme Radish Turmeric Seaweed Kombu Kelp Vanilla Bean Seaweed Wakame Bromelain Shitake Mushroom Cocoa Bean Shitake Mushroom Cocoa Bean Spinach Cocoa Bean Comato Green Tea Yam Honey Honey Meat Glue	Cabbage		Black Pepper	
Chili Pepper	Carrot		Cayenne Pepper	
Cloves	Cauliflower		Cilantro	
Cucumber Cumin Image: Curry	Celery		Cinnamon	
Eggplant	Chili Pepper		Cloves	
Dill	Cucumber		Cumin	
Garlic Ginger Image: Company of the com	Eggplant		Curry	
Kale Hops Leek Mint Lettuce Miso Lotus Root Mustard Seed Napa Cabbage Oregano Olive (Green) Paprika Onion Rosemary Portabella Mushroom Sage Potato Tarragon Pumpkin Thyme Radish Turmeric Seaweed Kombu Kelp Vanilla Bean Seaweed Wakame Miscellaneous Seaweed Wakame Bromelain Spinach Cocoa Bean Sweet Potato Coffee Tomato Green Tea Honey Honey Honey Meat Glue	Enoki Mushroom		Dill	
Leek Mint Lettuce Miso Lotus Root Mustard Seed Napa Cabbage Oregano Olive (Green) Paprika Onion Rosemary Portabella Mushroom Sage Potato Tarragon Pumpkin Thyme Radish Turmeric Seaweed Kombu Kelp Vanilla Bean Seaweed Nori Bromelain Seaweed Wakame Bromelain Spinach Cane Sugar Spinach Cocoa Bean Sweet Potato Green Tea Tomato Honey Honey Honey Meat Glue	Garlic		Ginger	
Lettuce	Kale		Hops	
Lotus Root Napa Cabbage Oregano Olive (Green) Onion Portabella Mushroom Potabella Mushroom Pumpkin Radish Radish Vanilla Bean Seaweed Kombu Kelp Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Mustard Seed Varilla Bean Mustard Seed Varilla Bean Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Miscellaneous Bromelain Cane Sugar Cocoa Bean Mustard Seed Mustard Seed Coffee Mustard Seed Mustard Seed Coffee Mustard Seed Mustard Seed Coffee Mustard Seed Coffee Miscellaneous Misce	Leek		Mint	
Napa Cabbage Olive (Green) Olive (Green) Paprika Onion Rosemary Portabella Mushroom Paprika Sage Potato Tarragon Tarragon Thyme Seaweed Kombu Kelp Seaweed Kombu Kelp Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Meat Glue Oregano	Lettuce		Miso	
Olive (Green) Onion Paprika Portabella Mushroom Potabella Mushroom Potato Potato Potato Pumpkin Radish Radish Paprika Potato Pumpkin Radish Radish Pumpkin Radish Radis	Lotus Root		Mustard Seed	
Onion Rosemary Sage Sage Potato Tarragon International Seaweed Kombu Kelp Vanilla Bean Seaweed Wakame Shitake Mushroom Shitake Mushroom Something Seaweed Potato Cocoa Bean Sweet Potato Something Seaweed Potato Seaweed Wakame Shitake Mushroom Shitake Shit	Napa Cabbage		Oregano	
Portabella Mushroom Potato Potato Potato Tarragon Thyme Radish Turmeric Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Vanilla Bean Sage Tarragon Thyme Vanilla Bean Turmeric Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey Meat Glue	Olive (Green)		Paprika	
Potato Pumpkin Radish Radish Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Tarragon Thyme Thyme Turmeric Vanilla Bean Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey Meat Glue	Onion		Rosemary	
Pumpkin Radish Seaweed Kombu Kelp Vanilla Bean Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Thyme Turmeric Vanilla Bean Turmeric Vanilla Bean Turmeric Vanilla Bean Turmeric Cane Sugar Cane Sugar Cocoa Bean Cocoa Bean Coffee Green Tea Honey Meat Glue Meat Glue	Portabella Mushroom		Sage	
Radish Seaweed Kombu Kelp Vanilla Bean Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Turmeric Vanilla Bean Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey Meat Glue Meat Glue	Potato		Tarragon	
Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Vanilla Bean Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey Meat Glue Vanilla Bean	Pumpkin		Thyme	
Seaweed Nori Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Miscellaneous Bromelain Cane Sugar Cocoa Bean Cocoa Bean Green Tea Honey Meat Glue Miscellaneous Miscellaneous Bromelain Cane Sugar Cane Sugar Cocoa Bean Meat Glue	Radish		Turmeric	
Seaweed Wakame Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Miscellaneous Bromelain Cane Sugar Cocoa Bean Coffee Green Tea Honey Meat Glue Miscellaneous Bromelain Cane Sugar Come Sugar Cocoa Bean Coffee C	Seaweed Kombu Kelp		Vanilla Bean	
Seaweed Wakame Shitake Mushroom Cane Sugar Spinach Sweet Potato Cocoa Bean Coffee Tomato Yam Yellow Squash Meat Glue Bromelain Cane Sugar Corea Sugar Cocoa Bean Cocoa Bean Coffee Indicated Indica	Seaweed Nori		Miscellaneous	
Shitake Mushroom Spinach Sweet Potato Tomato Yam Yellow Squash Meat Glue Cane Sugar Cocoa Bean Coffee Green Tea Honey Meat Glue	Seaweed Wakame			
Spinach Sweet Potato Cocoa Bean Coffee Tomato Yam Yellow Squash Meat Glue Cocoa Bean Meat Glue	Shitake Mushroom			
Sweet Potato Tomato Yam Yellow Squash Vica	Spinach			
Tomato Yam Yellow Squash Meat Glue	Sweet Potato			
Yam Yellow Squash Meat Glue	Tomato			
Yellow Squash Meat Glue	Yam			
Vuca	Yellow Squash			
	Yuca		Oolong Tea	

Patient Name:IsraelDate of Collection:Jan 14, 2024Date of Birth:Feb 23, 2012Time of Collection:02:00 PM

Gender: M Report Date:

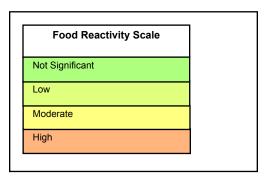
Specimen Id.: 11111-1

IgG Food MAP - Serum (190)

Reactivity Summary

Jan 24, 2024

Practitioner:



Patient Name: Date of Collection: Jan 14, 2024 Israel Date of Birth: 02:00 PM Feb 23, 2012 Time of Collection: Jan 24, 2024

Practitioner:

Report Date:

Gender:

Specimen Id.: 11111-1

Reactivity Details

Rodolivity Doc	uno										
Dairy						Fruits					
Antigen Name	Analyte	Scale	Value *	Not S	Significant	Antigen Name	Analyte	Scale	Value *	Not S	Significant
Beta-Lactoglobulin	lgG	Not Significant	0.48	<	4.47	Acai Berry	lgG	Not Significant	0.09	<	4.47
Casein	lgG	Not Significant	0.72	<	13.72	Apple	IgG	Not Significant	0.04	<	4.47
Cheddar Cheese	lgG	Not Significant	0.37	<	9.14	Apricot	IgG	Not Significant	0.07	<	4.47
Cow's Milk	lgG	Not Significant	0.86	<	8.86	Banana	IgG	Not Significant	0.88	<	4.47
Goat's Milk	lgG	Not Significant	0.20	<	6.13	Blueberry	IgG	Not Significant	0.12	<	4.47
Mozzarella Cheese	lgG	Not Significant	0.55	<	9.91	Cantaloupe	IgG	Not Significant	0.09	<	4.47
Sheep's Yogurt	lgG	Not Significant	0.31	<	3.79	Cherry	IgG	Not Significant	0.15	<	4.47
Whey	lgG	Not Significant	0.37	<	4.53	Coconut	IgG	Not Significant	0.07	<	4.47
Yogurt	lgG	Not Significant	0.68	<	9.25	Cranberry	IgG	Not Significant	0.14	<	4.47
Beans and Peas						Date	IgG	Not Significant	0.06	<	4.47
Antigen Name	Analyte	Scale	Value *	Not S	Significant	Fig	IgG	Not Significant	0.12	<	4.47
Adzuki Bean	lgG	Not Significant	0.30	<	4.47	Grape	IgG	Not Significant	0.39	<	4.47
Black Bean	lgG	Not Significant	0.22	<	4.47	Grapefruit	IgG	Not Significant	0.05	<	4.47
Garbanzo Bean	lgG	Not Significant	0.53	<	4.47	Guava	IgG	Not Significant	0.72	<	4.47
Green Bean	lgG	Not Significant	0.15	<	4.47	Jackfruit	IgG	Not Significant	0.14	<	4.47
Green Pea	lgG	Not Significant	0.25	<	4.47	Kiwi	IgG	Not Significant	0.20	<	4.47
Kidney Bean	lgG	Not Significant	0.41	<	4.47	Lemon	lgG	Not Significant	0.15	<	4.47
Lentil	lgG	Not Significant	0.24	<	4.47	Lychee	lgG	Not Significant	0.23	<	4.47
Lima Bean	lgG	Not Significant	0.21	<	4.47	Mango	IgG	Not Significant	0.11	<	4.47
Mung Bean	lgG	Not Significant	0.45	<	4.47	Orange	lgG	Not Significant	0.35	<	4.47
Navy Bean	lgG	Not Significant	0.58	<	4.47	Papaya	lgG	Not Significant	0.05	<	4.47
Pinto Bean	lgG	Not Significant	0.30	<	4.47	Passion Fruit	lgG	Not Significant	0.34	<	4.47
Soybean	lgG	Not Significant	1.14	<	4.47	Peach	lgG	Not Significant	0.57	<	4.47
Tofu	IgG	Not Significant	1.20	<	4.47	Pear	lgG	Not Significant	0.05	<	4.47
						Pineapple	lgG	Not Significant	0.23	<	7.19
						Plum	lgG	Not Significant	0.05	<	4.47
						Pomegranate	lgG	Not Significant	0.05	<	4.47
						Raspberry	IgG	Not Significant	0.23	<	4.47
						Strawberry	IgG	Not Significant	0.05	<	4.47
+ MEI v 1000						Watermelon	IgG	Not Significant	1.53	<	4.47

Grains						Meat/Fowl					
Antigen Name	Analyte	Scale	Value *	Not S	Significant	Antigen Name	Analyte	Scale	Value *	Not S	Significant
Amaranth	IgG	Not Significant	0.22	<	4.47	Beef	IgG	Not Significant	0.18	<	4.47
Barley	IgG	Not Significant	0.13	<	4.47	Chicken	IgG	Not Significant	0.15	<	4.47
Buckwheat	IgG	Not Significant	0.17	<	4.47	Duck	IgG	Not Significant	0.15	<	4.47
Corn	IgG	Not Significant	0.14	<	4.47	Egg White	IgG	Not Significant	2.22	<	5.72
Gliadin	IgG	Not Significant	0.35	<	3.83	Egg Yolk	IgG	Not Significant	0.54	<	4.47
Malt	IgG	Not Significant	0.15	<	4.47	Goose	IgG	Not Significant	0.09	<	4.47
Millet	IgG	Not Significant	0.33	<	4.47	Lamb	lgG	Not Significant	0.27	<	4.47
Oat	IgG	Not Significant	0.24	<	4.47	Pork	lgG	Not Significant	0.18	<	4.47
Quinoa	IgG	Not Significant	0.10	<	4.47	Turkey	lgG	Not Significant	0.10	<	4.47
Rice	IgG	Not Significant	0.07	<	4.47	Nuts/Seeds					
Rye	IgG	Not Significant	0.72	<	2.29	Antigen Name	Analyte	Scale	Value *	Not S	Significant
Sorghum	IgG	Not Significant	0.17	<	4.47	Almond	lgG	Not Significant	0.25	<	1.84
Teff	IgG	Not Significant	0.34	<	4.47	Brazil Nut	lgG	Not Significant	0.09	<	4.47
Wheat Gluten	IgG	Not Significant	0.41	<	2.91	Cashew	lgG	Not Significant	0.57	<	4.47
Whole Wheat	IgG	Not Significant	0.92	<	3.63	Chestnut	lgG	Not Significant	0.24	<	4.47
Fish/Seafood						Chia Seed	lgG	Not Significant	0.43	<	4.47
Antigen Name	Analyte	Scale	Value *	Not S	Significant	Flax Seed	IgG	Not Significant	0.18	<	4.47
Abalone	IgG	Not Significant	0.19	<	4.47	Hazelnut	lgG	Not Significant	0.20	<	4.47
Anchovy	IgG	Not Significant	0.16	<	4.47	Hemp Seed	lgG	Not Significant	0.08	<	4.47
Bass	IgG	Not Significant	0.14	<	4.47	Macadamia Nut	lgG	Not Significant	0.13	<	4.47
Bonito	IgG	Not Significant	0.22	<	4.47	Peanut	lgG	Not Significant	1.00	<	4.73
Codfish	IgG	Not Significant	0.13	<	4.47	Pecan	lgG	Not Significant	0.10	<	4.47
Crab	IgG	Not Significant	0.23	<	4.47	Pine Nut	lgG	Not Significant	0.08	<	4.47
Halibut	IgG	Not Significant	0.07	<	4.47	Pistachio	lgG	Not Significant	0.17	<	4.47
Jack Mackerel	IgG	Not Significant	0.14	<	4.47	Pumpkin Seed	lgG	Not Significant	0.55	<	4.47
Lobster	IgG	Not Significant	0.07	<	4.47	Sesame Seed	IgG	Not Significant	1.04	<	2.59
Octopus	IgG	Not Significant	0.23	<	4.47	Sunflower Seed	lgG	Not Significant	0.09	<	4.47
Oyster	IgG	Not Significant	0.18	<	4.47	Walnut	IgG	Not Significant	0.19	<	4.47
Pacific Mackerel (Sa	IgG	Not Significant	0.38	<	4.47	Vegetables					
Pacific Saury	IgG	Not Significant	0.09	<	4.47	Antigen Name	Analyte	Scale	Value *	Not S	Significant
Perch	IgG	Not Significant	0.31	<	4.47	Artichoke	lgG	Not Significant	0.15	<	4.47
Red Snapper	IgG	Not Significant	0.13	<	4.47	Asparagus	lgG	Not Significant	0.27	<	4.47
Salmon	IgG	Not Significant	0.09	<	4.47	Avocado	lgG	Not Significant	0.74	<	4.47
Sardine	IgG	Not Significant	0.06	<	4.47	Bamboo Shoot	lgG	Not Significant	0.21	<	4.47
Scallop	IgG	Not Significant	0.22	<	4.47	Bean Sprout	lgG	Not Significant	0.53	<	4.47
Shrimp	IgG	Not Significant	0.10	<	4.47	Beet	IgG	Not Significant	0.17	<	4.47
Small Clam	IgG	Not Significant	0.05	<	4.47	Bell Pepper	IgG	Not Significant	0.15	<	4.47
Squid	IgG	Not Significant	0.13	<	4.47	Bitter Gourd	IgG	Not Significant	0.17	<	4.47
Tilapia	IgG	Not Significant	0.12	<	4.47	Broccoli	IgG	Not Significant	0.12	<	4.47
Trout	IgG	Not Significant	0.15	<	4.47	Brussel Sprout	IgG	Not Significant	0.13	<	4.47
Tuna	IgG	Not Significant	0.23	<	4.47	Burdock Root	IgG	Not Significant	0.17	<	4.47
* MFI x 1000						Cabbage	lgG	Not Significant	0.10	<	4.47

Vegetables(Cont)						Herbs/Spices					
Antigen Name	Analyte	Scale	Value *	Not 9	Significant	Antigen Name	Analyte	Scale	Value *	Not S	Significant
Carrot	lgG	Not Significant	0.18	<	4.47	Basil	lgG	Not Significant	0.13	<	4.47
Cauliflower	lgG	Not Significant	0.08	<	4.47	Bay Leaf	lgG	Not Significant	0.05	<	4.47
Celery	lgG	Not Significant	0.27	<	4.47	Black Pepper	lgG	Not Significant	1.32	<	4.47
Chili Pepper	lgG	Not Significant	0.59	<	4.47	Cayenne Pepper	lgG	Not Significant	0.17	<	4.47
Cucumber	lgG	Not Significant	0.11	<	4.47	Cilantro	lgG	Not Significant	0.24	<	4.47
Eggplant	lgG	Not Significant	0.09	<	4.47	Cinnamon	lgG	Not Significant	0.17	<	4.47
Enoki Mushroom	lgG	Not Significant	0.16	<	4.47	Cloves	lgG	Not Significant	0.14	<	4.47
Garlic	lgG	Not Significant	0.10	<	4.47	Cumin	lgG	Not Significant	0.19	<	4.47
Kale	lgG	Not Significant	0.17	<	4.47	Curry	lgG	Not Significant	0.11	<	4.47
Leek	lgG	Not Significant	0.10	<	4.47	Dill	lgG	Not Significant	0.15	<	4.47
Lettuce	lgG	Not Significant	0.29	<	4.47	Ginger	lgG	Not Significant	0.36	<	4.47
Lotus Root	lgG	Not Significant	0.10	<	4.47	Hops	lgG	Not Significant	0.09	<	4.47
Napa Cabbage	lgG	Not Significant	0.70	<	4.47	Mint	lgG	Not Significant	0.16	<	4.47
Olive (Green)	lgG	Not Significant	0.05	<	4.47	Miso	lgG	Not Significant	0.86	<	2.39
Onion	lgG	Not Significant	0.18	<	4.47	Mustard Seed	lgG	Not Significant	1.65	<	4.47
Portabella Mushroom	lgG	Not Significant	0.20	<	4.47	Oregano	lgG	Not Significant	0.12	<	4.47
Potato	lgG	Not Significant	0.15	<	4.47	Paprika	lgG	Not Significant	0.29	<	4.47
Pumpkin	lgG	Not Significant	0.08	<	4.47	Rosemary	lgG	Not Significant	0.08	<	4.47
Radish	lgG	Not Significant	0.62	<	4.47	Sage	lgG	Not Significant	0.11	<	4.47
Seaweed Kombu Ke	lgG	Not Significant	0.30	<	4.47	Tarragon	lgG	Not Significant	0.42	<	4.47
Seaweed Nori	lgG	Not Significant	0.22	<	4.47	Thyme	lgG	Not Significant	0.08	<	4.47
Seaweed Wakame	lgG	Not Significant	0.40	<	4.47	Turmeric	lgG	Not Significant	0.16	<	4.47
Shitake Mushroom	lgG	Not Significant	0.11	<	4.47	Vanilla Bean	lgG	Not Significant	0.40	<	2.03
Spinach	lgG	Not Significant	0.18	<	4.47	Miscellaneous					
Sweet Potato	lgG	Not Significant	0.14	<	4.47	Antigen Name	Analyte	Scale	Value *	Not S	Significant
Tomato	IgG	Not Significant	0.57	<	4.47	Bromelain	lgG	Not Significant	0.26	<	2.71
Yam	lgG	Not Significant	0.17	<	4.47	Cane Sugar	lgG	Not Significant	0.14	<	4.47
Yellow Squash	IgG	Not Significant	0.17	<	4.47	Cocoa Bean	lgG	Not Significant	0.13	<	4.47
Yuca	lgG	Not Significant	0.43	<	4.47	Coffee	lgG	Not Significant	0.16	<	4.47
Zucchini	lgG	Not Significant	0.22	<	4.47	Green Tea	lgG	Not Significant	2.07	<	4.47
						Honey	lgG	Not Significant	0.73	<	4.47
						Meat Glue	lgG	Not Significant	0.22	<	4.47
						Oolong Tea	lgG	Not Significant	0.19	<	4.47
							.50		0.10		TT!

Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods:

A patient's serum or dry blood spot sample is introduced to a protein extract from each of the 190 foods. The test report indicates the level of IgG antibodies to those specific food proteins. If food-specific binding occurs between a food antigen and the patient's IgG antibodies, the result will appear on the graph as low, moderate, or high in relation to a reactivity scale.

Using IgG Food MAP results to build elimination or exclusion diets:

Symptomatic reactions to IgG-reactive foods are difficult to connect with specific foods. A diet eliminating some or all reactive foods may improve symptoms and is not as challenging as a full elimination or elemental diet. As reactive foods are removed from the diet, it is useful to observe any changes in digestion, skin condition, energy level, mood, or pain level.

The IgG Food MAP Test includes two separate reports: the IgG Food MAP report (190 foods) and the IgG Yeast Allergy report (Candida albicans and Saccharomyces cerevisiae yeast).

Because yeasts' primary antigens are rich in glycans, and not suited for the protein-specific assay, they are tested by an ELISA method and results are provided **in a separate report**, which may occasionally be delivered or available in the portal on a different date.

For additional information and references on IgG and dietary intervention, please visit , Select A Test – IgG

Four Day Rotation Diet - Customized for Israel



Congratulations, Israel

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

The Great Plains Laboratory, LLC.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load, as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also "unmask" hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

For additional information and references on IgG and dietary intervention, please visit

Select A Test – IgG



Four Day Rotation Diet – Customized for Israel								
Day 1	Day 2	Day 3	Day 4					
Dairy Cheddar Cheese Cow's Milk Mozzarella Cheese Yogurt	Whey	Goat's Milk Sheep's Yogurt						
Beans and Peas								
Black Bean Green Bean Kidney Bean Navy Bean Pinto Bean	Adzuki Bean Mung Bean Soybean Tofu	Lentil Lima Bean	Garbanzo Bean Green Pea					
Fruits								
Apple Date Jackfruit Lychee Passion Fruit Pear	Acai Berry Cantaloupe Grapefruit Guava Lemon Orange Pomegranate Watermelon	Apricot Blueberry Cherry Cranberry Fig Grape Kiwi Peach Plum Raspberry Strawberry	Banana Coconut Mango Papaya Pineapple					
Grains								
Millet Sorghum Teff Wheat Gluten Whole Wheat	Amaranth Buckwheat Oat Quinoa	Corn	Barley Malt Rice Rye					

Fish/Seafood Anchovy Codfish Halibut Sardine	Abalone Crab Jack Mackerel Lobster Octopus Oyster Scallop Shrimp Small Clam Squid Tilapia	Perch Red Snapper Salmon Trout	Bass Bonito Pacific Mackerel (Saba) Pacific Saury Tuna
Meat/Fowl			
Beef Lamb	Chicken Duck Goose Turkey	Egg White Egg Yolk	Pork
Nuts/Seeds			
Almond Flax Seed Pine Nut Sesame Seed	Chestnut Hazelnut Hemp Seed Pecan Sunflower Seed Walnut	Cashew Chia Seed Macadamia Nut	Brazil Nut Peanut Pistachio Pumpkin Seed
Vegetables			
Broccoli Brussel Sprout Cabbage Cauliflower Kale Napa Cabbage Radish Sweet Potato Yam	Artichoke Beet Bitter Gourd Burdock Root Cucumber Pumpkin Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Spinach Yellow Squash	Asparagus Avocado Bell Pepper Chili Pepper Eggplant Garlic Leek Onion Potato Tomato	Bamboo Shoot Bean Sprout Carrot Celery Enoki Mushroom Lettuce Lotus Root Olive (Green) Portabella Mushroom Shitake Mushroom

Bay Leaf Cinnamon Cloves Mustard Seed Tarragon	Black Pepper Cayenne Pepper Ginger Miso Paprika Turmeric	Basil Mint Oregano Rosemary Sage Thyme	Cilantro Cumin Curry Dill Hops Vanilla Bean

Miscellaneous

Miscellaneous foods are not rotated. Remove foods with a moderate or high antibody response.