IgG Food MAP
WITH CANDIDA + YEAST

Requisition #:
Patient Name:
Date of Birth:
Gender:
Practitioner:

Time of Collection:
Date of Collection:
Sample Type:
Report Date:

אחות פרטית
שרות אחות פרטית | בדיקות דם פרטיות

Summary of Elevated Results

The results below list antigens with elevated reactivity detected in the profile. You can find all test results and a more detailed description of each antigen starting on the IgG Food MAP Results section. Please note that each value in the report needs to be considered in the context of the overall health and environment, preferably in consultation with a qualified healthcare provider.

Color Key — MINIMAL (<=25TH) | LOW (>25TH-50TH) | MODERATE (>50TH-75TH) | HIGH (>75TH-95TH) | VERY HIGH (>95TH)

ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)
VERY HIGH			
Sheep's Yogurt <1.10	21.22	**Soybean** <0.55	11.81
Orange <0.44	3.48	**Corn** <0.42	6.58
Bamboo Shoot <0.41	2.44	**Bean Sprout** <0.85	2.91
Napa Cabbage <0.63	11.17	**Yuca** <0.73	12.15
Black Pepper <1.36	4.68	**Cumin** <1.81	7.97
Paprika <0.63	1.91	**Tarragon** <0.85	2.85
Cane Sugar <0.43	2.15	**Green Tea** <0.68	12.99
Oolong Tea <0.71	2.23		
HIGH			

Summary of Elevated Results - Continued

Color Key: MINIMAL (<=25TH) | LOW (>25TH-50TH) | MODERATE (>50TH-75TH) | HIGH (>75TH-95TH) | VERY HIGH (>95TH)

ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

HIGH Continued

Beta-Lactoglobulin <1.78	18.37	Casein <3.89	20.31
Cheddar Cheese <1.46	22.15	Cow's Milk <4.10	21.41
Goat's Milk <0.80	12.66	Mozzarella Cheese <1.52	21.88
Whey <1.81	12.87	Yogurt <3.99	22.38
Garbanzo Bean <0.46	2.69	Green Pea <0.46	2.51
Lentil <0.39	1.30	Banana <0.65	4.68
Cranberry <0.42	0.75	Lychee <0.70	1.28
Passion Fruit <0.42	1.12	Pineapple <1.56	5.79
Raspberry <0.44	1.04	Watermelon <0.55	3.37
Oat <0.90	2.05	Quinoa <0.39	0.81
Rye <0.84	5.60	Sorghum <0.66	1.62
Wheat Gluten <0.76	4.66	Whole Wheat <0.88	8.80
Jack Mackerel <0.38	1.26	Lobster <0.36	1.46
Octopus <0.67	2.28	Sunflower Seed <0.44	0.99
Asparagus <0.65	2.31	Beet <0.76	1.38
Brussel Sprout <0.62	1.94	Celery <0.52	2.92
Garlic <0.56	3.77	Radish <0.64	5.09
Seaweed Wakame <0.65	1.98	Spinach <0.41	1.43
Tomato <0.51	2.78	Bay Leaf <0.44	0.82
Cloves <0.54	1.16	Ginger <1.54	5.09

Summary of Elevated Results - Continued

Color Key: MINIMAL (<=25TH) | LOW (>25TH-50TH) | MODERATE (>50TH-75TH) | HIGH (>75TH-95TH) | VERY HIGH (>95TH)

ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

HIGH Continued

Hops <0.37	0.89	**Miso** <1.62	4.17
Transglutaminase (Meat Glue) <0.56	1.34	***Saccharomyces cerevisiae* (Yeast)** <1.12	4.22
Candida albicans <4.78	23.73		

An elimination diet is designed to help identify and address food sensitivities by temporarily removing certain foods from the diet based on clinical presentation and IgG Food MAP results. The diet typically lasts 2 to 3 months and consists of **4 Pillars** - Prepare, Eliminate, Restore, and Reintroduce - each essential for guiding patients through the process.

Prepare

Set a clear start and end date for the elimination diet; encourage patients to track symptoms, plan meals, ensure adequate caloric intake, choose organic foods, when possible, stay hydrated, and get sufficient rest to optimize elimination.

Eliminate

Remove specific foods based on the IgG Food MAP results, focusing on those categorized as HIGH and VERY HIGH sensitivity. Depending on the results, some practitioners will recommend eliminating all foods that trigger a reaction or all foods from an entire group with a large number of highly reactive foods to reduce potential reactions and to streamline the elimination process.

Restore

Support gastrointestinal health by replacing essential digestive components (enzymes, HCl, bile), reinoculation of the gut with prebiotics and probiotics, and repairing the gut lining with nutrients like L-glutamine, zinc carnosine, and targeted botanicals.

Reintroduce

Gradually reintroduce foods based on IgG Food MAP results. Introduce one food at a time, monitor symptoms, and use a detailed food journal to track any reactions, adjusting the diet accordingly. If no symptoms return, that food could be added back into the diet. If there are symptoms upon reintroduction, remove the food again, wait for symptoms to subside before moving to reintroducing the next food.

Find Support and Answers:

IgG Food MAP WITH CANDIDA + YEAST

IgG Food MAP Results

Methodology: xMAP™

Color Key — MINIMAL (<=25TH) | LOW (>25TH-50TH) | MODERATE (>50TH-75TH) | HIGH (>75TH-95TH) | VERY HIGH (>95TH)

ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)
DAIRY			
Beta-Lactoglobulin <1.78	18.37	Casein <3.89	20.31
Cheddar Cheese <1.46	22.15	Cow's Milk <4.10	21.41
Goat's Milk <0.80	12.66	Mozzarella Cheese <1.52	21.88
Sheep's Yogurt <1.10	21.22	Whey <1.81	12.87
Yogurt <3.99	22.38		
BEANS AND PEAS			
Adzuki Bean <0.41	1.05	Black Bean <0.35	0.74
Garbanzo Bean <0.46	2.69	Green Bean <0.53	0.47
Green Pea <0.46	2.51	Kidney Bean <0.70	0.32
Lentil <0.39	1.30	Lima Bean <0.41	1.08
Mung Bean <0.43	0.72	Navy Bean <0.66	0.48
Pinto Bean <0.50	0.57	Soybean <0.55	11.81
Tofu <0.43	<DL		

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ANTIGEN NAME	25th Percentile	RESULTS (Patient value: MFI x 1000)

FRUITS

ANTIGEN NAME	25th Percentile	RESULTS (Patient value: MFI x 1000)
Acai Berry	<0.51	1.09
Apple	<0.43	<DL
Apricot	<0.38	0.39
Banana	<0.65	4.68
Blueberry	<0.53	0.43
Cantaloupe	<0.41	0.37
Cherry	<0.65	0.80
Coconut	<0.45	0.58
Cranberry	<0.42	0.75
Date	<0.40	0.33
Fig	<0.46	0.75
Grape	<0.41	0.68
Grapefruit	<0.41	0.50
Guava	<0.59	0.53
Jackfruit	<0.44	0.49
Kiwi	<0.54	1.03
Lemon	<0.37	0.84
Lychee	<0.70	1.28
Mango	<0.35	0.53
Orange	<0.44	3.48
Papaya	<0.42	0.68
Passion Fruit	<0.42	1.12
Peach	<0.47	<DL
Pear	<0.40	0.31
Pineapple	<1.56	5.79
Plum	<0.45	<DL
Pomegranate	<0.54	0.67
Raspberry	<0.44	1.04
Strawberry	<0.54	0.41
Watermelon	<0.55	3.37

GRAINS

ANTIGEN NAME	25th Percentile	RESULTS (Patient value: MFI x 1000)
Amaranth	<0.51	1.08
Barley	<0.75	1.44

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ANTIGEN NAME	RESULTS (Patient value: MFI x 1000)	25th Percentile

GRAINS - Continued

ANTIGEN NAME	RESULTS (Patient value: MFI x 1000)	25th Percentile
Buckwheat	0.33	<0.41
Corn	6.58	<0.42
Gliadin	3.36	<0.80
Malt	0.66	<0.36
Millet	1.10	<0.73
Oat	2.05	<0.90
Quinoa	0.81	<0.39
Rice	1.73	<0.67
Rye	5.60	<0.84
Sorghum	1.62	<0.66
Teff	0.83	<0.49
Wheat Gluten	4.66	<0.76
Whole Wheat	8.80	<0.88

FISH/SEAFOOD

ANTIGEN NAME	RESULTS (Patient value: MFI x 1000)	25th Percentile
Abalone	0.47	<0.42
Anchovy	0.28	<0.34
Bass	0.33	<0.34
Bonito *	NP	<0.48
Codfish	<DL	<0.38
Crab	0.34	<0.39
Halibut	0.33	<0.34
Jack Mackerel	1.26	<0.38
Lobster	1.46	<0.36
Oyster	0.51	<0.47
Octopus	2.28	<0.67
Pacific Mackerel (Saba)	<DL	<0.37
Pacific Saury	0.31	<0.35
Perch	0.29	<0.45
Red Snapper	0.45	<0.36
Salmon	<DL	<0.36

*NP = Test not performed due to reagent not available

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ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

FISH/SEAFOOD - Continued

Sardine <0.41	<DL	Scallop <0.37	0.59
Shrimp <0.40	0.80	Small Clam <0.37	0.64
Squid <0.49	0.53	Tilapia <0.40	0.43
Trout <0.34	<DL	Tuna <0.39	0.41

MEAT/FOWL

Beef <0.33	<DL	Chicken <0.34	<DL
Duck <0.34	<DL	Egg White <3.55	3.14
Egg Yolk <1.04	0.54	Goose <0.35	<DL
Lamb <0.34	<DL	Pork <0.33	<DL
Turkey <0.35	<DL		

NUTS/SEEDS

Almond <0.66	1.75	Brazil Nut <0.36	<DL
Cashew <0.53	1.94	Chestnut <0.72	0.45
Chia Seed <0.61	1.06	Flax Seed <0.50	0.57
Hazelnut <0.57	1.30	Hemp Seed <0.39	0.39
Macadamia Nut <0.39	0.39	Peanut <0.68	1.96

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ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

NUTS/SEEDS - Continued

Pecan <0.54	0.46	Pine Nut <0.36	<DL
Pistachio <0.50	1.00	Pumpkin Seed <0.57	0.76
Sesame Seed <1.13	1.70	Sunflower Seed <0.44	0.99
Walnut <0.67	1.67		

VEGETABLES

Artichoke <0.54	<DL	Asparagus <0.65	2.31
Avocado <0.65	0.75	Bamboo Shoot <0.41	2.44
Bean Sprout <0.85	2.91	Beet <0.76	1.38
Bell Pepper <0.57	0.60	Bitter Gourd <0.44	0.41
Broccoli <0.60	0.66	Brussel Sprout <0.62	1.94
Burdock Root <0.61	0.55	Cabbage <0.54	1.34
Carrot <0.79	1.44	Cauliflower <0.44	0.52
Celery <0.52	2.92	Chili Pepper <0.83	2.34
Cucumber <0.44	0.89	Eggplant <0.54	0.54
Enoki Mushroom <0.96	1.04	Garlic <0.56	3.77
Kale <0.50	0.63	Leek <0.45	0.61
Lettuce <0.53	1.07	Lotus Root <0.73	0.64

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ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

VEGETABLES - Continued

Napa Cabbage <0.63	11.17	Olive (Green) <0.34	<DL
Onion <1.68	1.69	Portabella Mushroom <0.56	0.76
Potato <0.50	0.61	Pumpkin <0.41	0.44
Radish <0.64	5.09	Seaweed Kombu Kelp <0.43	0.54
Seaweed Nori <0.65	0.50	Seaweed Wakame <0.65	1.98
Shitake Mushroom <0.60	1.03	Spinach <0.41	1.43
Sweet Potato <0.47	0.56	Tomato <0.51	2.78
Yam <0.41	0.67	Yellow Squash <0.52	0.96
Yuca <0.73	12.15	Zucchini <0.44	0.81

HERBS/SPICES

Basil <0.57	0.70	Bay Leaf <0.44	0.82
Black Pepper <1.36	4.68	Cayenne Pepper <0.66	1.19
Cilantro <0.75	0.58	Cinnamon <0.66	0.99
Cloves <0.54	1.16	Cumin <1.81	7.97
Curry <0.70	1.18	Dill <0.69	0.45
Ginger <1.54	5.09	Hops <0.37	0.89
Mint <0.43	<DL	Miso <1.62	4.17

Color Key — MINIMAL (<=25TH) | LOW (>25TH-50TH) | MODERATE (>50TH-75TH) | HIGH (>75TH-95TH) | VERY HIGH (>95TH)

ANTIGEN NAME	25th Percentile	RESULTS (Patient value: MFI x 1000)
HERBS/SPICES - Continued		
Mustard Seed	<0.80	1.47
Paprika	<0.63	1.91
Sage	<0.59	0.76
Thyme	<0.51	0.39
Vanilla Bean	<0.95	0.62
Oregano	<0.44	0.37
Rosemary	<0.47	0.32
Tarragon	<0.85	2.85
Turmeric	<0.64	0.80
MISCELLANEOUS		
Bromelain	<0.87	1.21
Cocoa Bean	<0.56	0.53
Green Tea	<0.68	12.99
Transglutaminase (Meat Glue)	<0.56	1.34
Saccharomyces cerevisiae (Yeast)	<1.12	4.22
Cane Sugar	<0.43	2.15
Coffee	<0.41	0.28
Honey	<0.66	0.52
Oolong Tea	<0.71	2.23
Candida albicans	<4.78	23.73

Result Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods plus *Candida albicans* and *Saccharomyces cerevisiae* . A patient's serum or dried blood spot (DBS) 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 minimal, low, moderate, high or very 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.

Elimination diets can be helpful in reducing or eliminating symptoms however, adequate intake of calories, macro and micro nutrients needs to be included in any elimination diet plan.

This test is evaluating IgG only. It is not evaluating IgE allergies. If IgE allergies are suspected, specific IgE testing is recommended. If a patient has an IgE allergy, that substance should be removed from the diet regardless of IgG levels.

For additional information and references on IgG and dietary intervention, please visit **MosaicDX.com/Test/IgG-Food-MAP**

Overview of IgG Food MAP

WHAT IS THE IGG FOOD MAP?

The Mosaic Diagnostics IgG Food MAP is a serum or dried blood spot (DBS) test that assesses IgG reactivity to 190 foods plus *Candida albicans* and *Saccharomyces cerevisiae*.

WHY TEST FOR FOOD SENSITIVITIES?

IgG food sensitivity testing is a simple and effect way to identify foods that can trigger an inflammatory response. The provided personalized rotation/elimination diet provides an easier and more convenient approach versus removal of all common foods known to cause allergies/sensitivities, which is often time-consuming and laborious. Addressing identified food sensitivities can be impactful as they often contribute to chronic health issues. Identifying these sensitivities can be crucial to healing the body and relieving unexplained signs and symptoms.

WHAT IS THE DIFFERENCE BETWEEN FOOD ALLERGY VS. FOOD SENSITIVITY?

While the terms food allergy and food sensitivity are often used interchangeably to describe adverse reactions to food, they are not the same thing. Food allergies refer to an immune-mediated process that involves the production of IgE antibodies in response to a particular antigen. IgE-mediated reactions are immediate (immediate hypersensitivity or Type 1 hypersensitivity reactions) and can result in a range of symptoms from more mild (e.g., hives, itching, digestive upset) to more significant (e.g., swelling of mucous membranes of the oral mucosa) to severe (life-threatening anaphylaxis).

Food sensitivities refer to a range of symptoms triggered by certain foods that generally tend to be less severe – and not life threatening – and include common complaints such as headaches, digestive upset, skin rashes, and fatigue. One proposed mechanism for the development of food sensitivities relates to the formation of IgG antibodies in response to certain foods which may be assessed on laboratory profiles.

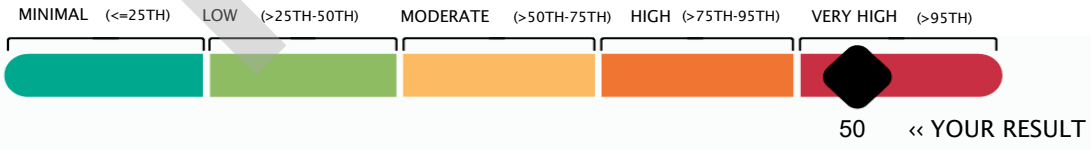
Finally, the term food intolerance has also been used clinically to describe the body's difficulty digesting or metabolizing a particular food component that results in symptoms such as nausea, bloating, gas, or even diarrhea. Classic examples of a food intolerances include lactose intolerance (due to a lactase enzyme deficiency), fructose intolerance (due to difficulty absorbing fructose) and reactions to certain food chemicals, additives, or preservatives such as histamines or sulfites.

TESTING PLATFORM

MosaicDX uses xMAP™ ELISA technology. This technology allows for more information without needing a larger amount of specimen, increased sensitivity and specificity than traditional ELISA testing, faster read times, and reduces plastic waste.

REFERENCE RANGE DESCRIPTION & DEPICTION

We analyzed 79,000 samples, representing a broad global population, to generate new reference intervals from those with a quantifiable response. < DL results are those results below detectable limits. Reference ranges are updated periodically.



MINIMAL

Minimal reactivity is calculated as equal to or less than the 25th percentile reactivity for this substance in our reference population.

LOW

Low reactivity is calculated as greater than the 25th percentile up to the 50th percentile reactivity for this substance in our reference population.

MODERATE

Moderate reactivity is calculated as greater than the 50th percentile up to the 75th percentile reactivity for this substance in our reference population.

HIGH

High reactivity is calculated as greater than the 75th percentile up to the 95th percentile reactivity for this substance in our reference population.

VERY HIGH

Very High reactivity is calculated as greater than the 95th percentile reactivity for this substance in our reference population.

Reactivity Summary

VERY HIGH

Sheep's Yogurt	Soybean	Orange	Corn
Bamboo Shoot	Bean Sprout	Napa Cabbage	Yuca
Black Pepper	Cumin	Paprika	Tarragon
Cane Sugar	Green Tea	Oolong Tea	

HIGH

Beta-Lactoglobulin	Casein	Cheddar Cheese	Cow's Milk
Goat's Milk	Mozzarella Cheese	Whey	Yogurt
Garbanzo Bean	Green Pea	Lentil	Banana
Cranberry	Lychee	Passion Fruit	Pineapple
Raspberry	Watermelon	Oat	Quinoa
Rye	Sorghum	Wheat Gluten	Whole Wheat
Jack Mackerel	Lobster	Octopus	Sunflower Seed
Asparagus	Beet	Brussel Sprout	Celery
Garlic	Radish	Seaweed Wakame	Spinach
Tomato	Bay Leaf	Cloves	Ginger
Hops	Miso	Transglutaminase (Meat Glue)	*Saccharomyces cerevisiae* (Yeast)
Candida albicans			

MODERATE

Adzuki Bean	Black Bean	Lima Bean	Acai Berry
Fig	Grape	Kiwi	Lemon
Mango	Papaya	Amaranth	Barley
Gliadin	Malt	Rice	Teff
Scallop	Shrimp	Small Clam	Almond
Cashew	Chia Seed	Hazelnut	Peanut
Pistachio	Walnut	Cabbage	Carrot
Chili Pepper	Cucumber	Leek	Lettuce
Portabella Mushroom	Shitake Mushroom	Yam	Yellow Squash
Zucchini	Cayenne Pepper	Cinnamon	Curry
Mustard Seed			

LOW

Mung Bean	Pinto Bean	Apricot	Cherry
Coconut	Grapefruit	Jackfruit	Pomegranate
Millet	Abalone	Oyster	Red Snapper
Squid	Tilapia	Tuna	Flax Seed
Pumpkin Seed	Sesame Seed	Avocado	Bell Pepper
Broccoli	Cauliflower	Enoki Mushroom	Kale
Onion	Potato	Pumpkin	Seaweed Kombu Kelp
Sweet Potato	Basil	Sage	Turmeric
Bromelain			

לפרטים ניתן ליצור קשר:
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טל: 054-9898378