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TEST PATIENT

GUa d'Y HYghBUa Y

Sex : :

DUHY Collected : 00-00-0000

111 H9GH ROAD TEST SUBURB

@AB =8: 00000000 UR#:0000000

TEST PHYSICIAN

DR JOHN DOE

111 CLINIC STF 99H

7@B=7'GI 6I F 6'J =7'' \$\$\$

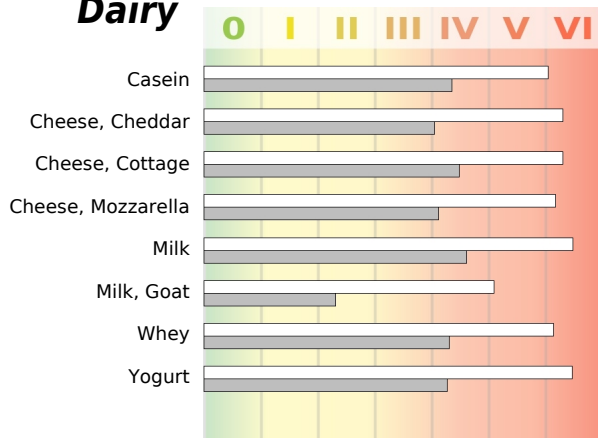
IgG

IgA

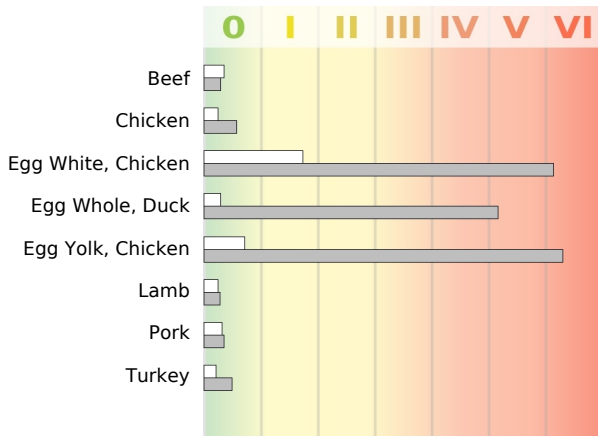
INTEGRATIVE MEDICINE

Dairy

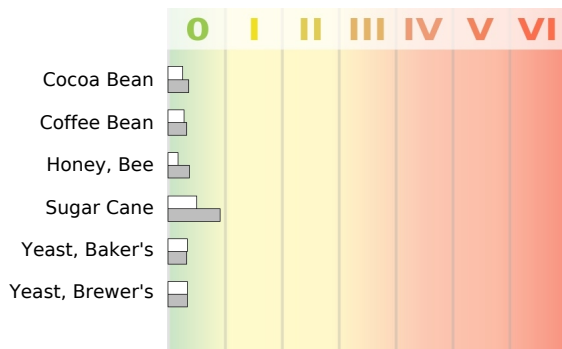
Bovine-derived
unless specified



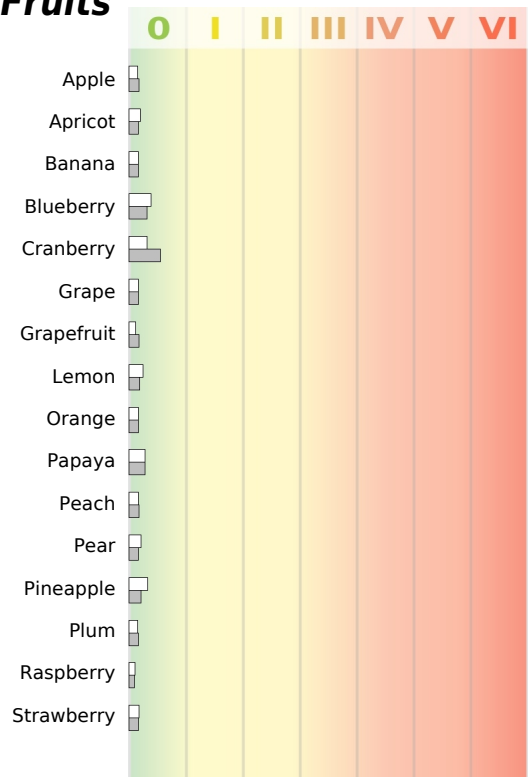
Meat/Fowl



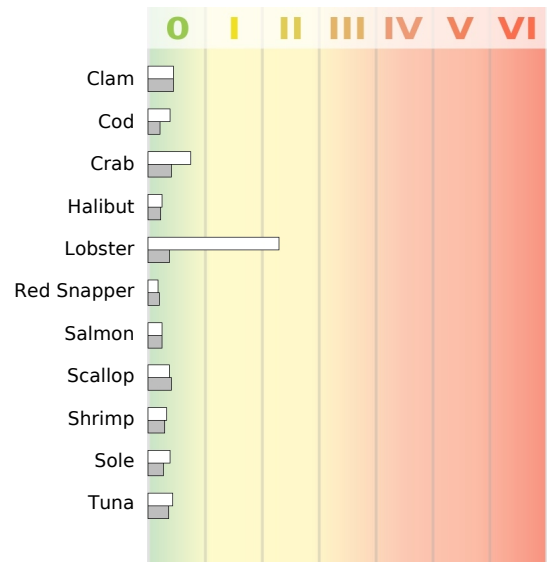
Misc



Fruits



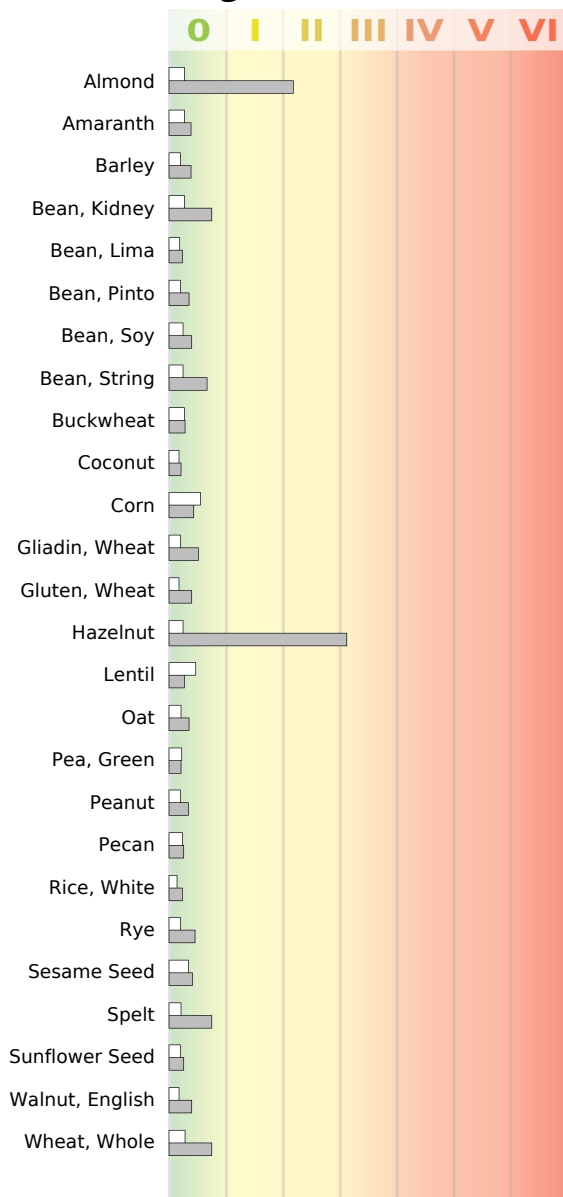
Fish/Crustacea/Mollusk



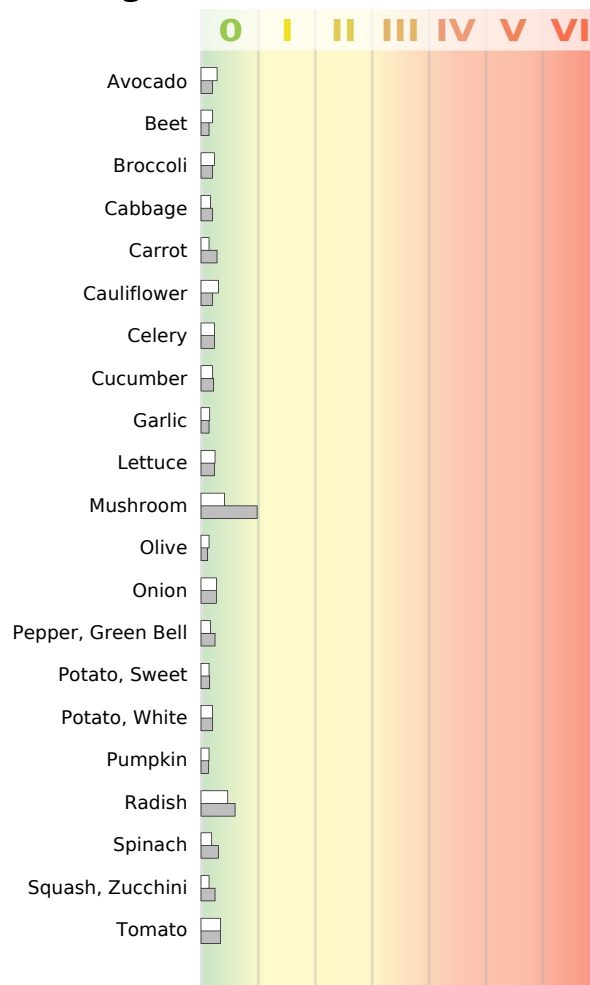
Reaction Class

0	I	II	III	IV	V	VI
No Reaction	Very Low	Low	Moderate	High	Very High	Extremely High

Grains/Legumes/Nuts



Vegetables



Reaction Class



FoodStat Antibody Assessment

Test Results and Personalized Elimination/ Rotation Diet guideline

Prepared for: **SAMPLE REPORT**
Accession:
Practitioner: **SAMPLE REPORT**
Prepared: **June 27th, 2016**



SAMPLE REPORT

Prepared June 27th, 2016

DearHealthcarePractitioner: SAMPLE REPORT

Thank you for allowing NutriPATH to assist you in helping your patients towards a healthier lifestyle.

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

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

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

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

SAMPLE REPORT

Prepared June 27th, 2016

Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The proprietary semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay). Not all antibody tests (i.e.: IgA, IgE and IgG) may have been ordered by your practitioner.

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

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

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

Class IV and greater (High to Extremely High antibody levels)		
IgA:	IgA & IgG:	IgG:
Goat Milk	Casein, Cheddar Cheese, Cottage Cheese, Milk, Mozzarella Cheese, Whey, Yogurt	Chicken Egg White, Chicken Egg Yolk, Duck Egg Whole

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

Class III (Moderate antibody levels)		
IgA:	IgA & IgG:	IgG:
<i>(none)</i>	<i>(none)</i>	Hazelnut

Class I/II (Low antibody levels)		
IgA:	IgA & IgG:	IgG:
Chicken Egg White, Lobster	<i>(none)</i>	Almond, Goat Milk

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

IgE antibody testing and results are not available through the Whole Blood Specimen Collection Kit.

Your Personal Rotation Diet Guideline

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

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

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

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



For Your Convenience

Food Antibody Assessment

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

IgA/IgG: Class IV and greater – Casein, Cheddar Cheese, Chicken Egg White, Chicken Egg Yolk, Cottage Cheese, Duck Egg Whole, Goat Milk, Milk, Mozzarella Cheese, Whey, Yogurt

IgA/IgG: Class III – Hazelnut

