

Test Report : Order of Reactivity

Patient Name: Sample Report 2
Patient Number: 101
Date of Birth: 01/01/2000

Analysis Date: 01/01/2013
Test Reference: 444

ELEVATED FOODS (≥30 U/ml)

102	Milk (Cow)	44	Wheat	38	Potato
80	Rice	42	Gliadin*	34	Milk (Goat)
59	Barley	41	Milk (Sheep)	33	Yeast (Brewer's)
48	Egg White	40	Sunflower Seed		

BORDERLINE FOODS (24-29 U/ml)

29	Hazelnut	26	Cashew Nut	24	Shrimp/Prawn
29	Pistachio	25	Cranberry		
28	Celery	24	Carrot		

NORMAL FOODS (≤23 U/ml)

20	Mackerel	9	Rye	0	Beef
20	Sole	8	Onion	0	Blackberry
18	Cod	7	Beetroot	0	Blackcurrant
18	Lobster	7	Coffee	0	Brussel Sprout
18	Peanut	6	Yeast (Baker's)	0	Carob
17	Corn (Maize)	5	Cabbage (Savoy/White)	0	Cauliflower
17	Cucumber	5	Chilli (Red)	0	Cherry
17	Haddock	4	Apricot	0	Chicken
17	Oat	4	Aubergine	0	Clove
15	Bean (Red Kidney)	3	Chicory	0	Coconut
15	Bean (White Haricot)	3	Mustard Seed	0	Coriander (Leaf)
15	Nectarine	3	Pineapple	0	Dill
14	Bean (Green)	2	Buckwheat	0	Duck
14	Durum Wheat	2	Lime	0	Garlic
14	Egg Yolk	2	Pork	0	Grape (Black/Red/White)
14	Ginger	2	Tuna	0	Grapefruit
14	Oyster	2	Walnut	0	Herring
14	Soya Bean	1	Broccoli	0	Hops
13	Pea	1	Cocoa Bean	0	Lemon
13	Scallop	1	Cumin	0	Lettuce
11	Lamb	1	Leek	0	Melon (Galia/Honeydew)
11	Salmon	1	Lentil	0	Millet
11	Wheat Bran	1	Mushroom	0	Mint
10	Almond	1	Pear	0	Nutmeg
10	Cinnamon	0	Apple	0	Olive
10	Crab	0	Asparagus	0	Orange
10	Mussel	0	Avocado	0	Parsley
9	Brazil Nut	0	Banana	0	Peach
9	Kiwi	0	Basil	0	Pepper (Green/Red/Yellow)

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NORMAL FOODS ...continued

0	Peppercorn (Black/White)	0	Spinach	0	Trout
0	Plaice	0	Strawberry	0	Turbot
0	Plum	0	Swordfish	0	Turkey
0	Rapeseed	0	Tea (Black)	0	Vanilla
0	Raspberry	0	Tea (Green)	0	Veal
0	Sage	0	Thyme	0	Venison
0	Sesame Seed	0	Tomato		

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.