

TEST NAME: IgG Food Allergy Test with Candida and Yeast - DBS

Dairy

Beta-Lactoglobulin		10.04
Casein		28.29
Cheddar Cheese		19.79
Cow's Milk		20.78
Goat's Milk		4.07
Mozzarella Cheese		16.28
Sheep's Yogurt		2.69
Whey		19.83
Yogurt		27.06

Beans and Peas

Adzuki Bean		8.18
Black Bean		8.47
Garbanzo Bean		5.65
Green Bean		10.21
Green Pea		4.78
Kidney Bean		8.39
Lentil		7.63
Lima Bean		3.47
Mung Bean		12.26
Navy Bean		8.40
Pinto Bean		6.87
Soybean		13.44
Tofu		10.09

Fruits

Acai Berry		5.92
Apple		1.62
Apricot		17.02
Banana		5.23
Blueberry		1.03
Cantaloupe		2.32
Cherry		27.56

Coconut		11.56
Cranberry		1.10
Date		8.42
Fig		15.21
Grape		7.64
Grapefruit		15.12
Guava		2.55
Jackfruit		17.27
Kiwi		4.33
Lemon		10.10
Lychee		2.70
Mango		4.58
Orange		8.41
Papaya		19.20
Passion Fruit		1.79
Peach		13.04
Pear		2.35
Pineapple		9.13
Plum		2.91
Pomegranate		1.27
Raspberry		5.21
Strawberry		1.52
Watermelon		3.44

Grains

Amaranth		6.64
Barley		2.97
Buckwheat		2.39
Corn		6.83
Gliadin		26.82
Malt		1.23
Millet		8.31
Oat		6.23
Quinoa		3.41

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Grains		Continued	
Rice			9.98
Rye			9.33
Sorghum			7.67
Teff			5.45
Wheat Gluten			31.96
Whole Wheat			26.14
Fish/Seafood			
Abalone			0.67
Anchovy			0.24
Bass			0.61
Bonito			1.27
Codfish			0.91
Crab			0.38
Halibut			0.32
Jack Mackerel			1.02
Lobster			0.37
Octopus			0.63
Oyster			0.52
Pacific Mackerel (Saba)			3.03
Pacific Saury			0.33
Perch			0.91
Red Snapper			1.27
Salmon			0.81
Sardine			0.04
Scallop			0.60
Shrimp			0.60
Small Clam			0.60
Squid			0.68
Tilapia			0.73
Trout			0.74
Tuna			3.30
Meat/Fowl			
Beef			1.06
Chicken			0.27
Duck			0.89
Egg White			47.59
Egg Yolk			24.29
Goose			1.90
Lamb			0.88
Pork			0.64
Turkey			0.84
Nuts/Seeds			
Almond			27.96
Brazil Nut			1.62
Cashew			5.81
Chestnut			3.28
Chia Seed			2.24
Flax Seed			7.14
Hazelnut			14.36
Hemp Seed			4.20
Macadamia Nut			7.43
Peanut			12.89
Pecan			0.82
Pine Nut			5.57
Pistachio			9.85
Pumpkin Seed			5.92
Sesame Seed			4.79
Sunflower Seed			13.80
Walnut			9.20
Vegetables			
Artichoke			4.16
Asparagus			6.17
Avocado			13.92

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Vegetables	Continued
Bamboo Shoot	2.18
Bean Sprout	8.41
Beet	3.80
Bell Pepper	21.93
Bitter Gourd	8.15
Broccoli	17.13
Brussel Sprout	19.38
Burdock Root	2.14
Cabbage	43.96
Carrot	6.22
Cauliflower	18.39
Celery	17.75
Chili Pepper	36.89
Cucumber	12.05
Eggplant	9.46
Enoki Mushroom	0.28
Garlic	15.71
Kale	11.97
Leek	9.60
Lettuce	6.33
Lotus Root	1.25
Napa Cabbage	6.57
Olive (Green)	0.28
Onion	10.57
Portabella Mushroom	0.71
Potato	19.01
Pumpkin	14.56
Radish	15.76
Seaweed Kombu Kelp	0.26
Seaweed Nori	0.37
Seaweed Wakame	0.28
Shitake Mushroom	0.34

Spinach	4.35
Sweet Potato	8.62
Tomato	16.52
Yam	4.66
Yellow Squash	18.84
Yuca	0.00
Zucchini	5.46

Herbs/Spices

Basil	2.54
Bay Leaf	0.56
Black Pepper	2.97
Cayenne Pepper	10.42
Cilantro	0.97
Cinnamon	1.29
Cloves	2.46
Cumin	11.01
Curry	5.52
Dill	1.59
Ginger	9.13
Hops	4.56
Mint	0.64
Miso	8.91
Mustard Seed	34.01
Oregano	0.27
Paprika	20.00
Rosemary	2.76
Sage	2.67
Tarragon	2.17
Thyme	3.47
Turmeric	0.88
Vanilla Bean	5.21

Miscellaneous

Bromelain	22.50
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Miscellaneous Continued

Cane Sugar		3.51
Cocoa Bean		0.89
Coffee		0.33
Green Tea		6.80
Honey		10.29
Meat glue		16.05
Oolong Tea		2.07

Food Reactivity Scale	MFI* x 1000
Not Significant	< 4.47
Low	4.47-9.86
Moderate	9.87-15.99
High	>=16

(*) Median Fluorescent Intensity

Reactivity Summary

High

Almond	Apricot	Bell Pepper
Broccoli	Bromelain	Brussel Sprout
Cabbage	Casein	Cauliflower
Celery	Cheddar Cheese	Cherry
Chili Pepper	Cow's Milk	Egg White
Egg Yolk	Glutadin	Jackfruit
Meat glue	Mozzarella Cheese	Mustard Seed
Papaya	Paprika	Potato
Tomato	Wheat Gluten	Whey
Whole Wheat	Yellow Squash	Yogurt

Moderate

Avocado	Beta-Lactoglobulin	Cayenne Pepper
Coconut	Cucumber	Cumin
Fig	Garlic	Grapefruit
Green Bean	Hazelnut	Honey
Kale	Lemon	Mung Bean
Onion	Peach	Peanut
Pumpkin	Radish	Rice
Soybean	Sunflower Seed	Tofu

Low

Acai Berry	Adzuki Bean	Amaranth
Asparagus	Banana	Bean Sprout
Bitter Gourd	Black Bean	Carrot
Cashew	Corn	Curry
Date	Eggplant	Flax Seed
Garbanzo Bean	Ginger	Grape
Green Pea	Green Tea	Hops
Kidney Bean	Leek	Lentil
Lettuce	Macadamia Nut	Mango
Millet	Miso	Napa Cabbage
Navy Bean	Oat	Orange
Pine Nut	Pineapple	Pinto Bean
Pistachio	Pumpkin Seed	Raspberry
Rye	Sesame Seed	Sorghum
Sweet Potato	Teff	Vanilla Bean
Walnut	Yam	Zucchini