



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

30/05/2024

Dear AFAF ABDALATIF,

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

1. **Food Groups** – foods are listed according to their respective food group
2. **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED** **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- Information about food sensitivity and commonly used terminology
- How to interpret the test results
- How to plan your diet
- Monitoring symptoms, re-introducing foods and avoiding new food sensitivities
- How to avoid dairy, eggs, wheat, gluten, and yeast
- Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact support@omegadx.com.

Kind regards
Support

Test Report : Food Groups

Patient Name: AFAF ABDALATIF
 Patient Number: S14824259
 Date of Birth: DD/MM/YYYY

Sample Date: DD/MM/YYYY
 Analysis Date: DD/MM/YYYY
 Clinic:

ELEVATED (≥30 U/ml)			BORDERLINE (24-29 U/ml)			NORMAL (≤23 U/ml)		
DAIRY / EGG								
<15	Alpha-Lactalbumin	92	Egg White	58	Milk (Cow)			
<15	Beta-Lactoglobulin	20	Egg Yolk	17	Milk (Goat)			
51	Casein	<15	Milk (Buffalo)	22	Milk (Sheep)			
GRAINS (Gluten-Containing)*								
64	Barley	25	Malt	28	Wheat			
<15	Couscous	>160	Oat	19	Wheat Bran			
<15	Durum Wheat	16	Rye					
18	Gliadin*	<15	Spelt					
GRAINS (Gluten-Free)								
43	Amaranth	<15	Millet	<15	Rice			
<15	Buckwheat	<15	Polenta	<15	Tapioca			
39	Corn (Maize)	<15	Quinoa					
FRUIT								
<15	Apple	32	Guava	<15	Pear			
<15	Apricot	<15	Kiwi	<15	Pineapple			
<15	Avocado	<15	Lemon	17	Plum			
<15	Banana	<15	Lime	<15	Pomegranate			
<15	Blackberry	<15	Lychee	<15	Raisin			
<15	Blackcurrant	<15	Mango	<15	Raspberry			
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant			
<15	Cherry	<15	Mulberry	<15	Rhubarb			
26	Cranberry	<15	Nectarine	<15	Strawberry			
<15	Date	<15	Olive	<15	Tangerine			
18	Fig	16	Orange	<15	Watermelon			
<15	Grape (Black/Red/White)	<15	Papaya					
<15	Grapefruit	<15	Peach					
VEGETABLES								
<15	Artichoke	<15	Cauliflower	33	Potato			
<15	Asparagus	25	Celery	25	Radish			
<15	Aubergine	<15	Chard	<15	Rocket			
<15	Bean (Broad)	<15	Chickpea	<15	Shallot			
<15	Bean (Green)	<15	Chicory	<15	Soya Bean			
40	Bean (Red Kidney)	<15	Cucumber	<15	Spinach			
52	Bean (White Haricot)	<15	Fennel (Leaf)	16	Squash (Butternut/Carnival)			
<15	Beetroot	<15	Leek	<15	Sweet Potato			
<15	Broccoli	<15	Lentil	<15	Tomato			
<15	Brussel Sprout	<15	Lettuce	<15	Turnip			
<15	Cabbage (Red)	<15	Marrow	17	Watercress			
<15	Cabbage (Savoy/White)	<15	Onion	<15	Yuca			
<15	Caper	72	Pea					
<15	Carrot	<15	Pepper (Green/Red/Yellow)					

Continued on next page...

Patient Name:		AFAF ABDALATIF		Sample Date:		DD/MM/YYYY	
Patient Number:		S14824259		Analysis Date:		DD/MM/YYYY	
Date of Birth:		DD/MM/YYYY		Clinic:			
FISH / SEAFOOD							
24	Alga Espaguette	<15	Haddock	<15	Sardine		
<15	Alga Spirulina	<15	Hake	<15	Scallop		
20	Alga Wakame	<15	Herring	<15	Sea Bream (Gilthead)		
<15	Anchovy	<15	Lobster	<15	Sea Bream (Red)		
<15	Barnacle	<15	Mackerel	<15	Shrimp/Prawn		
<15	Bass	<15	Monkfish	<15	Sole		
<15	Carp	<15	Mussel	<15	Squid		
<15	Caviar	<15	Octopus	17	Swordfish		
<15	Clam	51	Oyster	<15	Trout		
<15	Cockle	<15	Perch	<15	Tuna		
<15	Cod	<15	Pike	23	Turbot		
<15	Crab	<15	Plaice	25	Winkle		
<15	Cuttlefish	46	Razor Clam				
<15	Eel	<15	Salmon				
MEAT							
<15	Beef	<15	Ostrich	<15	Turkey		
<15	Chicken	<15	Ox	<15	Veal		
<15	Duck	<15	Partridge	<15	Venison		
<15	Goat	<15	Pork	<15	Wild Boar		
<15	Horse	<15	Quail				
<15	Lamb	<15	Rabbit				
HERBS / SPICES							
<15	Aniseed	<15	Dill	<15	Nutmeg		
<15	Basil	<15	Garlic	<15	Parsley		
<15	Bayleaf	16	Ginger	16	Peppercorn (Black/White)		
<15	Camomile	53	Ginkgo	<15	Peppermint		
<15	Cayenne	<15	Ginseng	<15	Rosemary		
<15	Chilli (Red)	<15	Hops	<15	Saffron		
<15	Cinnamon	17	Liquorice	<15	Sage		
<15	Clove	<15	Marjoram	<15	Tarragon		
<15	Coriander (Leaf)	<15	Mint	<15	Thyme		
<15	Cumin	17	Mustard Seed	<15	Vanilla		
<15	Curry (Mixed Spices)	<15	Nettle				
NUTS / SEEDS							
37	Almond	15	Hazelnut	<15	Rapeseed		
33	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed		
34	Cashew Nut	26	Peanut	21	Sunflower Seed		
<15	Coconut	21	Pine Nut	21	Tiger Nut		
<15	Flax Seed	24	Pistachio	<15	Walnut		
MISCELLANEOUS							
50	Agar Agar	25	Cocoa Bean	<15	Tea (Black)		
27	Aloe Vera	<15	Coffee	<15	Tea (Green)		
26	Cane Sugar	50	Cola Nut	<15	Transglutaminase		
<15	Carob	<15	Honey	20	Yeast (Baker's)		
<15	Chestnut	77	Mushroom	25	Yeast (Brewer's)		

* 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.

Test Report : Order of Reactivity

Patient Name: AFAP ABDALATIF
Patient Number: S14824259
Date of Birth: DD/MM/YYYY

Sample Date: DD/MM/YYYY
Analysis Date: DD/MM/YYYY
Clinic:

ELEVATED FOODS (≥30 U/ml)

>160	Oat	52	Bean (White Haricot)	40	Bean (Red Kidney)
92	Egg White	51	Casein	39	Corn (Maize)
77	Mushroom	51	Oyster	37	Almond
72	Pea	50	Agar Agar	34	Cashew Nut
64	Barley	50	Cola Nut	33	Brazil Nut
58	Milk (Cow)	46	Razor Clam	33	Potato
53	Ginkgo	43	Amaranth	32	Guava

BORDERLINE FOODS (24-29 U/ml)

28	Wheat	25	Celery	25	Yeast (Brewer's)
27	Aloe Vera	25	Cocoa Bean	24	Alga Espaguette
26	Cane Sugar	25	Malt	24	Pistachio
26	Cranberry	25	Radish		
26	Peanut	25	Winkle		

NORMAL FOODS (≤23 U/ml)

23	Turbot	<15	Alpha-Lactalbumin	<15	Buckwheat
22	Milk (Sheep)	<15	Anchovy	<15	Cabbage (Red)
21	Pine Nut	<15	Aniseed	<15	Cabbage (Savoy/White)
21	Sunflower Seed	<15	Apple	<15	Camomile
21	Tiger Nut	<15	Apricot	<15	Caper
20	Alga Wakame	<15	Artichoke	<15	Carob
20	Egg Yolk	<15	Asparagus	<15	Carp
20	Yeast (Baker's)	<15	Aubergine	<15	Carrot
19	Wheat Bran	<15	Avocado	<15	Cauliflower
18	Fig	<15	Banana	<15	Caviar
18	Gliadin*	<15	Barnacle	<15	Cayenne
17	Liquorice	<15	Basil	<15	Chard
17	Milk (Goat)	<15	Bass	<15	Cherry
17	Mustard Seed	<15	Bayleaf	<15	Chestnut
17	Plum	<15	Bean (Broad)	<15	Chicken
17	Swordfish	<15	Bean (Green)	<15	Chickpea
17	Watercress	<15	Beef	<15	Chicory
16	Ginger	<15	Beetroot	<15	Chilli (Red)
16	Orange	<15	Beta-Lactoglobulin	<15	Cinnamon
16	Peppercorn (Black/White)	<15	Blackberry	<15	Clam
16	Rye	<15	Blackcurrant	<15	Clove
16	Squash (Butternut/Carnival)	<15	Blueberry	<15	Cockle
15	Hazelnut	<15	Broccoli	<15	Coconut
<15	Alga Spirulina	<15	Brussel Sprout	<15	Cod

Patient Name: AFAF ABDALATIF
Patient Number: S14824259
Date of Birth: DD/MM/YYYY

Sample Date: DD/MM/YYYY
Analysis Date: DD/MM/YYYY
Clinic:

NORMAL FOODS ...continued

<15	Coffee	<15	Marrow	<15	Rocket
<15	Coriander (Leaf)	<15	Melon (Galia/Honeydew)	<15	Rosemary
<15	Couscous	<15	Milk (Buffalo)	<15	Saffron
<15	Crab	<15	Millet	<15	Sage
<15	Cucumber	<15	Mint	<15	Salmon
<15	Cumin	<15	Monkfish	<15	Sardine
<15	Curry (Mixed Spices)	<15	Mulberry	<15	Scallop
<15	Cuttlefish	<15	Mussel	<15	Sea Bream (Gilthead)
<15	Date	<15	Nectarine	<15	Sea Bream (Red)
<15	Dill	<15	Nettle	<15	Sesame Seed
<15	Duck	<15	Nutmeg	<15	Shallot
<15	Durum Wheat	<15	Octopus	<15	Shrimp/Prawn
<15	Eel	<15	Olive	<15	Sole
<15	Fennel (Leaf)	<15	Onion	<15	Soya Bean
<15	Flax Seed	<15	Ostrich	<15	Spelt
<15	Garlic	<15	Ox	<15	Spinach
<15	Ginseng	<15	Papaya	<15	Squid
<15	Goat	<15	Parsley	<15	Strawberry
<15	Grape (Black/Red/White)	<15	Partridge	<15	Sweet Potato
<15	Grapefruit	<15	Peach	<15	Tangerine
<15	Haddock	<15	Pear	<15	Tapioca
<15	Hake	<15	Pepper (Green/Red/Yellow)	<15	Tarragon
<15	Herring	<15	Peppermint	<15	Tea (Black)
<15	Honey	<15	Perch	<15	Tea (Green)
<15	Hops	<15	Pike	<15	Thyme
<15	Horse	<15	Pineapple	<15	Tomato
<15	Kiwi	<15	Plaice	<15	Transglutaminase
<15	Lamb	<15	Polenta	<15	Trout
<15	Leek	<15	Pomegranate	<15	Tuna
<15	Lemon	<15	Pork	<15	Turkey
<15	Lentil	<15	Quail	<15	Turnip
<15	Lettuce	<15	Quinoa	<15	Vanilla
<15	Lime	<15	Rabbit	<15	Veal
<15	Lobster	<15	Raisin	<15	Venison
<15	Lychee	<15	Rapeseed	<15	Walnut
<15	Macadamia Nut	<15	Raspberry	<15	Watermelon
<15	Mackerel	<15	Redcurrant	<15	Wild Boar
<15	Mango	<15	Rhubarb	<15	Yuca
<15	Marjoram	<15	Rice		

* 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.