



PATIENT:	Sample Report	TEST REF:	TST-XX-XXXXX
TEST NUMBER:	T-XX-XXXXXX	COLLECTED:	DD-MM-YYYY
GENDER:	M/F	RECEIVED:	DD-MM-YYYY
AGE:	xx	TESTED:	DD-MM-YYYY
		PRACTITIONER:	Nordic Laboratories

TEST NAME: Food Panel - US BIOTEK

Dear Healthcare Practitioner:

Thank you for allowing us 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. 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) and Chemiluminescent Assay.

Also attached is a rotation diet guideline. The concept behind rotation style eating is to eliminate foods that scored high for reactivity and to rotate consumption of foods as indicated below. The rotation diet guideline is designed so the patient does not 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 I or greater for IgA antibody analysis. It also excludes all tested foods on which your patients scored Class II or greater for IgG antibody analysis and/or Class 0/I and greater for IgE antibody analysis.

The guideline includes all IgA tested foods at Class 0 and/or all IgG tested foods which your patient scored Class 0 to Class I. 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.

Health care practitioners are responsible for interpreting the profile of test results, applying those results to each patient and recommending dietary changes based on these and other data available to you. This rotation diet guideline for your consideration only. This is just one suggested rotation schedule. You may prefer a different, but similar, diet guideline for your patients, such as a 7-day plan. Also, you may want to modify the guideline by limiting a particular food family to one day of the rotation cycle vs. two days. If you have any questions about the attached guideline, please let us know.

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Diet Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent 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 0/I and greater

(not tested)

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

High to Very High antibody levels

Class III/IV IgA

(not tested)

Class III/IV IgG

(none)

Low to Moderate antibody levels

Class I/II IgA

(not tested)

Class II IgG

Almond, Lettuce, Tomato

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

Low antibody levels

Class I IgG

Asparagus, Avocado, Black Tea, Black-Eyed Pea, Blackberry, Buckwheat, Cabbage, Cauliflower, Celery, Cherry, Chestnut, Chili Pepper, Clove, Cottage Cheese, Cucumber, Eggplant, Endive, Fennel Seed, Fenugreek seeds, Garlic, Grape, Grapefruit, Green Bell Pepper, Green Pea, Hemp, Honey, Horseradish, Jackfruit, Kohlrabi, Leek, Lemon, Macadamia Nut, Mango, Mulberry, Mung Bean, Oat, Olive, Onion, Orange, Papaya, Parsley, Peanut, Pistachio Nut, Plum, Pumpkin, Rosemary, Spinach, Squash, Sweet Potato, Tangerine, Turnip, Wheat, White Potato, White Rice, Zucchini Squash

Class 0 foods may be freely eaten, or included in the four-day rotation. Consult with your health-care provider to see which strategy is right for you.

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner). IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

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Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class I and greater for IgA and/or Class II and greater for IgG antibody analysis. Also excluded is Class 0/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
Dairy	Blue Cheese, Buttermilk, Casein, Cheddar Cheese, Cottage Cheese, Cow's Milk, Cream Cheese, Mozzarella Cheese, Swiss Cheese, Whey, Yogurt, beta-Lactoglobulin		Goat's Milk, Sheep's Milk	
Egg, Meat, Poultry	Beef, Buffalo, Duck, Duck Egg Whole	Goose, Rabbit	Chicken, Chicken Egg White, Chicken Egg Yolk, Lamb	Pork, Turkey, Venison
Fish, Crustacea, Mollusk	Clam, Mussel, Oyster, Scallop	Bass, Carp, Cod, Haddock, Herring, Red Snapper, Sardine, Sea Urchin, Swordfish, Tilapia, Trout	Crab, Crayfish, Lobster, Octopus, Shrimp, Squid	Anchovy, Catfish, Eel, Flounder, Halibut, Mackerel, Perch, Pike, Salmon, Sole, Tuna
Fruits	Black/Red currant, Blackberry, Elderberry, Gogiberry, Gooseberry, Kiwi, Mangosteen, Monk Fruit, Olive, Papaya, Passion fruit, Raspberry, Strawberry	Fig, Grapefruit, Jackfruit, Kumquat/Cumquat, Lemon, Lime, Lychee/Litchi, Mulberry, Orange, Tangerine	Apple, Apricot, Banana, Cantaloupe, Cherry, Guava, Honeydew, Peach, Pear, Pineapple, Plum, Pomegranate, Prune, Watermelon	Blueberry, Cranberry, Date, Grape, Mango, Persimmon
Grains, Legumes, Nuts	Barley, Bran, Brazil Nut, Cola Nut / Kola Nut, Gliadin, Gluten, Malt, Oat, Rye, Spelt, Walnut, Wheat, Wheat germ agglutinin (lectin)	Black-Eyed Pea, Canola Seed, Chia Seed, Fava bean, Fenugreek seeds, Ginkgo Nut, Green Bean, Green Pea, Kidney Bean, Lima Bean, Macadamia Nut, Mung Bean, Navy Bean / White Bean, Pinto Bean, Poppy Seed, Safflower Seed	Brown Rice, Buckwheat, Corn, Hazelnut, Millet, Pecan, Pine Nut, Pumpkin seeds, Sorghum, Teff, White Rice	Adzuki Bean / Red Bean, Amaranth, Caraway seed, Cashew Nut, Chestnut, Chickpea, Coconut, Lentil, Peanut, Pistachio Nut, Quinoa, Soybean
Herbs		Anise, Sweet Marjoram, Yerba mate		
Miscellaneous	Baker's / Brewer's Yeast, Button Mushroom, Cane Sugar, Cocoa Bean (Chocolate), Flaxseed, Ginseng, Sesame Seed, Shiitake Mushroom	Aloe vera, Hemp, Hops, Stevia, Sunflower Seed	Black Tea, Coffee Bean, Green Tea, Honey	Maple Sugar
Spices	Black Pepper, Chili Pepper, Cinnamon, Paprika, Vanilla	Basil, Mustard, Oregano, Peppermint, Rosemary, Tarragon, Thyme	Allspice, Bay Leaf, Clove, Curry Powder, Ginger, Turmeric	Coriander, Dill, Fennel Seed, Licorice, Parsley, Sage
Vegetables	Asparagus, Avocado, Bamboo Shoot, Eggplant, Green Bell Pepper, Okra, Rhubarb, White Potato	Artichoke, Broccoli / Brussel Sprouts, Burdock Root, Cabbage, Cauliflower, Endive, Horseradish, Kale, Kelp, Kohlrabi, Lotus Root, Radish / Daikon, Turnip, Wasabi	Arrowroot, Chive, Cucumber, Garlic, Leek, Onion, Pumpkin, Squash, Zucchini Squash	Beet, Carrot, Celery, Chard, Spinach, Sweet Potato

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

NOTE: At the clinician's discretion, IgG class II foods may be included in the rotation diet. The FoodStats Food Family Guide can ensure that foods added to the rotation are placed on the appropriate day (with their food families) to minimize any immune system responses.