

Patient NAME :	Report STATUS :
DOB/Age/Gender :	Barcode NO :
Patient ID / UHID :	Sample Type :
Referred BY :	Report Date :
Sample Collected :	

## Food Intolerance (Food IgG) Test

(Serum)

Investigation	Observed Value	Unit	Biological Reference Interval
<b>Food Recommended to be Avoided</b>	Food highlighted in RED are recommended to be Avoided / Eliminated for at least 3 months		
<b>Food recommended to be Rotated</b>	Food highlighted in YELLOW are recommended to be reduced & rotated for at least 3 months		

**Method-** Protien Microarray Technology

**Test description-** Immunoglobulin G (IgG) food testing is a useful guide for structuring elimination of certain food items for patients with chronic symptoms associated with food sensitivities, which may occur hours or days after the offending food was eaten because IgG food antibodies causing type III delayed onset hypersensitivity reaction.

**Test Interpretation-**For the attached test results

ELEVATED (>30 IU/ml)	BORDERLINE(24-30 IU/ml)	NORMAL(<24 IU/ml)
Indicates a strong antibody reaction to that particular food.	Indicates a lower antibody reaction to that particular food.	Indicates no significant reaction to that particular food.
1.These are your primary problem foods,you should eliminate/avoid these foods for at least 3 months.	1.These are moderate to severe problem foods.You should reduce and rotate these foods for at least 3 months to avoid an increase in intolerance.	1.These foods can be eaten as normal without restriction,unless you already know of specific foods that have previously caused a reaction.If you suffer with rapid onset type,classic reaction to any of these foods,do not eat them.
2.Substitute other foods listed in the NORMAL column and the relevant food group.	2.Choose alternative foods from the green NORMAL column and the relevant food group (ensuring they are not listed in the ELEVATED column).	

### Note-

- All proposed changes in the individual's diet should be implemented after consulting Nutritionist or other health professionals.
- Some individuals may show positivity for many food items, which could be due to local gut pathology like leaky gut. It is recommended to consult gastroenterologist or other health specialist in such cases.

### Limitations-

- This test is not for any intolerances arising of enzyme deficiency (e.g. Lactose Intolerance) or chemical sensitivities (e.g. histamine intolerance).
- This test detects IgG food related antibodies and does not detect IgE antibodies. Hence, it does not detect food allergy.

**References-** Atkinson, W., Sheldon, T. A., Shaath, N. & Whorwell, P. J. Food elimination based on IgG antibodies in irritable bowel syndrome: a randomised controlled trial. Gut 53, 1459-1464, 2004.

Drisko, J., Bischoff, B., Hall, M. & McCallum, R. Treating irritable bowel syndrome with a food elimination diet followed by food challenge and probiotics. Journal of the American College of Nutrition 25, 514-522 (2006).

Bentz, S. et al. Clinical relevance of IgG antibodies against food antigens in Crohn's disease: a double-blind cross-over diet intervention study. Digestion 81, 252-264, 2010.



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## FOOD INTOLERANCE (FOOD IgG) TEST REPORT

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Name \_\_\_\_\_ Age/Gender \_\_\_\_\_

**NORMAL** < 23 U/ml      **BORDERLINE** 24-29 U/ml      **ELEVATED** ≥ 30 U/ml

Food List	Value (IgG) U/ml	IgG Conc. Threshold	Food Image	Interpretation	Dietary Inference
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### DAIRY / EGGS

ALPHA-LACTALBUMIN आल्फा लेक्टल्बुमिन	<15	● ● ●		NORMAL	CONSUME
BETA-LACTOGLOBULIN बीटा-लैक्टोग्लोब्युलिन	40	● ● ● ●		ELEVATED	AVOID
BUFFALO MILK भैंस का दूध	<15	● ● ●		NORMAL	CONSUME
CASEIN कैसिइन	78	● ● ● ●		ELEVATED	AVOID
COW'S MILK गाय का दूध	117	● ● ● ● ●		ELEVATED	AVOID
EGG WHITE अंडे की सफेदी	90	● ● ● ● ●		ELEVATED	AVOID
EGG YOLK अंडे की जर्दी	<15	● ● ●		NORMAL	CONSUME
GOAT MILK बकरी का दूध	58	● ● ● ●		ELEVATED	AVOID
SHEEP MILK भेड़ का दूध	87	● ● ● ● ●		ELEVATED	AVOID

### SEA FOODS

ALGA ESPAGUETTE अल्गा स्पागूइत्ते	16	● ● ●		NORMAL	CONSUME
ALGA SPIRULINA अल्गा स्पायरुलीना	26	● ● ● ●		BORDERLINE	REDUCE
ALGA WAKAME अल्गा वाकामे	23	● ● ●		NORMAL	CONSUME
ANCHOVY काप्सली या वेल्ली	<15	● ● ●		NORMAL	CONSUME

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Age/Gender \_\_\_\_\_

Food List	NORMAL ≤ 23 U/ml			BORDERLINE 24-29 U/ml			ELEVATED ≥ 30 U/ml	
	Value (IgG) U/ml	IgG Conc. Threshold	Food Image	Interpretation	Dietary Inference			
BARNACLE सीप की मछली	<15	● ● ●		NORMAL	CONSUME			
BASS रोहू मछली	<15	● ● ●		NORMAL	CONSUME			
CARP कतला/रोहू/रुड़ मछली	<15	● ● ●		NORMAL	CONSUME			
CAVIAR मछली के अंडे	<15	● ● ●		NORMAL	CONSUME			
CLAM तिसरियो	21	● ● ●		NORMAL	CONSUME			
COCKLE घोंघा या सीपी	<15	● ● ●		NORMAL	CONSUME			
COD काँड मछली	<15	● ● ●		NORMAL	CONSUME			
CRAB केकड़ा	<15	● ● ●		NORMAL	CONSUME			
CUTTLEFISH दस भुजी समुद्रजीव	<15	● ● ●		NORMAL	CONSUME			
DORADO/SEA BREAM समुद्र ब्रीम	<15	● ● ●		NORMAL	CONSUME			
SEA BREAM (RED) समुद्र ब्रीम (लाल)	<15	● ● ●		NORMAL	CONSUME			
EEL सर्प मीन	<15	● ● ●		NORMAL	CONSUME			
HADDOCK सुरमई मछली	<15	● ● ●		NORMAL	CONSUME			
HAKE कोड तरह की मछली	<15	● ● ●		NORMAL	CONSUME			
HERRING हिलसा मछली	<15	● ● ●		NORMAL	CONSUME			
LOBSTER झींगा मछली	<15	● ● ●		NORMAL	CONSUME			
MACKEREL बान्गा मछली	<15	● ● ●		NORMAL	CONSUME			

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Food List	Value (IgG) U/ml	BORDERLINE 24-29 U/ml			Food Image	Interpretation	Dietary Inference
		NORMAL ≤ 23 U/ml	ELEVATED ≥ 30 U/ml				
MONKFISH भिक्षु मछली	<15	●	●	●		NORMAL	CONSUME
MUSSEL कौड़ी / शंभुक	29	●	●	●		BORDERLINE	REDUCE
OCTOPUS ओक्टोपस	<15	●	●	●		NORMAL	CONSUME
OYSTER सीप	<15	●	●	●		NORMAL	CONSUME
PERCH बर्मन्दी मछली	32	●	●	●		ELEVATED	AVOID
PIKE पाइक मछली	27	●	●	●		BORDERLINE	REDUCE
PLAICE चपटी मछली	<15	●	●	●		NORMAL	CONSUME
RAZOR CLAM क्षरसीपी	<15	●	●	●		NORMAL	CONSUME
SALMON रावस मछली	<15	●	●	●		NORMAL	CONSUME
SARDINE सार्दीन मछली	<15	●	●	●		NORMAL	CONSUME
SCALLOP घोंघा	<15	●	●	●		NORMAL	CONSUME
SOLE रेप्टि मछली / रेप्टी, मुरॅल	<15	●	●	●		NORMAL	CONSUME
SQUID मोन्कयो / समुद्र फेनी	27	●	●	●		BORDERLINE	REDUCE
SWORDFISH तेगा मछली	<15	●	●	●		NORMAL	CONSUME
TROUT रैमस / बोला मछली	23	●	●	●		NORMAL	CONSUME
TUNA चुरा मछली	<15	●	●	●		NORMAL	CONSUME
TURBOT कूप्पा मछली	<15	●	●	●		NORMAL	CONSUME

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		NORMAL ≤ 23 U/ml	BORDERLINE 24-29 U/ml			ELEVATED ≥ 30 U/ml	
Food List	Value (IgG) U/ml		IgG Conc. Threshold	Food Image	Interpretation	Dietary Inference	
WINKLE विंकल / समुद्री घोंघा	28		● ● ●		BORDERLINE	REDUCE	
<b>FRUITS</b>							
APPLE सेब	<15		● ● ●		NORMAL	CONSUME	
APRICOT खुबानी	<15		● ● ●		NORMAL	CONSUME	
AVOCADO मकखन फल	<15		● ● ●		NORMAL	CONSUME	
BANANA केला	<15		● ● ●		NORMAL	CONSUME	
BLACKBERRY शहतूत	<15		● ● ●		NORMAL	CONSUME	
BLACKCURRANT फालसा	<15		● ● ●		NORMAL	CONSUME	
BLUEBERRY नीलाबादरी	<15		● ● ●		NORMAL	CONSUME	
CHERRY रक्तिम / चेरी	<15		● ● ●		NORMAL	CONSUME	
CRANBERRY करौन्दा	19		● ● ●		NORMAL	CONSUME	
GUAVA अमरूद	<15		● ● ●		NORMAL	CONSUME	
KIWI कीवी फल	<15		● ● ●		NORMAL	CONSUME	
LEMON निम्बू	<15		● ● ●		NORMAL	CONSUME	

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	Value (IgG) U/ml	IgG Conc. Threshold			Food Image	Interpretation	Dietary Inference	
LIME नींबू	<15	●	●	●		NORMAL	CONSUME	
LYCHEE लिची	<15	●	●	●		NORMAL	CONSUME	
MANGO आम	<15	●	●	●		NORMAL	CONSUME	
MULBERRY शहतूत	<15	●	●	●		NORMAL	CONSUME	
NECTARINE पिच / शफ़तालू	<15	●	●	●		NORMAL	CONSUME	
OLIVE जैतून	<15	●	●	●		NORMAL	CONSUME	
ORANGE नारंगी	39		●	●		ELEVATED	AVOID	
PAPAYA पपीता	<15	●	●	●		NORMAL	CONSUME	
PEACH आडू	<15	●	●	●		NORMAL	CONSUME	
PEAR नाशपाती	<15	●	●	●		NORMAL	CONSUME	
PINEAPPLE अनानास	<15	●	●	●		NORMAL	CONSUME	
PLUM बेर / आलु बोखारा	31		●	●		ELEVATED	AVOID	
POMEGRANATE अनार	<15	●	●	●		NORMAL	CONSUME	
RAISIN किशमिश	<15	●	●	●		NORMAL	CONSUME	
RASPBERRY रस्पबेरी	<15	●	●	●		NORMAL	CONSUME	
REDCURRANT लाल किशमिश / लाल बेर	<15	●	●	●		NORMAL	CONSUME	
RHUBARB रेवाचीनी	<15	●	●	●		NORMAL	CONSUME	

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Food List	Value (IgG) U/ml	BORDERLINE 24-29 U/ml			Food Image	Interpretation	Dietary Inference
		NORMAL ≤ 23 U/ml					
STRAWBERRY स्ट्रॉबेरी	<15	●	●	●		NORMAL	CONSUME
TANGERINE संतरा	<15	●	●	●		NORMAL	CONSUME
WATERMELON तरबूज	<15	●	●	●		NORMAL	CONSUME
<b>CEREALS</b>							
AMARANTH राजगिरा	62		●	●		ELEVATED	AVOID
BARLEY जौ	35			●		ELEVATED	AVOID
BUCKWHEAT कूटू	<15	●	●	●		NORMAL	CONSUME
CORN (maize) मक्का	23	●	●	●		NORMAL	CONSUME
COUSCOUS खुरदुर रवा य सोजी	<15	●	●	●		NORMAL	CONSUME
DURUM WHEAT डुरम गेहूँ	<15	●	●	●		NORMAL	CONSUME
GLIADIN ग्लिअदिन	33			●		ELEVATED	AVOID
MALT जव	26	●	●	●		BORDERLINE	REDUCE
MILLET बाजरा	<15	●	●	●		NORMAL	CONSUME
OAT जई	26	●	●	●		BORDERLINE	REDUCE
POLENTA मकई की खिचड़ी	<15	●	●	●		NORMAL	CONSUME

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	Value (IgG) U/ml	IgG Conc. Threshold			Food Image	Interpretation	Dietary Inference	
QUINOA मोरैयो	<15	●	●	●		NORMAL	CONSUME	
RICE चावल	15	●	●	●		NORMAL	CONSUME	
RYE FLOUR राई / रागी का आटा	<15	●	●	●		NORMAL	CONSUME	
SPELT छोटा गेहूँ	<15	●	●	●		NORMAL	CONSUME	
TAPIOCA साबूदाना / कसावा	<15	●	●	●		NORMAL	CONSUME	
TRANSGLUTAMINASE 0	<15	●	●	●		NORMAL	CONSUME	
WHEAT गेहूँ	<15	●	●	●		NORMAL	CONSUME	
WHEAT BRAN गेहूँ का भूसा	<15	●	●	●		NORMAL	CONSUME	
<b>HERBS &amp; SPICES</b>								
ALOE VERA घृतकुमारी	39			●		ELEVATED	AVOID	
ANISEED सौंफ / सुवा / शोप	<15	●	●	●		NORMAL	CONSUME	
BASIL तुलसी	<15	●	●	●		NORMAL	CONSUME	
BAYLEAF तेज पत्ता	<15	●	●	●		NORMAL	CONSUME	
CAMOMILE बाबूना / अजवैन	<15	●	●	●		NORMAL	CONSUME	
CAYENNE लाल मिर्च	<15	●	●	●		NORMAL	CONSUME	
CINNAMON दालचीनी	<15	●	●	●		NORMAL	CONSUME	

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	Value (IgG) U/ml	IgG Conc. Threshold			Food Image	Interpretation	Dietary Inference	
CLOVE लौंग	<15	●	●	●		NORMAL	CONSUME	
CORIANDER (Leaf) धनिया	<15	●	●	●		NORMAL	CONSUME	
CUMIN जीरा	<15	●	●	●		NORMAL	CONSUME	
DILL सोया या सूवा	<15	●	●	●		NORMAL	CONSUME	
GARLIC लहसुन	<15	●	●	●		NORMAL	CONSUME	
GINGER अदरक / सुंठ	<15	●	●	●		NORMAL	CONSUME	
GINKGO बल्कुवारी	36		●	●		ELEVATED	AVOID	
GINSENG जिनसेंग	<15	●	●	●		NORMAL	CONSUME	
HOPS पहाडी गान्धा, बगरा	<15	●	●	●		NORMAL	CONSUME	
LIQUORICE जेठी मध, मुलेठी	<15	●	●	●		NORMAL	CONSUME	
MARJORAM बन तूलसी / कुठरा	<15	●	●	●		NORMAL	CONSUME	
MINT पुदीना	<15	●	●	●		NORMAL	CONSUME	
MUSTARD SEED सरसो के बीज	26	●	●	●		BORDERLINE	REDUCE	
NETTLE खोकली	<15	●	●	●		NORMAL	CONSUME	
NUTMEG जायफल	<15	●	●	●		NORMAL	CONSUME	
PARSLEY अजमोद	<15	●	●	●		NORMAL	CONSUME	
PEPPERMINT पुदीना का अर्क	<15	●	●	●		NORMAL	CONSUME	

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Food List	NORMAL ≤ 23 U/ml			BORDERLINE 24-29 U/ml			ELEVATED ≥ 30 U/ml	
	Value (IgG) U/ml	IgG Conc. Threshold			Food Image	Interpretation	Dietary Inference	
RED CHILLI लाल मिर्च	<15	●	●	●		NORMAL	CONSUME	
ROSEMARY रोजमैरी / रुस्मारी	<15	●	●	●		NORMAL	CONSUME	
SAFFRON केसर	<15	●	●	●		NORMAL	CONSUME	
SAGE सीस्ती / कपुर का पत्ता	<15	●	●	●		NORMAL	CONSUME	
TARRAGON नागदौना	<15	●	●	●		NORMAL	CONSUME	
THYME अजवायन	<15	●	●	●		NORMAL	CONSUME	
VANILLA वανिला	6	●	●	●		NORMAL	CONSUME	
<b>MEATS</b>								
BEEF गाय का मांस	<15	●	●	●		NORMAL	CONSUME	
BILLY GOAT बकरी का मांस	<15	●	●	●		NORMAL	CONSUME	
CHICKEN मुर्गी का घोस्त	<15	●	●	●		NORMAL	CONSUME	
DUCK बतख का मांस	<15	●	●	●		NORMAL	CONSUME	
HORSE घोड़े का मांस	<15	●	●	●		NORMAL	CONSUME	
LAMB मेमने का मांस	<15	●	●	●		NORMAL	CONSUME	
OSTRICH शुतुरमुर्ग का मांस	<15	●	●	●		NORMAL	CONSUME	

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	Value (IgG) U/ml	IgG Conc. Threshold			Food Image	Interpretation	Dietary Inference	
OX बैल का मांस	17	●	●	●		NORMAL	CONSUME	
PARTRIDGE तीतर का मांस	<15	●	●	●		NORMAL	CONSUME	
PORK सुअर का मांस	<15	●	●	●		NORMAL	CONSUME	
QUAIL लवा बटेर का मांस	<15	●	●	●		NORMAL	CONSUME	
RABBIT खरगोश का मांस	21	●	●	●		NORMAL	CONSUME	
TURKEY तुर्की का मांस	<15	●	●	●		NORMAL	CONSUME	
VEAL बछड़े का मांस	<15	●	●	●		NORMAL	CONSUME	
VENISON हिरन का मांस	<15	●	●	●		NORMAL	CONSUME	
WILD BOAR जंगली सूअर का मांस	<15	●	●	●		NORMAL	CONSUME	
<b>NUTS &amp; SEEDS</b>								
ALMOND बादाम	20	●	●	●		NORMAL	CONSUME	
BRAZIL NUT पिलु, त्रिकोनफल	29	●	●	●		BORDERLINE	REDUCE	
CASHEW NUT काजू	48			●		ELEVATED	AVOID	
COCONUT नारियल	<15	●	●	●		NORMAL	CONSUME	
FLAX SEED अलसी के बीज	<15	●	●	●		NORMAL	CONSUME	
HAZELNUT पिन्गल फल	26	●	●	●		BORDERLINE	REDUCE	

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		NORMAL ≤ 23 U/ml	ELEVATED ≥ 30 U/ml				
MACADAMIA NUT अखरोट	<15	● ● ●				NORMAL	CONSUME
PEANUT मूंगफली	39		●			ELEVATED	AVOID
PINE NUT चिलगोजा	<15	● ● ●				NORMAL	CONSUME
PISTACHIO पिस्ता	33		●			ELEVATED	AVOID
TIGER NUT नागर मोथ	17	● ● ●				NORMAL	CONSUME
WALNUT अखरोट	<15	● ● ●				NORMAL	CONSUME
<b>VEGETABLES</b>							
ARTICHOKE हाथी चक	<15	● ● ●				NORMAL	CONSUME
ASPARAGUS शतावरी	<15	● ● ●				NORMAL	CONSUME
AUBERGINE बैंगन	<15	● ● ●				NORMAL	CONSUME
BEAN (broad) पापडी / बाकला	42		●			ELEVATED	AVOID
BEAN (green) गुआर की फली	<15	● ● ●				NORMAL	CONSUME
BEAN (red kidney) राजमा	21	● ● ●				NORMAL	CONSUME
BEAN (white haricot) वाल	47		●			ELEVATED	AVOID
BEETROOT चुकंदर	<15	● ● ●				NORMAL	CONSUME
BROCCOLI हरी फूल गोभि	<15	● ● ●				NORMAL	CONSUME

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		NORMAL ≤ 23 U/ml					
BRUSSEL SPROUT छोटी पत्तागोभी	<15	● ● ●				NORMAL	CONSUME
CABBAGE बंद पत्ता गोभी	<15	● ● ●				NORMAL	CONSUME
CABBAGE (red) लाल पत्ता गोभी	<15	● ● ●				NORMAL	CONSUME
CAPER करदों	<15	● ● ●				NORMAL	CONSUME
CARROT गाजर	<15	● ● ●				NORMAL	CONSUME
CAULIFLOWER फूलगोभी	<15	● ● ●				NORMAL	CONSUME
CELERY अजवायन / अजमोद / रंधूनि	17	● ● ●				NORMAL	CONSUME
CHARD पालक	<15	● ● ●				NORMAL	CONSUME
CHICKPEA काबुली चना	23	● ● ●				NORMAL	CONSUME
CHICORY कासनी	<15	● ● ●				NORMAL	CONSUME
CUCUMBER खीरा	<15	● ● ●				NORMAL	CONSUME
FENNEL (leaf) मोटी साँफ	<15	● ● ●				NORMAL	CONSUME
LEEK हरा प्याज	<15	● ● ●				NORMAL	CONSUME
LENTIL मसूर	54		●			ELEVATED	AVOID
LETTUCE सलाद पत्ता	<15	● ● ●				NORMAL	CONSUME
MARROW लौकी	<15	● ● ●				NORMAL	CONSUME
ONION प्याज	<15	● ● ●				NORMAL	CONSUME

## FOOD INTOLERANCE (FOOD IgG) TEST REPORT

Powered by **FOODPRINT®**

Name \_\_\_\_\_ Age/Gender \_\_\_\_\_

Food List	Value (IgG) U/ml	BORDERLINE 24-29 U/ml			Food Image	Interpretation	Dietary Inference
		ELEVATED ≥ 30 U/ml					
PEA मटर	81	●	●	●		ELEVATED	AVOID
POTATO आलू	21	●	●	●		NORMAL	CONSUME
RADISH मूली	<15	●	●	●		NORMAL	CONSUME
ROCKET सफेद सरसों / तारामिरा	<15	●	●	●		NORMAL	CONSUME
SHALLOT छोटा प्याज	<15	●	●	●		NORMAL	CONSUME
SOYA BEAN सोयाबीन	43	●	●	●		ELEVATED	AVOID
SPINACH पालक	<15	●	●	●		NORMAL	CONSUME
SWEET POTATO शकरकंद	<15	●	●	●		NORMAL	CONSUME
TOMATO टमाटर	<15	●	●	●		NORMAL	CONSUME
TURNIP शलजम	<15	●	●	●		NORMAL	CONSUME
WATERCRESS जल्कुम्भि	<15	●	●	●		NORMAL	CONSUME
YUCA रामबांस	<15	●	●	●		NORMAL	CONSUME
<b>OTHERS</b>							
AGAR AGAR अगर अगर	27	●	●	●		BORDERLINE	REDUCE
CANE SUGAR चीनी / मिश्री	<15	●	●	●		NORMAL	CONSUME

## FOOD INTOLERANCE (FOOD IgG) TEST REPORT

Powered by **FOODPRINT®**

Name \_\_\_\_\_ Age/Gender \_\_\_\_\_

Food List	NORMAL ≤ 23 U/ml			BORDERLINE 24-29 U/ml			ELEVATED ≥ 30 U/ml	
	Value (IgG) U/ml	IgG Conc. Threshold			Food Image	Interpretation	Dietary Inference	
CAROB केरोब	<15	●	●	●		NORMAL	CONSUME	
CHESTNUT शाहबलूत / सिंगोरा	<15	●	●	●		NORMAL	CONSUME	
COCOA BEAN कोकोआ बीज	19	●	●	●		NORMAL	CONSUME	
COFFEE कॉफी	<15	●	●	●		NORMAL	CONSUME	
COLA NUT कोला बीज	58			●		ELEVATED	AVOID	
HONEY शहद	<15	●	●	●		NORMAL	CONSUME	
MUSHROOM मशरूम / कुकूर्मूत्ता	26	●	●	●		BORDERLINE	REDUCE	
RAPESEED रेपसीड	<15	●	●	●		NORMAL	CONSUME	
SESAME SEED तिल	<15	●	●	●		NORMAL	CONSUME	
SUNFLOWER SEED सूरजमुखी के बीज	23	●	●	●		NORMAL	CONSUME	
TAPIOCA साबूदाना / कसावा	<15	●	●	●		NORMAL	CONSUME	
TEA (black) काली चाय	<15	●	●	●		NORMAL	CONSUME	
TEA (green) हरी चाय	<15	●	●	●		NORMAL	CONSUME	
YEAST (baker's) खमीर	36			●		ELEVATED	AVOID	
YEAST (brewer's) खमीर (शराब बनानेवाला)	46			●		ELEVATED	AVOID	

FOOD INTOLERANCE (FOOD IgG) TEST REPORT

Powered by **FOODPRINT®**

Name \_\_\_\_\_ : \_\_\_\_\_ Age/Gender \_\_\_\_\_

NORMAL ≤ 23 U/ml		BORDERLINE 24-29 U/ml			ELEVATED ≥ 30 U/ml	
Food List	Value (IgG) U/ml	IgG Conc. Threshold	Food Image	Interpretation	Dietary Inference	

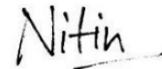
**TEST INTERPRETATION AND DIET GUIDELINES**

<p><b>≥ 30 U/ml</b></p>	<p><b>Indicates a strong antibody reaction to that particular food</b></p> <p>These are your primary problem foods you should eliminate/avoid these foods for atleast 3-6 months. Substitute with other foods listed under the <b>CONSUME</b> category and the relevant food groups.</p> <p>Slightly Elevated <span style="color: red;">●</span>      Moderately Elevated <span style="color: red;">● ●</span>      Highly Elevated <span style="color: red;">● ● ●</span></p>
<p><b>24-29 U/ml</b></p>	<p><b>Indicates a lower/moderate antibody reaction to that particular food</b></p> <p>These are moderate to severe problem foods you should reduce &amp;/or rotate these foods for atleast 3-6 months to avoid an increase in intolerance. Substitute with other foods listed under the <b>CONSUME</b> category and the relevant food groups (ensuring they are not listed in the <b>AVOID</b> category).</p>
<p><b>≤ 23 U/ml</b></p>	<p><b>Indicates No significant reaction to that particular food</b></p> <p>These foods can be consumed as normal without restriction</p>

**CAUTION**

If you are already aware of specific foods that you are known to be allergic to, have previously caused a reaction, if you are known to suffer with rapid onset type classical allergic reaction to any of these foods, do not eat them.

NOTE- \*\*This test is processed at Redcliffe's partnered lab.



Dr. Nitin Arora  
MBBS,MD (Microbiology)

\*\*\* End Of Report \*\*\*

# Terms and Conditions of Reporting

1. The presented findings in the Reports are intended solely for informational and interpretational purposes by the referring physician or other qualified medical professionals possessing a comprehensive understanding of reporting units, reference ranges, and technological limitations. The laboratory shall not be held liable for any interpretation or misinterpretation of the results, nor for any consequential or incidental damages arising from such interpretation.
2. It is to be presumed that the tests performed pertain to the specimen/sample attributed to the Customer's name or identification. It is presumed that the verification particulars have been cleared out by the customer or his/her representation at the point of generation of said specimen / sample. It is hereby clarified that the reports furnished are restricted solely to the given specimen only.
3. It is to be noted that variations in results may occur between different laboratories and over time, even for the same parameter for the same Customer. The assays are performed and conducted in accordance with standard procedures, and the reported outcomes are contingent on the specific individual assay methods and equipment(s) used, as well as the quality of the received specimen.
4. This report shall not be deemed valid or admissible for any medico-legal purposes.
5. The Customers assume full responsibility for apprising the Company of any factors that may impact the test finding. These factors, among others, includes dietary intake, alcohol, or medication / drug(s) consumption, or fasting. This list of factors is only representative and not exhaustive.