

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

Food Recommended to be Avoided

Food highlighted in RED are recommended to be Avoided / Eliminated for at least 3 months.

Food recommended to be Rotated

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.

Note: This is a sample report for illustrative purpose only. Actual report may vary

FOOD INTOLERANCE (FOOD IgG) TEST REPORT

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Name : _____ Age/Gender _____
 Patient I.D. : _____
 Sample I.D. : _____

NORMAL < 23 U/ml	BORDERLINE 24-29 U/ml	ELEVATED ≥ 30 U/ml
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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	<15	● ● ●		NORMAL	CONSUME
BUFFALO MILK भैंस का दूध	<15	● ● ●		NORMAL	CONSUME
CASEIN कैसिइन	<15	● ● ●		NORMAL	CONSUME
COW'S MILK गाय का दूध	117	● ● ●		ELEVATED	AVOID
EGG WHITE अंडे की सफेदी	85	● ● ●		ELEVATED	AVOID
EGG YOLK अंडे की जर्दी	<15	● ● ●		NORMAL	CONSUME
GOAT MILK बकरी का दूध	37	● ● ●		ELEVATED	AVOID
SHEEP MILK भेड़ का दूध	50	● ● ●		ELEVATED	AVOID

SEA FOODS

ALGA ESPAGUETTE अल्गा स्पागूइत्ते	41	● ● ●		ELEVATED	AVOID
ALGA SPIRULINA अल्गा स्पायरुलीना	<15	● ● ●		NORMAL	CONSUME
ALGA WAKAME अल्गा वाकामे	28	● ● ●		BORDERLINE	REDUCE
ANCHOVY काप्सली या वेल्ली	<15	● ● ●		NORMAL	CONSUME

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Food List	Value (IgG) U/ml	BORDERLINE 24-29 U/ml			Food Image	Interpretation	Dietary Inference
		Value (IgG) U/ml	IgG Conc. Threshold	IgG Conc. Threshold			
BARNACLE सीप की मछली	23	● ● ●	● ● ●	● ● ●		NORMAL	CONSUME
BASS रोहू मछली	26	● ● ●	● ● ●	● ● ●		BORDERLINE	REDUCE
CARP कतला/रोहू/रुड़ मछली	37	● ● ●	● ● ●	● ● ●		ELEVATED	AVOID
CAVIAR मछली के अंडे	<15	● ● ●	● ● ●	● ● ●		NORMAL	CONSUME
CLAM तिसरियो	18	● ● ●	● ● ●	● ● ●		NORMAL	CONSUME
COCKLE घोंघा या सीपी	<15	● ● ●	● ● ●	● ● ●		NORMAL	CONSUME
COD काँड मछली	<15	● ● ●	● ● ●	● ● ●		NORMAL	CONSUME
CRAB केकड़ा	<15	● ● ●	● ● ●	● ● ●		NORMAL	CONSUME
CUTTLEFISH दस भुजी समुद्रजीव	27	● ● ●	● ● ●	● ● ●		BORDERLINE	REDUCE
DORADO/SEA BREAM समुद्र ब्रीम	15	● ● ●	● ● ●	● ● ●		NORMAL	CONSUME
SEA BREAM (RED) समुद्र ब्रीम (लाल)	41	● ● ●	● ● ●	● ● ●		ELEVATED	AVOID
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 बान्ग्गा मछली	40	● ● ●	● ● ●	● ● ●		ELEVATED	AVOID

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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	
MONKFISH भिक्षु मछली	32					ELEVATED	AVOID	
MUSSEL कौड़ी / शंम्बुक	<15	●	●	●		NORMAL	CONSUME	
OCTOPUS ओक्टोपस	<15	●	●	●		NORMAL	CONSUME	
OYSTER सीप	<15	●	●	●		NORMAL	CONSUME	
PERCH बर्मन्दी मछली	15	●	●	●		NORMAL	CONSUME	
PIKE पाइक मछली	39					ELEVATED	AVOID	
PLAICE चपटी मछली	<15	●	●	●		NORMAL	CONSUME	
RAZOR CLAM क्षरसीपी	<15	●	●	●		NORMAL	CONSUME	
SALMON रावस मछली	<15	●	●	●		NORMAL	CONSUME	
SARDINE सार्दीन मछली	19	●	●	●		NORMAL	CONSUME	
SCALLOP घोंन्घा	<15	●	●	●		NORMAL	CONSUME	
SOLE रेप्ति मछली / रेप्टी, मुरॅल	23	●	●	●		NORMAL	CONSUME	
SQUID मोन्क्यो / समुद्र फेनी	23	●	●	●		NORMAL	CONSUME	
SWORDFISH तेगा मछली	36					ELEVATED	AVOID	
TROUT रैमस / बोला मछली	21	●	●	●		NORMAL	CONSUME	
TUNA चुरा मछली	37					ELEVATED	AVOID	
TURBOT कूप्पा मछली	30					ELEVATED	AVOID	

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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	<15	●	●	●		NORMAL	CONSUME
FRUITS							
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	16	●	●	●		NORMAL	CONSUME
GUAVA अमरूद	<15	●	●	●		NORMAL	CONSUME
KIWI कीवी फल	<15	●	●	●		NORMAL	CONSUME
LEMON निम्बू	<15	●	●	●		NORMAL	CONSUME

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		●	●	●			
LIME नींबू	<15	●	●	●		NORMAL	CONSUME
LYCHEE लिची	<15	●	●	●		NORMAL	CONSUME
MANGO आम	<15	●	●	●		NORMAL	CONSUME
MULBERRY शहतूत	<15	●	●	●		NORMAL	CONSUME
NECTARINE पिच / शफ़ताळू	<15	●	●	●		NORMAL	CONSUME
OLIVE जैतून	<15	●	●	●		NORMAL	CONSUME
ORANGE नारंगी	43			●		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	<15	●	●	●		NORMAL	CONSUME
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	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	
STRAWBERRY स्ट्रॉबेरी	<15	●	●	●		NORMAL	CONSUME	
TANGERINE संतरा	<15	●	●	●		NORMAL	CONSUME	
WATERMELON तरबूज	<15	●	●	●		NORMAL	CONSUME	
CEREALS								
AMARANTH राजगिरा	<15	●	●	●		NORMAL	CONSUME	
BARLEY जौ	20	●	●	●		NORMAL	CONSUME	
BUCKWHEAT कूटू	<15	●	●	●		NORMAL	CONSUME	
CORN (maize) मक्का	34			●		ELEVATED	AVOID	
COUSCOUS खुरदुर रवा य सोजी	<15	●	●	●		NORMAL	CONSUME	
DURUM WHEAT डुरम गेहूं	<15	●	●	●		NORMAL	CONSUME	
GLIADIN ग्लिअदिन	<15	●	●	●		NORMAL	CONSUME	
MALT जव	16	●	●	●		NORMAL	CONSUME	
MILLET बाजरा	<15	●	●	●		NORMAL	CONSUME	
OAT जई	<15	●	●	●		NORMAL	CONSUME	
POLENTA मकई की खिचड़ी	<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	
QUINOA मोरैयो	<15	●	●	●		NORMAL	CONSUME	
RICE चावल	16	●	●	●		NORMAL	CONSUME	
RYE FLOUR राई / रागी का आटा	61		●	●		ELEVATED	AVOID	
SPELT छोटा गेहूँ	<15	●	●	●		NORMAL	CONSUME	
TAPIOCA साबूदाना / कसावा	<15	●	●	●		NORMAL	CONSUME	
TRANSGLUTAMINASE 0	<15	●	●	●		NORMAL	CONSUME	
WHEAT गेहूँ	18	●	●	●		NORMAL	CONSUME	
WHEAT BRAN गेहूँ का भूसा	<15	●	●	●		NORMAL	CONSUME	
HERBS & SPICES								
ALOE VERA घृतकुमारी	<15	●	●	●		NORMAL	CONSUME	
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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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	
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	<15	●	●	●		NORMAL	CONSUME	
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	<15	●	●	●		NORMAL	CONSUME	
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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	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	17	●	●	●		NORMAL	CONSUME	
THYME अजवायन	<15	●	●	●		NORMAL	CONSUME	
VANILLA वानिला	6	●	●	●		NORMAL	CONSUME	
MEATS								
BEEF गाय का मांस	41			●		ELEVATED	AVOID	
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	35			●		ELEVATED	AVOID	
LAMB मेमने का मांस	40			●		ELEVATED	AVOID	
OSTRICH शुतुरमुर्ग का मांस	21	●	●	●		NORMAL	CONSUME	

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	Value (IgG) U/ml	IgG Conc. Threshold			Food Image	Interpretation	Dietary Inference		
OX बैल का मांस	38					ELEVATED	AVOID		
PARTRIDGE तीतर का मांस	<15	●	●	●		NORMAL	CONSUME		
PORK सुअर का मांस	17	●	●	●		NORMAL	CONSUME		
QUAIL लवा बटेर का मांस	18	●	●	●		NORMAL	CONSUME		
RABBIT खरगोश का मांस	20	●	●	●		NORMAL	CONSUME		
TURKEY तुर्की का मांस	<15	●	●	●		NORMAL	CONSUME		
VEAL बछड़े का मांस	<15	●	●	●		NORMAL	CONSUME		
VENISON हिरन का मांस	30					ELEVATED	AVOID		
WILD BOAR जंगली सूअर का मांस	21	●	●	●		NORMAL	CONSUME		
NUTS & SEEDS									
ALMOND बादाम	<15	●	●	●		NORMAL	CONSUME		
BRAZIL NUT पिलु, त्रिकोनफल	43					ELEVATED	AVOID		
CASHEW NUT काजू	76					ELEVATED	AVOID		
COCONUT नारियल	<15	●	●	●		NORMAL	CONSUME		
FLAX SEED अलसी के बीज	17	●	●	●		NORMAL	CONSUME		
HAZELNUT पिन्गल फल	23	●	●	●		NORMAL	CONSUME		

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		●	●	●			
MACADAMIA NUT अखरोट	<15	●	●	●		NORMAL	CONSUME
PEANUT मूंगफली	52			●		ELEVATED	AVOID
PINE NUT चिलगोजा	<15	●	●	●		NORMAL	CONSUME
PISTACHIO पिस्ता	48			●		ELEVATED	AVOID
TIGER NUT नागर मोथ	16	●	●	●		NORMAL	CONSUME
WALNUT अखरोट	23	●	●	●		NORMAL	CONSUME
VEGETABLES							
ARTICHOKE हाथी चक	<15	●	●	●		NORMAL	CONSUME
ASPARAGUS शतावरी	<15	●	●	●		NORMAL	CONSUME
AUBERGINE बैंगन	<15	●	●	●		NORMAL	CONSUME
BEAN (broad) पापडी / बाकला	<15	●	●	●		NORMAL	CONSUME
BEAN (green) गुआर की फली	<15	●	●	●		NORMAL	CONSUME
BEAN (red kidney) राजमा	<15	●	●	●		NORMAL	CONSUME
BEAN (white haricot) वाल	23	●	●	●		NORMAL	CONSUME
BEETROOT चुकंदर	<15	●	●	●		NORMAL	CONSUME
BROCCOLI हरी फूल गोभि	<15	●	●	●		NORMAL	CONSUME

Note: This is a sample report for illustrative purpose only. Actual report may vary

FOOD INTOLERANCE (FOOD IgG) TEST REPORT

Powered by **FOODPRINT®**

Name _____ Age/Gender _____
 Patient I.D. _____
 Sample I.D. _____

Food List	Value (IgG) U/ml	BORDERLINE 24-29 U/ml			Food Image	Interpretation	Dietary Inference
		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	<15	● ● ●				NORMAL	CONSUME
CHARD पालक	<15	● ● ●				NORMAL	CONSUME
CHICKPEA काबुली चना	<15	● ● ●				NORMAL	CONSUME
CHICORY कासनी	<15	● ● ●				NORMAL	CONSUME
CUCUMBER खीरा	<15	● ● ●				NORMAL	CONSUME
FENNEL (leaf) मोटी सौंफ	<15	● ● ●				NORMAL	CONSUME
LEEK हरा प्याज	<15	● ● ●				NORMAL	CONSUME
LENTIL मसूर	32		●			ELEVATED	AVOID
LETTUCE सलाद पत्ता	<15	● ● ●				NORMAL	CONSUME
MARROW लौकी	<15	● ● ●				NORMAL	CONSUME
ONION प्याज	<15	● ● ●				NORMAL	CONSUME

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FOOD INTOLERANCE (FOOD IgG) TEST REPORT

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Name _____ Age/Gender _____

Patient I.D. _____

Sample I.D. _____

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
PEA मटर	28	●	●	●		BORDERLINE	REDUCE
POTATO आलू	23	●	●	●		NORMAL	CONSUME
RADISH मूली	18	●	●	●		NORMAL	CONSUME
ROCKET सफेद सरसों / तारामिरा	<15	●	●	●		NORMAL	CONSUME
SHALLOT छोटा प्याज	<15	●	●	●		NORMAL	CONSUME
SOYA BEAN सोयाबीन	15	●	●	●		NORMAL	CONSUME
SPINACH पालक	18	●	●	●		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	20	●	●	●		NORMAL	CONSUME
OTHERS							
AGAR AGAR अगर अगर	<15	●	●	●		NORMAL	CONSUME
CANE SUGAR चीनी / मिश्री	17	●	●	●		NORMAL	CONSUME

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FOOD INTOLERANCE (FOOD IgG) TEST REPORT

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Name _____ Age/Gender _____

Patient I.D. _____

Sample I.D. _____

Food List	Value (IgG) U/ml	BORDERLINE 24-29 U/ml			Food Image	Interpretation	Dietary Inference
		NORMAL ≤ 23 U/ml					
CAROB केरोब	<15	●	●	●		NORMAL	CONSUME
CHESTNUT शाहबलूत / सिंगोरा	<15	●	●	●		NORMAL	CONSUME
COCOA BEAN कोकोआ बीज	<15	●	●	●		NORMAL	CONSUME
COFFEE कॉफी	<15	●	●	●		NORMAL	CONSUME
COLA NUT कोला बीज	26	●	●	●		BORDERLINE	REDUCE
HONEY शहद	<15	●	●	●		NORMAL	CONSUME
MUSHROOM मशरूम / कुकूमूल्ता	<15	●	●	●		NORMAL	CONSUME
RAPESEED रेपसीड	<15	●	●	●		NORMAL	CONSUME
SESAME SEED तिल	<15	●	●	●		NORMAL	CONSUME
SUNFLOWER SEED सूरजमुखी के बीज	62	●	●	●		ELEVATED	AVOID
TAPIOCA साबूदाना / कसावा	<15	●	●	●		NORMAL	CONSUME
TEA (black) काली चाय	<15	●	●	●		NORMAL	CONSUME
TEA (green) हरी चाय	<15	●	●	●		NORMAL	CONSUME
YEAST (baker's) खमीर	55	●	●	●		ELEVATED	AVOID
YEAST (brewer's) खमीर (शराब बनानेवाला)	20	●	●	●		NORMAL	CONSUME

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FOOD INTOLERANCE (FOOD IgG) TEST REPORT

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Name _____ Age/Gender _____
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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	

TEST INTERPRETATION AND DIET GUIDELINES

<p>≥ 30 U/ml</p>	<p>Indicates a strong antibody reaction to that particular food</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 CONSUME category and the relevant food groups.</p> <p>Slightly Elevated Moderately Elevated Highly Elevated</p> <p>● ● ● ● ● ●</p>
<p>24-29 U/ml</p>	<p>Indicates a lower/moderate antibody reaction to that particular food</p> <p>These are moderate to severe problem foods you should reduce &/or rotate these foods for atleast 3-6 months to avoid an increase in intolerance. Substitute with other foods listed under the CONSUME category and the relevant food groups (ensuring they are not listed in the AVOID category).</p>
<p>≤ 23 U/ml</p>	<p>Indicates No significant reaction to that particular food</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.

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Nitin
 Dr. Nitin Arora
 DHC/R/8721
 MBBS, MD (Microbiology)

*** End of Report ***

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