

Patient Name:  
Accession No:  
Doctor/Clinic:  
Order Doctor  
Fax#:  
Comments:

Age:

Date of Birth:

External ID:

Date Collected:

Date Received:

Date Run:

Date Reported:

Date Final:

Doctor ID:

Data File:

Technician:

**Final Report**

RESULT	Reference Range			ALLERGEN	Sensitivity		
	Low	Moderate	Avoid		Low	Moderate	Avoid
DAIRY							
6	Low	<100	100 - 350	>350	Casein	Low	
12	Low	<100	100 - 350	>350	Cheddar Cheese	Low	
81	Low	<100	100 - 350	>350	Cottage Cheese	Low	
151	Moderate	<100	100 - 350	>350	Cow's Milk	Moderate	
0	Low	<100	100 - 350	>350	Goat's Milk	Low	
32	Low	<100	100 - 350	>350	Mozzarella Cheese	Low	
434	Moderate	<150	150 - 450	>450	Whey	Moderate	
MEATS							
1	Low	<100	100 - 250	>250	Beef	Low	
3	Low	<100	100 - 250	>250	Buffalo	Low	
3	Low	<100	100 - 250	>250	Chicken	Low	
1587	Avoid	<150	150 - 450	>450	Egg White	Avoid	
1466	Avoid	<150	150 - 450	>450	Egg Yolk	Avoid	
0	Low	<100	100 - 250	>250	Lamb	Low	
0	Low	<100	100 - 250	>250	Pork	Low	
0	Low	<100	100 - 250	>250	Turkey	Low	
GRAINS							
170	Moderate	<100	100 - 250	>250	Barley	Moderate	
5	Low	<100	100 - 250	>250	Buckwheat	Low	
10	Low	<100	100 - 250	>250	Corn	Low	
35	Low	<100	100 - 250	>250	Gliadin	Low	
46	Low	<100	100 - 250	>250	Gluten	Low	
3	Low	<100	100 - 250	>250	Hemp	Low	
14	Low	<100	100 - 250	>250	Oat	Low	
24	Low	<100	100 - 250	>250	Quinoa	Low	
0	Low	<100	100 - 250	>250	Rice	Low	
19	Low	<100	100 - 250	>250	Teff	Low	
36	Low	<100	100 - 250	>250	Wheat	Low	
FISH							
6	Low	<100	100 - 250	>250	Cod	Low	
0	Low	<100	100 - 250	>250	Halibut	Low	
15	Low	<100	100 - 250	>250	Salmon	Low	
0	Low	<100	100 - 250	>250	Sardine	Low	
3	Low	<100	100 - 250	>250	Sole	Low	
0	Low	<100	100 - 250	>250	Tilapia	Low	
3	Low	<100	100 - 250	>250	Trout	Low	
1	Low	<100	100 - 250	>250	Tuna	Low	
SHELLFISH							
8	Low	<100	100 - 250	>250	Clam	Low	
24	Low	<100	100 - 250	>250	Crab	Low	
0	Low	<100	100 - 250	>250	Lobster	Low	
68	Low	<100	100 - 250	>250	Oyster	Low	
15	Low	<100	100 - 250	>250	Shrimp	Low	
NUTS							
210	Moderate	<100	100 - 250	>250	Almond	Moderate	
11	Low	<100	100 - 250	>250	Peanut	Low	
0	Low	<100	100 - 250	>250	Pecan	Low	
0	Low	<100	100 - 250	>250	Pumpkin Seed	Low	
7	Low	<100	100 - 250	>250	Sesame Seed	Low	
0	Low	<100	100 - 250	>250	Sunflower Seed	Low	
0	Low	<100	100 - 250	>250	Walnut	Low	

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RESULT		Reference Range			ALLERGEN	Sensitivity		
		Low	Moderate	Avoid		Low	Moderate	Avoid
FRUITS								
0	Low	<100	100 - 250	>250	Apple Mix			
0	Low	<100	100 - 250	>250	Apricot			
12	Low	<100	100 - 250	>250	Avocado			
164	Moderate	<100	100 - 250	>250	Banana			
8	Low	<100	100 - 250	>250	Blueberry			
33	Low	<100	100 - 250	>250	Cranberry			
0	Low	<100	100 - 250	>250	Grapefruit			
0	Low	<100	100 - 250	>250	Lemon			
8	Low	<100	100 - 250	>250	Orange			
0	Low	<120	120 - 250	>250	Papaya			
9	Low	<100	100 - 250	>250	Peach			
0	Low	<100	100 - 250	>250	Pear			
231	Moderate	<120	120 - 300	>300	Pineapple			
0	Low	<100	100 - 250	>250	Plum			
0	Low	<100	100 - 250	>250	Raspberry			
0	Low	<100	100 - 250	>250	Red Grape			
28	Low	<100	100 - 250	>250	Strawberry			
0	Low	<100	100 - 250	>250	Watermelon			
VEGETABLES								
74	Low	<100	100 - 250	>250	Asparagus			
0	Low	<100	100 - 250	>250	Beet			
12	Low	<100	100 - 250	>250	Black Olive			
0	Low	<100	100 - 250	>250	Broccoli			
6	Low	<100	100 - 250	>250	Cabbage			
56	Low	<100	100 - 250	>250	Carrot			
3	Low	<100	100 - 250	>250	Cauliflower			
9	Low	<100	100 - 250	>250	Celery			
5	Low	<100	100 - 250	>250	Cucumber			
211	Moderate	<100	100 - 300	>300	Garlic			
385	Avoid	<100	100 - 250	>250	Green Bean			
33	Low	<100	100 - 250	>250	Green Pepper			
866	Avoid	<150	150 - 450	>450	Kidney Bean			
0	Low	<100	100 - 250	>250	Lentil			
65	Low	<100	100 - 250	>250	Lettuce			
32	Low	<100	100 - 250	>250	Lima Bean			
2	Low	<100	100 - 250	>250	Onion			
1	Low	<100	100 - 250	>250	Pea			
0	Low	<100	100 - 250	>250	Potato			
0	Low	<100	100 - 250	>250	Pumpkin			
4	Low	<100	100 - 250	>250	Soybean			
5	Low	<100	100 - 250	>250	Spinach			
3	Low	<100	100 - 250	>250	Tomato			
MISCELLANEOUS								
6	Low	<100	100 - 250	>250	Baker's Yeast			
96	Low	<100	100 - 250	>250	Brewer's Yeast			
0	Low	<100	100 - 250	>250	Cane Sugar			
34	Low	<100	100 - 250	>250	Coffee			
0	Low	<100	100 - 250	>250	Honey			
12	Low	<100	100 - 250	>250	Mushroom			
16	Low	<100	100 - 250	>250	Xanthan Gum			
CANDIDA SCREEN								
438	Avoid	<120	120 - 380	>380	Candida albicans			

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RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
				DAIRY			
29	Low	<100	100 - 350	>350	<b>Parmesan</b>		
7	Low	<100	100 - 350	>350	<b>Sheep Milk</b>		
22	Low	<100	100 - 350	>350	<b>Yogurt</b>		
				MEATS			
891	Avoid	<150	150 - 450	>450	<b>Duck Egg</b>		
3	Low	<100	100 - 250	>250	<b>Duck Meat</b>		
11	Low	<100	100 - 250	>250	<b>Venison</b>		
				GRAINS			
21	Low	<100	100 - 250	>250	<b>Amaranth</b>		
20	Low	<100	100 - 250	>250	<b>Arrowroot</b>		
5	Low	<100	100 - 250	>250	<b>Brown Rice</b>		
20	Low	<100	100 - 250	>250	<b>Flaxseed</b>		
0	Low	<100	100 - 250	>250	<b>Hops</b>		
21	Low	<100	100 - 250	>250	<b>Millet</b>		
21	Low	<100	100 - 250	>250	<b>Psyllium Seed</b>		
18	Low	<100	100 - 250	>250	<b>Safflower Seed</b>		
47	Low	<100	100 - 250	>250	<b>Sorghum</b>		
4	Low	<100	100 - 250	>250	<b>Wild Rice</b>		
				SPICES			
32	Low	<100	100 - 250	>250	<b>Allspice</b>		
28	Low	<100	100 - 250	>250	<b>Basil</b>		
36	Low	<100	100 - 250	>250	<b>Black Pepper</b>		
25	Low	<100	100 - 250	>250	<b>Cilantro</b>		
4	Low	<100	100 - 250	>250	<b>Cinnamon</b>		
4	Low	<100	100 - 250	>250	<b>Cloves</b>		
40	Low	<100	100 - 250	>250	<b>Coriander</b>		
31	Low	<100	100 - 250	>250	<b>Cumin</b>		
24	Low	<100	100 - 250	>250	<b>Dill</b>		
142	Moderate	<100	100 - 250	>250	<b>Ginger</b>		
4	Low	<100	100 - 250	>250	<b>Horseradish</b>		
306	Avoid	<100	100 - 250	>250	<b>Mustard</b>		
44	Low	<100	100 - 250	>250	<b>Nutmeg</b>		
88	Low	<100	100 - 250	>250	<b>Oregano</b>		
56	Low	<100	100 - 250	>250	<b>Parsley</b>		
13	Low	<100	100 - 250	>250	<b>Peppermint</b>		
23	Low	<100	100 - 250	>250	<b>Poppy Seed</b>		
9	Low	<100	100 - 250	>250	<b>Rosemary</b>		
8	Low	<100	100 - 250	>250	<b>Sage</b>		
32	Low	<100	100 - 250	>250	<b>Spearmint</b>		
17	Low	<100	100 - 250	>250	<b>Tarragon</b>		
0	Low	<100	100 - 250	>250	<b>Thyme</b>		
54	Low	<100	100 - 250	>250	<b>Turmeric</b>		
80	Low	<100	100 - 250	>250	<b>Vanilla</b>		
				NUTS			
8	Low	<100	100 - 250	>250	<b>Brazil Nut</b>		
23	Low	<100	100 - 250	>250	<b>Cashew</b>		
42	Low	<100	100 - 250	>250	<b>Chia Seed</b>		
0	Low	<100	100 - 250	>250	<b>Coconut</b>		
1	Low	<100	100 - 250	>250	<b>Hazelnut</b>		
3	Low	<100	100 - 250	>250	<b>Macadamia Nut</b>		
6	Low	<100	100 - 250	>250	<b>Pine Nuts</b>		
3	Low	<100	100 - 250	>250	<b>Pistachio</b>		

CLIA: 50D0630590

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RESULT	ALLERGEN	Reference Range			ALLERGEN	Reference Range		
		Low	Moderate	Avoid		Low	Moderate	Avoid
FRUITS								
20	Low	<100	100 - 250	>250	Blackberry			
0	Low	<100	100 - 250	>250	Boysenberry			
0	Low	<100	100 - 250	>250	Cantaloupe			
0	Low	<100	100 - 250	>250	Cherry			
25	Low	<100	100 - 250	>250	Currants			
7	Low	<100	100 - 250	>250	Fig			
52	Low	<100	100 - 250	>250	Kiwi			
0	Low	<100	100 - 250	>250	Mango			
15	Low	<100	100 - 250	>250	Pomegranate			
29	Low	<100	100 - 250	>250	Rhubarb			
0	Low	<100	100 - 250	>250	White Grape			
VEGETABLES								
93	Low	<100	100 - 250	>250	Alfalfa			
5	Low	<100	100 - 250	>250	Artichoke			
47	Low	<100	100 - 250	>250	Bamboo Shoots			
13	Low	<100	100 - 250	>250	Bean Sprouts			
742	Avoid	<100	100 - 250	>250	Black Bean			
25	Low	<100	100 - 250	>250	Bok Choy			
23	Low	<100	100 - 250	>250	Brussels Sprout			
24	Low	<100	100 - 250	>250	Butternut Squash			
12	Low	<100	100 - 250	>250	Chili Pepper			
11	Low	<100	100 - 250	>250	Eggplant			
28	Low	<100	100 - 250	>250	Endive			
8	Low	<100	100 - 250	>250	Garbanzo Bean			
12	Low	<100	100 - 250	>250	Green Olive			
0	Low	<100	100 - 250	>250	Jalapeno			
121	Moderate	<100	100 - 250	>250	Kale			
187	Moderate	<110	110 - 250	>250	Kelp			
45	Low	<100	100 - 250	>250	Kohlrabi			
21	Low	<100	100 - 250	>250	Mung Bean			
792	Avoid	<150	150 - 450	>450	Navy Bean			
43	Low	<100	100 - 250	>250	Okra			
53	Low	<100	100 - 300	>300	Pinto Bean			
41	Low	<100	100 - 250	>250	Radish			
20	Low	<100	100 - 250	>250	Rutabaga			
15	Low	<100	100 - 250	>250	Sweet Potato			
28	Low	<100	100 - 250	>250	Water Chestnut			
63	Low	<100	100 - 250	>250	Watercress			
7	Low	<100	100 - 250	>250	Yam			
9	Low	<100	100 - 250	>250	Yellow Squash			
18	Low	<100	100 - 250	>250	Zucchini			
MISCELLANEOUS								
11	Low	<100	100 - 250	>250	Carob			
11	Low	<100	100 - 250	>250	Cocoa			
1	Low	<100	100 - 250	>250	Corn Starch			
0	Low	<100	100 - 250	>250	Corn Sugar			
12	Low	<100	100 - 250	>250	Maple Sugar			
0	Low	<100	100 - 250	>250	Tapioca			
13	Low	<100	100 - 250	>250	Tea			

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**PERSONALIZED FOUR DAY ROTATION FOOD PLAN**



PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
buffalo	goat milk	<b>BARLEY</b>	mung bean	bamboo shoots	<b>BANANA</b>	cashew	basil	baker's yeast
cod	hemp milk	gliadin	pinto bean	bean sprouts	fig	chia seed	black pepper	brewer's yeast
oyster	oat milk	gluten		black olive	papaya	olive oil	cilantro	cane sugar
tilapia	sheep milk	hemp		carrot	red grape	pistachio	coriander	carob
venison		oat		celery	white grape	psyllium seed	cumin	grape juice
		sorghum		green olive			dill	concentrate used
		teff		hops			oregano	as sweetener
		wheat		mushroom			parsley	mushroom
				sweet potato			peppermint	peppermint tea
				water chestnut			rosemary	spearmint tea
				yellow squash			sage	xanthan gum
							spearmint	
							thyme	

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
crab	<b>ALMOND MILK</b>	arrowroot		beet	apple mix	<b>ALMOND</b>	allspice	apple used as
lobster	potato milk	potato flour		eggplant	blackberry	coconut	cloves	sweetener
salmon		potato starch		green bell pepper	blueberry	macadamia nut	poppy seed	black tea
trout		quinoa		jalapeno	boysenberry	safflower oil	red chili pepper	coconut used as
		tapioca flour		okra	cranberry	safflower seed	vanilla	sweetener
				potato	currants			green tea
				red chili pepper	kiwi			pear used as
				spinach	pear			sweetener
				tomato	<b>PINEAPPLE</b>			tapioca

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
beef	casein	amaranth	garbanzo bean	alfalfa	avocado	hazelnut	<b>GARLIC</b>	coffee
clam	cheddar cheese	buckwheat	lentil	asparagus	cantaloupe	peanut	<b>GINGER</b>	corn sugar
halibut	cottage cheese	corn	lima bean	avocado	mango	peanut oil	nutmeg	honey
lamb	<b>COW'S MILK</b>	corn starch	soybean	butternut squash	rhubarb	pecan	turmeric	
pork	mozzarella			cucumber	watermelon	pumpkin seed		
sole	cheese			<b>GARLIC</b>		soy oil		
tofu	parmesan cheese			onion		walnut		
	soy milk			pea		walnut oil		
	<b>WHEY</b>			pumpkin				
	yogurt			zucchini				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
chicken	rice milk	brown rice		artichoke	apricot	brazil nut	cinnamon	cocoa
duck meat	sesame seed milk	millet		bok choy	cherry	flaxseed	horseradish	maple sugar
sardine		rice		broccoli	grapefruit	flaxseed oil	tarragon	maple syrup
shrimp		sunchoke flour		brussels sprout	lemon	pine nuts		
tuna		wild rice		cabbage	orange	sesame oil		
turkey				cauliflower	peach	sesame seed		
				endive	plum	sunflower oil		
				<b>KALE</b>	pomegranate	sunflower seed		
				<b>KELP</b>	raspberry			
				kohlrabi	strawberry			
				lettuce				
				radish				
				rutabaga				
				watercress				
				yam				

EXAMPLE: You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day.

KEY: low reaction = lowercase

MODERATE = UPPERCASE

SIGNIFICANT = IS NOT LISTED IN ROTATION



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**FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD**



**LOW REACTION FOODS**

Alfalfa	Allspice	Amaranth	Apple Mix	Apricot	Arrowroot	Artichoke
Asparagus	Avocado	Baker's Yeast	Bamboo Shoots	Basil	Bean Sprouts	Beef
Beet	Black Olive	Black Pepper	Blackberry	Blueberry	Bok Choy	Boysenberry
Brazil Nut	Brewer's Yeast	Broccoli	Brown Rice	Brussels Sprout	Buckwheat	Buffalo
Butternut Squash	Cabbage	Cane Sugar	Cantaloupe	Carob	Carrot	Casein
Cashew	Cauliflower	Celery	Cheddar Cheese	Cherry	Chia Seed	Chicken
Chili Pepper	Cilantro	Cinnamon	Clam	Cloves	Cocoa	Coconut
Cod	Coffee	Coriander	Corn	Corn Starch	Corn Sugar	Cottage Cheese
Crab	Cranberry	Cucumber	Cumin	Currants	Dill	Duck Meat
Eggplant	Endive	Fig	Flaxseed	Garbanzo Bean	Gliadin	Gluten
Goat's Milk	Grapefruit	Green Olive	Green Pepper	Hallbut	Hazelnut	Hemp
Honey	Hops	Horseradish	Jalapeno	Kiwi	Kohlrabi	Lamb
Lemon	Lentil	Lettuce	Lima Bean	Lobster	Macadamia Nut	Mango
Maple Sugar	Millet	Mozzarella Cheese	Mung Bean	Mushroom	Nutmeg	Oat
Okra	Onion	Orange	Oregano	Oyster	Papaya	Parmesan
Parsley	Pea	Peach	Peanut	Pear	Pecan	Peppermint
Pine Nuts	Pinto Bean	Pistachio	Plum	Pomegranate	Poppy Seed	Pork
Potato	Psyllium Seed	Pumpkin	Pumpkin Seed	Quinoa	Radish	Raspberry
Red Grape	Rhubarb	Rice	Rosemary	Rutabaga	Safflower Seed	Sage
Salmon	Sardine	Sesame Seed	Sheep Milk	Shrimp	Sole	Sorghum
Soybean	Spearmint	Spinach	Strawberry	Sunflower Seed	Sweet Potato	Tapioca
Tarragon	Tea	Teff	Thyme	Tilapia	Tomato	Trout
Tuna	Turkey	Turmeric	Vanilla	Venison	Walnut	Water Chestnut
Watercress	Watermelon	Wheat	White Grape	Wild Rice	Xanthan Gum	Yam
Yellow Squash	Yogurt	Zucchini				

**MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS**

ALMOND	BANANA	BARLEY	COW'S MILK	GARLIC	GINGER	KALE
KELP	PINEAPPLE	WHEY				

**AVOID THESE FOODS**

BLACK BEAN	DUCK EGG	EGG WHITE	EGG YOLK	GREEN BEAN	KIDNEY BEAN	MUSTARD
NAVY BEAN						

**PENDING RESULTS**

EXAMPLE: You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day.

KEY: **low reaction** = lowercase

**MODERATE** = UPPERCASE

**SIGNIFICANT** = IS NOT LISTED IN ROTATION