

Physician Name: JOHN DOE  
Patient Name: MR JOHN SMITH

Sex: M Accession #: Age: ##  
Date of Birth: dd/mm/yyyy

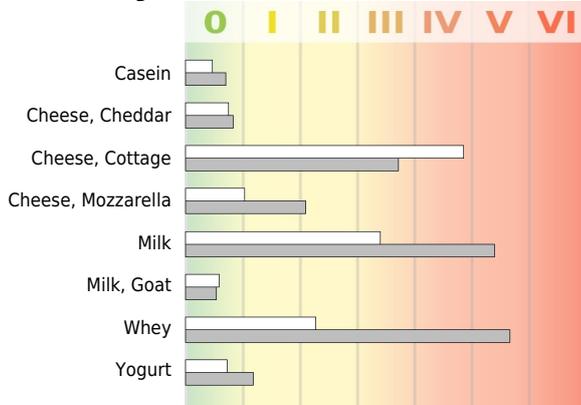
IgA   
IgG 

Sample Type: DBS

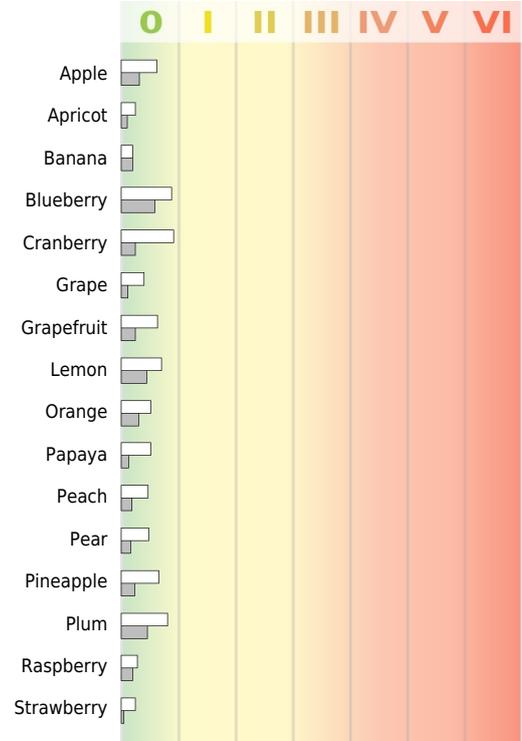
Collected: Received: Completed:

## Dairy

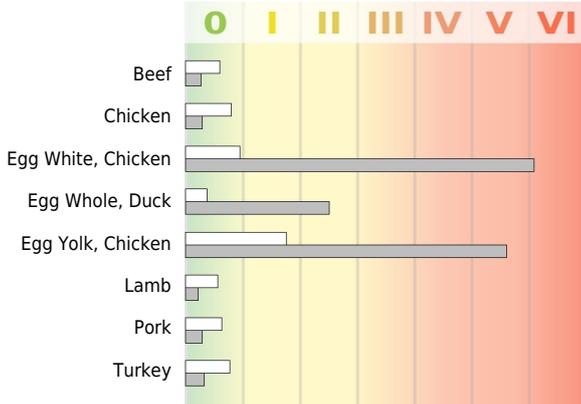
*Bovine-derived unless specified*



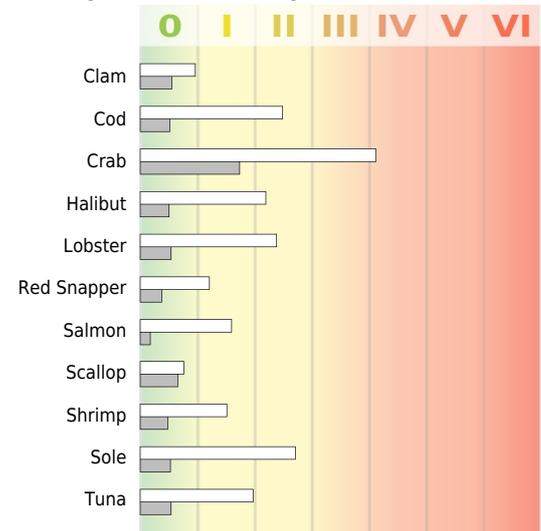
## Fruits



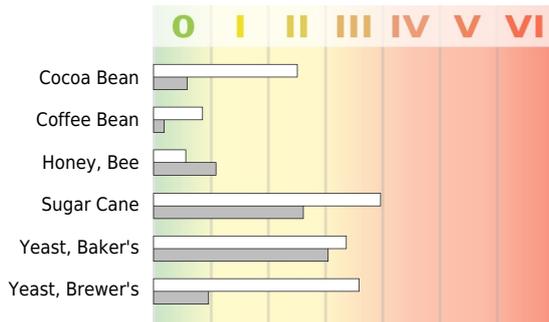
## Meat/Fowl



## Fish/Crustacea/Mollusk



## Misc



Reaction Class

Director: Stephen Markus, MD



This test was performed by US-BIOTEK Labs  
Accreditation Number:

CLIA #: 50D0965661  
COLA accredited

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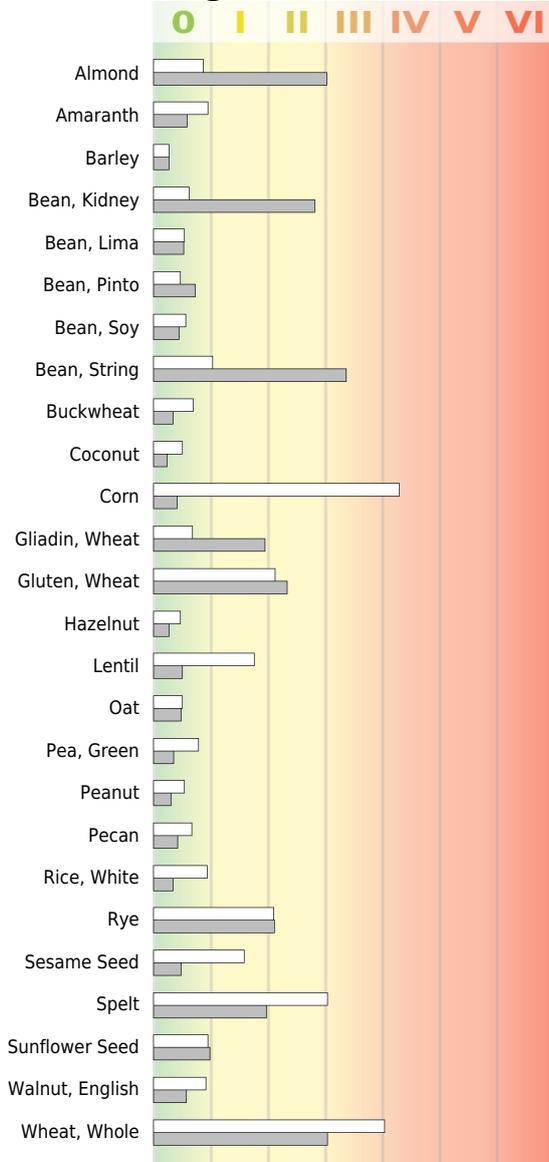
Sex: M Accession #:    Age: ##  
Sample Type: DBS      Date of Birth: dd/mm/yyyy

IgA   
IgG 

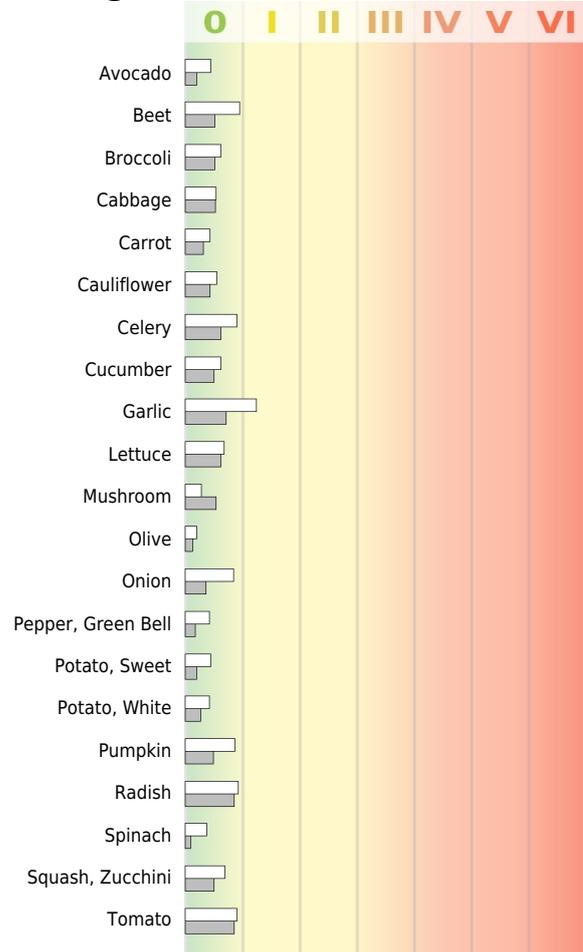
Collected:    Received:    Completed:

CLIA #: 50D0965661  
COLA accredited

## Grains/Legumes/Nuts



## Vegetables



Reaction Class

Director: Stephen Markus, MD



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# FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline

Prepared for:

**TEST PATIENT**

Accession:

00000000

Guideline Prepared:

DD/MM/YYYY



Dear Healthcare Practitioner: SAMPLE REPORT

Thank you for allowing NutriPATH 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, spices, herbs and/or inhalants. 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).

Also attached is a rotation diet guideline. The concept behind rotation-style eating is to eliminate foods that scored high for reactivity on the ELISA and to rotate consumption of foods that scored mild -moderate reactivity. The rotation diet guideline is designed so the patient does not to 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 IV or greater for IgA and/or IgG antibody analysis and/or Class I and greater for IgE antibody analysis.

The guideline includes all tested foods on which your patient scored Class 0 to Class III. 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.

## Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The 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:

<b>IgE: Class 0/I and greater</b>
<i>(not tested)</i>

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.

<b>Class IV and greater (High to Extremely High antibody levels)</b>		
<b>IgA:</b>	<b>IgA &amp; IgG:</b>	<b>IgG:</b>
Corn, Cottage Cheese, Crab, Whole Wheat	<i>(none)</i>	Chicken Egg White, Chicken Egg Yolk, Milk, Whey

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

<b>Class III (Moderate antibody levels)</b>		
<b>IgA:</b>	<b>IgA &amp; IgG:</b>	<b>IgG:</b>
Brewer's Yeast, Milk, Spelt, Sugar Cane	Baker's Yeast	Almond, Cottage Cheese, String Bean, Whole Wheat

<b>Class I/II (Low antibody levels)</b>		
<b>IgA:</b>	<b>IgA &amp; IgG:</b>	<b>IgG:</b>
Chicken Egg Yolk, Cocoa Bean, Cod, Garlic, Halibut, Lentil, Lobster, Red Snapper, Salmon, Sesame Seed, Shrimp, Sole, String Bean, Tuna, Whey	Mozzarella Cheese, Rye, Wheat Gluten	Bee Honey, Crab, Duck Egg Whole, Kidney Bean, Spelt, Sugar Cane, Wheat Gliadin, Yogurt

This report does not identify anaphylaxis. 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.

## Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class IV and greater for IgA and/or IgG antibody analysis and 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
<b>Dairy</b>	Casein, Cheddar Cheese, Goat Milk, Yogurt		Mozzarella Cheese	
<b>Fish, Crustacea, Mollusk</b>	Lobster, Shrimp	Cod, Red Snapper, Scallop, Sole, Tuna		Clam, Halibut, Salmon
<b>Fruits</b>	Apple, Apricot, Papaya, Plum, Strawberry	Coconut, Cranberry, Grape, Orange	Banana, Peach, Pear, Pineapple, Raspberry	Blueberry, Grapefruit, Lemon
<b>Grains, Legumes, Nuts</b>	English Walnut, Hazelnut, Rye, Sesame Seed, Spelt, Wheat Gliadin, Wheat Gluten	Amaranth, Green Pea, Lentil, Peanut, Pinto Bean, Sunflower Seed	Almond, Barley, Buckwheat, Oat, Pecan, White Rice	Kidney Bean, Lima Bean, Soy Bean, String Bean
<b>Meat, Fowl</b>	Chicken, Duck Egg Whole, Lamb	Pork	Beef, Turkey	
<b>Miscellaneous</b>	Baker's Yeast, Cocoa Bean		Bee Honey, Brewer's Yeast, Coffee Bean, Sugar Cane	
<b>Vegetables</b>	Avocado, Cucumber, Green Bell Pepper, Olive, Sweet Potato, White Potato	Cauliflower, Celery, Radish, Spinach	Garlic, Mushroom, Onion, Pumpkin, Tomato, Zucchini Squash	Beet, Broccoli, Cabbage, Carrot, Lettuce

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



## For Your Convenience

### Food Antibody Assessment

**IgE: Class 0/I and greater** – *(not tested)*

**IgA/IgG: Class IV and greater** – Chicken Egg White, Chicken Egg Yolk, Corn, Cottage Cheese, Crab, Milk, Whey, Whole Wheat

**IgA/IgG: Class III** – Almond, Baker's Yeast, Brewer's Yeast, Cottage Cheese, Milk, Spelt, String Bean, Sugar Cane, Whole Wheat



