

Patient Name: Sample Report
 DOB: 01/01/1977
 Sample ID #: 0000000000-0
 Phone #: 000-000-000
 E-Mail:
 Collection Date: 5/3/2022
 Report Date: 05/19/2022



Physician: Jane Doe
 Clinic: Evexia Diagnostics, Inc.
 Address: PO Box 1272
 Washington, CT 06793 Phone:
 Phone: 888-852-2723

Is your diet making you sick?

Allergens	ALLERGY		SENSITIVITY				C3 b/d Results
	IgE Results(U/mL)	IgE Low Range (U/mL)	IgG4 Results(U/mL)	IgG4 Low Range (U/mL)	IgG Results(U/mL)	IgG Low Range (U/mL)	
Almond	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Apple	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Asparagus	<1.00	=1.00	<1.00	=1.00	8.05	=3.00	Not Detected
Aspergillus mix*	<1.00	=1.00	<1.00	=1.00	48.30	=8.00	Detected
Avocado	<1.00	=1.10	<1.00	=1.00	<1.00	=3.00	Not Detected
Banana	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Barley	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Bean, Common Mix*	<1.00	=1.00	<1.00	=4.00	12.12	=20.00	Not Detected
Beef	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Blueberry	<1.00	=1.00	<1.00	=1.00	4.53	=3.00	Not Detected
Brazil Nut	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Broccoli	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Buckwheat	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Cabbage	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Candida	<1.00	=1.00	<1.00	=1.00	90.46	=25.00	Not Detected
Cantaloupe	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Carrot	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Casein	<1.00	=1.00	<1.00	=1.00	4.35	=2.50	Not Detected
Cashew	<1.00	=1.00	<1.00	=1.00	11.71	=8.00	Not Detected
Cauliflower	<1.00	=1.00	<1.00	=1.00	7.37	=3.00	Not Detected
Celery	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Cherry	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Chicken	<1.00	=3.50	<1.00	=1.00	8.94	=3.00	Not Detected

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Lab Director: Dr. Faheem Taha, M.D, PhD
 CLIA License #: 11D2142105

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Cinnamon	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Cocoa	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Coconut	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Coffee	<1.00	=1.00	<1.00	=1.00	10.94	=3.00	Not Detected
Corn, Sweet	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Cotton Seed	<1.00	=1.00	<1.00	=1.00	10.33	=3.00	Not Detected
Cranberry	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Cucumber	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Egg White, Chicken	1.20	=1.00	18.45	=5.00	68.88	=20.00	Not Detected
Egg Yolk, Chicken	<1.00	=1.00	11.36	=5.00	32.24	=20.00	Not Detected
Fish, Mackerel	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Fish, Salmon	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Fish, Tuna	<1.00	=2.00	<1.00	=1.00	2.11	=3.00	Not Detected
Fish, Whitefish Mix*	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Flax	<1.00	=1.00	<1.00	=1.00	1.16	=3.00	Not Detected
Garlic	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Ginger	<1.00	=1.00	<1.00	=1.00	9.33	=3.00	Not Detected
Gluten (Gliadin)*	<1.00	=1.00	<1.00	=2.00	58.00	=25.00	Detected
Grape, White	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Grapefruit	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Hazelnut	<1.00	=1.00	<1.00	=1.00	2.29	=3.00	Not Detected
Hops	<1.00	=1.00	<1.00	=1.00	10.33	=3.00	Not Detected
Lamb	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected

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Lemon	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Lettuce	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Malt	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Milk, Cow	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Milk, Goat	<1.00	=1.00	<1.00	=1.50	3.18	=4.00	Not Detected
Mushroom	<1.00	=1.00	<1.00	=1.00	13.97	=10.00	Not Detected
Mustard Seed	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Nutmeg	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Oats	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Olive, Green	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Onion	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Orange	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Pea, Green	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Peach	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Peanut	1.43	=1.00	<1.00	=1.00	10.33	=2.50	Not Detected
Pear	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Pecan Nut	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Pepper, Black	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Pepper, Green Bell	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Pineapple	1.43	=1.00	<1.00	=1.00	5.76	=4.00	Not Detected
Pistachio	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Plum	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Pork	<1.00	=2.00	<1.00	=1.50	<1.00	=8.00	Not Detected

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Potato, Sweet	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Potato, White	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Raspberry	8.85	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Rice	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Rye	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Sesame	<1.00	=1.00	<1.00	=1.00	2.79	=3.00	Not Detected
Shellfish Mix*	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Soybean	1.47	=1.00	<1.00	=1.00	3.00	=3.00	Not Detected
Spinach	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Squash Mix*	<1.00	=1.50	<1.00	=1.10	2.88	=3.00	Not Detected
Strawberry	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Tea, Black	<1.00	=1.00	<1.00	=1.10	3.85	=3.00	Not Detected
Tomato	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Turkey	<1.00	=1.50	<1.00	=1.00	<1.00	=3.00	Not Detected
Vanilla	<1.00	=1.00	<1.00	=1.00	4.91	=3.00	Not Detected
Walnut, English	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Watermelon	<1.00	=1.00	<1.00	=1.10	<1.00	=3.00	Not Detected
Wheat	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Yeast, S. cerevisiae	<1.00	=1.00	<1.00	=1.00	22.07	=7.00	Detected

- * **Aspergillus Mix:** Aspergillus flavus, Aspergillus fumigatus, Aspergillus nidulans, Aspergillus niger
- * **Bean, Common Mix:** Kidney Bean, Navy Bean, String Bean
- * **Fish, Whitefish Mix:** Cod, Flounder, Halibut
- * **Gluten (Gliadin):** Alpha-Gliadin, Gamma-Gliadin, Omega-Gliadin
- * **Shellfish Mix:** Crab, Lobster, Oyster, Shrimp, Scallop
- * **Squash Mix:** Yellow Squash, Zucchini Squash

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Is your diet making you sick?

Glossary

The Comprehensive Food Allergy and Sensitivity Test is designed to show how commonly ingested foods/beverages could be causing a response within your immune system.

IgE (Immunoglobulin E) are antibodies the body produces in response to an allergic reaction to foods and/or beverages that occur within a few minutes to hours of ingesting the triggering food and/or beverage (allergen). Elevated IgE levels in the blood can be a sign that a patient's body is reacting to an allergen, present in the body also known as "allergic reaction" that generates more serious symptoms. The response also stimulates the release of histamines in the body. Some key symptoms of IgE mediated response include: Itching, sneezing, hives, coughing, difficulty breathing and even anaphylaxis in extreme cases.

IgG4 (Immunoglobulin G subclass) food antibodies are the complement to the IgE antibody response. They are produced in a delayed hypersensitivity reaction, which can occur days after exposure to certain foods. IgG4 acts as a blocking antibody to the allergy producing IgE antibody. IgG4 blocks the IgE allergic response which helps to build a tolerance to ingested foods causing an allergic reaction. Although IgG4 blocks an allergic response, when high it can also cause an inflammatory response in the body due to an overproduction of histamines.

IgG (Immunoglobulin G) is the antibody response that causes food sensitivities with a delayed reaction of 3-72 hours. These sensitivities can improve and may be less severe than IgE reactions. IgG signifies intolerance to a certain food type and the allergy. High IgG antibodies for given foods suggest that it may be causing the symptoms. Symptoms of IgG-mediated food intolerance can be general or specific and may show up many hours or up to 3 days after consumption of a "trigger food", making the culprits extremely difficult to identify without testing. In general, you may feel fatigued and easily exhausted despite eating all the right "healthy" foods, or you may even suffer from Chronic Fatigue Syndrome which can lead to depressive symptoms. Conditions associated with IgG food sensitivities include: irritable bowel syndrome (IBS), major depressive disorder, migraines, skin rashes such as eczema, joint aches, autoimmune disease, Crohn's disease, obesity, etc.

Complement components C3b and C3d are the complement proteins that bind to IgG antibodies. The Infinite C3b/d Food Sensitivity Panel measures these proteins as they are known to increase the IgG sensitivity reactions augmenting symptoms and inflammation. When C3b/d complement component proteins are detected in response to an allergen, especially in conjunction with detection of IgG antibodies to the same food, it is suggested to eliminate that food to aid in ameliorating symptoms, as IgG with C3b/d are responsible for the most aggressive symptoms.

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The Comprehensive Food Allergy and Sensitivity Test will determine which foods stimulate the immune system to elicit a response. The summary of foods to eliminate are listed below.

Patients are advised to check with their physician prior to initiating any diet changes. These recommendations are based only on these test results. These suggestions do not take into consideration any other conditions a patient may have that would require additional dietary restrictions.

Dietary Restrictions (Less Severe Symptoms)

For patients with less severe symptoms it is recommended foods with a high reaction to any of the 4 markers measured are eliminated from the diet.

Eliminate highly reactive foods

(For patients with milder symptoms)

Asparagus
Aspergillus mix
Candida
Chicken
Coffee
Cotton Seed
Egg White, Chicken
Ginger
Gluten (Gliadin)
Hops
Peanut
Raspberry
Yeast, *S. cerevisiae*

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Dietary Restrictions (More Severe Symptoms)

Patients with more severe symptoms are advised to remove all moderate and high reactions from their diet.

Eliminate high and moderately reactive foods

(For patients with more severe symptoms)

Asparagus
Aspergillus mix
Blueberry
Candida
Casein
Cashew
Cauliflower
Chicken
Coffee
Cotton Seed
Egg White, Chicken
Egg Yolk, Chicken
Ginger
Gluten (Gliadin)
Hops
Mushroom
Peanut
Pineapple
Raspberry
Soybean
Tea, Black
Vanilla
Yeast, *S. cerevisiae*

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