

144 Food Panel: IgG

Complete Report

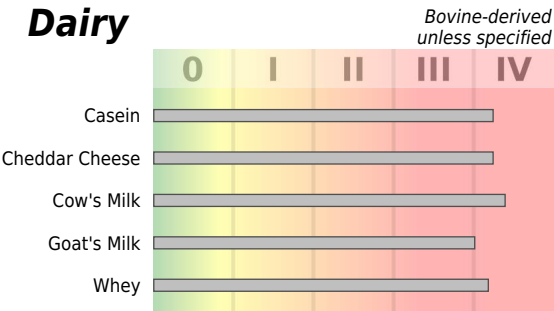
Provider:
Patient:
Accession #:
Collected: 2025-07-31

Sex: F
Age: 2
Received: 2025-08-12

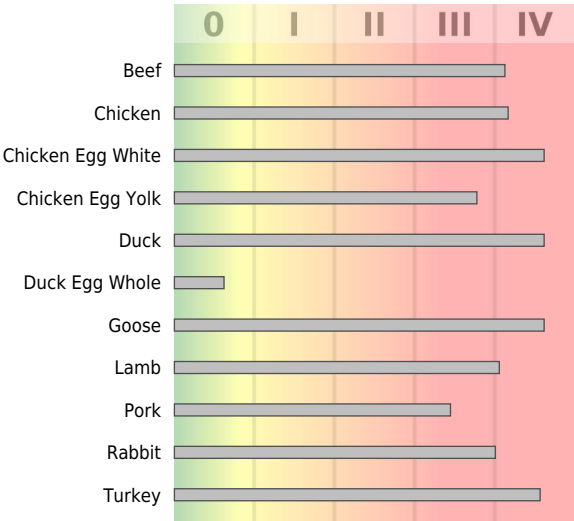
Sample Type: DBS
Date of Birth: 2023-02-08
Completed: 2025-08-15

IgG
CLIA #: 50D0965661
CAP accredited

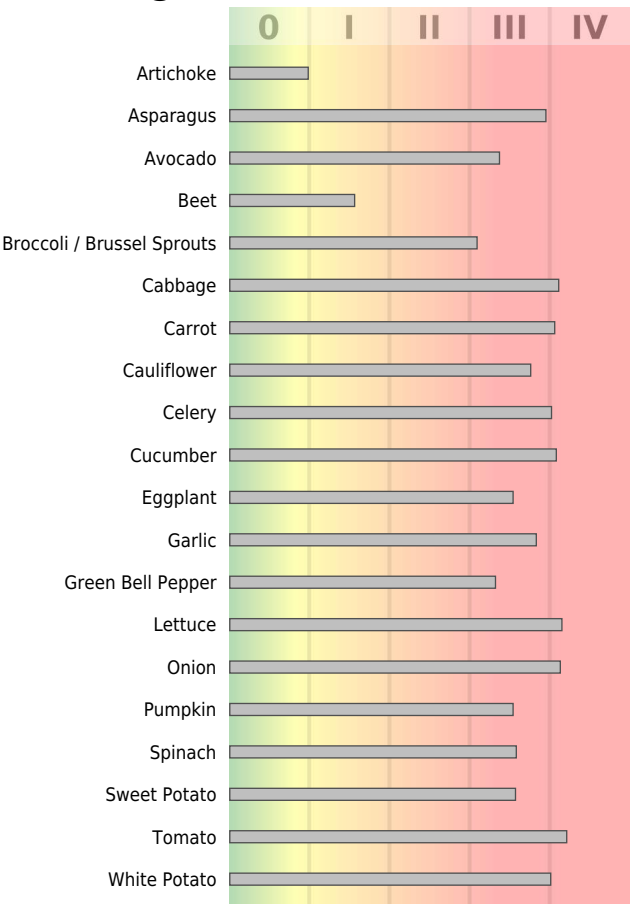
Dairy



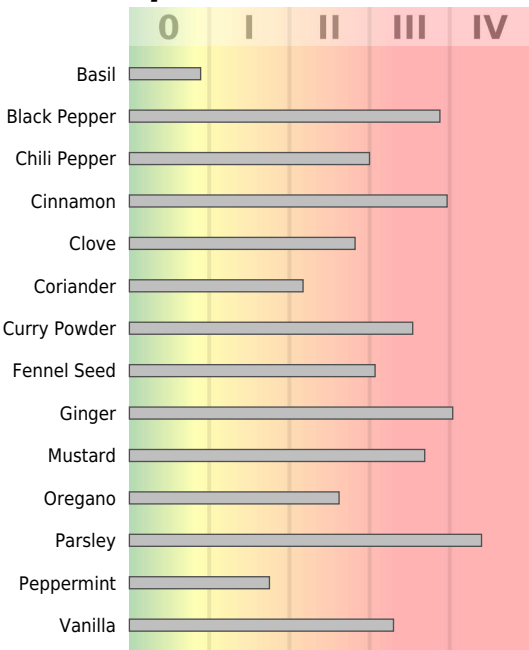
Egg/Meat/Poultry



Vegetables

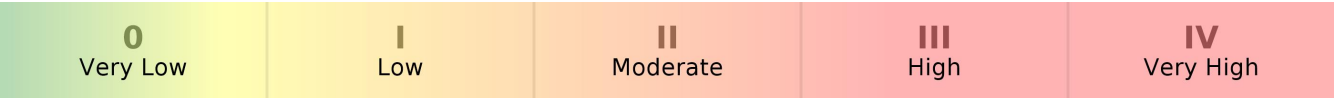


Herbs/Spices



Reaction Class

Director: Jillian Harrington, PhD, HCLD (ABB)



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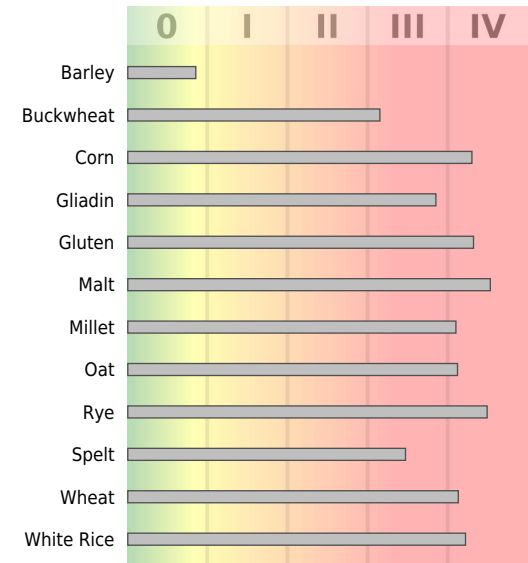
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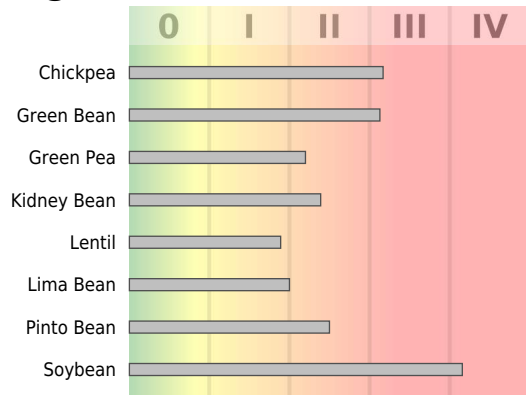
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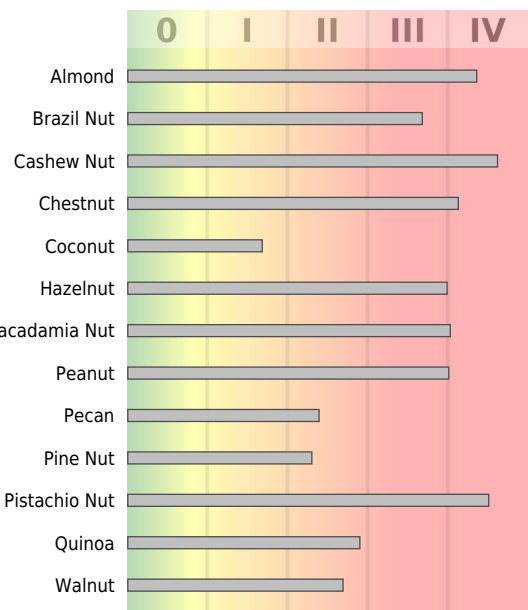
Grains



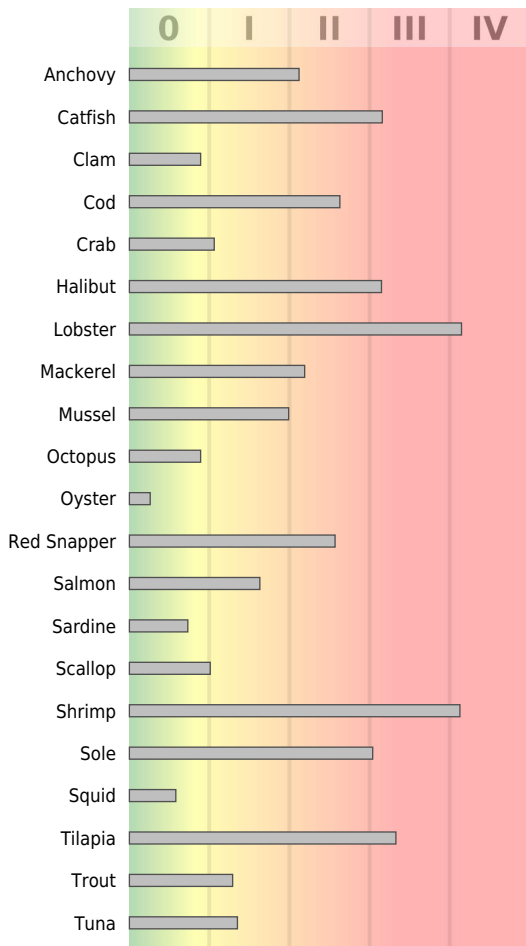
Legumes



Nuts/Seeds

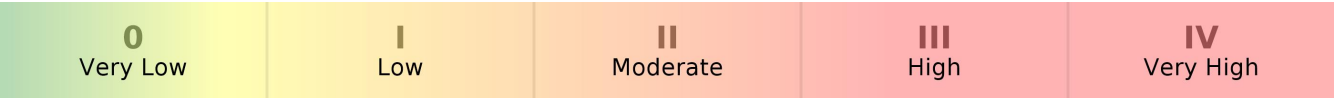


Fish/Crustacea/Mollusk



Reaction Class

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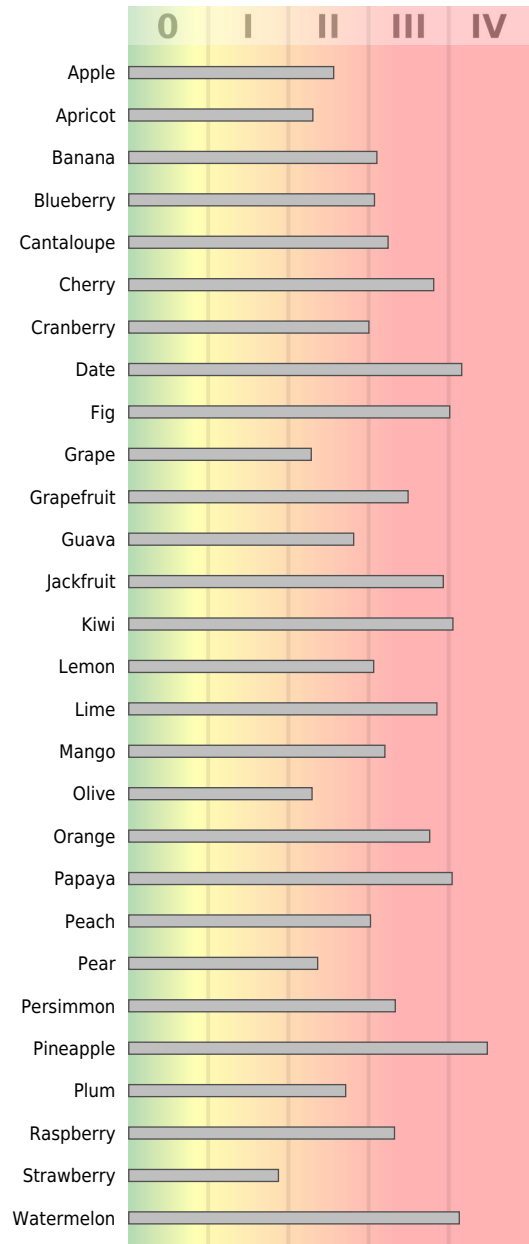
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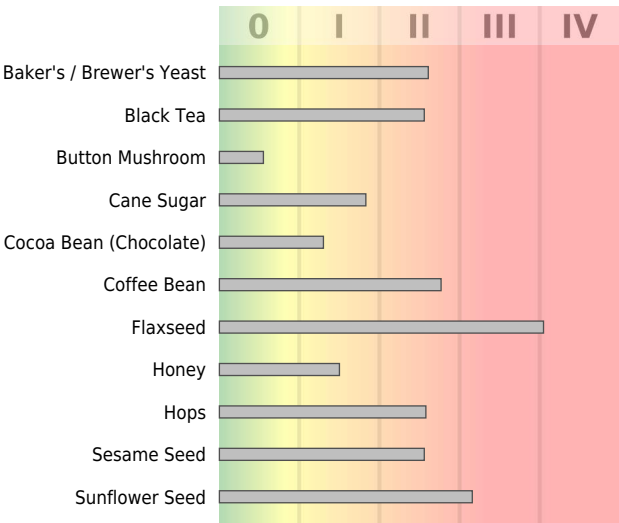
IgG

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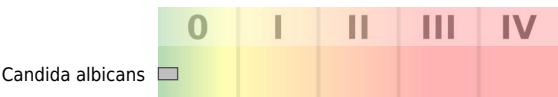
Fruits



Miscellaneous



Candida Screen



Reaction Class

Director: Jillian Harrington, PhD, HCLD (ABB)

0 Very Low	I Low	II Moderate	III High	IV Very High
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Candida Screen

Antigen Name	Analyte	Class	Value	Very Low Range
Candida albicans	IgG	Very Low	6.18 mg/L	<25 mg/L

Dairy

Antigen Name	Analyte	Class	Value	Very Low Range
Casein	IgG	Very High	36.35 mg/L	<4 mg/L
Cheddar Cheese	IgG	Very High	36.76 mg/L	<3 mg/L
Cow's Milk	IgG	Very High	48.84 mg/L	<2 mg/L
Goat's Milk	IgG	Very High	16.92 mg/L	<2 mg/L
Whey	IgG	Very High	31.49 mg/L	<2 mg/L

Egg/Meat/Poultry

Antigen Name	Analyte	Class	Value	Very Low Range
Beef	IgG	Very High	27.11 mg/L	<3 mg/L
Chicken	IgG	Very High	31.01 mg/L	<4 mg/L
Chicken Egg White	IgG	Very High	68.25 mg/L	<3.5 mg/L
Chicken Egg Yolk	IgG	High	14.27 mg/L	<3 mg/L
Duck	IgG	Very High	68.25 mg/L	<2 mg/L
Duck Egg Whole	IgG	Very Low	1.75 mg/L	<2.8 mg/L
Goose	IgG	Very High	68.25 mg/L	<3 mg/L
Lamb	IgG	Very High	21.39 mg/L	<3 mg/L
Pork	IgG	High	11.61 mg/L	<3 mg/L
Rabbit	IgG	Very High	17.51 mg/L	<3 mg/L
Turkey	IgG	Very High	64.18 mg/L	<3 mg/L

Fish/Crustacea/Mollusk

Antigen Name	Analyte	Class	Value	Very Low Range
Anchovy	IgG	Moderate	4.50 mg/L	<2 mg/L
Catfish	IgG	High	9.35 mg/L	<3 mg/L
Clam	IgG	Very Low	2.24 mg/L	<2.5 mg/L
Cod	IgG	Moderate	8.91 mg/L	<5 mg/L
Crab	IgG	Low	3.13 mg/L	<3 mg/L
Halibut	IgG	High	9.25 mg/L	<2 mg/L
Lobster	IgG	Very High	28.94 mg/L	<4 mg/L
Mackerel	IgG	Moderate	8.78 mg/L	<4 mg/L
Mussel	IgG	Low	4.99 mg/L	<2.8 mg/L
Octopus	IgG	Very Low	2.69 mg/L	<3 mg/L
Oyster	IgG	Very Low	4.16 mg/L	<16 mg/L
Red Snapper	IgG	Moderate	6.32 mg/L	<2 mg/L
Salmon	IgG	Low	4.28 mg/L	<3 mg/L
Sardine	IgG	Very Low	1.46 mg/L	<2 mg/L
Scallop	IgG	Low	3.04 mg/L	<3 mg/L
Shrimp	IgG	Very High	27.43 mg/L	<2.5 mg/L
Sole	IgG	High	8.36 mg/L	<2.5 mg/L
Squid	IgG	Very Low	2.34 mg/L	<4 mg/L
Tilapia	IgG	High	10.70 mg/L	<2 mg/L
Trout	IgG	Low	3.22 mg/L	<2.5 mg/L
Tuna	IgG	Low	6.05 mg/L	<5 mg/L

Fruits

Antigen Name	Analyte	Class	Value	Very Low Range
Apple	IgG	Moderate	12.55 mg/L	<5 mg/L
Apricot	IgG	Moderate	7.64 mg/L	<2 mg/L
Banana	IgG	High	25.26 mg/L	<6 mg/L
Blueberry	IgG	High	17.18 mg/L	<4 mg/L
Cantaloupe	IgG	High	35.92 mg/L	<12 mg/L
Cherry	IgG	High	29.10 mg/L	<5 mg/L
Cranberry	IgG	High	16.07 mg/L	<2.8 mg/L
Date	IgG	Very High	43.54 mg/L	<5 mg/L
Fig	IgG	Very High	32.69 mg/L	<10 mg/L
Grape	IgG	Moderate	16.41 mg/L	<10 mg/L

Fruits (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Grapefruit	IgG	High	23.87 mg/L	<3 mg/L
Guava	IgG	Moderate	14.53 mg/L	<4 mg/L
Jackfruit	IgG	High	31.03 mg/L	<3.5 mg/L
Kiwi	IgG	Very High	35.81 mg/L	<5 mg/L
Lemon	IgG	High	17.01 mg/L	<3.5 mg/L
Lime	IgG	High	29.67 mg/L	<4 mg/L
Mango	IgG	High	19.21 mg/L	<3 mg/L
Olive	IgG	Moderate	7.55 mg/L	<2 mg/L
Orange	IgG	High	28.28 mg/L	<3 mg/L
Papaya	IgG	Very High	35.33 mg/L	<4 mg/L
Peach	IgG	High	16.44 mg/L	<3.5 mg/L
Pear	IgG	Moderate	8.41 mg/L	<2 mg/L
Persimmon	IgG	High	21.29 mg/L	<3.5 mg/L
Pineapple	IgG	Very High	64.89 mg/L	<8 mg/L
Plum	IgG	Moderate	13.13 mg/L	<3.2 mg/L
Raspberry	IgG	High	21.18 mg/L	<4 mg/L
Strawberry	IgG	Low	7.38 mg/L	<3 mg/L
Watermelon	IgG	Very High	40.98 mg/L	<4 mg/L

Grains

Antigen Name	Analyte	Class	Value	Very Low Range
Barley	IgG	Very Low	8.57 mg/L	<10 mg/L
Buckwheat	IgG	High	9.28 mg/L	<3 mg/L
Corn	IgG	Very High	53.06 mg/L	<4 mg/L
Gliadin	IgG	High	29.63 mg/L	<8 mg/L
Gluten	IgG	Very High	42.99 mg/L	<3.5 mg/L
Malt	IgG	Very High	68.25 mg/L	<11 mg/L
Millet	IgG	Very High	24.52 mg/L	<4 mg/L
Oat	IgG	Very High	26.83 mg/L	<2 mg/L
Rye	IgG	Very High	65.39 mg/L	<4 mg/L
Spelt	IgG	High	23.62 mg/L	<6 mg/L
Wheat	IgG	Very High	27.37 mg/L	<3.5 mg/L
White Rice	IgG	Very High	34.65 mg/L	<3.5 mg/L

Herbs/Spices

Antigen Name	Analyte	Class	Value	Very Low Range
Basil	IgG	Very Low	19.67 mg/L	<22 mg/L
Black Pepper	IgG	High	31.22 mg/L	<15 mg/L
Chili Pepper	IgG	High	16.08 mg/L	<3 mg/L
Cinnamon	IgG	High	31.66 mg/L	<5 mg/L
Clove	IgG	Moderate	14.51 mg/L	<5 mg/L
Coriander	IgG	Moderate	17.39 mg/L	<12 mg/L
Curry Powder	IgG	High	24.66 mg/L	<5 mg/L
Fennel Seed	IgG	High	17.26 mg/L	<4 mg/L
Ginger	IgG	Very High	35.21 mg/L	<12 mg/L
Mustard	IgG	High	27.18 mg/L	<5 mg/L
Oregano	IgG	Moderate	16.98 mg/L	<8 mg/L
Parsley	IgG	Very High	59.65 mg/L	<5 mg/L
Peppermint	IgG	Low	18.78 mg/L	<15 mg/L
Vanilla	IgG	High	36.88 mg/L	<15 mg/L

Legumes

Antigen Name	Analyte	Class	Value	Very Low Range
Chickpea	IgG	High	18.76 mg/L	<3 mg/L
Green Bean	IgG	High	18.11 mg/L	<8 mg/L
Green Pea	IgG	Moderate	7.25 mg/L	<3 mg/L
Kidney Bean	IgG	Moderate	13.60 mg/L	<8 mg/L
Lentil	IgG	Low	7.58 mg/L	<4 mg/L
Lima Bean	IgG	Moderate	5.01 mg/L	<3 mg/L
Pinto Bean	IgG	Moderate	12.08 mg/L	<4 mg/L

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IgG
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Legumes (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Soybean	IgG	Very High	29.66 mg/L	<3 mg/L

Miscellaneous

Antigen Name	Analyte	Class	Value	Very Low Range
Baker's / Brewer's Yeast	IgG	Moderate	12.11 mg/L	<3.5 mg/L
Black Tea	IgG	Moderate	12.51 mg/L	<4 mg/L
Button Mushroom	IgG	Very Low	6.60 mg/L	<12 mg/L
Cane Sugar	IgG	Low	24.18 mg/L	<20 mg/L
Cocoa Bean (Chocolate)	IgG	Low	15.14 mg/L	<13 mg/L
Coffee Bean	IgG	Moderate	18.86 mg/L	<10 mg/L
Flaxseed	IgG	Very High	20.68 mg/L	<4 mg/L
Honey	IgG	Low	6.00 mg/L	<4 mg/L
Hops	IgG	Moderate	20.70 mg/L	<12 mg/L
Sesame Seed	IgG	Moderate	14.27 mg/L	<8 mg/L
Sunflower Seed	IgG	High	11.02 mg/L	<3.5 mg/L

Nuts/Seeds

Antigen Name	Analyte	Class	Value	Very Low Range
Almond	IgG	Very High	46.83 mg/L	<3 mg/L
Brazil Nut	IgG	High	14.12 mg/L	<3.5 mg/L
Cashew Nut	IgG	Very High	68.25 mg/L	<3 mg/L
Chestnut	IgG	Very High	27.47 mg/L	<2 mg/L
Coconut	IgG	Low	6.76 mg/L	<4 mg/L
Hazelnut	IgG	High	15.97 mg/L	<4 mg/L
Macadamia Nut	IgG	Very High	18.60 mg/L	<3 mg/L
Peanut	IgG	Very High	17.30 mg/L	<4 mg/L
Pecan	IgG	Moderate	9.60 mg/L	<4 mg/L
Pine Nut	IgG	Moderate	7.23 mg/L	<3.5 mg/L
Pistachio Nut	IgG	Very High	58.98 mg/L	<3 mg/L
Quinoa	IgG	Moderate	15.09 mg/L	<3 mg/L
Walnut	IgG	Moderate	10.78 mg/L	<5 mg/L

Vegetables

Antigen Name	Analyte	Class	Value	Very Low Range
Artichoke	IgG	Very Low	19.67 mg/L	<20 mg/L
Asparagus	IgG	High	31.32 mg/L	<5 mg/L
Avocado	IgG	High	21.99 mg/L	<2 mg/L
Beet	IgG	Low	7.14 mg/L	<6 mg/L
Broccoli / Brussel Sprouts	IgG	High	33.57 mg/L	<7.5 mg/L
Cabbage	IgG	Very High	39.58 mg/L	<3.5 mg/L
Carrot	IgG	Very High	36.47 mg/L	<8 mg/L
Cauliflower	IgG	High	28.18 mg/L	<3 mg/L
Celery	IgG	Very High	33.46 mg/L	<4 mg/L
Cucumber	IgG	Very High	37.80 mg/L	<3 mg/L
Eggplant	IgG	High	24.65 mg/L	<8 mg/L
Garlic	IgG	High	29.30 mg/L	<6 mg/L
Green Bell Pepper	IgG	High	21.14 mg/L	<4 mg/L
Lettuce	IgG	Very High	42.84 mg/L	<3.5 mg/L
Onion	IgG	Very High	41.25 mg/L	<3.5 mg/L
Pumpkin	IgG	High	24.73 mg/L	<3 mg/L
Spinach	IgG	High	25.32 mg/L	<3.5 mg/L
Sweet Potato	IgG	High	25.24 mg/L	<7 mg/L
Tomato	IgG	Very High	46.76 mg/L	<5 mg/L
White Potato	IgG	Very High	32.91 mg/L	<5 mg/L



FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline

Prepared for:

Accession:

Practitioner:

Guideline Prepared:

August 15th, 2025



Dear Healthcare Practitioner:

Thank you for allowing US BioTek Laboratories 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. 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) and Chemiluminescent Assay.

Also attached is a rotation diet guideline. The concept behind rotation style eating is to eliminate foods that scored high for reactivity and to rotate consumption of foods as indicated below. The rotation diet guideline is designed so the patient does not 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 I or greater for IgA antibody analysis. It also excludes all tested foods on which your patients scored Class II or greater for IgG antibody analysis and/or Class 0/I and greater for IgE antibody analysis.

The guideline includes all IgA tested foods at Class 0 and/or all IgG tested foods which your patient scored Class 0 to Class I. 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.

Diet Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek 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:

IgE: Class 0/I and greater

(not tested)

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.

High to Very High antibody levels	
Class III/IV IgA	Class III/IV IgG
<i>(not tested)</i>	Almond, Asparagus, Avocado, Banana, Beef, Black Pepper, Blueberry, Brazil Nut, Broccoli / Brussel Sprouts, Buckwheat, Cabbage, Cantaloupe, Carrot, Casein, Cashew Nut, Catfish, Cauliflower, Celery, Cheddar Cheese, Cherry, Chestnut, Chicken, Chicken Egg White, Chicken Egg Yolk, Chickpea, Chili Pepper, Cinnamon, Corn, Cow's Milk, Cranberry, Cucumber, Curry Powder, Date, Duck, Eggplant, Fennel Seed, Fig, Flaxseed, Garlic, Ginger, Gliadin, Gluten, Goat's Milk, Goose, Grapefruit, Green Bean, Green Bell Pepper, Halibut, Hazelnut, Jackfruit, Kiwi, Lamb, Lemon, Lettuce, Lime, Lobster, Macadamia Nut, Malt, Mango, Millet, Mustard, Oat, Onion, Orange, Papaya, Parsley, Peach, Peanut, Persimmon, Pineapple, Pistachio Nut, Pork, Pumpkin, Rabbit, Raspberry, Rye, Shrimp, Sole, Soybean, Spelt, Spinach, Sunflower Seed, Sweet Potato, Tilapia, Tomato, Turkey, Vanilla, Watermelon, Wheat, Whey, White Potato, White Rice

Low to Moderate antibody levels	
Class I/II IgA	Class II IgG
<i>(not tested)</i>	Anchovy, Apple, Apricot, Baker's / Brewer's Yeast, Black Tea, Clove, Cod, Coffee Bean, Coriander, Grape, Green Pea, Guava, Hops, Kidney Bean, Lima Bean, Mackerel, Olive, Oregano, Pear, Pecan, Pine Nut, Pinto Bean, Plum, Quinoa, Red Snapper, Sesame Seed, Walnut

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

Low antibody levels	
Class I IgG	
Beet, Cane Sugar, Cocoa Bean (Chocolate), Coconut, Crab, Honey, Lentil, Mussel, Peppermint, Salmon, Scallop, Strawberry, Trout, Tuna	

Class 0 foods may be freely eaten, or included in the four-day rotation. Consult with your health-care provider to see which strategy is right for you.

This report does not identify IgE-mediated anaphylaxis risks. 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 I and greater for IgA and/or Class II and greater for IgG antibody analysis. Also excluded is 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
Egg, Meat, Poultry	Duck Egg Whole			
Fish, Crustacea, Mollusk	Clam, Mussel, Oyster, Scallop	Sardine, Trout	Crab, Octopus, Squid	Salmon, Tuna
Fruits	Strawberry			
Grains, Legumes, Nuts	Barley			Coconut, Lentil
Miscellaneous	Button Mushroom, Cane Sugar, Cocoa Bean (Chocolate)		Honey	
Spices		Basil, Peppermint		
Vegetables		Artichoke		Beet

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

NOTE: At the clinician's discretion, IgG class II foods may be included in the rotation diet. The FoodStats Food Family Guide can ensure that foods added to the rotation are placed on the appropriate day (with their food families) to minimize any immune system responses.



For Your Convenience

Food Antibody Assessment

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

IgA/IgG: Class III and IV – Almond, Asparagus, Avocado, Banana, Beef, Black Pepper, Blueberry, Brazil Nut, Broccoli / Brussel Sprouts, Buckwheat, Cabbage, Cantaloupe, Carrot, Casein, Cashew Nut, Catfish, Cauliflower, Celery, Cheddar Cheese, Cherry, Chestnut, Chicken, Chicken Egg White, Chicken Egg Yolk, Chickpea, Chili Pepper, Cinnamon, Corn, Cow's Milk, Cranberry, Cucumber, Curry Powder, Date, Duck, Eggplant, Fennel Seed, Fig, Flaxseed, Garlic, Ginger, Gliadin, Gluten, Goat's Milk, Goose, Grapefruit, Green Bean, Green Bell Pepper, Halibut, Hazelnut, Jackfruit, Kiwi, Lamb, Lemon, Lettuce, Lime, Lobster, Macadamia Nut, Malt, Mango, Millet, Mustard, Oat, Onion, Orange, Papaya, Parsley, Peach, Peanut, Persimmon, Pineapple, Pistachio Nut, Pork, Pumpkin, Rabbit, Raspberry, Rye, Shrimp, Sole, Soybean, Spelt, Spinach, Sunflower Seed, Sweet Potato, Tilapia, Tomato, Turkey, Vanilla, Watermelon, Wheat, Whey, White Potato, White Rice

IgA/IgG: Class II – Anchovy, Apple, Apricot, Baker's / Brewer's Yeast, Black Tea, Clove, Cod, Coffee Bean, Coriander, Grape, Green Pea, Guava, Hops, Kidney Bean, Lima Bean, Mackerel, Olive, Oregano, Pear, Pecan, Pine Nut, Pinto Bean, Plum, Quinoa, Red Snapper, Sesame Seed, Walnut

IgA: Class I – *(none)*

We would love to hear from you about any success stories!

After 3 months of following the dietary interventions recommended by your practitioner based on your food antibody test results, please complete our online survey.

