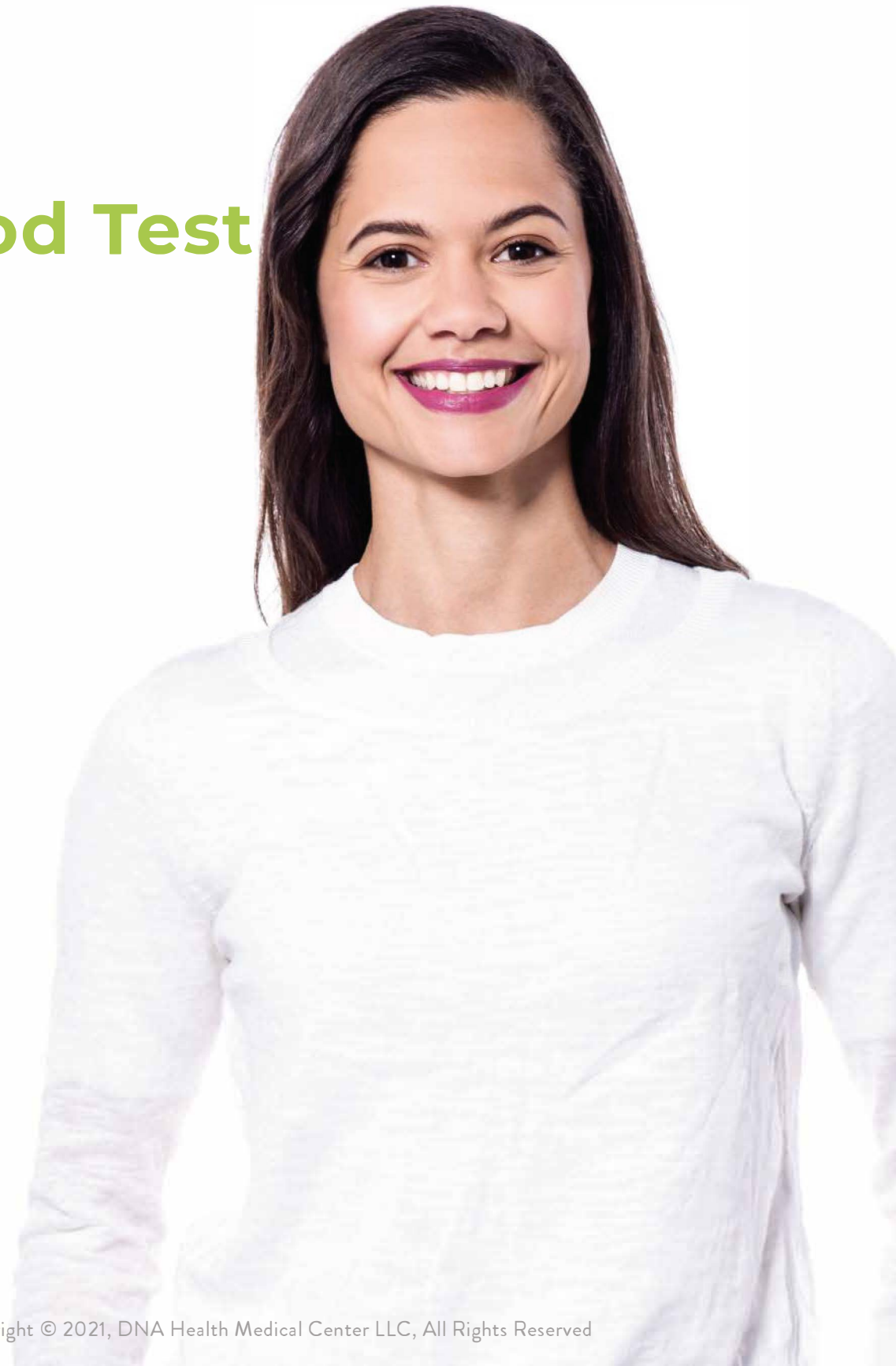


Food Intolerance & U

286 Food Test





Julia

"Thank you for being the key to regaining my health back after 18 years of suffering. having done the food intolerance test and found my triggers, i can finally start living again"

Dr Nasr and his team helped me identify that I was intolerant to eggs, cow's milk dairy and gluten. Since my elimination I feel great. Thank you!

-DNA Patient

Nutrition & U Report

1. **Your Gut and U**
Good health starts with the gut
The facts
What's going on inside?
2. **Your test results**



1. Your Gut & U





Good Health Starts With The Gut

You've heard the age old saying that 'all disease begins in the gut'. Well, the food you eat and the lifestyle you lead has a profound impact on the state of your gut and importantly, its subsequent response to that food.

Generally speaking, foods are not normally harmful to us. However, in the presence of a compromised gut, the body treats harmless food protein as if it were harmful.

In such circumstances, the body uses the immune system to fight against these proteins, creating an inflammatory response.

It is this inflammatory response that can result in a variety of symptoms and signs.



If you are suffering from any of the following symptoms you may have food intolerances

Throat

- Geographic Tongue
- Hoarseness
- Itchy Palate
- Swollen Tonsils
- Sore Throat
- Throat Swelling

Cardiovascular

- Heart Arrhythmias
- Irregular Heartbeat

Gastrointestinal

- Abdominal Pain
- Bloating
- Crohn's Disease
- Celiac Disease
- Irritable Bowel
- Weight Gain / Obesity
- Burping
- Flatulence
- Constipation

Skin

- Eczema
- Swelling
- Dry/Cracked Skin
- Skin Rashes
- Weeping

Neurological

- ADHD
- Behavioral Problems
- Chronic Fatigue
- Depression
- Forgetfulness
- Insomnia
- Migraines

The Facts

1



Who

Affects up to 45% of the population

2



Age

Can develop at any age

3



Symptoms

Can be between 2 hours and 72 hours

4



Cause

IgG is the most common antibody present in blood and other bodily fluids. It protects you against infections and any foreign proteins





2.Your Test Results

Fruit		Vegetables		Grains		Protein		Dairy	
Apple	100	Broccoli	100	Brown rice	100	Chicken	100	Milk	100
Banana	100	Carrot	100	White rice	100	Beef	100	Cheese	100
Orange	100	Spinach	100	Pasta	100	Pork	100	Yogurt	100
Grape	100	Tomato	100	Bread	100	Fish	100	Butter	100
Pineapple	100	Cucumber	100	Flour	100	Eggs	100	Oil	100
Mango	100	Pepper	100	Sugar	100	Milk	100	Meat	100
Watermelon	100	Onion	100	Salt	100	Butter	100	Yogurt	100
Strawberry	100	Garlic	100	Spice	100	Cheese	100	Butter	100
Blueberry	100	Herb	100	Flavoring	100	Yogurt	100	Butter	100
Cherry	100	Seeds	100	Oil	100	Meat	100	Yogurt	100
Peach	100	Nuts	100	Meat	100	Fish	100	Butter	100
Plum	100	Beans	100	Eggs	100	Chicken	100	Yogurt	100
Apricot	100	Lentils	100	Milk	100	Beef	100	Butter	100
Quince	100	Peas	100	Cheese	100	Pork	100	Yogurt	100
Fig	100	Butter	100	Meat	100	Fish	100	Butter	100
Pear	100	Oil	100	Eggs	100	Chicken	100	Yogurt	100
Guava	100	Meat	100	Milk	100	Beef	100	Butter	100
Papaya	100	Fish	100	Cheese	100	Pork	100	Yogurt	100
Jackfruit	100	Eggs	100	Meat	100	Fish	100	Butter	100
Coconut	100	Butter	100	Eggs	100	Chicken	100	Yogurt	100
Avocado	100	Oil	100	Milk	100	Beef	100	Butter	100
Guava	100	Meat	100	Cheese	100	Pork	100	Yogurt	100
Pineapple	100	Fish	100	Meat	100	Fish	100	Butter	100
Mango	100	Eggs	100	Eggs	100	Chicken	100	Yogurt	100
Watermelon	100	Butter	100	Milk	100	Beef	100	Butter	100
Strawberry	100	Oil	100	Cheese	100	Pork	100	Yogurt	100
Blueberry	100	Meat	100	Meat	100	Fish	100	Butter	100
Cherry	100	Fish	100	Eggs	100	Chicken	100	Yogurt	100
Peach	100	Eggs	100	Milk	100	Beef	100	Butter	100
Plum	100	Butter	100	Cheese	100	Pork	100	Yogurt	100
Apricot	100	Oil	100	Meat	100	Fish	100	Butter	100
Quince	100	Meat	100	Eggs	100	Chicken	100	Yogurt	100
Fig	100	Fish	100	Milk	100	Beef	100	Butter	100
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Coconut	100	Fish	100	Cheese	100	Pork	100	Yogurt	100
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Pineapple	100	Oil	100	Milk	100	Beef	100	Butter	100
Mango	100	Meat	100	Cheese	100	Pork	100	Yogurt	100
Watermelon	100	Fish	100	Meat	100	Fish	100	Butter	100
Strawberry	100	Eggs	100	Eggs	100	Chicken	100	Yogurt	100
Blueberry	100	Butter	100	Milk	100	Beef	100	Butter	100
Cherry	100	Oil	100	Cheese	100	Pork	100	Yogurt	100
Peach	100	Meat	100	Meat	100	Fish	100	Butter	100
Plum	100	Fish	100	Eggs	100	Chicken	100	Yogurt	100
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Coconut	100	Oil	100	Eggs	100	Chicken	100	Yogurt	100
Avocado	100	Meat	100	Milk	100	Beef	100	Butter	100
Guava	100	Fish	100	Cheese	100	Pork	100	Yogurt	100
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Mango	100	Butter	100	Eggs	100	Chicken	100	Yogurt	100
Watermelon	100	Oil	100	Milk	100	Beef	100	Butter	100
Strawberry	100	Meat	100	Cheese	100	Pork	100	Yogurt	100
Blueberry	100	Fish	100	Meat	100	Fish	100	Butter	100
Cherry	100	Eggs	100	Eggs	100	Chicken	100	Yogurt	100
Peach	100	Butter	100	Milk	100	Beef	100	Butter	100
Plum	100	Oil	100	Cheese	100	Pork	100	Yogurt	100
Apricot	100	Meat	100	Meat	100	Fish	100	Butter	100
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Cherry	100	Meat	100	Cheese	100	Pork	100	Yogurt	100
Peach	100	Fish	100	Meat	100	Fish	100	Butter	100
Plum	100	Eggs	100	Eggs	100	Chicken	100	Yogurt	100
Apricot	100	Butter	100	Milk	100	Beef	100	Butter	100
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Guava	100	Eggs	100	Milk	100	Beef	100	Butter	100
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Blueberry	100	Fish	100	Milk	100	Beef	100	Butter	100
Cherry	100	Eggs	100	Cheese	100	Pork	100	Yogurt	100
Peach	100	Butter	100	Meat	100	Fish	100	Butter	100
Plum	100								

PATIENT ID

 Demo1

PATIENT NAME




DATE OF BIRTH



SAMPLE ID

 Demo 1

BARCODE

 80ABH03D

ANALYSED ON

 16/06/2022

TESTED ANTIGENS

 286

TEST METHOD

 FOX

APPROVED ON

16/06/2022

APPROVED BY

Hanan Hassan

TESTED BY

Hanan Hassan

NOTE

The internal QC (Plausibility check for GD) was within acceptance range.

Lab report: Overview of the IgG profile



Highest measured IgG concentration

0 - 9.99 µg/ml



Low IgG level

10 - 19.99 µg/ml



Intermediate IgG level

≥ 20 µg/ml



Highly elevated IgG level

Milk & Egg

Buttermilk	24.56 µg/ml	●●●	Cow's milk Bos d 8 * (Casein)	20.25 µg/ml	●●●
Camembert	26.09 µg/ml	●●●	Buffalo milk	14.63 µg/ml	●●
Emmental	15.57 µg/ml	●●	Camel milk	≤ 5.00 µg/ml	●
Gouda	23.13 µg/ml	●●●	Goat cheese	8.57 µg/ml	●
Cottage cheese	25.05 µg/ml	●●●	Goat milk	8.29 µg/ml	●
Cow's milk	13.10 µg/ml	●●	Quail egg	26.71 µg/ml	●●●
Mozzarella	19.54 µg/ml	●●	Egg white	42.42 µg/ml	●●●
Parmesan	14.45 µg/ml	●●	Egg yolk	39.12 µg/ml	●●●
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	17.03 µg/ml	●●	Sheep cheese	8.28 µg/ml	●
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	28.86 µg/ml	●●●	Sheep milk	17.04 µg/ml	●●

Meat

Duck	≤ 5.00 µg/ml	●	Chicken	≤ 5.00 µg/ml	●
Beef	≤ 5.00 µg/ml	●	Turkey	≤ 5.00 µg/ml	●
Veal	≤ 5.00 µg/ml	●	Rabbit	≤ 5.00 µg/ml	●
Venison	≤ 5.00 µg/ml	●	Lamb	≤ 5.00 µg/ml	●
Goat	≤ 5.00 µg/ml	●	Ostrich	≤ 5.00 µg/ml	●
Stag	7.46 µg/ml	●	Pork	≤ 5.00 µg/ml	●
Horse	≤ 5.00 µg/ml	●	Boar	≤ 5.00 µg/ml	●

Fish & Seafood

Caviar	≤ 5.00 µg/ml	●	Trout	≤ 5.00 µg/ml	●
Eel	≤ 5.00 µg/ml	●	Oyster	≤ 5.00 µg/ml	●
Noble crayfish	≤ 5.00 µg/ml	●	Northern prawn	≤ 5.00 µg/ml	●
Cockle	≤ 5.00 µg/ml	●	Scallop	≤ 5.00 µg/ml	●
Crab	≤ 5.00 µg/ml	●	Razor shell	≤ 5.00 µg/ml	●
Atlantic herring	≤ 5.00 µg/ml	●	European plaice	≤ 5.00 µg/ml	●
Carp	≤ 5.00 µg/ml	●	Thornback Ray	≤ 5.00 µg/ml	●
European anchovy	≤ 5.00 µg/ml	●	Venus clam	5.11 µg/ml	●
Northern pike	≤ 5.00 µg/ml	●	Salmon	≤ 5.00 µg/ml	●
Atlantic cod	≤ 5.00 µg/ml	●	European pilchard	≤ 5.00 µg/ml	●
Abalone	5.46 µg/ml	●	Turbot	≤ 5.00 µg/ml	●
Lobster	≤ 5.00 µg/ml	●	Mackerel	≤ 5.00 µg/ml	●
Shrimp mix	≤ 5.00 µg/ml	●	Atlantic redfish	≤ 5.00 µg/ml	●

* Molecular Antigen

Al Borg Diagnostics Muscat: 24615157 / 71799667 Al Borg Diagnostics Al Mawaleh: Al Borg Diagnostics Sohar: 71979777 / 71537616 Al Borg Diagnostics Salalah: 23226611 / 71923938

Squid	≤ 5.00 µg/ml	●	Sepia	≤ 5.00 µg/ml	●
Monkfish	≤ 5.00 µg/ml	●	Sole	≤ 5.00 µg/ml	●
Haddock	≤ 5.00 µg/ml	●	Gilt-head bream	≤ 5.00 µg/ml	●
Hake	≤ 5.00 µg/ml	●	Tuna	≤ 5.00 µg/ml	●
Common mussel	5.18 µg/ml	●	Swordfish	≤ 5.00 µg/ml	●
Octopus	≤ 5.00 µg/ml	●			

Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	●	Pine nut	≤ 5.00 µg/ml	●
Oat	≤ 5.00 µg/ml	●	Rye	≤ 5.00 µg/ml	●
Rapeseed	≤ 5.00 µg/ml	●	Sesame	≤ 5.00 µg/ml	●
Hempseed	≤ 5.00 µg/ml	●	Wheat	5.13 µg/ml	●
Quinoa	≤ 5.00 µg/ml	●	Wheat bran	≤ 5.00 µg/ml	●
Pumpkin seed	≤ 5.00 µg/ml	●	Wheat gliadin Tri a Gliadin *	5.48 µg/ml	●
Buckwheat	≤ 5.00 µg/ml	●	Wheatgrass	≤ 5.00 µg/ml	●
Sunflower	≤ 5.00 µg/ml	●	Gluten	6.78 µg/ml	●
Barley	≤ 5.00 µg/ml	●	Emmer	≤ 5.00 µg/ml	●
Malt (barley)	≤ 5.00 µg/ml	●	Durum	≤ 5.00 µg/ml	●
Linseed	≤ 5.00 µg/ml	●	Einkorn	5.78 µg/ml	●
Lupine seed	≤ 5.00 µg/ml	●	Polish wheat	≤ 5.00 µg/ml	●
Rice	≤ 5.00 µg/ml	●	Spelt	≤ 5.00 µg/ml	●
Millet	≤ 5.00 µg/ml	●	Corn	5.31 µg/ml	●
Poppyseed	≤ 5.00 µg/ml	●			

Nuts

Cashew	≤ 5.00 µg/ml	●	Hazelnut	≤ 5.00 µg/ml	●
Brazil nut	≤ 5.00 µg/ml	●	Tigernut	≤ 5.00 µg/ml	●
Pecan nut	≤ 5.00 µg/ml	●	Walnut	≤ 5.00 µg/ml	●
Sweet chestnut	≤ 5.00 µg/ml	●	Macadamia	≤ 5.00 µg/ml	●
Coconut milk	15.73 µg/ml	●●	Pistachio	≤ 5.00 µg/ml	●
Coconut	≤ 5.00 µg/ml	●	Almond	19.85 µg/ml	●●
Kola nut	≤ 5.00 µg/ml	●			

Legumes

Peanut	≤ 5.00 µg/ml	●	Green bean	≤ 5.00 µg/ml	●
Chickpea	≤ 5.00 µg/ml	●	Pea	≤ 5.00 µg/ml	●
Soy	≤ 5.00 µg/ml	●	Sugar pea	≤ 5.00 µg/ml	●

* Molecular Antigen

Lentil	≤ 5.00 µg/ml	●	Tamarind	≤ 5.00 µg/ml	●
White bean	7.94 µg/ml	●	Mung bean	≤ 5.00 µg/ml	●

Fruits

Kiwi	22.39 µg/ml	●●●	Date	≤ 5.00 µg/ml	●
Pineapple	32.11 µg/ml	●●●	Physalis	≤ 5.00 µg/ml	●
Papaya	≤ 5.00 µg/ml	●	Apricot	≤ 5.00 µg/ml	●
Lime	≤ 5.00 µg/ml	●	Cherry	17.07 µg/ml	●●
Lemon	≤ 5.00 µg/ml	●	Plum	≤ 5.00 µg/ml	●
Watermelon	≤ 5.00 µg/ml	●	Peach	≤ 5.00 µg/ml	●
Grapefruit	≤ 5.00 µg/ml	●	Nectarine	≤ 5.00 µg/ml	●
Tangerine	≤ 5.00 µg/ml	●	Pomegranate	≤ 5.00 µg/ml	●
Orange	≤ 5.00 µg/ml	●	Pear	≤ 5.00 µg/ml	●
Melon	≤ 5.00 µg/ml	●	Gooseberry	≤ 5.00 µg/ml	●
Fig	8.09 µg/ml	●	Red currant	≤ 5.00 µg/ml	●
Strawberry	≤ 5.00 µg/ml	●	Blackberry	≤ 5.00 µg/ml	●
Lychee	≤ 5.00 µg/ml	●	Raspberry	≤ 5.00 µg/ml	●
Apple	≤ 5.00 µg/ml	●	Elderberry	≤ 5.00 µg/ml	●
Mango	≤ 5.00 µg/ml	●	Blueberry	≤ 5.00 µg/ml	●
Mulberry	≤ 5.00 µg/ml	●	Cranberry	≤ 5.00 µg/ml	●
Banana	≤ 5.00 µg/ml	●	Grape	≤ 5.00 µg/ml	●
Passion fruit	≤ 5.00 µg/ml	●	Raisin	≤ 5.00 µg/ml	●

Vegetables

Shallot	≤ 5.00 µg/ml	●	Caper	≤ 5.00 µg/ml	●
Onion	≤ 5.00 µg/ml	●	Endive	≤ 5.00 µg/ml	●
Leek	≤ 5.00 µg/ml	●	Radicchio	≤ 5.00 µg/ml	●
Garlic	15.31 µg/ml	●●	Chicorée	≤ 5.00 µg/ml	●
Chives	≤ 5.00 µg/ml	●	Pumpkin Butternut	≤ 5.00 µg/ml	●
Wild garlic	≤ 5.00 µg/ml	●	Pumpkin Hokkaido	≤ 5.00 µg/ml	●
Celery Bulb	≤ 5.00 µg/ml	●	Kiwano	≤ 5.00 µg/ml	●
Celery Stalk	≤ 5.00 µg/ml	●	Zucchini	≤ 5.00 µg/ml	●
Horseradish	≤ 5.00 µg/ml	●	Cucumber	≤ 5.00 µg/ml	●
White asparagus	≤ 5.00 µg/ml	●	Artichoke	≤ 5.00 µg/ml	●
Bamboo sprouts	≤ 5.00 µg/ml	●	Carrot	≤ 5.00 µg/ml	●
Chard	≤ 5.00 µg/ml	●	Arugula	≤ 5.00 µg/ml	●
Red beet	≤ 5.00 µg/ml	●	Fennel (bulb)	≤ 5.00 µg/ml	●

* Molecular Antigen

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Cabbage	≤ 5.00 µg/ml	●	Sweet potato	≤ 5.00 µg/ml	●
Cauliflower	≤ 5.00 µg/ml	●	Watercress	≤ 5.00 µg/ml	●
White cabbage	≤ 5.00 µg/ml	●	Olive	≤ 5.00 µg/ml	●
Brussels sprouts	≤ 5.00 µg/ml	●	Parsnip	≤ 5.00 µg/ml	●
Kohlrabi	≤ 5.00 µg/ml	●	Avocado	≤ 5.00 µg/ml	●
Broccoli	≤ 5.00 µg/ml	●	Radish	≤ 5.00 µg/ml	●
Romanesco	≤ 5.00 µg/ml	●	Eggplant	≤ 5.00 µg/ml	●
Red cabbage	≤ 5.00 µg/ml	●	Potato	≤ 5.00 µg/ml	●
Green cabbage	≤ 5.00 µg/ml	●	Tomato	≤ 5.00 µg/ml	●
Savoy	≤ 5.00 µg/ml	●	Spinach	≤ 5.00 µg/ml	●
Turnip	≤ 5.00 µg/ml	●	Nettle leaves	≤ 5.00 µg/ml	●
Pok-Choi	≤ 5.00 µg/ml	●	Lamb's lettuce	≤ 5.00 µg/ml	●
Chinese cabbage	≤ 5.00 µg/ml	●			

Spices

Dill	≤ 5.00 µg/ml	●	Mint	≤ 5.00 µg/ml	●
Tarragon	≤ 5.00 µg/ml	●	Basil	≤ 5.00 µg/ml	●
Paprika	6.68 µg/ml	●	Majoram	≤ 5.00 µg/ml	●
Cayenne pepper	≤ 5.00 µg/ml	●	Oregano	≤ 5.00 µg/ml	●
Chili (red)	≤ 5.00 µg/ml	●	Parsley	≤ 5.00 µg/ml	●
Caraway	≤ 5.00 µg/ml	●	Anise	6.62 µg/ml	●
Cinnamon	≤ 5.00 µg/ml	●	Pepper (black/white/green/red/yellow)	≤ 5.00 µg/ml	●
Curry	5.80 µg/ml	●	Rosmary	≤ 5.00 µg/ml	●
Coriander	≤ 5.00 µg/ml	●	Sage	≤ 5.00 µg/ml	●
Cumin	≤ 5.00 µg/ml	●	Mustard	≤ 5.00 µg/ml	●
Turmeric	≤ 5.00 µg/ml	●	Clove	≤ 5.00 µg/ml	●
Lemongrass	≤ 5.00 µg/ml	●	Thyme	≤ 5.00 µg/ml	●
Cardamom	≤ 5.00 µg/ml	●	Fenugreek	≤ 5.00 µg/ml	●
Juniper berry	≤ 5.00 µg/ml	●	Vanilla	≤ 5.00 µg/ml	●
Bay leaf	≤ 5.00 µg/ml	●	Ginger	12.91 µg/ml	●●
Nutmeg	≤ 5.00 µg/ml	●			

Edible Mushrooms

White mushroom	≤ 5.00 µg/ml	●	Enoki	≤ 5.00 µg/ml	●
Boletus	≤ 5.00 µg/ml	●	French horn mushroom	≤ 5.00 µg/ml	●
Chanterelle	≤ 5.00 µg/ml	●	Oyster mushroom	≤ 5.00 µg/ml	●

* Molecular Antigen

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Novel Foods

House cricket	6.39 µg/ml	●	Ginseng	≤ 5.00 µg/ml	●
Baobab	≤ 5.00 µg/ml	●	Guarana	≤ 5.00 µg/ml	●
Aloe	≤ 5.00 µg/ml	●	Almond milk	5.11 µg/ml	●
Greater burdock root	≤ 5.00 µg/ml	●	Nori	≤ 5.00 µg/ml	●
Aronia	≤ 5.00 µg/ml	●	Chia seed	≤ 5.00 µg/ml	●
Safflower oil	≤ 5.00 µg/ml	●	Yacón root	≤ 5.00 µg/ml	●
Chlorella	5.03 µg/ml	●	Spirulina	≤ 5.00 µg/ml	●
Ginkgo	≤ 5.00 µg/ml	●	Dandelion root	≤ 5.00 µg/ml	●
Maca root	≤ 5.00 µg/ml	●	Mealworm	≤ 5.00 µg/ml	●
Migratory locust	≤ 5.00 µg/ml	●	Wakame	≤ 5.00 µg/ml	●
Tapioca	≤ 5.00 µg/ml	●			

Coffee & Tea

Tea, black	≤ 5.00 µg/ml	●	Chamomile	≤ 5.00 µg/ml	●
Tea, green	≤ 5.00 µg/ml	●	Peppermint	≤ 5.00 µg/ml	●
Coffee	≤ 5.00 µg/ml	●	Moringa	≤ 5.00 µg/ml	●
Hibiscus	≤ 5.00 µg/ml	●	Cocoa	≤ 5.00 µg/ml	●
Jasmine	≤ 5.00 µg/ml	●			

Others

Agar Agar	≤ 5.00 µg/ml	●	Cane sugar	5.36 µg/ml	●
Honey	25.44 µg/ml	●●●	Brewer's yeast	≤ 5.00 µg/ml	●
Aspergillus niger	6.95 µg/ml	●	Elderflower	≤ 5.00 µg/ml	●
Hops	≤ 5.00 µg/ml	●	M-Transglutaminase, meat glue	5.67 µg/ml	●
Baker's yeast	≤ 5.00 µg/ml	●			

CCD

Human Lactoferrin	≤ 5.00 µg/ml	●
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SAMPLED ON
13/06/2022

PRINTED ON
16/06/2022

FOX – Number of tested food sources:

283



MILK & EGG

17

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk



MEAT

14

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison



FISH & SEAFOOD

37

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, European anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Noble crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam



CEREALS & SEEDS

29

Amaranth, Barley, Buckwheat, Corn, Durum, Einkorn, Emmer, Hempseed, Linseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Rapeseed, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten, Wheat bran, Wheatgrass



NUTS

13

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut



LEGUMES

10

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean



FRUITS

36

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon



VEGETABLES

51

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Pok-Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, White Asparagus, White cabbage, Wild garlic, Zucchini



SPICES

31

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosemary, Sage, Tarragon, Thyme, Turmeric, Vanilla



EDIBLE MUSHROOMS

6

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom



NOVEL FOODS

21

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root



COFFEE & TEA

9

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green



OTHERS

9

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

Interpretation - Support

* Molecular Antigen

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Interpretation Summary

Milk & Eggs

Buffalo's milk

Your IgG level for buffalo's milk is 14.63 µg/ml.

Associated food intolerance symptoms after consuming buffalo's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing buffalo's milk include dairy products like butter, yogurt, cheese (e.g., mozzarella), and ice cream.

Possible alternatives for buffalo's milk include camel's milk, goat's milk, and cow's milk for animal-derived sources. Plant-based alternatives include soy milk, coconut milk, almond milk, and rice milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Buttermilk

Your IgG level for buttermilk is 24.56 µg/ml.

Associated food intolerance symptoms after consuming buttermilk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing buttermilk include biscuits, cakes, mashed potatoes, soups, fried chicken, hamburger buns, cornbread, ranch dressing, smoothies, pancakes, ice cream, and cream cheese.

Possible alternatives (non-dairy) for buttermilk include soy-based options such as a combination of soy milk and acid (e.g., lemon juice or vinegar), vegan sour cream and water, or unsweetened plant milk (e.g., coconut, almond, or cashew) and acid (e.g., lemon juice or vinegar).

Camembert

Your IgG level for camembert is 26.09 µg/ml.

Associated food intolerance symptoms after consuming camembert include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing camembert are salads, cheese boards, burgers. Camembert is often served in French cuisine.

Possible alternatives (non-dairy) for camembert include substitutes based on cashews.

Cottage cheese

Your IgG level for cottage cheese is 25.05 µg/ml.

Associated food intolerance symptoms after consuming cottage cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cottage cheese include breakfast bowls, dips, pancakes, egg dishes, pasta dishes, and sandwiches.

Possible alternatives (non-dairy) for cottage cheese include firm tofu (crumbled) or substitutes based on cashews.

Cow's milk

Your IgG level for cow's milk is 13.1 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereals, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

* Molecular Antigen

Egg white

Your IgG level for egg white is 42.42 µg/ml.

Associated food intolerance symptoms after consuming egg white include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Egg yolk

Your IgG level for egg yolk is 39.12 µg/ml.

Associated food intolerance symptoms after consuming egg yolk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg yolks include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, and surimi. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg yolks include soy lecithin (a byproduct of soybean oil). If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Emmental

Your IgG level for emmental is 15.57 µg/ml.

Associated food intolerance symptoms after consuming emmental include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmental cheese include gratins, cheese fondues, cheese puffs, soups, pizza, and cheese boards.

Possible alternatives (non-dairy) for emmental cheese are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Gouda

Your IgG level for gouda is 23.13 µg/ml.

Associated food intolerance symptoms after consuming gouda include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gouda include cheese dips, gratins, soups, sandwiches, sauces, lasagna, pizza, and cheese boards.

Possible alternatives (non-dairy) for gouda are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Mozzarella

Your IgG level for mozzarella is 19.54 µg/ml.

Associated food intolerance symptoms after consuming mozzarella include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing mozzarella include pizza, lasagna, caprese salads, and fruit salads.

Possible alternatives (non-dairy) for mozzarella cheese are vegan cheese substitutes based on cashew nuts or rice milk.

Parmesan

Your IgG level for parmesan is 14.45 µg/ml.

Associated food intolerance symptoms after consuming parmesan include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

* Molecular Antigen

Food products and dishes typically containing parmesan include pizza, lasagne, pasta dishes, chicken ceasar salads, soups, and cheese boards.

Possible alternatives (non-dairy) for parmesan includes substitutes based on soy and nutritional yeast.

Quail egg

Your IgG level for quail egg is 26.71 µg/ml.

Associated food intolerance symptoms after consuming quail egg include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing quail eggs include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, and soufflés.

Possible alternatives for quail eggs include hen's eggs, goose eggs, duck eggs, and ostrich eggs for animal based substitutes. Plant-based substitutes include silken tofu.

Sheep's milk

Your IgG level for sheep's milk is 17.04 µg/ml.

Associated food intolerance symptoms after consuming sheep's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sheep's milk include dairy products such as cheeses (e.g., feta, ricotta, roquefort), yogurt, butter, and ice cream.

Possible alternatives for sheep milk include cow's milk, camel's milk, goat's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Nuts

Almond

Your IgG level for almond is 19.85 µg/ml.

Associated food intolerance symptoms after consuming almonds include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing almonds, ground almonds, or almond flour include cakes, breads, biscuits, confectionary, ice cream, marzipan, and liqueurs such as Amaretto.

Possible alternatives for almonds include hazelnuts, Brazil nuts, cashews, and unsalted pistachios. Unsalted pumpkin and sunflower seeds, granola, or oatmeal can function als nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for almond butter.

Coconut milk

Your IgG level for coconut milk is 15.73 µg/ml.

Associated food intolerance symptoms after consuming coconut milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing coconut milk include curries, soups, puddings, porridge, ice cream, and sauces.

Possible alternatives (plant-based) for coconut milk include soy milk, almond milk, cashew milk, oat milk, hemp milk, and rice milk.

Fruits

Cherry

Your IgG level for cherry is 17.07 µg/ml.

Associated food intolerance symptoms after consuming cherry include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cherries include pastries (e.g., pies, tarts, cakes, cobblers, etc.), ice cream, juice, compotes, and in trail mix (dried).

Possible alternatives for cherries in baking include plums, apricots, and nectarines.

Kiwi

* Molecular Antigen

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Your IgG level for kiwi is 22.39 µg/ml.

Associated food intolerance symptoms after consuming kiwi include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing kiwis include salads, smoothies, ice cream, and pastries (e.g., tarts, pies, cakes, etc.).

Possible alternatives for kiwi include strawberries (with a little bit of lime juice), pineapples, and dragon fruit.

Pineapple

Your IgG level for pineapple is 32.11 µg/ml.

Associated food intolerance symptoms after consuming pineapple include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing pineapple include salads, chutneys, relishes, marinades, juices, smoothies and cocktails.

Possible alternatives for pineapples include green apples and oranges.

Vegetables

Garlic

Your IgG level for garlic is 15.31 µg/ml.

Associated food intolerance symptoms after consuming garlic include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing garlic include pasta dishes, soups, stews, sauces, butters and oils, dips, dressings, and chutneys.

Possible alternatives for garlic include chives, shallot, onion, and lemon zest.

Spices

Ginger

Your IgG level for ginger is 12.91 µg/ml.

Associated food intolerance symptoms after consuming ginger include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes using ginger as a flavoring agent include various sauces, glazes, marinades, soups, salads, and stir fries. Ginger is typically used in Asian cooking and is also a staple in holiday baking (e.g., gingerbread cookies).

Possible alternatives for ginger include cardamom, cinnamon, and nutmeg, or a combination of the three.

Other

Honey

Your IgG level for honey is 25.44 µg/ml.

Associated food intolerance symptoms after consuming honey include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing honey include sauces, salad dressings, meads, soups, and baked goods (e.g., breads, cookies, cakes, muffins, etc.).

Possible alternatives for honey include rice malt syrup, brown rice syrup, molasses, maple syrup, agave nectar, and golden syrup.

Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.

(The connection between food intake, elevated IgG levels and chronic disorders has been described in peer reviewed publications and case studies. Nonetheless this connection is still debated in the scientific community and a consensus has not been reached thus far.)

* Molecular Antigen

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