

Food Intolerance & U

**Beat Your
Intolerances**





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 & U

Good health starts with the gut
The facts
What's going on inside?
What your results are saying

2.

How it Works

Steps to better health

3.

Your Test Results

Results at a glance

4.

Nutrition & U

Your doctor's recommendations
Your nutritional framework

5.

U and your Report

Your medical history
Your food intolerance lab 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

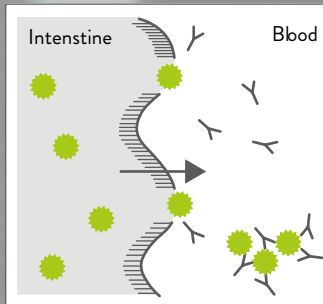


Cause

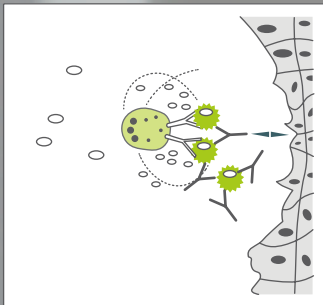
IgG is the most common antibody present in blood and other bodily fluids. It protects you against infections and any foreign proteins



What's Going On Inside



Immune complexes are formed and destroyed creating an inflammatory process which may result in tissue damage and symptoms or signs of disease



Intestinal wall is damaged, resulting in immune system initiating an immune response.

Get To Know Your Food Intolerances

Your DNA Health & Wellness food report is a concept that combines a sophisticated and reliable blood analysis for 287 of the most common intolerances across all food categories, including –

Milk & Egg	Vegetables
Meat	Spices
Fish & Seafood	Edible Mushrooms
Cereals & Seeds	Novel Foods
Nuts	Coffee & tea
Legumes	Others
Fruits	

From this complete list, the test categorises these triggers based on how much they effect the IgG antibodies in your blood.

Overview: Strength of Reaction	ug/ml
Low IgG Level	0-to-9.99
Intermediate IgG Level	10-to-19.99
High IgG Level	> 20

2.How It Works



Steps To Better Health

1



Get Ready

Where are you now with potential food intolerances

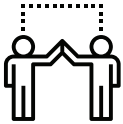
2



Testing

A simple blood test at one of our clinics which is then sent to a laboratory

3



Your Test Results

Identify trigger foods
Assess other potential issues

4



Nutrition & U

Personalised doctor & Clinical dietitian's plan
Guidance and support

5



Better Health

Find the food that suits you and achieve your health goals

What Your Results Are Saying

The test results show that you have raised IgG antibody titers to food(s). The number of IgG-positive foods indicates that your immune system responds with an adverse reaction to foods which normally should not be recognized by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body and culminate in a variety of symptoms and signs that you may be experiencing.

Our Experts Are Here For You

You may be feeling a little lost or over-whelmed by your report. That's why our customer service team will be in touch with you soon to book your follow-up appointment with our expert doctor and clinical dietitian.

They will be on hand to guide you through the process with three phases: the elimination phase, the re-introduction phase and the maintenance phase.

They will also be able to advise you on any further lifestyle advice and if any additional testing is advisable.



3.Your Test Results

Food	Cal 100g	Food	Cal 100g
Wheat	294	Potato	155
Onion	371	Tomato	19
Pot	147	Blackberry	49
Corn	33	Cherry	49
Apple	49	Watermelon	20
Orange	39	Cabbage	28
Lemon	31	Meat	137
Onion	32	Egg	57
Strawberry	41	Pear	95
Candy	246	Can	307
Pine	71	Pasta	699
Milk	94	Olive oil	94
Broth	219	Beans	518
Rice	121	Safflower seeds	

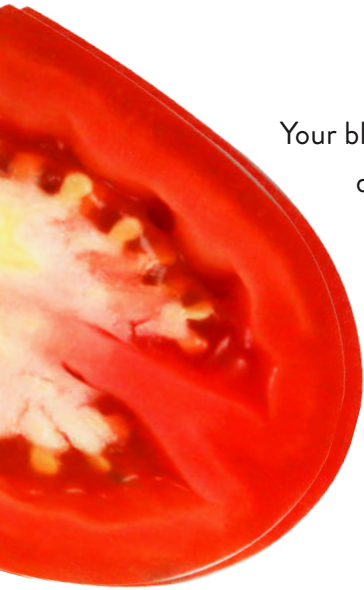


Your Results at a Glance

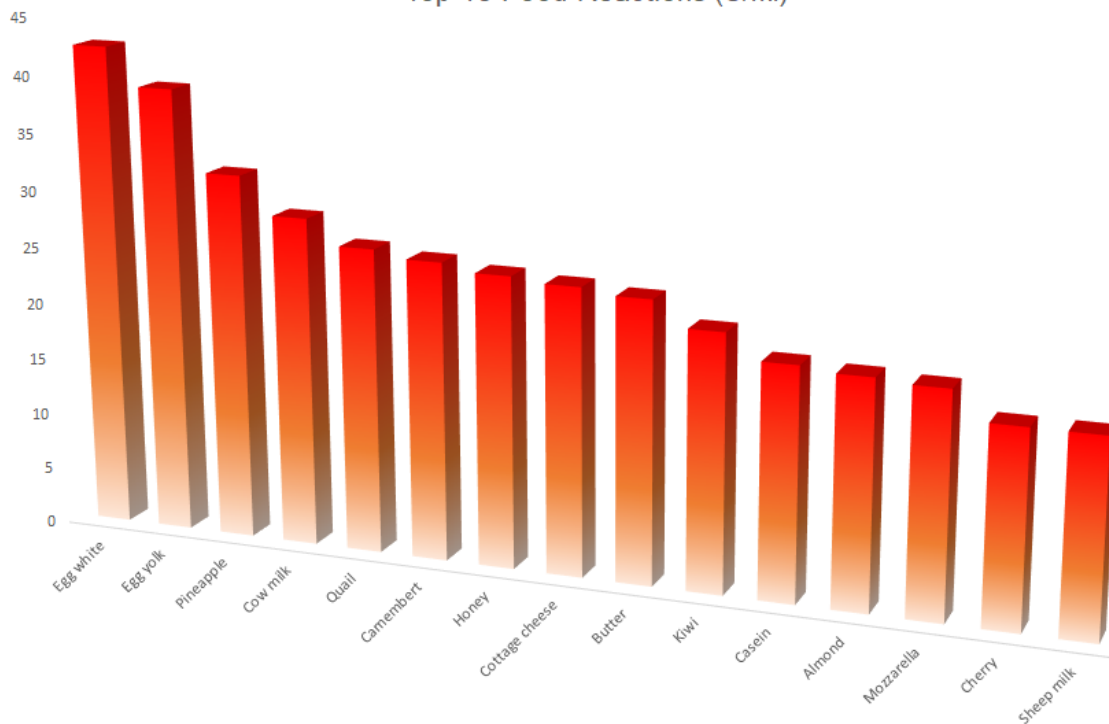


Your blood has been analysed for the presence of specific IgG antibodies foods to help you discover which foods are good for you and which are your unique trigger foods.

Your Trigger Foods



Top 15 Food Reactions (U/ml)

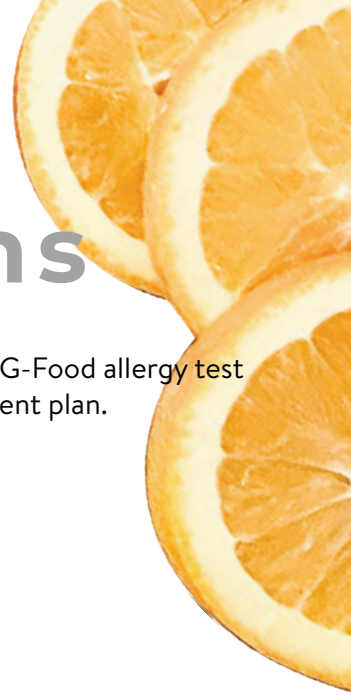


Overview: Strength of Reaction

Overview: Strength of Reaction	ug/ml
Low IgG Level	0-to-9.99
Intermediate IgG Level	10-to-19.99
High IgG Level	> 20

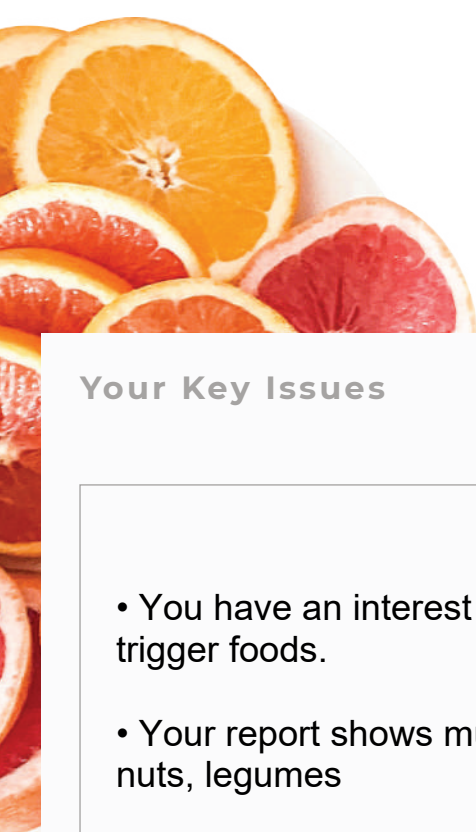
4. Nutrition & U





Your Doctor's Recommendations

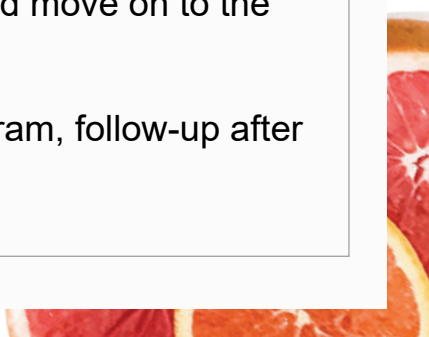
I have thoroughly reviewed your presenting symptoms and signs, past medical history and IgG-Food allergy test results. This information has enabled me to produce this highly specialised holistic management plan.



Your Key Issues

- You have an interest in losing weight. You have not specifically identified trigger foods.
- Your report shows multiple typical elevated foods; dairy, corn, gluten, nuts, legumes

How To Get You To Better Health

- Eliminate foods marked in red and moderate the foods in yellow from your diet for at least 6 weeks as discussed.
 - After weeks, re-introduce one by one every 3-to-4 days and gauge reaction. For each of the foods being re-introduced, gauge your reaction over the 3-to-4 days. If you experience a negative symptom or signs, continue to avoid and move on to the next food re-introduction.
 - If your issues/symptoms do not improve despite elimination program, follow-up after 12 weeks.
- 

Food Intolerance Nutrition Plan

Step 1: Elimination - (6 to 8 weeks)

- Eliminate foods marked in **Red** for 6 to 8 weeks as per your doctor's recommendations.
- Avoid & limit Foods marked in **Orange** to no more than 1-2 times per week as per your doctor's recommendations.
- Have all foods that are marked in **Green** & foods showed with no reaction. Keep rotating allowed foods in **Green** & no reaction foods, to benefit from a variety of vitamins & mineral and to avoid any deficiencies in your diet.

Guiding you through the elimination process

Eliminate	Alternatives	Remarks
Gluten (Eliminate all marked in red. Avoid & limit marked in orange)	✓ Gluten-free bread, cereals, Buckwheat, Quinoa, rice, rice flour, rice cakes, rice puffs. ✓ Millet: (Avoid & limit 1-2 per week).	See attached Gluten-free guide. <i>(Eliminate ones marked in red, avoid & limit marked in orange).</i> Read food labels & ingredients list. Tips for Breakfast ideas: <i>(Use all items marked in green & no reaction & compose your drink or dish)</i> Home-made smoothies & Green smoothies, fruit salad, almond & chia pudding topped with fruits, green pancakes topped with cocoa or honey. Gluten-free, dairy-free & yeast free protein powder with allowed fruits or veggies.
Dairy (Eliminate all marked in red. Avoid & limit marked in orange)	Calcium alternatives: Almonds, Chia seeds, sardines, dark green leafy veggies marked in green & no reaction for calcium. Morning beverage: Soy milk, Rice milk. Almond milk & Almonds (Avoid & limit to 1-2 per week) <i>example: Almond & cocoa with honey or date drink</i>	See attached Dairy-free guide. <i>(Eliminate ones marked in Red, avoid & limit marked in orange)</i>

Egg (Yolk & White) <i>(Eliminate all marked in red. Avoid & limit marked in orange)</i>	Protein Alternatives: Chicken, Turkey, beef, lamb, Salmon, Mackerel, Sardines, Tuna & all sea food marked in green & ones with no reaction. Vitamin D Food alternatives: Beef liver, Gluten-free fortified cereals, fatty fish (Trout, sardines, Salmon & Cod). Sun-light exposure.	Eliminate egg yolk. Avoid & Limit Egg white.
Sea-food <i>(Eliminate all marked in red. Avoid & limit marked in orange)</i>	Protein alternatives: Chicken, Turkey, beef, lamb, Salmon, Mackerel, Sardines, Cod, Trout, Tuna & all sea food marked in green & ones with no reaction.	Have a variety of proteins each day. Focus on fatty fishes for omega 3 benefits.
Beans & Legumes <i>(Eliminate all marked in red. Avoid & limit marked in orange)</i>	Vegetable protein alternatives: Have all marked in Green & no reaction. Animal protein alternatives: Chicken, Turkey, beef, lamb, Sea food marked in green or no reaction.	
Vegetables <i>(Eliminate all marked in red. Avoid & limit marked in orange)</i>	Have all marked in Green & no reaction	Have the rainbow colors for maximum benefit of antioxidants, vitamins, minerals & fibers.
Fruits <i>(Eliminate all marked in red. Avoid & limit marked in orange)</i>	Have all marked in Green & no reaction	Have the rainbow colors for maximum benefit of antioxidants, vitamins, minerals & fibers.
Nuts & seeds <i>(Eliminate all marked in red. Avoid & limit marked in orange)</i>	✓ Chia seeds, olive oil, olives & all those marked in Green & no reaction ✓ Almonds: (Avoid or limit 1-2 per week)	Cook using cold-pressed Extra virgin olive oil. Add olives to your salads or meals.
Beverages & others: <i>(Eliminate all marked in red. Avoid & limit marked in orange)</i>	Yeast free foods & products	Read food labels & ingredients list.
Spices	Have all marked in Green & no reaction	Marinate allowed proteins, grains, and veggies with: Garlic, onions, honey, mustard, all spice, black pepper, cloves, cardamon, caraway, cinnamon, coriander seeds, curry powder, Tarragon, parsley, Dill, coriander leaves, peppermint, vanilla.

Step 2: Re-introduce

- *Re-introduce foods marked in red & orange one at a time. Allow 5 days to gauge for any negative signs & symptoms before adding a new food. If you experience a negative symptom or signs, continue to avoid and move on to the next food re-introduction.*
- *Keep a record while re-introducing new foods, as this will help you track your triggers, negative signs & symptoms.*

Step 3: Maintenance

- *Amazing! the long list of trigger foods got shorter!*
- *To stabilize your body, you should now avoid these foods for at least 6 months, so that the IgG antibodies can degrade. After this time, you can trial another re-introduction of the trigger foods after 6 months.*

Step 4: Get to the root cause

- *Review as per your doctor's recommendation.*
- *Check back with your doctor If you continue to see negative symptoms & no or only partial improvement.*

Rima Al Halwani
Licensed Clinical Dietitian
Reema@dnahealthcorp.com

A Guide to Eating Gluten-free

Cutting gluten out of your diet may seem difficult and restrictive. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. These include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans legumes, and nuts.

Grains, Flours, and Starches

Cutting gluten out of your diet may seem difficult and restrictive. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. These include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans legumes, and nuts.

Gluten-free

- Amaranth
- Arrowroot
- Bean flours (garbanzo, fava, Romano, etc.)
- Buckwheat, buckwheat groats (kasha)
- Cassava flour
- Chia seeds
- Corn (maize), cornmeal
- Flax, flax meal
- Hominy
- Manioc flour
- Mesquite flour
- Millet
- Montina flour
- Nut flours a& meals (almond, coconut, hazelnut, etc.)
- Oats (gluten-free)*
- Pea flour
- Potato flour, potato starch
- Quinoa
- Rice (all), rice bran
- Sago
- Sorghum flour
- Soy flour
- Tapioca flour
- Teff
- Yucca



* Gluten-free oats have a similar structure to gluten-containing grains. Also, they may be contaminated with gluten-containing grains during processing. Because of these factors, gluten-free oats may cause negative symptoms in some patients. Those with celiac disease and gluten intolerance should use caution when consuming oats.

Grains, Flours, and Starches

Gluten-Contain

- Barley
- Bulgar (bulgur)
- Cereal binding
- Chapatti flour (atta)
- Couscous
- Kinkel
- Durum
- Einkorn
- Emmer
- Farina
- Farrow
- Fu
- Gluten, gluten flour
- Graham flour
- Kamut
- Malt (malt beverages, extract, flavoring, syrup, vinegar, etc.)
- Matzoh meal
- Oats (oat bran, oat syrup)*
- Orzo
- Rye
- Seitan ("wheat meat")
- Semolina
- Spelt
- Textured vegetable protein (typically contains gluten)
- Triticale
- Wheat, all varieties (bran, germ, starch)



Gluten-Free Substitutes

Gluten-free alternatives to typical gluten-containing foods are now widely available in most grocery stores. This makes eating a gluten-free diet less of a hassle. But keep in mind that many products made with gluten-free alternatives include additives and fillers that help mimic the texture of gluten-containing products you're used to eating. Rather than relying on gluten-free convenience foods, it is important to base your diet around naturally gluten-free foods like fruits, vegetables, and other foods listed above.



Foods may or may not be hidden sources of gluten

The following foods may or may not be hidden sources of gluten. Read labels carefully when shopping, and ask restaurant staff to confirm that foods have not been dusted with flour or cross-contaminated in deep fryers.

foods may or may not

- Brown rice syrup (made with barley enzymes)
- Candy, candy bars
- Cheesecake filling
- Eggs prepared in restaurants (sometimes include pancake batter)
- Energy bars
- French fries
- Granola bars
- Marinades
- Meat substitutes (vegetarian burgers, vegetarian sausage, imitation bacon, imitation seafood, etc.)
- Multi-grain or “artisan” tortillas and tortilla chips
- Pizza, gluten-free (restaurants offering gluten-free crusts do not always keep gluten-free items separate from the rest of the kitchen)
- Potato chips
- Pre-seasoned meats
- Processed lunch meats
- Salad dressings
- Self-basting poultry
- Soup
- Soy sauce
- Starch or dextrin (in meat or poultry products)
- Tater tots



Tips for Buying and Storing Gluten-Free Food

- Read labels. Remember that “wheat-free” is not the same thing as “gluten-free”. When in doubt, only purchase products with the certified gluten-free label.
- Read ingredient lists for any processed or packaged foods you buy, especially any foods that are cream-based. Wheat is often used in these products as a thickener.
- Many personal care products and nutritional supplements contain gluten. Be sure to choose brands that are gluten-free.
- Many gluten-free breads and pastas are stored in the refrigerated or frozen sections in the grocery store.
- If you can’t find gluten-free grains or products in your regular grocery store, try looking in a specialty or health food store.
- Do not purchase gluten-free grains from the bulk section of the grocery store unless they are kept in a separate area from gluten-containing grains. The possibility for cross-contamination with gluten is much higher when gluten-containing and gluten-free grains are sold side by side.
- If not everyone in your household follows a gluten-free diet, store all gluten-free products in a separate cabinet or a separate shelf. Keep gluten-free foods on the top shelves away from gluten-containing foods on the lower shelves. Use separate toasters and pans, if necessary. This will help you avoid cross contamination.
- When purchasing beers, choose gluten-free brands that are made from gluten-free grains. Some gluten-free beers are made from gluten-containing grains that have been mechanically separated, and these beers may include up to 10 parts per million (10 ppm) of gluten per bottle. If gluten-free beer is not available, opt for cider, wine, or distilled spirits.

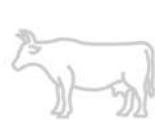


Dairy Alternatives

Common Sources of Dairy Include

Cheese, Milk, Buttermilk, Ice Cream & Yogurt

Here is a list of Dairy-Free alternatives for milk, cheese & yogurts



Cow's Milk



Soy



Almond



Coconut



Rice

Calories and Numbers

Calories	110	110	60	80	120
Protein	8g	8g	1g	1g	1g
Fat	2.5g	4.5g	2.5g	5g	2.5g
Carbohydrates	12g	9g	8g	7g	23g

Vitamins and Minerals

Calcium	30%	45%	45%	80	120
Phosphorus	25%	25%	N/A	N/A	15%
Potassium	10%	10%	1%	1%	15%
Riboflavin	25%	30%	30%	N/A	N/A
Vitamin B-12	20%	50%	50%	50%	50%
Vitamin A	10%	10%	10%	10%	10%
Vitamin D	25%	30%	25%	25%	25%



Naturally Occurring

Good Source 10% -19% DV

Excellent Source 10% DV



Homemade Recipes

Almond Milk

Ingredients

- 4 Cups filtered water
- 1 Cup whole, raw almonds
(soaked overnight for at least 12 – 16 hours)
- 2-4 Pitted medjool dates, for sweetness (optional)

Preparation

- Drain and rinse almonds with filtered water
- Place whole almonds into a blender, with 4-cups of filtered water
- Blend on full power for 1 – 2 minutes
- Using a mesh milk bag, strain the almond milk mixture by placing it over a large bowl and slowly pour the milk mixture
- Squeeze the milk bag as needed to release all milk
- Rinse the blender, add the dates (for sweetness if desired) with the milk, blend further on low power
- Place into a glass jar and store in the fridge for no more than 3-days



Flax Milk

Ingredients

- 3 cups Water
- ½ cup whole Flax Seeds
- 2-4 Medjool Dates, pitted, for sweetness (optional)
- ½ – 1 cup additional Water, after straining
- Pinch of cinnamon or nutmeg (optional)

Preparation

- Place flax seeds into a blender, with 3-cups of filtered water
- Blend on full power for 1 – 2 minutes
- Using a mesh milk bag, place it over a large bowl and slowly pour the flax mixture
- Squeeze the milk bag as needed to release all milk
- Rinse the blender, add the dates with the milk and ~1-cup water, blend further on low power
- Add any additional spices as needed
- Place into a glass jar and store in the fridge for no more than 3-days



A top-down view of a hand holding a light-colored pencil over a blank, spiral-bound notebook. The hand is wearing a light pink, ribbed sweater. The notebook is open, showing a blank white page. The background is a light-colored surface, possibly a table, scattered with various fruits and nuts, including slices of orange, a whole apple, a walnut, and some seeds. The lighting is soft and natural, creating a clean and organized aesthetic.

5. Your Medical History & Food Intolerance Results

Food Intolerance Questionnaire

Your Details

Name

Email

Gender

Your Personal Goals

During your time with us you have highlighted the following personal

Control inflammatory disorders

Tell us about your symptoms and signs

Inflammation left ear inner area, Vertigo

Your Medical History

Your Medical History

Others

Do you take any medications and/or supplements?

Gopisone

Weight History

Any recent changes in weight?

No

What is your desired weight?

No

For Women Only

Are you pregnant?

Weeks

Are you breastfeeding?

How often do you breastfeed?

Nutritional Habits

On average, how many meals do you eat everyday?

3 - 5 Meals (including snacks)

Do you follow any of these dietary restrictions?

I do not follow any dietary restrictions

In the past 30 days, how many times did you eat out at restaurants?

10 or more times

Average percentage of Home Cooked Meals

70

Average percentage of Home Cooked Meals Ready Made/Delivery Meals

70

Do you suffer with any food allergies or intolerances?

No

What diets, eliminations etc. have been tried in the past?

None

On average, how many cups of the following do you drink daily?

Vegetable Juices

Zero

Black Tea

Zero

Green Tea

Zero

Fruit Juices

Less than 1

Milk

Less than 1

Soft Drinks (reg/diet)

Less than 1

Alcohol

Zero

Coffee

Zero

Herbal Tea

Zero

Other | Please Specify

Tea with Milk 1 to 2 times daily

Exercise Routine

What type of exercise or activity do you do?

Strength Training

Cardio or Aerobics - What's the duration of the exercise?

How many days a week?

Strength Training - What's the duration of the exercise?

60 How many days a week?

Yoga / Pilates - What's the duration of the exercise?

How many days a week?

Other Leisure Sports - What's the duration of the exercise?

What time of day do you exercise?

Early How many days a week?

On a scale of 1 (low) to 10 (high), how would you describe your energy levels?

7

Sleep Habits

How many hours do you sleep on average?

8

What time do you go to sleep on weekdays?

10:00 PM

What time do you go to sleep on weekends?

10:30 PM

Do you have trouble sleeping?

No, I sleep well

Do you use any coping mechanism?

No but open for suggestions

Social

What is your occupation?

Sales Planning

What is your work schedule like?

Full time

Are you married?

2 (17 & 14)

Smoking Habits

No

Alcohol Intake

No

Share any thoughts or questions you would like to discuss during our meeting

Considering my age 44, keen to know the healthy habits from eating and lifestyle perspective.

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

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

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

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

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

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

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	●
-------------------	--------------	---

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), Rosmary, 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

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

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

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

"Eat Better Live More"

DNA Health & Wellness

dna | health

Cleanse
Hydrate
Nourish
Regenerate
Glow
Youthful
Beauty

www.dnahealthcorp.com

✉ enquiries@dnahealthcorp.com

☎ +971 4 573 6500

☎ +971 56 911 7781

DNA Health & Wellness Center
Jumeirah Al Qasr Hotel
Madinat Jumeirah
Al Sufouh 1, Dubai

DNA Health & Wellness Clinic
Unit 72 Gate Avenue
DIFC, Dubai

Realise Your Potential

© 2021, DNA Health Medical Center LLC, All Rights Reserved