



Requisition #: 609652
Patient Name:
Date of Birth:
Gender: F

Physician Name:
Date of Collection:
Time of Collection: 09:18 AM
Print Date: Jul 10, 2020

IgG Food MAP (190) - Serum MFI x 1000

Dairy

Beta-Lactoglobulin		10.04
Casein		28.29
Cheddar Cheese		19.79
Cow's Milk		20.78
Goat's Milk		4.07
Mozzarella Cheese		16.28
Sheep's Yogurt		2.69
Whey		19.83
Yogurt		27.06

Beans and Peas

Adzuki Bean		8.18
Black Bean		8.47
Garbanzo Bean		5.65
Green Bean		10.21
Green Pea		4.78
Kidney Bean		8.39
Lentil		7.63
Lima Bean		3.47
Mung Bean		12.26
Navy Bean		8.40
Pinto Bean		6.87
Soybean		13.44
Tofu		10.09

Fruits

Acai Berry		5.92
Apple		1.62
Apricot		17.02
Banana		5.23
Blueberry		1.03
Cantaloupe		2.32
Cherry		27.56

Coconut		11.56
Cranberry		1.10
Date		8.42
Fig		15.21
Grape		7.64
Grapefruit		15.12
Guava		2.55
Jackfruit		17.27
Kiwi		4.33
Lemon		10.10
Lychee		2.70
Mango		4.58
Orange		8.41
Papaya		19.20
Passion Fruit		1.79
Peach		13.04
Pear		2.35
Pineapple		9.13
Plum		2.91
Pomegranate		1.27
Raspberry		5.21
Strawberry		1.52
Watermelon		3.44

Grains

Amaranth		6.64
Barley		2.97
Buckwheat		2.39
Corn		6.83
Gladiin		26.82
Malt		1.23
Millet		8.31
Oat		6.23
Quinoa		3.41

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Grains *Continued*

Rice		9.98
Rye		9.33
Sorghum		7.67
Teff		5.45
Wheat Gluten		31.96
Whole Wheat		26.14

Fish/Seafood

Abalone		0.67
Anchovy		0.24
Bass		0.61
Bonito		1.27
Codfish		0.91
Crab		0.38
Halibut		0.32
Jack Mackerel		1.02
Lobster		0.37
Octopus		0.63
Oyster		0.52
Pacific Mackerel (Saba)		3.03
Pacific Saury		0.33
Perch		0.91
Red Snapper		1.27
Salmon		0.81
Sardine		0.04
Scallop		0.60
Shrimp		0.60
Small Clam		0.60
Squid		0.68
Tilapia		0.73
Trout		0.74
Tuna		3.30

Meat/Fowl

Beef		1.06
Chicken		0.27
Duck		0.89
Egg White		47.59
Egg Yolk		24.29
Goose		1.90
Lamb		0.88
Pork		0.64
Turkey		0.84

Nuts/Seeds

Almond		27.96
Brazil Nut		1.62
Cashew		5.81
Chestnut		3.28
Chia Seed		2.24
Flax Seed		7.14
Hazelnut		14.36
Hemp Seed		4.20
Macadamia Nut		7.43
Peanut		12.89
Pecan		0.82
Pine Nut		5.57
Pistachio		9.85
Pumpkin Seed		5.92
Sesame Seed		4.79
Sunflower Seed		13.80
Walnut		9.20

Vegetables

Artichoke		4.16
Asparagus		6.17
Avocado		13.92

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Vegetables *Continued*

Bamboo Shoot		2.18
Bean Sprout		8.41
Beet		3.80
Bell Pepper		21.93
Bitter Gourd		8.15
Broccoli		17.13
Brussel Sprout		19.38
Burdock Root		2.14
Cabbage		43.96
Carrot		6.22
Cauliflower		18.39
Celery		17.75
Chili Pepper		36.89
Cucumber		12.05
Eggplant		9.46
Enoki Mushroom		0.28
Garlic		15.71
Kale		11.97
Leek		9.60
Lettuce		6.33
Lotus Root		1.25
Napa Cabbage		6.57
Olive (Green)		0.28
Onion		10.57
Portabella Mushroom		0.71
Potato		19.01
Pumpkin		14.56
Radish		15.76
Seaweed Kombu Kelp		0.26
Seaweed Nori		0.37
Seaweed Wakame		0.28
Shitake Mushroom		0.34

Spinach		4.35
Sweet Potato		8.62
Tomato		16.52
Yam		4.66
Yellow Squash		18.84
Yuca		0.00
Zucchini		5.46

Herbs/Spices

Basil		2.54
Bay Leaf		0.56
Black Pepper		2.97
Cayenne Pepper		10.42
Cilantro		0.97
Cinnamon		1.29
Cloves		2.46
Cumin		11.01
Curry		5.52
Dill		1.59
Ginger		9.13
Hops		4.56
Mint		0.64
Miso		8.91
Mustard Seed		34.01
Oregano		0.27
Paprika		20.00
Rosemary		2.76
Sage		2.67
Tarragon		2.17
Thyme		3.47
Turmeric		0.88
Vanilla Bean		5.21

Miscellaneous

Bromelain		22.50
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Miscellaneous	Continued	
Cane Sugar		3.51
Cocoa Bean		0.89
Coffee		0.33
Green Tea		6.80
Honey		10.29
Meat glue		16.05
Oolong Tea		2.07

Reactivity Summary

High

Almond	Apricot	Bell Pepper
Broccoli	Bromelain	Brussel Sprout
Cabbage	Casein	Cauliflower
Celery	Cheddar Cheese	Cherry
Chili Pepper	Cow's Milk	Egg White
Egg Yolk	Gliadin	Jackfruit
Meat glue	Mozzarella Cheese	Mustard Seed
Papaya	Paprika	Potato
Tomato	Wheat Gluten	Whey
Whole Wheat	Yellow Squash	Yogurt

Moderate

Avocado	Beta-Lactoglobulin	Cayenne Pepper
Coconut	Cucumber	Cumin
Fig	Garlic	Grapefruit
Green Bean	Hazelnut	Honey
Kale	Lemon	Mung Bean
Onion	Peach	Peanut
Pumpkin	Radish	Rice
Soybean	Sunflower Seed	Tofu

Low

Acai Berry	Adzuki Bean	Amaranth
Asparagus	Banana	Bean Sprout
Bitter Gourd	Black Bean	Carrot
Cashew	Corn	Curry
Date	Eggplant	Flax Seed
Garbanzo Bean	Ginger	Grape
Green Pea	Green Tea	Hops
Kidney Bean	Leek	Lentil
Lettuce	Macadamia Nut	Mango
Millet	Miso	Napa Cabbage
Navy Bean	Oat	Orange
Pine Nut	Pineapple	Pinto Bean
Pistachio	Pumpkin Seed	Raspberry
Rye	Sesame Seed	Sorghum
Sweet Potato	Teff	Vanilla Bean
Walnut	Yam	Zucchini

Food Reactivity Scale	MFI* x 1000
Not Significant	< 4.47
Low	4.47-9.86
Moderate	9.87-15.99
High	>=16

(*) Median Fluorescent Intensity

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Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods:

A patient's serum or dry blood spot sample is introduced to a protein extract from each of the 190 foods. The test report indicates the level of IgG antibodies to those specific food proteins. If food-specific binding occurs between a food antigen and the patient's IgG antibodies, the result will appear on the graph as low, moderate, or high in relation to a reactivity scale.

Using IgG Food MAP results to build elimination or exclusion diets:

Symptomatic reactions to IgG-reactive foods are difficult to connect with specific foods. A diet eliminating some or all reactive foods may improve symptoms and is not as challenging as a full elimination or elemental diet. As reactive foods are removed from the diet, it is useful to observe any changes in digestion, skin condition, energy level, mood, or pain level.

High levels of IgG antibodies to Candida, a genus of yeast:

A separate test for IgG antibody to Candida (serum and DBS) is included because of Candida's importance to overall health. IgG antibodies to Candida may be due to current or past infection or intestinal overgrowth. An elevated Candida IgG indicates the immune system has interacted with Candida. Although Candida and related fungal species are normal constituents of GI flora, use of antibiotics, oral contraceptives, chemotherapy, or anti-inflammatory steroids increases the possibility of fungal overgrowth and imbalance of GI flora. Dietary improvements and/or antifungal therapy may lower Candida antibodies and reduce symptoms.

For additional information and references on IgG and dietary intervention, please visit www.greatplainslaboratory.com, Select A Test – IgG



Congratulations,

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

The Great Plains Laboratory, Inc.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load, as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also “unmask” hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered **PRIOR TO BEGINNING A ROTATION DIET**, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

For additional information and references on IgG and dietary intervention, please visit www.greatplainslaboratory.com, Select A Test – IgG



Four Day Rotation Diet – Customized for You

Day 1	Day 2	Day 3	Day 4
Dairy			
		Goat's Milk Sheep's Yogurt	
Beans and Peas			
Black Bean Kidney Bean Navy Bean Pinto Bean	Adzuki Bean	Lentil Lima Bean	Garbanzo Bean Green Pea
Fruits			
Apple Date Lychee Passion Fruit Pear	Acai Berry Cantaloupe Guava Orange Pomegranate Watermelon	Blueberry Cranberry Grape Kiwi Plum Raspberry Strawberry	Banana Mango Pineapple
Grains			
Millet Sorghum Teff	Amaranth Buckwheat Oat Quinoa	Corn	Barley Malt Rye

Fish/Seafood

Anchovy
Codfish
Halibut
Sardine

Abalone
Crab
Jack Mackerel
Lobster
Octopus
Oyster
Scallop
Shrimp
Small Clam
Squid

Perch
Red Snapper
Salmon
Trout

Bass
Bonito
Pacific Saury
Tuna

Meat/Fowl

Beef
Lamb

Chicken
Duck
Goose
Turkey

Pork

Nuts/Seeds

Flax Seed
Pine Nut
Sesame Seed

Chestnut
Hemp Seed
Pecan
Walnut

Cashew
Chia Seed
Macadamia Nut

Brazil Nut
Pistachio
Pumpkin Seed

Vegetables

Napa Cabbage
Sweet Potato
Yam

Artichoke
Beet
Bitter Gourd
Burdock Root
Seaweed Kombu Kelp
Seaweed Nori
Seaweed Wakame
Spinach
Zucchini

Asparagus
Eggplant
Leek

Bamboo Shoot
Bean Sprout
Carrot
Enoki Mushroom
Lettuce
Lotus Root
Portabella Mushroom
Shitake Mushroom

Herbs/Spices

Bay Leaf
Cinnamon
Cloves
Tarragon

Black Pepper
Ginger
Miso
Turmeric

Basil
Mint
Oregano
Rosemary
Sage
Thyme

Cilantro
Curry
Dill
Hops
Vanilla Bean

Miscellaneous

Miscellaneous foods are not rotated. Remove foods with a moderate or high antibody response.



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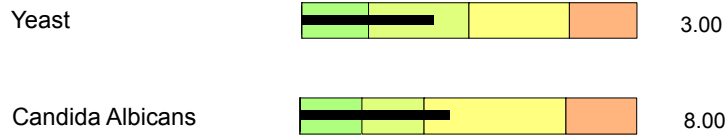
Gender:

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Print Date:

Jul 9, 2020

IgG Yeasts Allergy Test (2) Serum



Reactivity Summary

Moderate
Candida Albicans

Low
Yeast

Not Significant	1.00 - 1.99
Low	2.00 - 3.49
Moderate	3.50 - 4.99
High	>= 5.00

Yeast Saccharomyces Cerevisiae Scale

Not Significant	< 3.49
Low	3.50 - 6.99
Moderate	7.00 - 14.99
High	>= 15.00

Candida Scale

The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

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