



Test #	123456	Tested	MM/DD/YYYY	Practitioner name	Nordic Laboratories
Patient #	123456	Received	MM/DD/YYYY	Practitioner Address	Nygade 6, 3.sal 1164 Copenhagen K Denmark
TST #	N/A	Collected	MM/DD/YYYY		
Patient Name	Sample Report				
Sex	N/A	DOB	MM/DD/YYYY		

IgG Food Antibody Assessment

IgG Food Antibody Results			
Dairy Casein 0 <input type="checkbox"/> Cheddar cheese VL <input type="checkbox"/> Cottage cheese VL <input type="checkbox"/> Cow's milk VL <input type="checkbox"/> Goat's milk VL <input type="checkbox"/> Lactalbumin 0 <input type="checkbox"/> Yogurt VL <input type="checkbox"/> Fruits Apple 0 <input type="checkbox"/> Apricot 0 <input type="checkbox"/> Banana 0 <input type="checkbox"/> Blueberry VL <input type="checkbox"/> Cranberry 0 <input type="checkbox"/> Grape 1+ <input type="checkbox"/> Grapefruit 1+ <input type="checkbox"/> Lemon 0 <input type="checkbox"/> Orange 0 <input type="checkbox"/> Papaya 0 <input type="checkbox"/> Peach VL <input type="checkbox"/> Pear 0 <input type="checkbox"/> Pineapple 0 <input type="checkbox"/> Plum VL <input type="checkbox"/> Raspberry VL <input type="checkbox"/> Strawberry VL <input type="checkbox"/>	Vegetables Alfalfa VL <input type="checkbox"/> Asparagus 0 <input type="checkbox"/> Avocado 3+ <input type="checkbox"/> Beets VL <input type="checkbox"/> Broccoli VL <input type="checkbox"/> Cabbage 3+ <input type="checkbox"/> Carrot 3+ <input type="checkbox"/> Celery 3+ <input type="checkbox"/> Cucumber 0 <input type="checkbox"/> Garlic 1+ <input type="checkbox"/> Green Pepper VL <input type="checkbox"/> Lettuce VL <input type="checkbox"/> Mushroom 1+ <input type="checkbox"/> Olive VL <input type="checkbox"/> Onion VL <input type="checkbox"/> Pea VL <input type="checkbox"/> Potato, sweet VL <input type="checkbox"/> Potato, white VL <input type="checkbox"/> Spinach 1+ <input type="checkbox"/> String bean 1+ <input type="checkbox"/> Tomato VL <input type="checkbox"/> Zucchini VL <input type="checkbox"/>	Fish/Shellfish Clam 0 <input type="checkbox"/> Cod 0 <input type="checkbox"/> Crab VL <input type="checkbox"/> Lobster 1+ <input type="checkbox"/> Oyster 0 <input type="checkbox"/> Red snapper 0 <input type="checkbox"/> Salmon 0 <input type="checkbox"/> Sardine 0 <input type="checkbox"/> Shrimp 0 <input type="checkbox"/> Sole 0 <input type="checkbox"/> Trout 0 <input type="checkbox"/> Tuna 0 <input type="checkbox"/> Poultry/Meats Beef 0 <input type="checkbox"/> Chicken 0 <input type="checkbox"/> Egg white 0 <input type="checkbox"/> Egg yolk VL <input type="checkbox"/> Lamb 0 <input type="checkbox"/> Pork 0 <input type="checkbox"/> Turkey 0 <input type="checkbox"/>	Nuts and Grains Almond VL <input type="checkbox"/> Buckwheat 0 <input type="checkbox"/> Corn 3+ <input type="checkbox"/> Corn gluten 1+ <input type="checkbox"/> Gluten 0 <input type="checkbox"/> Kidney bean 0 <input type="checkbox"/> Lentil 0 <input type="checkbox"/> Lima bean 0 <input type="checkbox"/> Oat 1+ <input type="checkbox"/> Peanut 0 <input type="checkbox"/> Pecan 3+ <input type="checkbox"/> Pinto bean 0 <input type="checkbox"/> Rice VL <input type="checkbox"/> Rye 0 <input type="checkbox"/> Sesame 1+ <input type="checkbox"/> Soy 0 <input type="checkbox"/> Sunflower seed 0 <input type="checkbox"/> Walnut VL <input type="checkbox"/> Wheat 1+ <input type="checkbox"/> Miscellaneous Yeast 1+ <input type="checkbox"/> Cane sugar 1+ <input type="checkbox"/> Chocolate VL <input type="checkbox"/> Coffee VL <input type="checkbox"/> Honey 0 <input type="checkbox"/>
Total IgE			
Total IgE ♦ <input type="checkbox"/>		Inside <input type="checkbox"/>	Outside <input type="checkbox"/> 298.0
		Reference Range	<=87.0 IU/mL

0 <input type="checkbox"/> None Detected	VL <input type="checkbox"/> Very Low	1+ <input type="checkbox"/> Low	2+ <input type="checkbox"/> Moderate	3+ <input type="checkbox"/> High
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- The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦ as cleared by the U.S Food and Drug Administration are For Research Use Only.
- Total IgE level may have clinical significance regardless of specific antibody levels.
- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.
- The True Relief diet is specific to IgG results only. Allergens inducing IgE response should be avoided.

Laboratory Comments

Testing performed by Metamatrix Inc. for Nordic Laboratories ApS.

Georgia Lab Lic. Code #067-007
CLIA ID# 11D0255349

New York Clinical Lab PFI #4578
Florida Clinical Lab Lic. #800008124

Laboratory Director: Robert M. David, PhD



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Summary of Test Results

Reactive / Non-Reactive Foods			
3+			
Avocado	Cabbage	Carrot	Celery
Corn	Pecan		
1+			
Cane sugar	Corn gluten	Garlic	Grape
Grapefruit	Lobster	Mushroom	Oat
Sesame	Spinach	String bean	Wheat
Yeast			
VL			
Alfalfa	Almond	Beet	Blueberry
Broccoli	Cheddar cheese	Chocolate	Coffee
Cottage cheese	Cow's milk	Crab	Egg yolk
Goat's milk	Green pepper	Lettuce	Olive
Onion	Pea	Peach	Plum
Potato, sweet	Potato, white	Raspberry	Rice
Strawberry	Tomato	Walnut	Yogurt
Zucchini			
0			
Apple	Apricot	Asparagus	Banana
Beef	Buckwheat	Casein	Chicken
Clam	Cod	Cranberry	Cucumber
Egg white	Gluten	Honey	Kidney bean
Lactalbumin	Lamb	Lemon	Lentil
Lima bean	Orange	Oyster	Papaya
Peanut	Pear	Pineapple	Pinto bean
Pork	Red Snapper	Rye	Salmon
Sardine	Shrimp	Sole	Soy
Sunflower seed	Trout	Tuna	Turkey

0 None Detected	VL Very Low	1+ Low	2+ Moderate	3+ High
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True Relief ROTATION DIET SCHEDULE (Combined), page 1 of 3				
FAMILY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
Dairy Group All dairy products		Casein Cheddar cheese Cottage cheese Cow's milk Lactalbumin Yogurt		
Goat's Milk				Goat's milk
Hen's Egg	Egg white Egg yolk			
Beef veal		Beef		
Lamb				Lamb
Pork				Pork
Poultry chicken, turkey, capon, duck, goose, pheasant, partridge, grouse	Chicken		Turkey	
Mollusk abalone, clam, mussel, oyster, scallop, squid	Oyster		Clam	
Crustaceans crab, crayfish, lobster, shrimp		Crab Lobster		Shrimp
Fish Fish may be eaten daily provided a different fish is selected each day Fish which are somewhat related are in small type under the tested fish	Cod coal fish, cusk, haddock, hake, hoki, pollock, scrod, whiting Sole plaice, sanddab, petrale, sole	Salmon smelt, steelhead Trout smelt, steelhead, whitefish	Sardine herring Tuna mahi mahi, wahoo, yahoo, albacore tuna	Red Snapper
Plum plum, prune, cherry, peach, apricot, nectarine, almond	Apricot Plum		Almond Peach	
Citrus orange, grapefruit, lemon, lime, tangerine, kumquat		Orange		Lemon Grapefruit

	None Detected / Very Low		Low		Moderate		High
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Patient Name	Sample Report				
Sex	N/A	DOB	MM/DD/YYYY		

True Relief ROTATION DIET SCHEDULE (Combined), page 2 of 3				
FAMILY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
Apple apple, pear, quince		Apple		Pear
Rose raspberry, blackberry, loganberry, strawberry	Raspberry		Strawberry	
Heath blueberry, cranberry, huckleberry		Cranberry		Blueberry
Banana arrowroot, banana, plantain	Banana			
Papaya		Papaya		
Grape raisins, buckthorn tea				Grape
Pineapple			Pineapple	
Gluten Containing wheat, rye, oats, spelt, triticale, kamut, barley	Gluten Oat		Rye Wheat	
Corn corn, blue corn, popcorn		Corn Corn gluten		
Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.				
Rice white rice, brown rice				Rice
Buckwheat rhubarb, sorrel		Buckwheat		
Walnut butternut, hickorynut, pecan		Pecan		Walnut
Sesame	Sesame			
Sunflower Jerusalem artichoke, safflower			Sunflower seed	
Legume alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna	Kidney bean Lima bean Peanut Soy		Alfalfa Lentil Pea Pinto bean String bean	

None Detected / Very Low	Low	Moderate	High
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TST #	N/A	Collected	MM/DD/YYYY		1164 Copenhagen K
Patient Name	Sample Report				
Sex	N/A	DOB	MM/DD/YYYY		Denmark

True Relief ROTATION DIET SCHEDULE (Combined), page 3 of 3

FAMILY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
Mustard mustard, cabbage, collard greens, cauliflower, broccoli, Brussel sprouts, turnips, kale, rutabagas, kohlrabi, radish, horseradish, watercress	Cabbage		Broccoli	
Composite Flower lettuce (leaf, head), endive, chicory, escarole, artichoke, dandelion	Lettuce			
Lily asparagus, onions, garlic, chives, green onions, leeks, scallions, shallots, aloe vera		Asparagus Garlic		Onion
Parsley parsley, parsnip, carrot, celery, caraway, anise, dill, fennel, coriander, cilantro		Carrot		Celery
Potato potato, tomato, eggplant, peppers (bell, red, green, chile, cayenne), tomatillo, pimento, tobacco	Green pepper Potato, white		Tomato	
Morning Glory sweet potato, yam				Potato, sweet
Goosefoot beet, spinach, chard, Swiss chard	Beet		Spinach	
Gourd cantaloupe, melon, cucumber, pumpkin, summer and winter squash		Cucumber		Zucchini
Laurel avocado, cinnamon, bayleaf			Avocado	
Olive green olive, black	Olive			
Fungi mushrooms, yeast		Mushroom		Yeast
Coffee	Coffee			
Chocolate chocolate, cocoa			Chocolate	
Cane cane sugar, molasses, sorghum			Cane sugar	
Honey bee pollen, royal jelly	Honey			

None Detected / Very Low	Low	Moderate	High
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IgG Spice Profile

IgG Spice Results					
Allspice	0		Curry	2+	
Basil	VL		Dill	3+	
Bayleaf	1+		Fennel	0	
Black Pepper	2+		Ginger	VL	
Cayenne	3+		Horse radish	1+	
Cinnamon	0		Marjoram	2+	
Cloves	VL		Mustard	3+	
Cumin	1+		Nutmeg	0	
			Oregano	VL	
			Paprika	1+	
			Parsley	2+	
			Peppermint	3+	
			Rosemary	0	
			Sage	VL	
			Thyme	1+	
			Vanilla	2+	

Total IgE			
	Inside	Outside	Reference Range
Total IgE ♦		96.3	<=87.0 IU/mL

- The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦ as cleared by the U.S. Food and Drug Administration, assays are For Research Use Only.

- The reported levels are an indication of the distribution of antibodies relative to levels from healthy individuals selected on the basis of well defined criteria.

- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.

- Total IgE level may have clinical significance regardless of specific antibody levels.

0		None Detected	VL		Very Low	1+		Low	2+		Moderate	3+		High
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Lab Comments

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