

**PRACTITIONER**

**RUNOW, KLAUS**  
Buttlar Straße 4 a  
Institut for Environmental Medicine (IFU)  
Wolfhagen, Hessen 34466

**PATIENT**

**Name:** Max Mustermann  
**DOB:** 10/10/1977  
**Gender:** M

| TEST  | RESULT               |            |              |                            |
|---|----------------------|------------|--------------|----------------------------|
|   | IN RANGE<br>(Normal) | EQUIVOCAL* | OUT OF RANGE | REFERENCE<br>(ELISA Index) |
| <b>Array 10-90 - Food Immune Reactivity Screen **</b> |                      |            |              |                            |
| <b>DAIRY and EGGS, Modified</b>                       |                      |            |              |                            |
| Egg White, cooked                                     | <0.30                |            |              | 0.0-0.9                    |
| Egg Yolk, cooked                                      | <0.20                |            |              | 0.0-1.0                    |
| Soft Cheese + Hard Cheese                             | 0.56                 |            |              | 0.1-1.7                    |
| Yogurt  | 0.52                 |            |              | 0.0-1.5                    |
| <b>GRAINS, Raw and Modified</b>                       |                      |            |              |                            |
| Rice, white + brown, cooked                           | 0.66                 |            |              | 0.1-1.3                    |
| Wild Rice, cooked                                     | 0.61                 |            |              | 0.2-1.1                    |
| Wheat + Alpha-Gliadins                                | 0.55                 |            |              | 0.2-1.9                    |
| <b>BEANS and LEGUMES, Modified</b>                    |                      |            |              |                            |
| Black Bean, cooked                                    | 0.71                 |            |              | 0.1-1.0                    |
| Bean Agglutinins                                      | 0.79                 |            |              | 0.2-1.5                    |
| Dark Chocolate + Cocoa                                | 0.55                 |            |              | 0.2-0.9                    |
| Garbanzo Bean, cooked                                 | 0.96                 |            |              | 0.2-1.8                    |
| Kidney Bean, cooked                                   |                      |            | 0.90         | 0.0-0.8                    |
| Lentil, cooked  | 0.85                 |            |              | 0.1-1.5                    |
| Pinto Bean, cooked                                    | 0.62                 |            |              | 0.4-2.4                    |
| Soy Sauce, gluten-free                                | 1.46                 |            |              | 0.1-2.3                    |
| Tofu  | 1.15                 |            |              | 0.1-2.4                    |
| <b>NUTS and SEEDS, Raw and Modified</b>               |                      |            |              |                            |
| Almond, roasted                                       |                      |            | 1.20         | 0.0-0.6                    |
| Cashew  | 0.89                 |            |              | 0.2-1.5                    |
| Flax Seed   |                      |            | 1.08         | 0.0-0.9                    |
| Mustard Seed  | 0.89                 |            |              | 0.4-1.5                    |
| Peanut, roasted                                       |                      |            | 1.03         | 0.1-0.7                    |
| Sesame Oleosin  | 0.46                 |            |              | 0.1-1.2                    |
| Sunflower Seeds, roasted                              |                      | 1.32       |              | 0.2-1.5                    |

\*\* For details on the method of cooking, please see specification sheets. All analytes are tested for IgG and IgA combined.

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Mark G. Kartub, M.D., Medical Director

Cyrex Laboratories is certified under the Clinical Laboratory Improvement Amendments of 1988 ("CLIA") as qualified to perform high-complexity clinical testing. Test result data on its own does not constitute a diagnosis of any disease. Only a physician or qualified healthcare professional should interpret the significance of a clinical lab test or make a diagnosis. This test was developed and its performance characteristics determined by Cyrex Laboratories, LLC. This test is a "lab developed test" and therefore not subject to clearance or approval by the US Food and Drug Administration. The names and titles of tests and arrays are for reference purposes only.

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|                                     |       |      |      |         |
|-------------------------------------|-------|------|------|---------|
| Walnut                              | 0.47  |      |      | 0.4-1.3 |
| <b>VEGETABLES, Raw and Modified</b> |       |      |      |         |
| Asparagus, cooked                   | 0.88  |      |      | 0.1-2.2 |
| Beet, cooked                        | 0.53  |      |      | 0.1-1.5 |
| Bell Pepper                         | 1.26  |      |      | 0.5-2.3 |
| Broccoli                            | 1.17  |      |      | 0.0-1.8 |
| Cabbage, red + green                |       | 2.06 |      | 0.1-2.5 |
| Canola Oleosin                      | 0.91  |      |      | 0.4-1.3 |
| Carrot                              | 1.61  |      |      | 0.0-3.1 |
| Cauliflower, cooked                 | 0.43  |      |      | 0.0-1.0 |
| Celery                              | 0.99  |      |      | 0.1-2.3 |
| Chili Pepper                        | <0.40 |      |      | 0.2-1.1 |
| Popped Corn                         |       | 1.45 |      | 0.1-1.9 |
| Eggplant, cooked                    | 0.52  |      |      | 0.1-2.1 |
| Garlic                              | 0.72  |      |      | 0.0-1.2 |
| Green Bean, cooked                  | 0.37  |      |      | 0.1-1.5 |
| Lettuce                             | 0.57  |      |      | 0.1-1.5 |
| Mushroom, raw + cooked              | 0.89  |      |      | 0.0-2.1 |
| Onion + Scallion                    |       | 1.50 |      | 0.1-1.7 |
| Pea, cooked                         | 0.71  |      |      | 0.0-1.1 |
| Potato, white, cooked (fried)       | 1.17  |      |      | 0.1-1.6 |
| Pumpkin + Squash, cooked            |       |      | 1.79 | 0.4-1.6 |
| Radish                              | 0.74  |      |      | 0.1-1.7 |
| Spinach + Aquaporin                 | 0.87  |      |      | 0.1-1.5 |
| Tomato Paste                        | 0.72  |      |      | 0.3-1.5 |
| Yam + Sweet Potato, cooked          | 0.73  |      |      | 0.2-1.2 |
| Zucchini, cooked                    | 0.49  |      |      | 0.2-0.8 |
| <b>FRUIT, Raw and Modified</b>      |       |      |      |         |
| Apple                               | 0.58  |      |      | 0.2-1.5 |
| Avocado                             |       |      | 1.11 | 0.2-1.1 |
| Banana                              | <0.10 |      |      | 0.0-1.5 |

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|   |      |      |       |         |
|---|------|------|-------|---------|
| Blueberry                                 |      |      | >2.80 | 0.1-1.6 |
| Cantaloupe + Honeydew Melon               | 0.40 |      |       | 0.1-1.2 |
| Coconut, meat + water                     | 0.50 |      |       | 0.0-1.1 |
| Grape, red + green                        | 0.35 |      |       | 0.2-1.0 |
| Lemon + Lime                              | 0.19 |      |       | 0.0-0.6 |
| Orange                                    | 0.93 |      |       | 0.2-1.7 |
| Peach + Nectarine                         | 1.49 |      |       | 0.2-2.0 |
| Pear                                      |      |      | 2.74  | 0.2-2.1 |
| Pineapple                                 | 0.69 |      |       | 0.0-2.7 |
| Strawberry                                | 1.28 |      |       | 0.3-2.3 |
| Watermelon                                |      | 0.96 |       | 0.2-1.0 |
| <b>FISH and SEAFOOD, Raw and Modified</b> |      |      |       |         |
| Cod, cooked                               | 0.35 |      |       | 0.1-2.2 |
| Salmon, cooked                            | 1.12 |      |       | 0.2-2.4 |
| Tuna                                      | 0.65 |      |       | 0.1-2.7 |
| Tuna, cooked                              | 0.32 |      |       | 0.1-1.3 |
| Whitefish, cooked                         | 0.24 |      |       | 0.1-1.4 |
| Crab + Lobster, cooked                    | 0.60 |      |       | 0.2-1.4 |
| Clam, cooked                              | 1.04 |      |       | 0.0-2.4 |
| Shrimp, cooked                            | 0.65 |      |       | 0.1-1.5 |
| Shrimp Tropomyosin                        | 0.37 |      |       | 0.0-1.4 |
| <b>MEAT, Modified</b>                     |      |      |       |         |
| Beef, cooked medium                       | 1.51 |      |       | 0.3-1.9 |
| Chicken, cooked                           |      |      | 1.20  | 0.0-1.1 |
| Pork, cooked                              | 0.91 |      |       | 0.1-2.2 |
| Turkey, cooked                            | 0.31 |      |       | 0.1-1.3 |
| Meat Glue                                 | 0.40 |      |       | 0.1-1.3 |
| <b>HERBS, Raw</b>                         |      |      |       |         |
| Basil                                     | 0.96 |      |       | 0.2-1.8 |
| Cilantro                                  |      | 1.61 |       | 0.0-2.2 |
| Oregano                                   | 0.43 |      |       | 0.0-1.2 |

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|                                       |      |      |  |         |
|---------------------------------------|------|------|--|---------|
| Parsley                               |      | 1.47 |  | 0.0-1.6 |
| Rosemary                              | 0.60 |      |  | 0.2-1.5 |
| <b>SPICES, Raw</b>                    |      |      |  |         |
| Cinnamon                              | 0.83 |      |  | 0.3-1.7 |
| Ginger                                | 0.99 |      |  | 0.1-2.5 |
| Turmeric (Curcumin)                   | 0.49 |      |  | 0.2-1.3 |
| Vanilla                               | 0.72 |      |  | 0.0-2.8 |
| <b>GUMS</b>                           |      |      |  |         |
| Carrageenan                           | 0.61 |      |  | 0.1-1.1 |
| Xanthan Gum                           | 0.51 |      |  | 0.2-0.9 |
| <b>BREWED BEVERAGES and ADDITIVES</b> |      |      |  |         |
| Honey, raw +processed                 |      | 1.03 |  | 0.1-1.3 |
| Food Coloring                         | 0.78 |      |  | 0.5-1.1 |

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