

FA 4444 3497
06 3698 2122 3698 2122 141011716-01

EE -

Test of: 05.11.2014
Test: 4792 / Cytolisa 176
ELISA (semiquantitative)

Food intolerance test report

Panel 1

Blank	2 / 1 Artichoke React.: 6%	3 / 28 Eggplant React.: 5%
4 / 18 Avocado React.: 5%	5 / 22 Fl. Fennel React.: 5%	6 / 23 Cucumber React.: 6%
7 / 29 Carrot React.: 5%	8 / 8 Leek React.: 7%	9 / 24 Corn React.: 5%
10 / 10 Chard React.: 6%	11 / 11 Bell Pepper React.: 6%	12 / 348 Celery St. React.: 5%
13 / 32 Tomato React.: 5%	14 / 27 Zucchini React.: 6%	15 / 39 Onion React.: 6%
16 / 20 Chicory React.: 5%	17 / 254 Iceberg React.: 7%	18 / 3 Endive React.: 6%
19 / 225 Corn Salad React.: 5%	20 / 6 Bib Lettuce React.: 6%	21 / 231 Radicchio React.: 7%
22 / 221 Rucola Salad React.: 6%	23 / 16 Spinach React.: 6%	Max. stand.

Panel 2

Blank	2 / 19 Cauliflower React.: 6%	3 / 2 Broccoli React.: 6%
4 / 21 Napa Cabb. React.: 6%	5 / 5 Kale React.: 6%	6 / 34 Kohlrabi React.: 6%
7 / 35 Rutabaga React.: 5%	8 / 297 Rom. Caulifi. React.: 6%	9 / 13 Brussels Spr. React.: 5%
10 / 229 Red Cabbage React.: 6%	11 / 17 White Cab React.: 8%	12 / 219 Savoy Cab React.: 7%
13 / 332 Hokkaido React.: 6%	14 / 33 Potato React.: 6%	15 / 269 Parsnip React.: 5%
16 / 36 Root Parsley React.: 5%	17 / 38 Radish React.: 6%	18 / 31 Red Beet React.: 6%
19 / 242 Black Salsify React.: 11%	20 / 15 Celery Root React.: 6%	21 / 26 Asparagus React.: 5%
22 / 234 Sweet Potato React.: 8%	23 / 235 Jer. Artichoke React.: 6%	Max. stand.

Panel 3

Blank	2 / 77 Anise React.: 6%	3 / 241 Bear's Garlic High React.: 34%
4 / 78 Basil React.: 5%	5 / 80 Dill React.: 6%	6 / 149 Honey React.: 8%
7 / 131 Ginger React.: 5%	8 / 152 Coffee React.: 6%	9 / 132 Garlic React.: 6%
10 / 341 Cilantro React.: 6%	11 / 7 Cress React.: 5%	12 / 133 Caraway React.: 5%
13 / 25 Horseradish React.: 5%	14 / 87 Oregano React.: 6%	15 / 12 Parsley Moderate React.: 18%
16 / 88 Pepper, Cay. React.: 6%	17 / 89 Pepper, Black React.: 6%	18 / 90 Rosemary React.: 6%
19 / 91 Sage React.: 5%	20 / 14 Chives React.: 6%	21 / 92 Thyme React.: 6%
22 / 157 Vanilla React.: 8%	23 / 158 Cinnamon Low React.: 16%	Max. stand.

Panel 4

Blank	2 / 151 Carob React.: 6%	3 / 42 Bean, Fava React.: 6%
4 / 44 Bean, Green React.: 6%	5 / 45 Pea, Green React.: 6%	6 / 217 Loc. Bean Gur React.: 6%
7 / 175 Cocoa Bean React.: 5%	8 / 46 Chick Pea React.: 6%	9 / 287 Bean, Kidney React.: 9%
10 / 47 Lentil React.: 9%	11 / 328 Lupinus React.: 9%	12 / 305 Bean, Mung React.: 6%
13 / 48 Bean, Soy React.: 9%	14 / 227 Snow Pea Poc React.: 5%	15 / 147 Cashew Nut React.: 7%
16 / 148 Peanut High React.: 37%	17 / 121 Hazelnut React.: 10%	18 / 109 Coconut React.: 5%
19 / 248 Macadamia React.: 8%	20 / 122 Almond React.: 8%	21 / 37 Sw. Chestnut React.: 6%
22 / 124 Pistachio Moderate React.: 20%	23 / 127 Walnut Low React.: 14%	Max. stand.

Panel 5

Blank	2 / 94 Pineapple React.: 7%	3 / 95 Apple React.: 0%
4 / 96 Apricot React.: 5%	5 / 97 Banana React.: 5%	6 / 98 Pear React.: 5%
7 / 101 Date React.: 4%	8 / 102 Strawberry React.: 11%	9 / 104 Raspberry React.: 5%
10 / 106 Red Currant React.: 4%	11 / 107 Cherry React.: 5%	12 / 108 Kwi React.: 5%
13 / 144 Tangerine React.: 5%	14 / 110 Mango React.: 6%	15 / 145 Orange React.: 5%
16 / 146 Grapfruit React.: 5%	17 / 112 Papaya React.: 5%	18 / 113 Peach React.: 0%
19 / 114 Plum React.: 7%	20 / 117 Watermelon Low React.: 16%	21 / 118 Grape, white React.: 5%
22 / 93 Lemon React.: 6%	23 / 120 Cantaloupe React.: 5%	Max. stand.

Panel 6

Blank	2 / 294 Appenzell Ch. Low React.: 16%	3 / 159 Buttermilk React.: 8%
4 / 160 Camembert Low React.: 14%	5 / 161 Swiss Cheese React.: 7%	6 / 163 Gouda Low React.: 12%
7 / 293 Gruyère React.: 0%	8 / 162 Cott Cheese High React.: 34%	9 / 164 Yogurt React.: 10%
10 / 165 Cow Milk Moderate React.: 17%	11 / 166 Mozzarella High React.: 33%	12 / 167 Parmesan Moderate React.: 19%
13 / 342 Curd Cheese High React.: 34%	14 / 170 Sheep Chees Moderate React.: 20%	15 / 169 Americ Chees React.: 11%
16 / 236 Mare's Milk React.: 0%	17 / 257 Tilster Very high React.: 39%	18 / 171 Goat Milk Low React.: 12%
19 / 284 Goat Cheese React.: 4%	20 / 172 Asperg. Niger Very high React.: 45%	21 / 128 Bakers Yeast Low React.: 15%
22 / 129 Brewer Yeast React.: 9%	23 / 137 Mushroom High React.: 38%	Max. stand.

Panel 7

Blank	2 / 54 Duck React.: 4%	3 / 55 Chicken React.: 4%
4 / 56 Egg Yolk React.: 5%	5 / 57 Egg White React.: 9%	6 / 58 Turkey React.: 4%
7 / 216 Ostrich React.: 6%	8 / 51 Lamb React.: 4%	9 / 52 West. Roe React.: 6%
10 / 53 Beef React.: 5%	11 / 154 Pork React.: 8%	12 / 274 Wild Boar Moderate React.: 18%
13 / 60 Trout Moderate React.: 23%	14 / 61 Shrimp React.: 5%	15 / 63 Herring React.: 8%
16 / 65 Codfish React.: 5%	17 / 67 Salmon React.: 4%	18 / 68 Mackerel React.: 7%
19 / 69 Mussels Moderate React.: 18%	20 / 71 Sardine React.: 7%	21 / 73 Sole React.: 9%
22 / 74 Tuna React.: 5%	23 / 189 Squid React.: 5%	Max. stand.

Panel 8

Blank	2 / 180 Amaranth React.: 5%	3 / 139 Buckwheat React.: 5%
4 / 178 Spelt React.: 5%	5 / 329 Einkorn React.: 6%	6 / 140 Barley React.: 7%
7 / 191 Unripe Spelt React.: 5%	8 / 141 Oats React.: 6%	9 / 40 Millet React.: 9%
10 / 186 Kamut React.: 6%	11 / 179 Quinoa React.: 5%	12 / 41 Rice React.: 5%
13 / 142 Rye React.: 8%	14 / 143 Wheat Moderate React.: 20%	15 / 327 Wild Rice React.: 5%
16 / 76 Safflower Oil React.: 7%	17 / 309 Pumpkin Seed Very high React.: 43%	18 / 181 Linseed React.: 6%
19 / 265 Poppy Seed React.: 10%	20 / 135 Olive React.: 6%	21 / 326 Candia React.: 11%
22 / 125 Sesame React.: 5%	23 / 126 Sunfo Seed React.: 7%	Max. stand.

Recommended foods

FA 4444 3497

06 3698 2122 3698 2122 141011716-01

EE -

Test number 4792

Test date 05.11.2014

Total score 762

Synlab MVZ Leinfelden

Max-Lang-Straße 58

70771 Leinfelden-Echterdingen

Fish and Crustatians

Food

Codfish
Herring
Mackerel
Salmon
Sardine
Shrimp
Sole
Squid
Tuna

Fresh Herbs

Food

Basil
Chives
Cilantro
Cress
Dill
Oregano
Rosemary
Sage
Thyme

Fruit

Food

Apple
Apricot
Banana
Cantaloupe
Cherry
Date
Grape, white
Grapefruit
Kiwi
Lemon
Mango
Orange
Papaya
Peach
Pear
Pineapple
Plum
Raspberry
Red Currant
Strawberry
Tangerine

Grains

Food

Barley
Dried Unripe Spelt
Einkorn
Kamut
Oats

Grains

Food

Rye
Spelt

Grains

Food

Amaranth
Buckwheat
Millet
Quinoa
Rice
Wild Rice

Legumes

Food

Bean, Fava
Bean, Green
Bean, Kidney
Bean, Mung
Bean, Soy
Lentil
Lupinus Protein
Pea, Chick Pea
Pea, Green
Snow Pea Pod

Meat

Food

Beef
Lamb
Pork
Western Roe Deer

Miscellaneous

Food

Carob
Cocoa Bean
Egg White
Egg Yolk
Honey
Locust Bean Gum

Nuts and Seeds

Food

Almond
Cashew Nut
Coconut
Hazelnut
Macadamia Nut
Sweet Chestnut

Poultry

Food

Chicken
Duck
Ostrich
Turkey

Salad

Food

Bib Lettuce
Chicory
Corn Salad
Endive
Iceberg Lettuce
Radicchio Salad
Rucola Salad

Seeds and Oils

Food

Canola
Linseed
Olive
Poppy Seed
Safflower Oil
Sesame
Sunflower Seed

Spices

Food

Anise
Caraway
Garlic
Ginger
Horseradish
Pepper, Black
Pepper, Cayenne
Vanilla

Vegetables

Food

Artichoke
Asparagus
Avocado
Bell Pepper
Black Salsify
Broccoli
Brussels Sprout
Carrot
Cauliflower
Celery Root
Celery Stalk
Chard
Corn
Cucumber

Recommended foods

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Max-Lang-Straße 58
70771 Leinfelden-Echterdingen

Vegetables

Food

Eggplant
Florence Fennel
Hamburg Root Parsley
Hokkaido Pumpkin
Jerusalem Artichoke
Kale
Kohlrabi
Leek
Napa Cabbage
Onion
Parsnip
Potato
Radish
Red Beet
Red Cabbage
Romanesco Cauliflower
Rutabaga
Savoy Cabbage
Spinach
Sweet Potato
Tomato
White Cabbage
Zucchini

Food intolerance test report

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EE -

Test number

4792

Test date

05.11.2014

Total score

762

Synlab MVZ Leinfelden

Max-Lang-Straße 58

70771 Leinfelden-Echterdingen

Foods that indicate an IgG reaction above the cut-off are printed in color

Almond	<input type="checkbox"/>	Reaction: None	Corn Salad	<input type="checkbox"/>	Reaction: None
Amaranth	<input type="checkbox"/>	Reaction: None	Cottage Cheese	<input type="checkbox"/>	Reaction: High
American Cheese	<input type="checkbox"/>	Reaction: None	Cow's Milk	<input type="checkbox"/>	Reaction: Moderate
Anise	<input type="checkbox"/>	Reaction: None	Cress	<input type="checkbox"/>	Reaction: None
Appenzell Cheese	<input type="checkbox"/>	Reaction: Low	Cucumber	<input type="checkbox"/>	Reaction: None
Apple	<input type="checkbox"/>	Reaction: None	Curd Cheese	<input type="checkbox"/>	Reaction: High
Apricot	<input type="checkbox"/>	Reaction: None	Date	<input type="checkbox"/>	Reaction: None
Artichoke	<input type="checkbox"/>	Reaction: None	Dill	<input type="checkbox"/>	Reaction: None
Asparagus	<input type="checkbox"/>	Reaction: None	Dried Unripe Spelt	<input type="checkbox"/>	Reaction: None
Aspergillus niger	<input type="checkbox"/>	Reaction: Very high	Duck	<input type="checkbox"/>	Reaction: None
Avocado	<input type="checkbox"/>	Reaction: None	Egg White	<input type="checkbox"/>	Reaction: None
Bakers Yeast	<input type="checkbox"/>	Reaction: Low	Egg Yolk	<input type="checkbox"/>	Reaction: None
Banana	<input type="checkbox"/>	Reaction: None	Eggplant	<input type="checkbox"/>	Reaction: None
Barley	<input type="checkbox"/>	Reaction: None	Einkorn	<input type="checkbox"/>	Reaction: None
Basil	<input type="checkbox"/>	Reaction: None	Endive	<input type="checkbox"/>	Reaction: None
Bean, Fava	<input type="checkbox"/>	Reaction: None	Florence Fennel	<input type="checkbox"/>	Reaction: None
Bean, Green	<input type="checkbox"/>	Reaction: None	Garlic	<input type="checkbox"/>	Reaction: None
Bean, Kidney	<input type="checkbox"/>	Reaction: None	Ginger	<input type="checkbox"/>	Reaction: None
Bean, Mung	<input type="checkbox"/>	Reaction: None	Goat's Cheese	<input type="checkbox"/>	Reaction: None
Bean, Soy	<input type="checkbox"/>	Reaction: None	Goat's Milk	<input type="checkbox"/>	Reaction: Low
Bear's Garlic	<input type="checkbox"/>	Reaction: High	Gouda Cheese	<input type="checkbox"/>	Reaction: Low
Beef	<input type="checkbox"/>	Reaction: None	Grape, white	<input type="checkbox"/>	Reaction: None
Bell Pepper	<input type="checkbox"/>	Reaction: None	Grapefruit	<input type="checkbox"/>	Reaction: None
Bib Lettuce	<input type="checkbox"/>	Reaction: None	Gruyère Cheese	<input type="checkbox"/>	Reaction: None
Black Salsify	<input type="checkbox"/>	Reaction: None	Hamburg Root Parsley	<input type="checkbox"/>	Reaction: None
Brewers Yeast	<input type="checkbox"/>	Reaction: None	Hazelnut	<input type="checkbox"/>	Reaction: None
Broccoli	<input type="checkbox"/>	Reaction: None	Herring	<input type="checkbox"/>	Reaction: None
Brussels Sprout	<input type="checkbox"/>	Reaction: None	Hokkaido Pumpkin	<input type="checkbox"/>	Reaction: None
Buckwheat	<input type="checkbox"/>	Reaction: None	Honey	<input type="checkbox"/>	Reaction: None
Buttermilk	<input type="checkbox"/>	Reaction: None	Horseradish	<input type="checkbox"/>	Reaction: None
Camembert	<input type="checkbox"/>	Reaction: Low	Iceberg Lettuce	<input type="checkbox"/>	Reaction: None
Canola	<input type="checkbox"/>	Reaction: None	Jerusalem Artichoke	<input type="checkbox"/>	Reaction: None
Cantaloupe	<input type="checkbox"/>	Reaction: None	Kale	<input type="checkbox"/>	Reaction: None
Caraway	<input type="checkbox"/>	Reaction: None	Kamut	<input type="checkbox"/>	Reaction: None
Carob	<input type="checkbox"/>	Reaction: None	Kiwi	<input type="checkbox"/>	Reaction: None
Carrot	<input type="checkbox"/>	Reaction: None	Kohlrabi	<input type="checkbox"/>	Reaction: None
Cashew Nut	<input type="checkbox"/>	Reaction: None	Lamb	<input type="checkbox"/>	Reaction: None
Cauliflower	<input type="checkbox"/>	Reaction: None	Leek	<input type="checkbox"/>	Reaction: None
Celery Root	<input type="checkbox"/>	Reaction: None	Lemon	<input type="checkbox"/>	Reaction: None
Celery Stalk	<input type="checkbox"/>	Reaction: None	Lentil	<input type="checkbox"/>	Reaction: None
Chard	<input type="checkbox"/>	Reaction: None	Linseed	<input type="checkbox"/>	Reaction: None
Cherry	<input type="checkbox"/>	Reaction: None	Locust Bean Gum	<input type="checkbox"/>	Reaction: None
Chicken	<input type="checkbox"/>	Reaction: None	Lupinus Protein	<input type="checkbox"/>	Reaction: None
Chicory	<input type="checkbox"/>	Reaction: None	Macadamia Nut	<input type="checkbox"/>	Reaction: None
Chives	<input type="checkbox"/>	Reaction: None	Mackerel	<input type="checkbox"/>	Reaction: None
Cilantro	<input type="checkbox"/>	Reaction: None	Mango	<input type="checkbox"/>	Reaction: None
Cinnamon	<input type="checkbox"/>	Reaction: Low	Mare's Milk	<input type="checkbox"/>	Reaction: None
Cocoa Bean	<input type="checkbox"/>	Reaction: None	Millet	<input type="checkbox"/>	Reaction: None
Coconut	<input type="checkbox"/>	Reaction: None	Mozzarella	<input type="checkbox"/>	Reaction: High
Codfish	<input type="checkbox"/>	Reaction: None	Mushroom	<input type="checkbox"/>	Reaction: High
Coffee	<input type="checkbox"/>	Reaction: None	Mussels	<input type="checkbox"/>	Reaction: Moderate
Corn	<input type="checkbox"/>	Reaction: None	Napa Cabbage	<input type="checkbox"/>	Reaction: None

Foods marked with an * are not based on lab results, but are related to your patient history form or are necessary nutritional conclusions.

Food intolerance test report

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EE -

Test number

4792

Test date

05.11.2014

Total score

762

Synlab MVZ Leinfelden

Max-Lang-Straße 58

70771 Leinfelden-Echterdingen

Foods that indicate an IgG reaction above the cut-off are printed in color

Oats	<input type="checkbox"/>	Reaction: None	Sweet Chestnut	<input type="checkbox"/>	Reaction: None
Olive	<input type="checkbox"/>	Reaction: None	Sweet Potato	<input type="checkbox"/>	Reaction: None
Onion	<input type="checkbox"/>	Reaction: None	Swiss Cheese	<input type="checkbox"/>	Reaction: None
Orange	<input type="checkbox"/>	Reaction: None	Tangerine	<input type="checkbox"/>	Reaction: None
Oregano	<input type="checkbox"/>	Reaction: None	Thyme	<input type="checkbox"/>	Reaction: None
Ostrich	<input type="checkbox"/>	Reaction: None	Tilsiter Cheese	<input checked="" type="checkbox"/>	Reaction: Very high
Papaya	<input type="checkbox"/>	Reaction: None	Tomato	<input type="checkbox"/>	Reaction: None
Parmesan	<input checked="" type="checkbox"/>	Reaction: Moderate	Trout	<input checked="" type="checkbox"/>	Reaction: Moderate
Parsley	<input checked="" type="checkbox"/>	Reaction: Moderate	Tuna	<input type="checkbox"/>	Reaction: None
Parsnip	<input type="checkbox"/>	Reaction: None	Turkey	<input type="checkbox"/>	Reaction: None
Pea, Chick Pea	<input type="checkbox"/>	Reaction: None	Vanilla	<input type="checkbox"/>	Reaction: None
Pea, Green	<input type="checkbox"/>	Reaction: None	Walnut	<input checked="" type="checkbox"/>	Reaction: Low
Peach	<input type="checkbox"/>	Reaction: None	Watermelon	<input checked="" type="checkbox"/>	Reaction: Low
Peanut	<input checked="" type="checkbox"/>	Reaction: High	Western Roe Deer	<input type="checkbox"/>	Reaction: None
Pear	<input type="checkbox"/>	Reaction: None	Wheat	<input checked="" type="checkbox"/>	Reaction: Moderate
Pepper, Black	<input type="checkbox"/>	Reaction: None	White Cabbage	<input type="checkbox"/>	Reaction: None
Pepper, Cayenne	<input type="checkbox"/>	Reaction: None	Wild Boar	<input checked="" type="checkbox"/>	Reaction: Moderate
Pineapple	<input type="checkbox"/>	Reaction: None	Wild Rice	<input type="checkbox"/>	Reaction: None
Pistachio	<input checked="" type="checkbox"/>	Reaction: Moderate	Yogurt	<input type="checkbox"/>	Reaction: None
Plum	<input type="checkbox"/>	Reaction: None	Zucchini	<input type="checkbox"/>	Reaction: None
Poppy Seed	<input type="checkbox"/>	Reaction: None			
Pork	<input type="checkbox"/>	Reaction: None			
Potato	<input type="checkbox"/>	Reaction: None			
Pumpkin Seed	<input checked="" type="checkbox"/>	Reaction: Very high			
Quinoa	<input type="checkbox"/>	Reaction: None			
Radicchio Salad	<input type="checkbox"/>	Reaction: None			
Radish	<input type="checkbox"/>	Reaction: None			
Raspberry	<input type="checkbox"/>	Reaction: None			
Red Beet	<input type="checkbox"/>	Reaction: None			
Red Cabbage	<input type="checkbox"/>	Reaction: None			
Red Currant	<input type="checkbox"/>	Reaction: None			
Rice	<input type="checkbox"/>	Reaction: None			
Romanesco Cauliflower	<input type="checkbox"/>	Reaction: None			
Rosemary	<input type="checkbox"/>	Reaction: None			
Rucola Salad	<input type="checkbox"/>	Reaction: None			
Rutabaga	<input type="checkbox"/>	Reaction: None			
Rye	<input type="checkbox"/>	Reaction: None			
Safflower Oil	<input type="checkbox"/>	Reaction: None			
Sage	<input type="checkbox"/>	Reaction: None			
Salmon	<input type="checkbox"/>	Reaction: None			
Sardine	<input type="checkbox"/>	Reaction: None			
Savoy Cabbage	<input type="checkbox"/>	Reaction: None			
Sesame	<input type="checkbox"/>	Reaction: None			
Sheep's Cheese	<input checked="" type="checkbox"/>	Reaction: Moderate			
Shrimp	<input type="checkbox"/>	Reaction: None			
Snow Pea Pod	<input type="checkbox"/>	Reaction: None			
Sole	<input type="checkbox"/>	Reaction: None			
Spelt	<input type="checkbox"/>	Reaction: None			
Spinach	<input type="checkbox"/>	Reaction: None			
Squid	<input type="checkbox"/>	Reaction: None			
Strawberry	<input type="checkbox"/>	Reaction: None			
Sunflower Seed	<input type="checkbox"/>	Reaction: None			

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Max-Lang-Straße 58
70771 Leinfelden-Echterdingen

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A - group

Fresh Herbs

Basil	Bear's Garlic (High)	Chives	Cilantro
Cress	Dill	Oregano	Parsley (Moderate)
Rosemary	Sage	Thyme	

Fruit

Apple	Apricot	Banana	Cantaloupe
Cherry	Date	Grape, white	Grapefruit
Kiwi	Lemon	Mango	Orange
Papaya	Peach	Pear	Pineapple
Plum	Raspberry	Red Currant	Strawberry
Tangerine	Watermelon (Low)		

Grains

Amaranth	Buckwheat	Millet	Quinoa
Rice	Wild Rice		

Legumes

Bean, Fava	Bean, Green	Bean, Kidney	Bean, Mung
Bean, Soy	Lentil	Lupinus Protein	Pea, Chick Pea
Pea, Green	Snow Pea Pod		

Salad

Bib Lettuce	Chicory	Corn Salad	Endive
Iceberg Lettuce	Radicchio Salad	Rucola Salad	

Seeds and Oils

Canola	Linseed	Olive	Poppy Seed
Pumpkin Seed (Very high)	Safflower Oil	Sesame	Sunflower Seed

Vegetables

Artichoke	Asparagus	Avocado	Bell Pepper
Black Salsify	Broccoli	Brussels Sprout	Carrot
Cauliflower	Celery Root	Celery Stalk	Chard
Corn	Cucumber	Eggplant	Florence Fennel
Hamburg Root Parsley	Hokkaido Pumpkin	Jerusalem Artichoke	Kale
Kohlrabi	Leek	Napa Cabbage	Onion
Parsnip	Potato	Radish	Red Beet
Red Cabbage	Romanesco Cauliflower	Rutabaga	Savoy Cabbage
Spinach	Sweet Potato	Tomato	White Cabbage
Zucchini			

B - group

Fish and Crustatians

Codfish	Herring	Mackerel	Mussels (Moderate)
Salmon	Sardine	Shrimp	Sole
Squid	Trout (Moderate)	Tuna	

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Grains

Barley	Dried Unripe Spelt	Einkorn	Kamut
Oats	Rye	Spelt	Wheat (Moderate)

Meat

Beef	Lamb	Pork	Western Roe Deer
Wild Boar (Moderate)			

Miscellaneous

Carob	Cocoa Bean	Egg White	Egg Yolk
Honey	Locust Bean Gum		

Nuts and Seeds

Almond	Cashew Nut	Coconut	Hazelnut
Macadamia Nut	Pistachio (Moderate)	Sweet Chestnut	Walnut (Low)

Poultry

Chicken	Duck	Ostrich	Turkey
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Spices

Anise	Caraway	Cinnamon (Low)	Garlic
Ginger	Horseradish	Pepper, Black	Pepper, Cayenne
Vanilla			

C - group

Dairy

American Cheese	Appenzell Cheese (Low)	Buttermilk	Camembert (Low)
Cottage Cheese (High)	Cow's Milk (Moderate)	Curd Cheese (High)	Goat's Cheese
Goat's Milk (Low)	Gouda Cheese (Low)	Gruyère Cheese	Mare's Milk
Mozzarella (High)	Parmesan (Moderate)	Sheep's Cheese (Moderate)	Swiss Cheese
Tilsiter Cheese (Very high)	Yogurt		

Miscellaneous

Coffee	Peanut (High)		
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Mushrooms and Yeast

Aspergillus niger (Very high)	Bakers Yeast (Low)	Brewers Yeast	Mushroom (High)
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Rotation diet

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Synlab MVZ Leinfelden
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First day

Fish and Crustatians: Salmon, Shrimp, Squid
Fresh Herbs: Basil, Cress, Oregano, Rosemary, Sage, Thyme
Fruit: Apple, Apricot, Cherry, Lemon, Peach, Pear, Plum, Strawberry
Grains: Amaranth, Kamut, Spelt, Wild Rice
Legumes: Bean, Mung, Chick Pea, Lupinus, Pea, Green, Snow Pea Pod
Meat: Beef, Lamb
Nuts and Seeds: Sw. Chestnut
Poultry: Chicken
Salad: Endive, Iceberg , Rucola Salad
Seeds and Oils: Linseed, Safflower Oil
Spices: Garlic, Horseradish, Vanilla
Vegetables: Avocado, Bell Pepper, Eggplant, Hokkaido , Kohlrabi, Napa Cabb., Onion, Spinach, Sweet Potato

Second day

Fish and Crustatians: Codfish
Fruit: Banana, Orange, Pineapple, Red Currant
Grains: Einkorn, Millet, Oats
Legumes: Bean, Green
Miscellaneous: Carob, Loc. Bean Gum
Nuts and Seeds: Cashew Nut, Hazelnut
Poultry: Duck
Salad: Chicory
Seeds and Oils: Canola, Sesame
Spices: Pepper, Black
Vegetables: Artichoke, Asparagus, Broccoli, Chard, Corn, Jer. Artichoke, Red Beet, Red Cabbage, Root Parsley, Rutabaga, Zucchini

Third day

Fish and Crustatians: Sole
Fresh Herbs: Chives, Cilantro
Fruit: Cantaloupe, Date, Grape, white, Grapefruit
Grains: Quinoa, Rye
Legumes: Lentil, Lupinus
Meat: West. Roe
Nuts and Seeds: Coconut, Macadamia
Poultry: Turkey
Salad: Bib Lettuce, Corn Salad
Seeds and Oils: Poppy Seed, Sunflo Seed
Spices: Pepper, Cay.
Vegetables: Black Salsify, Celery Root, Celery St., Fl. Fennel, Leek, Parsnip, Potato, Rom. Caulifl., Tomato

Rotation diet

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EE - Total score 762

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Fourth day

Fresh Herbs: Dill
Fruit: Kiwi, Mango, Papaya, Raspberry, Tangerine
Grains: Barley, Buckwheat, Rice, Unripe Spelt
Legumes: Bean, Fava, Bean, Kidney, Bean, Soy
Miscellaneous: Cocoa Bean, Honey
Nuts and Seeds: Almond
Salad: Radicchio, Rucola Salad
Seeds and Oils: Olive
Spices: Anise, Caraway, Ginger
Vegetables: Avocado, Brussels Spr., Carrot, Cauliflower, Cucumber, Kale, Radish, Savoy Cab, White Cab

Fifth day

Fish and Crustatians: Herring, Mackerel, Sardine, Tuna
Fresh Herbs: Basil, Cress, Oregano, Rosemary, Sage, Thyme
Fruit: Apple, Apricot, Cherry, Lemon, Peach, Pear, Plum, Strawberry
Grains: Amaranth, Kamut, Spelt, Wild Rice
Legumes: Bean, Mung, Chick Pea, Lupinus, Pea, Green, Snow Pea Pod
Meat: Beef, Lamb
Nuts and Seeds: Sw. Chestnut
Poultry: Chicken
Salad: Endive, Iceberg
Seeds and Oils: Safflower Oil
Spices: Garlic, Horseradish
Vegetables: Bell Pepper, Eggplant, Hokkaido, Kohlrabi, Napa Cabb., Onion, Spinach, Sweet Potato

Sixth day

Fish and Crustatians: Salmon, Shrimp
Fruit: Banana, Orange, Pineapple, Red Currant
Grains: Einkorn, Millet, Oats
Legumes: Bean, Green
Miscellaneous: Carob, Loc. Bean Gum
Nuts and Seeds: Cashew Nut, Hazelnut
Poultry: Duck
Salad: Chicory
Seeds and Oils: Canola, Linseed, Sesame
Spices: Pepper, Black, Vanilla
Vegetables: Artichoke, Asparagus, Broccoli, Chard, Corn, Jer. Artichoke, Red Beet, Red Cabbage, Root Parsley, Rutabaga, Zucchini

Rotation diet

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Seventh day

Fish and Crustatians: Codfish
Fresh Herbs: Chives
Fruit: Date, Grape, white, Grapefruit
Grains: Quinoa, Rye
Legumes: Lentil, Lupinus
Nuts and Seeds: Coconut, Macadamia
Poultry: Turkey
Salad: Bib Lettuce, Corn Salad
Seeds and Oils: Poppy Seed, Sunflo Seed
Spices: Pepper, Cay.
Vegetables: Avocado, Black Salsify, Celery Root, Fl. Fennel, Leek, Parsnip, Potato, Rom. Caulifl., Tomato

Eighth day

Fresh Herbs: Cilantro, Dill
Fruit: Cantaloupe, Kiwi, Mango, Papaya, Raspberry, Tangerine
Grains: Barley, Buckwheat, Rice, Unripe Spelt
Legumes: Bean, Fava, Bean, Soy
Meat: West. Roe
Miscellaneous: Cocoa Bean, Honey
Nuts and Seeds: Almond
Salad: Radicchio
Seeds and Oils: Olive
Spices: Anise, Caraway, Ginger
Vegetables: Brussels Spr., Carrot, Cauliflower, Celery St., Cucumber, Kale, Radish, Savoy Cab, White Cab

IgG-Positiv-Negativ-List

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Foods that do not indicate an IgG reaction below the cut-off

Almond	Amaranth	American Cheese	Anise	Apple
Apricot	Artichoke	Asparagus	Avocado	Banana
Barley	Basil	Bean, Fava	Bean, Green	Bean, Kidney
Bean, Mung	Bean, Soy	Beef	Bell Pepper	Bib Lettuce
Black Salsify	Brewers Yeast	Broccoli	Brussels Sprout	Buckwheat
Buttermilk	Canola	Cantaloupe	Caraway	Carob
Carrot	Cashew Nut	Cauliflower	Celery Root	Celery Stalk
Chard	Cherry	Chicken	Chicory	Chives
Cilantro	Cocoa Bean	Coconut	Codfish	Coffee
Corn	Corn Salad	Cress	Cucumber	Date
Dill	Dried Unripe Spelt	Duck	Egg White	Egg Yolk
Eggplant	Einkorn	Endive	Florence Fennel	Garlic
Ginger	Goat's Cheese	Grape, white	Grapefruit	Gruyère Cheese
Hamburg Root Parsley	Hazelnut	Herring	Hokkaido Pumpkin	Honey
Horseradish	Iceberg Lettuce	Jerusalem Artichoke	Kale	Kamut
Kiwi	Kohlrabi	Lamb	Leek	Lemon
Lentil	Linseed	Locust Bean Gum	Lupinus Protein	Macadamia Nut
Mackerel	Mango	Mare's Milk	Millet	Napa Cabbage
Oats	Olive	Onion	Orange	Oregano
Ostrich	Papaya	Parsnip	Pea, Chick Pea	Pea, Green
Peach	Pear	Pepper, Black	Pepper, Cayenne	Pineapple
Plum	Poppy Seed	Pork	Potato	Quinoa
Radicchio Salad	Radish	Raspberry	Red Beet	Red Cabbage
Red Currant	Rice	Romanesco Cauliflower	Rosemary	Rucola Salad
Rutabaga	Rye	Safflower Oil	Sage	Salmon
Sardine	Savoy Cabbage	Sesame	Shrimp	Snow Pea Pod
Sole	Spelt	Spinach	Squid	Strawberry
Sunflower Seed	Sweet Chestnut	Sweet Potato	Swiss Cheese	Tangerine
Thyme	Tomato	Tuna	Turkey	Vanilla
Western Roe Deer	White Cabbage	Wild Rice	Yogurt	Zucchini

Foods that indicate an IgG reaction above the cut-off

Appenzell Cheese	Aspergillus niger	Bakers Yeast	Bear's Garlic	Camembert
Cinnamon	Cottage Cheese	Cow's Milk	Curd Cheese	Goat's Milk
Gouda Cheese	Mozzarella	Mushroom	Mussels	Parmesan
Parsley	Peanut	Pistachio	Pumpkin Seed	Sheep's Cheese
Tilsiter Cheese	Trout	Walnut	Watermelon	Wheat
Wild Boar				