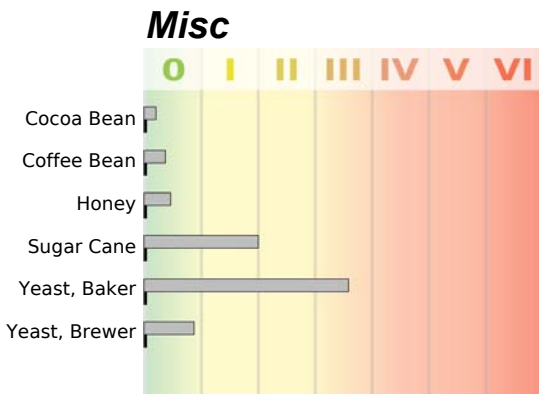
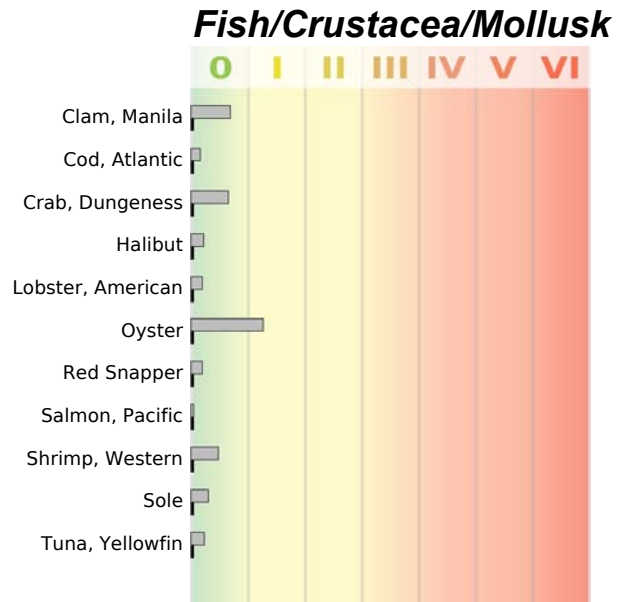
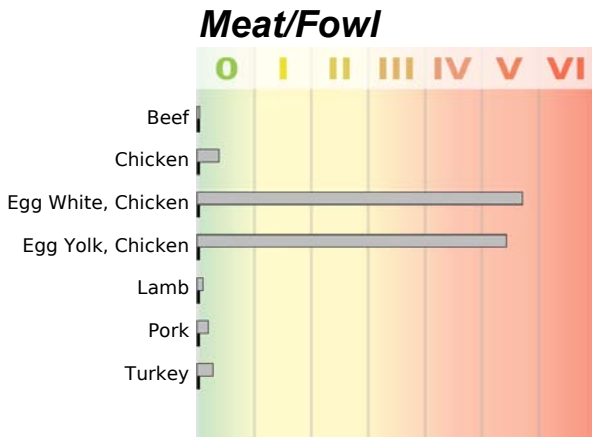
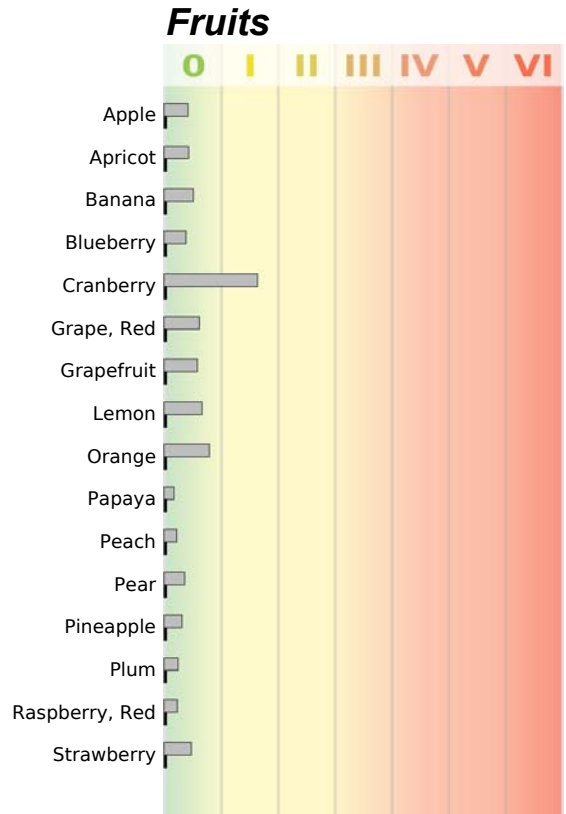
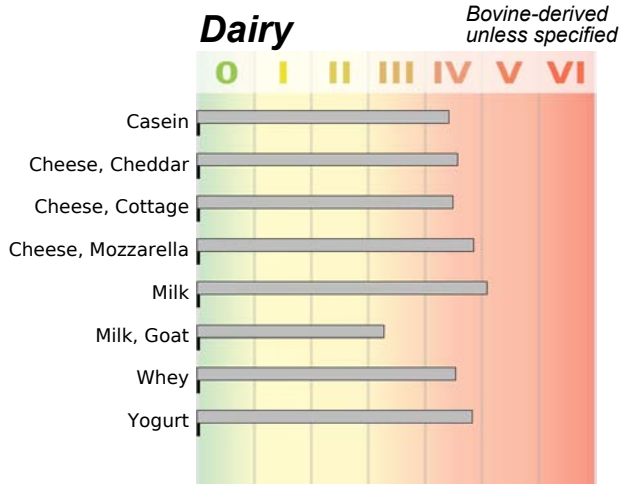


Physician:
Patient:
Accession #:

Age: 29
Sex: F

Collected: 2009-03-10 Received: 2009-03-11 Completed: 2009-03-19 CLIA #: 50D0965661 © US BioTek Laboratories

IgG 
IgE 



Reaction Class



This test does not identify anaphylaxis. Low allergen-IgE cannot justify secondary exposure to food suspect of inducing anaphylaxis as it may prove fatal. This test is not intended to diagnose, treat, cure, or prevent any disease or replace the medical advice and/or treatment obtained from a qualified healthcare practitioner. US BioTek's proprietary ELISA analysis is a semi-quantitative assessment for specific Total IgG (subclasses 1, 2, 3, 4) and IgE antibodies. The classification of 0 to VI denotes the level of IgG and/or IgE antibodies detected through spectrophotometric analysis. US BioTek Laboratories has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration. IgG antibodies may be associated with Delayed-Onset Hypersensitivity Reactions. IgE antibodies may be associated with Immediate-Onset Hypersensitivity Reactions. The antigens in this panel are subject to changes without prior notice.

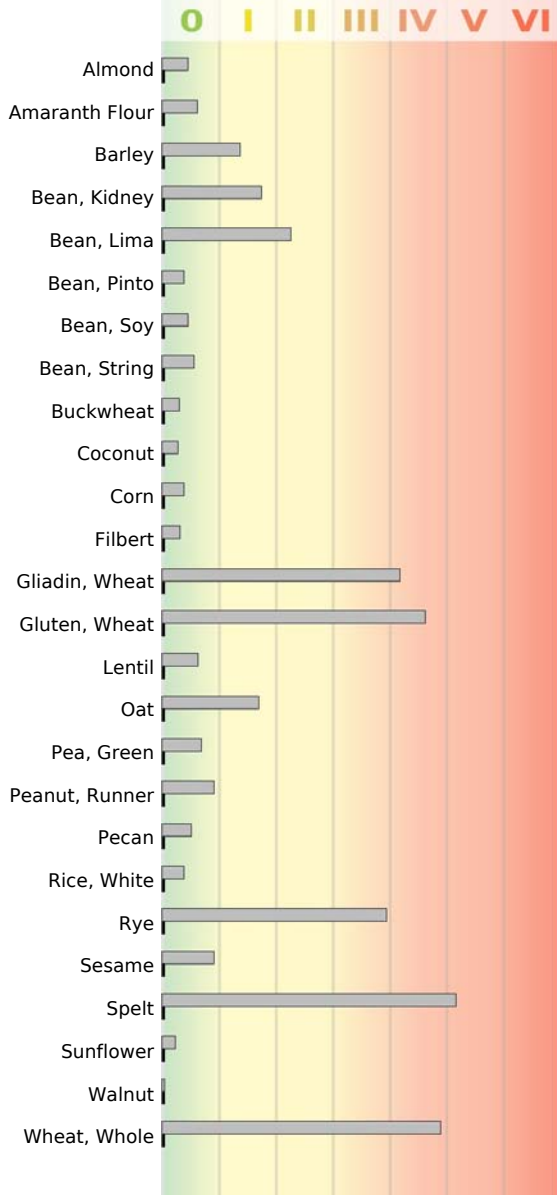
Physician:
Patient:
Accession #:

Age: 29
Sex: F

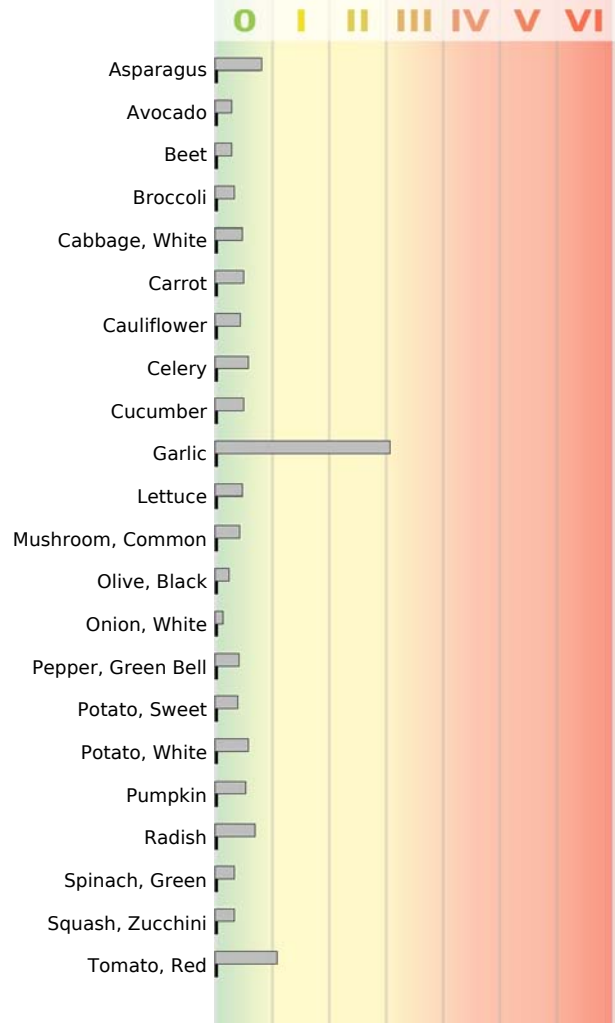
Collected: 2009-03-10 Received: 2009-03-11 Completed: 2009-03-19 CLIA #: 50D0965661 © US BioTek Laboratories

IgG 
IgE 

Grains/Legumes/Nuts



Vegetables



Reaction Class



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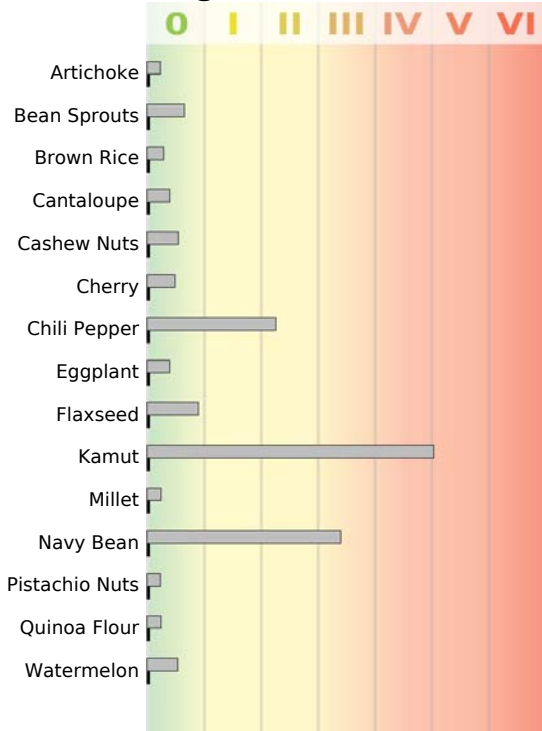
Physician:
Patient:
Accession #:

Age: 29
Sex: F

Collected: 2009-03-10 Received: 2009-03-11 Completed: 2009-03-19 CLIA #: 50D0965661 © US BioTek Laboratories

IgG 
IgE 

Vegetables



Reaction Class



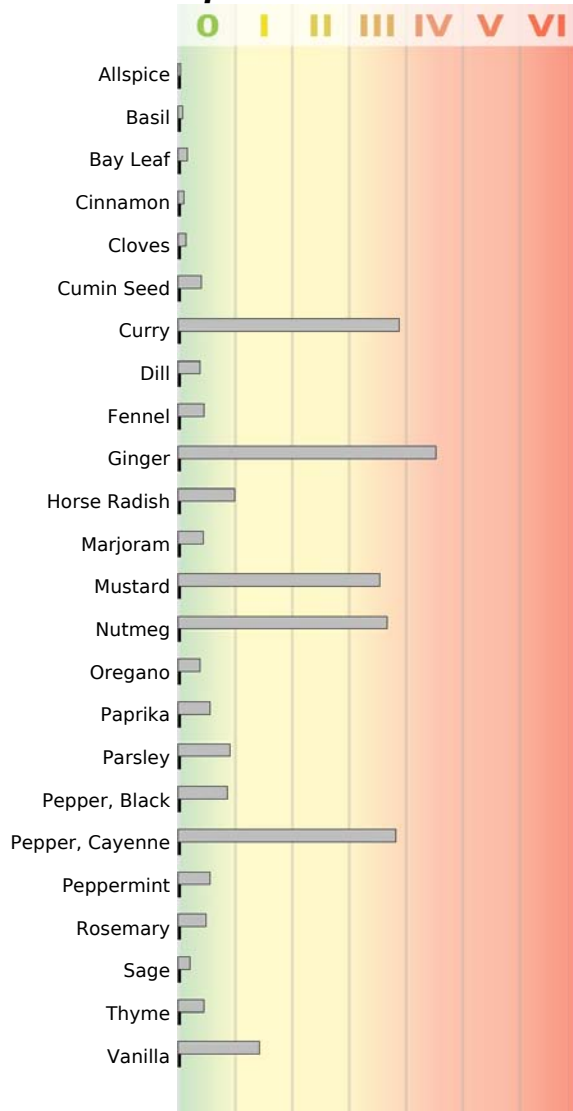
This test does not identify anaphylaxis. Low allergen-IgE cannot justify secondary exposure to food suspect of inducing anaphylaxis as it may prove fatal. This test is not intended to diagnose, treat, cure, or prevent any disease or replace the medical advice and/or treatment obtained from a qualified healthcare practitioner. US BioTek's proprietary ELISA analysis is a semi-quantitative assessment for specific Total IgG (subclasses 1, 2, 3, 4) and IgE antibodies. The classification of 0 to VI denotes the level of IgG and/or IgE antibodies detected through spectrophotometric analysis. US BioTek Laboratories has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration. IgG antibodies may be associated with Delayed-Onset Hypersensitivity Reactions. IgE antibodies may be associated with Immediate-Onset Hypersensitivity Reactions. The antigens in this panel are subject to changes without prior notice.

Physician:
Patient:
Accession #:
Age: 29
Sex: F

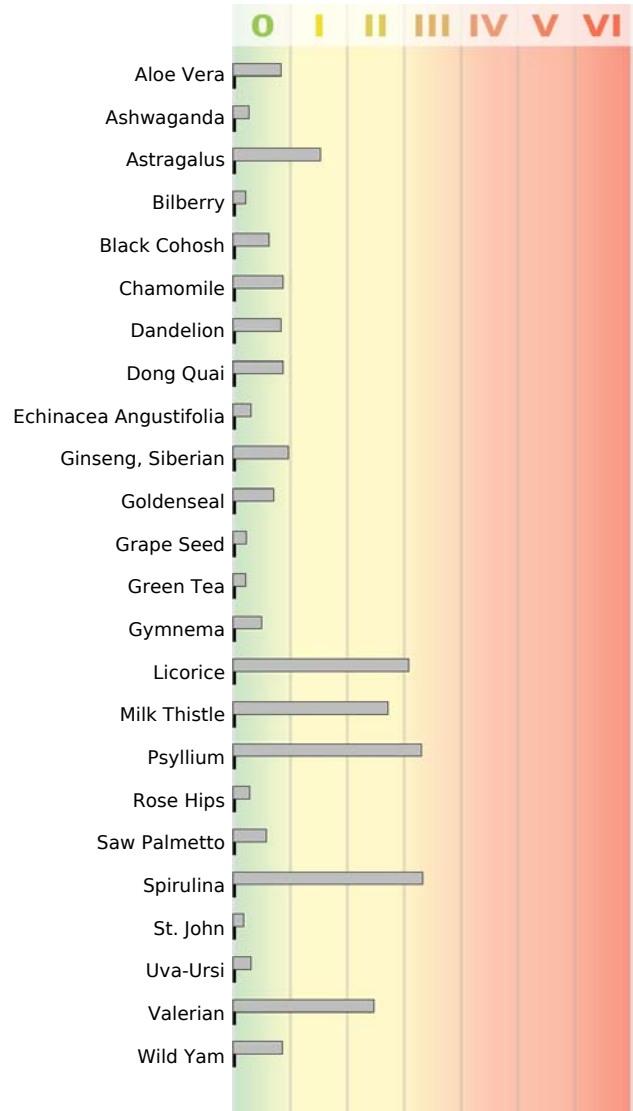
IgG 
IgE 

Collected: 2009-03-10 Received: 2009-03-11 Completed: 2009-03-19 CLIA #: 50D0965661 © US BioTek Laboratories

Spices



Herbs



Reaction Class



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FoodStats IgG Antibody Assessment

Your Test Results & Personalized Elimination/Rotation Diet Guideline



The information in the Elimination and Rotation Diet Guideline is intended for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. This information is not intended to replace the services of a trained health professional or to be a substitute for medical advice of physicians or other healthcare professionals. US BioTek is not responsible or liable for misuse or misinterpretation of the information provided, or any diagnoses or healthcare changes initiated by a patient or a healthcare practitioner based on the content of US BioTek's informational materials. Please consult your healthcare provider for questions regarding test results, or before beginning any course of supplementation or dietary changes. Immediately consult your healthcare practitioner if you experience weight loss or other health-related concerns. The Elimination and Rotation Diet Guideline is provided at no additional charge, as a courtesy through US BioTek, and is to be modified at the discretion of the practitioner. The information in the Elimination and Rotation Diet Guideline has not been evaluated by the Food and Drug Administration.

Congratulations!

We are excited that you have taken this positive step towards a healthier life.

The report enclosed consists of information regarding your immune system's response to certain foods, spices, herbs and/or inhalants. As you review your results, you will notice two types of measurements, one for the IgE¹ antibody and one for the IgG antibody. IgE antibodies are generally associated with reactions and responses that are very near the time of exposure. The effects of an IgG mediated response are usually delayed, sometimes hours or even days after exposure. Symptoms produced as a result of specific antibody production vary from person to person and may affect how we function and feel. Even though you may have the same food sensitivities as another person, your symptoms may be entirely different.

The rotation diet guideline is based on your food-specific IgG test results only. IgE reactive foods are advised to be avoided completely. All the foods to which you scored a *High* reaction, or greater, have been eliminated from the suggested diet plan. The diet plan includes the foods to which you scored *No reaction* to *Moderate*. These foods are rotated throughout a 4-day cycle by their food families (groups of foods that are biologically or botanically related). Depending on the severity of your symptoms, your practitioner may advise you to avoid foods that are included in the rotation plan (i.e.: foods to which you scored a *Moderate* reaction to or lower).

The 4-day rotation guideline alternates the food families based on a day 1 and 3, or day 2 and 4 cycle. The idea behind rotation-style eating is not to consume the same food more than once every four days and no foods of the same family more than once every two days. You may move any food through days 1 to 4 as long as members of the same family are not consumed on consecutive days, and any particular food is not consumed more than once every four days. Rotation-style eating is designed to encourage diversification of the diet and prevent the development of new food sensitivities from repetitive intake. In the rotation guideline ALL of the foods that you scored a *Moderate* reaction to or lower are listed. Your practitioner may want you to follow a different, but similar diet guideline. Please speak with your practitioner about the specific foods he/she would like for you to avoid and/or rotate. You can alter your personalized diet accordingly. This is but one suggested rotation schedule. Other yet similar schedules may involve a 7-day plan and/or limit any particular food family to one day of the rotation cycle vs. two. These suggestions do not constitute or replace professional medical advice. You should discuss any dietary changes with your healthcare practitioner before undertaking them, and immediately consult your practitioner if you experience weight loss or other health-related concerns.

Provided for you in this packet is an easy to read food family booklet for your reference. This booklet includes other important information including the science behind Adverse Reactions to Foods and meal planning tips.

The first few days of your new diet may be challenging, and a portion of people eliminating their reactive foods may experience symptoms similar to withdrawal, such as headaches and food cravings. If this occurs, contact your practitioner; the symptoms may be due to food elimination or may be due to something else.

You have already achieved your first step towards a larger goal in health by pursuing food sensitivity testing. Be kind to yourself and take this path in health one rotation day at a time.

Sincerely yours in good health!

¹IgE antibody testing and results are not available through the Aller-Check test kit.

Report Summary

These foods are omitted from the 4-day rotation guideline:

Highly Reactive Foods	Casein, Cheddar Cheese, Cottage Cheese, Cow's Milk, Egg White (Chicken), Egg Yolk (Chicken), Ginger, Kamut, Mozzarella Cheese, Spelt, Wheat Gliadin, Wheat Gluten, Whey, Whole Wheat, Yogurt
------------------------------	--

These foods are included in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

Moderately Reactive Foods	Baker's Yeast, Cayenne Pepper, Curry Powder, Garlic, Goat's Milk, Licorice, Mustard, Navy Bean, Nutmeg, Psyllium, Rye, Spirulina
----------------------------------	--

This report does not assess for anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

The enclosed suggested 4-day rotation guideline refers to your food-specific IgG antibody results only. IgE reactive foods are advised to be avoided.

IgE antibody testing and results are not available through the Aller-Check test kit.

Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding those that show a *High* reaction, or greater, as depicted on the Food-Specific IgG Antibody Assessment graph.

The foods listed are allocated into 4 separate days based on food families, where no particular food item is eaten more than once every 4 days. This is not a mandatory food menu. Pick, choose and improvise as you like for a nutritionally balanced and varied diet.

	Day 1	Day 2	Day 3	Day 4
Dairy	Goat's Milk			
Fish, Crustacea, Mollusk	American Lobster, Western Shrimp	Atlantic Cod, Oyster, Red Snapper, Sole, Yellowfin Tuna	Dungeness Crab	Halibut, Manila Clam, Pacific Salmon
Fruits	Apple, Apricot, Cantaloupe, Papaya, Plum, Strawberry, Watermelon	Coconut, Cranberry, Orange, Red Grape	Banana, Cherry, Peach, Pear, Pineapple, Red Raspberry	Blueberry, Grapefruit, Lemon
Grains, Legumes, Nuts	Brown Rice, Filbert, Flaxseed, Millet, Rye, Sesame, Walnut	Amaranth Flour, Bean Sprout, Green Pea, Lentil, Pinto Bean, Pistachio Nut, Runner Peanut, Sunflower	Almond, Barley, Buckwheat, Corn, Oat, Pecan, White Rice	Cashew Nut, Kidney Bean, Lima Bean, Navy Bean, Quinoa Flour, Soy Bean, String Bean
Herbs	Aloe Vera, Rose Hips, St. John's Wort, Valerian	Astragalus, Bilberry, Chamomile, Echinacea, Angustifolia, Goldenseal, Grape Seed	Ashwaganda, Green Tea, Gymnema, Psyllium, Siberian Ginseng, Spirulina	Black Cohosh, Dandelion, Dong Quai, Licorice, Milk Thistle, Saw Palmetto, Uva-Ursi, Wild Yam
Meat, Fowl	Chicken, Lamb	Pork	Beef, Turkey	
Miscellaneous	Baker's Yeast, Cocoa Bean		Brewer's Yeast, Coffee Bean, Honey, Sugar Cane	
Spices	Allspice, Black Pepper, Cinnamon, Curry Powder, Paprika, Vanilla	Basil, Cumin Seed, Fennel, Horse Radish, Oregano, Rosemary, Thyme	Bay Leaf, Cayenne Pepper, Chili Pepper, Cloves, Nutmeg	Dill, Marjoram, Mustard, Parsley, Peppermint, Sage
Vegetables	Asparagus, Avocado, Black Olive, Cucumber, Green Bell Pepper, Sweet Potato, White Potato	Artichoke, Cauliflower, Celery, Green Spinach, Radish	Common Mushroom, Eggplant, Garlic, Pumpkin, Red Tomato, White Onion, Zucchini Squash	Beet, Broccoli, Carrot, Lettuce, White Cabbage