

PRACTITIONER

PATIENT

TEST	RESULT			
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
<b>Array 10 - Food Immune Reactivity Screen **</b>				
<b>DAIRY and EGGS, Modified</b>				
Egg White, cooked	0.40			0.1-1.6
Egg Yolk, cooked	0.19			0.1-1.7
Goat's Milk	0.23			0.1-1.9
Soft Cheese + Hard Cheese	0.18			0.1-1.7
Yogurt	0.15			0.1-2.0
<b>GRAINS, Raw and Modified</b>				
Rice, white + brown, cooked	0.40			0.1-1.3
Rice Cake	0.64			0.2-1.8
Rice Protein	0.58			0.2-1.7
Rice Endochitinase	0.38			0.2-1.7
Wild Rice, cooked	0.55			0.1-1.3
Wheat + Alpha-Gliadins	0.80			0.2-1.9
<b>BEANS and LEGUMES, Modified</b>				
Black Bean, cooked	0.66			0.3-2.1
Bean Agglutinins	0.59			0.4-2.6
Dark Chocolate + Cocoa	0.51			0.2-1.2
Fava Bean, cooked	0.52			0.3-1.5
Garbanzo Bean, cooked	0.54			0.4-2.2
Kidney Bean, cooked	0.79			0.3-1.5
Lentil, cooked	0.37			0.3-2.0
Lentil Lectin	0.59			0.2-1.9
Lima Bean, cooked	0.99			0.3-2.2
Pinto Bean, cooked	0.48			0.4-2.4
Soybean Agglutinin	<0.20			0.2-2.0
Soybean Oleosin + Aquaporin	<0.20			0.2-1.8

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Soy Sauce, gluten-free	0.61			0.2-1.9
Tofu	0.40			0.2-1.4
<b>NUTS and SEEDS, Raw and Modified</b>				
Almond	1.25			0.2-2.5
Almond, roasted	1.04			0.2-2.0
Brazil Nut, raw + roasted	0.26			0.1-1.8
Cashew	0.66			0.2-1.5
Cashew, roasted	0.31			0.2-2.3
Cashew Vicilin	0.57			0.3-1.7
Chia Seed	<0.20			0.2-1.7
Flax Seed	0.29			0.1-1.3
Hazelnut, raw + roasted	0.32			0.1-1.7
Macadamia Nut, raw + roasted	1.13			0.3-2.3
Mustard Seed	0.55			0.4-1.5
Pecan, raw + roasted	0.49			0.3-1.5
Peanut, roasted	0.58			0.2-1.4
Peanut Butter	0.16			0.2-1.9
Peanut Agglutinin	1.31			0.3-1.9
Peanut Oleosin	0.38			0.3-1.8
Pistachio, raw + roasted	0.28			0.4-2.0
Pumpkin Seeds, roasted	0.25			0.2-1.6
Sesame Albumin	<0.20			0.2-1.3
Sesame Oleosin	<0.20			0.2-1.6
Sunflower Seeds, roasted	0.40			0.2-1.5
Walnut	0.57			0.3-2.0
<b>VEGETABLES, Raw and Modified</b>				
Artichoke, cooked	1.78			0.1-2.7
Asparagus	1.34			0.3-3.0
Asparagus, cooked		1.86		0.1-2.2
Beet, cooked			>4.30	0.1-1.5

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Bell Pepper	0.53			0.1-1.8
Broccoli			>2.70	0.1-1.5
Broccoli, cooked			>3.50	0.1-2.0
Brussels Sprouts, cooked			>5.80	0.1-3.0
Cabbage, red + green			>3.60	0.1-2.5
Cabbage, red + green, cooked			>4.10	0.1-2.5
Canola Oleosin	0.87			0.1-2.2
Carrot	1.73			0.1-2.7
Carrot, cooked			4.64	0.1-2.2
Cauliflower, cooked			3.79	0.1-2.2
Celery			2.45	0.1-2.3
Chili Pepper	0.87			0.1-2.4
Corn + Aquaporin, cooked	0.27			0.1-1.8
Popped Corn	0.25			0.1-1.9
Corn Oleosin	0.74			0.1-1.4
Cucumber, pickled			>4.40	0.1-2.6
Eggplant, cooked	0.32			0.1-2.1
Garlic	0.70			0.1-2.5
Garlic, cooked		1.65		0.1-1.9
Green Bean, cooked			2.25	0.1-1.5
Lettuce			>5.40	0.1-1.5
Mushroom, raw + cooked	0.35			0.1-1.6
Okra, cooked			3.24	0.1-1.5
Olive, green + black, pickled	0.37			0.1-1.7
Onion + Scallion			>4.80	0.1-1.7
Onion + Scallion, cooked			3.86	0.1-1.5
Pea, cooked	0.61			0.1-1.5
Pea Protein	0.22			0.1-2.3
Pea Lectin	0.73			0.1-1.7
Potato, white, cooked (baked)	0.25			0.1-1.8

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Potato, white, cooked (fried)	0.25			0.1-1.6
Pumpkin + Squash, cooked			1.75	0.1-1.3
Radish			4.34	0.1-1.7
Safflower + Sunflower Oleosin	0.51			0.1-1.5
Seaweed	0.32			0.1-1.2
Spinach + Aquaporin			>4.70	0.1-1.5
Tomato + Aquaporin	0.71			0.2-2.2
Tomato Paste	0.40			0.2-2.1
Yam + Sweet Potato, cooked	0.49			0.3-1.9
Zucchini, cooked			3.56	0.3-1.9
<b>FRUIT, Raw and Modified</b>				
Apple			2.34	0.2-1.5
Apple Cider	0.83			0.3-1.3
Apricot	0.75			0.2-2.8
Avocado	0.68			0.6-2.5
Banana		1.86		0.1-2.3
Banana, cooked	1.34			0.2-2.8
Latex Hevein	0.20			0.3-2.0
Blueberry		1.22		0.1-1.6
Cantaloupe + Honeydew Melon			2.06	0.1-1.2
Cherry	0.31			0.2-1.4
Coconut, meat + water	0.47			0.2-2.0
Cranberry			2.53	0.3-2.4
Date	0.87			0.2-1.4
Fig			>3.90	0.2-2.2
Grape, red + green			>3.10	0.2-1.0
Red Wine	0.24			0.1-2.3
White Wine	0.27			0.1-2.6
Grapefruit	0.36			0.2-1.9
Kiwi	0.58			0.2-1.7

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Lemon + Lime	0.51			0.2-1.3
Mango	0.61			0.2-1.5
Orange	1.25			0.2-2.3
Orange Juice	0.37			0.2-1.8
Papaya	0.90			0.2-1.7
Peach + Nectarine	1.46			0.2-2.0
Pear	0.95			0.2-2.6
Pineapple		1.50		0.1-1.9
Pineapple Bromelain	0.92			0.2-2.6
Plum			3.43	0.3-2.2
Pomegranate	0.49			0.4-2.2
Strawberry			2.76	0.3-2.3
Watermelon	1.34			0.2-1.8
<b>FISH and SEAFOOD, Raw and Modified</b>				
Cod, cooked	0.54			0.2-1.8
Halibut, cooked	0.44			0.1-1.6
Mackerel, cooked	0.83			0.2-2.0
Red Snapper, cooked	0.17			0.1-1.5
Salmon	0.37			0.2-2.3
Salmon, cooked	0.68			0.2-2.4
Sardine + Anchovy, cooked	0.43			0.3-2.9
Sea Bass, cooked	0.48			0.2-2.8
Tilapia, cooked	0.36			0.1-1.8
Trout, cooked	1.04			0.1-2.4
Tuna	0.20			0.1-2.7
Tuna, cooked	0.28			0.1-1.3
Whitefish, cooked	0.47			0.1-1.4
Crab + Lobster, cooked	0.21			0.2-2.1
Imitation Crab, cooked	0.22			0.1-1.7
Clam, cooked		1.47		0.1-1.9

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Oyster, cooked	0.40			0.1-1.6
Scallops, cooked	0.25			0.1-2.4
Squid (Calamari), cooked	0.50			0.1-2.0
Shrimp, cooked	0.66			0.1-2.1
Shrimp Tropomyosin	0.44			0.1-1.6
Parvalbumin	0.54			0.1-1.7
<b>MEAT, Modified</b>				
Beef, cooked medium	0.30			0.3-1.9
Chicken, cooked	<0.10			0.2-1.5
Lamb, cooked	0.36			0.1-1.3
Pork, cooked	1.13			0.1-2.2
Turkey, cooked	0.10			0.1-1.3
Gelatin	0.15			0.1-1.3
Meat Glue	0.29			0.1-1.3
<b>HERBS, Raw</b>				
Basil	0.49			0.2-1.8
Cilantro			2.21	0.1-1.5
Cumin	1.02			0.2-2.3
Dill			2.89	0.3-1.7
Mint	0.43			0.3-2.1
Oregano	0.38			0.4-2.6
Parsley			2.78	0.1-1.3
Rosemary	0.48			0.3-2.2
Thyme	1.36			0.4-1.8
<b>SPICES, Raw</b>				
Cinnamon	<0.30			0.3-1.7
Clove	0.38			0.4-1.8
Ginger	0.97			0.1-2.5
Nutmeg	0.45			0.2-1.9
Paprika	0.31			0.2-2.1

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Turmeric (Curcumin)	0.59			0.1-1.7
Vanilla	0.78			0.1-2.4
<b>GUMS</b>				
Beta-Glucan	0.63			0.1-1.3
Carrageenan	0.25			0.2-2.6
Gum Guar	0.26			0.2-2.4
Gum Tragacanth	<0.10			0.1-1.4
Locust Bean Gum	0.10			0.1-1.1
Mastic Gum + Gum Arabic		1.03		0.1-1.1
Xanthan Gum	0.41			0.1-1.7
<b>BREWED BEVERAGES and ADDITIVES</b>				
Coffee Bean Protein, brewed	0.27			0.2-1.8
Black Tea, brewed	0.28			0.3-1.6
Green Tea, brewed	0.40			0.3-1.8
Honey, raw +processed	0.31			0.1-1.3
Food Coloring	0.27			0.2-1.8

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