

- PRACTICE NAME: Vibrant IT4 Practice
- PROVIDER NAME: Vibrant IT4, MD (999999)
- ADDRESS: 999999 PRACTICE STREET AVE SAN CARLOS, CA, 94404



FOOD SENSITIVITY

Food
For
Thought



1(866) 364-0963
support@vibrant-america.com



www.vibrant-wellness.com



1360 Bayport Ave. Ste. B
San Carlos, CA 94070

PATIENT

NAME: **PATIENT TESTNAME**
 DATE OF BIRTH: **01/20/1961** AGE: **58**
 HEIGHT: **5'9"** WEIGHT: **160 lbs**

PHONE NUMBER: **test@vibrantsci.com**
 ADDRESS: **1021 HOWARD AVENUE SUITE B, SAN CARLOS, CA- 94070.**

ACCESSION ID: **1512010000**
 SPECIMEN COLLECTION TIME: **11-30-2015**
 SPECIMEN RECEIVED TIME: **12-01-2015 00:00**
 FINAL REPORT TIME: **10-28-2019 20:38**
 FASTING: **FASTING** NO. OF HOURS: **12.0**

PROVIDER

PRACTICE NAME: **Vibrant IT4 Practice**
 PROVIDER NAME: **Vibrant IT4, MD (999999)**
 ADDRESS: **999999 PRACTICE STREET AVE, SAN CARLOS, CA- 94404.**
 TELEPHONE: **666-666-6662**

For doctor's reference

SUMMARY 1-3

L Low ● High Risk ● Moderate ■ N/A - Not Ordered

DIETARY ANTIGEN	ALLERGEN IgE	SENSITIVITIES		DIETARY ANTIGEN	ALLERGEN IgE	SENSITIVITIES	
		IgG	IgA			IgG	IgA
Acorn Squash		L 7	L 10	Buffalo milk		L 1	L 4
Agave		● 13	L 8	Buttermilk		L 6	L 6
Alaska pollock		L 4	L 6	Butternut Squash		L 3	L 3
Almond		L 1	L 5	Cane sugar		L 2	L 1
Amaranth		L 2	L 2	Cantaloupe		L 2	L 6
Anchovy		L 5	● 25	Capers		L 8	L 6
Anise		L 9	L 7	Caraway		L 2	L 5
Apple		L 5	L 9	Carp		L 3	L 7
Apricot		L 1	● 23	Carrot		L 3	L 6
Arrowroot		L 6	L 9	Cashews		L 8	L 9
Artichoke		L 9	L 2	Casomorphin		L 7	L 4
Arugula		L 7	L 1	Cassava		L 6	L 9
Asparagus		L 6	L 9	Catfish		L 9	L 3
Avocado		L 6	L 8	Cauliflower		L 6	L 6
Bamboo shoots		L 2	● 27	Cayenne pepper		L 9	L 7
Banana		L 6	L 2	Celery		L 2	L 10
Barley		L 9	L 6	Chard		L 7	L 4
Bay leaf		● 22	L 10	Cheddar cheese		L 3	L 10
Beef		L 1	● 29	Cherry		L 4	L 7
Beet root		L 6	L 1	Chia		L 7	L 6
Beta-Casein		L 3	L 6	Chicken		L 5	L 5
Black Beans		L 5	L 8	Chickpea		L 5	L 1
Black Walnut		L 5	L 1	Cilantro		L 10	L 8
Black pepper		L 6	L 6	Cinnamon		L 9	L 6
Black tea		L 8	● 28	Clam		L 6	L 2
Black-eye Peas		L 6	L 1	Cocoa		● 29	L 2
Blackberry		L 8	L 9	Coconut		● 25	L 7
Blue mussel		L 8	L 4	Codfish		L 4	L 6
Blueberry		L 1	L 2	Coffee		L 3	● 22
Brazilnut		L 4	L 5	Common thyme		L 8	L 2
Broad bean		L 7	● 27	Coriander seed		L 5	L 4
Broccoli		L 5	● 25	Corn		L 1	● 21
Brown Rice		L 6	L 8	Cous Cous		L 8	L 4
Buckwheat		L 4	L 9	Cow's Milk		L 7	● 21

FULL NAME: PATIENT TESTNAME

ACCESSION ID: 1512010000

DATE OF SERVICE: 11-30-2015

SUMMARY 2-3

L Low

● High Risk

● Moderate

 N/A

- Not Ordered

DIETARY ANTIGEN	ALLERGEN IgE	SENSITIVITIES		DIETARY ANTIGEN	ALLERGEN IgE	SENSITIVITIES	
		IgG	IgA			IgG	IgA
Crab		L 4	L 10	Hemp		L 2	L 8
Cranberry		● 28	L 2	Honeydew melon		L 2	L 5
Crayfish		L 6	L 6	Hops		L 2	L 2
Cucumber		L 10	L 3	Hot paprika powder		L 7	L 1
Cumin		L 5	L 2	Jalapeno pepper		L 3	L 4
Curry powder		L 5	L 5	Kale		L 9	L 10
Dill		L 6	L 9	Kefir		L 3	● 28
Duck meat		L 5	● 23	Kidney Bean		L 7	L 10
Eel		L 2	L 5	Kiwi fruit		L 4	L 9
Egg White		L 2	● 26	Lake Trout		L 9	L 1
Egg Yolk		● 26	L 10	Lamb		L 4	L 8
Eggplant		L 7	L 9	Leek		L 6	L 4
Endive		L 7	L 5	Lemon		L 10	● 20
English Walnut		L 5	L 8	Lemon grass		L 9	L 3
Espresso		L 7	L 6	Lentils		L 9	L 7
Fig		● 25	L 2	Lima Bean		L 6	L 6
Flax seed		L 3	● 26	Litchi		L 3	● 21
Flounder		L 8	L 9	Lobster		L 8	L 9
Garlic		L 4	● 27	Macadamia Nut		L 4	L 1
Ginger		L 1	L 2	Mackerel		L 2	L 8
Goat's Milk		L 6	● 27	Malt		L 10	L 7
Goose meat		L 5	L 3	Mandarin		L 10	● 28
Grape		L 4	L 3	Mango		● 30	L 4
Grapefruit		L 4	L 9	Molasses		● 27	L 7
Grapevine snail		L 10	L 4	Mung beans		● 19	● 24
Green Bean		L 10	L 5	Mustard		L 3	L 2
Green Peas		L 9	L 8	Navy Bean		L 3	L 4
Green Pepper		L 3	L 4	Nutmeg		L 9	L 5
Green Tea		L 2	L 8	Oats		● 25	L 5
Green cabbage		L 2	L 5	Octopus		L 5	L 4
Green onion/Scallions		L 3	L 4	Olive		L 9	● 25
Guava		● 23	L 1	Oolong tea		L 4	L 9
Habanero pepper		L 4	L 5	Orange		L 1	L 5
Halibut		L 10	L 10	Oregano		L 3	● 27
Hazelnut		● 23	L 10	Oyster		L 6	L 3

FULL NAME: PATIENT TESTNAME

ACCESSION ID: 1512010000

DATE OF SERVICE: 11-30-2015

SUMMARY 3-3

L Low

● High Risk

● Moderate

■ N/A

- Not Ordered

DIETARY ANTIGEN	ALLERGEN IgE	SENSITIVITIES		DIETARY ANTIGEN	ALLERGEN IgE	SENSITIVITIES	
		IgG	IgA			IgG	IgA
Pacific squid		L 4	L 10	Sole		L 8	L 1
Papaya		L 3	L 1	Soybean		L 6	● 22
Parsley		L 10	L 7	Spaghetti Squash		L 2	L 2
Parsnip		L 8	L 3	Spinach		L 3	L 1
Peach		L 3	L 6	Squid		L 1	● 23
Peanut		L 1	● 24	Strawberry		L 8	L 7
Pear		L 7	L 2	Sunflower seed		● 24	L 6
Pecan		L 1	L 3	Sweet Potato		L 9	L 9
Perch		L 8	L 9	Sweet chestnut		L 10	L 7
Pine nut		L 3	L 8	Tapioca		L 10	L 6
Pineapple		L 10	L 2	Taro Root		L 4	L 4
Pinto Beans		L 5	L 6	Tempeh		L 9	● 27
Pistachio nut		● 20	L 3	Tiger nut		L 10	L 3
Plum		L 6	L 1	Tofu		L 9	L 9
Poppy seed		L 3	L 5	Tomato		L 5	L 4
Pork		L 10	L 3	Tuna		L 5	L 7
Portabella Mushroom		● 27	L 5	Turkey		L 9	L 6
Purple Potato		L 8	L 8	Turmeric		L 1	L 8
Rabbit		L 1	L 8	Turnip		L 5	L 10
Rape seed		L 9	L 2	Vanilla Bean		L 2	L 8
Raspberry		L 1	L 10	Veal		● 28	L 1
Romaine lettuce		L 1	L 4	Vegan Cheese		L 2	● 17
Rosemary		L 2	L 2	Vine leaf		L 7	● 30
Rye		L 4	L 9	Watermelon		L 2	L 8
Salmon		● 29	L 1	Whey Protein		L 1	● 28
Sardine		L 9	L 5	White Potato		● 23	L 6
Savoy cabbage		● 28	L 6	White mushrooms		L 5	L 8
Scallops		L 4	L 9	White onion		L 3	L 5
Sea bass		● 11	L 4	White radish		L 5	L 7
Seaweed(Kelp)		L 9	L 3	Woo-hsiang powder		L 5	L 6
Sesame		L 8	L 8	Yeast		L 1	● 28
Shallots		L 10	L 4	Yellow squash		L 4	L 1
Sheep's milk		L 10	● 19	Yoghurt		L 2	● 20
Shiitake mushroom		L 4	L 4	Zucchini		L 9	L 7
Shrimp		● 30	L 1				

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	1961-01-20	1512010000	11-30-2015

Positive for IgG: Consider eliminating these foods from your diet in consultation with your physician/dietitian.
 Moderate for IgG: Consider rotation plan/eliminating these foods from your diet in consultation with your physician/dietitian.
 Positive/Moderate for IgA: Consider eliminating these foods from your diet in consultation with your physician/dietitian.

Positive		Moderate		Negative			
IgG	IgA	IgG	IgA				
Fish Salmon Fruits Coconut Cranberry Fig Guava Mango Gluten free grains Oats Meat Egg Yolk Veal Miscellaneous Cocoa Molasses Nightshades White Potato Nuts (Tree) Hazelnut Seeds Sunflower seed Shellfish Shrimp Spices Bay leaf Vegetables Savoy cabbage Portabella Mushroom	Dairy Cow's Milk Goat's Milk Whey Protein Kefir Fish Anchovy Fruits Apricot Olive Litchi Mandarin Gluten free grains Corn Legumes Peanut Soybean Broad bean Mung beans Meat Beef Egg White Duck meat Miscellaneous Coffee Yeast Black tea Mollusks Squid Seeds Flax seed Spices Oregano Vegan Tempeh Vegetables Broccoli Garlic Bamboo shoots Vine leaf	Fish Sea bass Legumes Mung beans Miscellaneous Agave Nuts (Tree) Pistachio nut	Dairy Sheep's milk Yoghurt Fruits Lemon Vegan Vegan Cheese	Dairy Beta-Casein Cheddar cheese Casomorphin Buffalo milk Buttermilk Fish Catfish Mackerel Carp Sole Codfish Perch Eel Halibut Tuna Flounder Lake Trout Alaska pollock Sardine Fruits Apple Blueberry Grapefruit Pineapple Watermelon Capers Avocado Cantaloupe Orange Raspberry Honeydew melon Papaya Banana Cherry Peach Strawberry Kiwi fruit Blackberry Grape Pear Tomato Plum Gluten containing grains Barley Malt Rye Gluten free alternative starches Cassava Arrowroot Tapioca Tiger nut Taro Root Gluten free grains Amaranth Brown Rice Buckwheat Legumes Kidney Bean Pinto Beans Navy Bean Black-eye Peas Chickpea Lentils Black Beans Meat Chicken Goose meat Lamb Grapevine snail Pork Rabbit Turkey Miscellaneous Hops Dill Green Tea Rosemary Lemon grass Cilantro Vanilla Bean Oolong tea Espresso Cane sugar Parsley Mollusks Clam Octopus Oyster Pacific squid Scallops Blue mussel Nightshades Green Pepper Eggplant Nuts (Tree) Pine nut Sweet chestnut Nuts(Tree) Almond Pecan Black Walnut Macadamia Nut Cashews Brazilnut English Walnut Seeds Mustard Rape seed Sesame Chia Coriander seed Hemp Poppy seed Shellfish Crab Lobster Crayfish			

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	1961-01-20	1512010000	11-30-2015

Positive for IgG: Consider eliminating these foods from your diet in consultation with your physician/dietitian.
 Moderate for IgG: Consider rotation plan/eliminating these foods from your diet in consultation with your physician/dietitian.
 Positive/Moderate for IgA: Consider eliminating these foods from your diet in consultation with your physician/dietitian.

Positive		Moderate		Negative																																																								
IgG	IgA	IgG	IgA																																																									
				<p style="text-align: center;">Spices</p> <table border="0"> <tr> <td>Black pepper</td> <td>Cinnamon</td> <td>Nutmeg</td> <td>Anise</td> </tr> <tr> <td>Caraway</td> <td>Cayenne pepper</td> <td>Common thyme</td> <td>Curry powder</td> </tr> <tr> <td>Hot paprika powder</td> <td>Woo-hsiang powder</td> <td>Turmeric</td> <td>Cumin</td> </tr> <tr> <td>Jalapeno pepper</td> <td>Habanero pepper</td> <td></td> <td></td> </tr> </table> <p style="text-align: center;">Vegan</p> <table border="0"> <tr> <td>Cous Cous</td> <td>Tofu</td> <td></td> <td></td> </tr> </table> <p style="text-align: center;">Vegetables</p> <table border="0"> <tr> <td>Green cabbage</td> <td>Carrot</td> <td>Cauliflower</td> <td>Celery</td> </tr> <tr> <td>Cucumber</td> <td>Green Bean</td> <td>Green Peas</td> <td>Romaine lettuce</td> </tr> <tr> <td>Lima Bean</td> <td>White mushrooms</td> <td>White onion</td> <td>Seaweed(Kelp)</td> </tr> <tr> <td>Spinach</td> <td>Yellow squash</td> <td>Ginger</td> <td>Sweet Potato</td> </tr> <tr> <td>Asparagus</td> <td>Beet root</td> <td>Endive</td> <td>Leek</td> </tr> <tr> <td>Arugula</td> <td>Turnip</td> <td>White radish</td> <td>Artichoke</td> </tr> <tr> <td>Chard</td> <td>Kale</td> <td>Shiitake mushroom</td> <td>Zucchini</td> </tr> <tr> <td>Purple Potato</td> <td>Green onion/Scallions</td> <td>Shallots</td> <td>Acorn Squash</td> </tr> <tr> <td>Butternut Squash</td> <td>Spaghetti Squash</td> <td>Parsnip</td> <td></td> </tr> </table>	Black pepper	Cinnamon	Nutmeg	Anise	Caraway	Cayenne pepper	Common thyme	Curry powder	Hot paprika powder	Woo-hsiang powder	Turmeric	Cumin	Jalapeno pepper	Habanero pepper			Cous Cous	Tofu			Green cabbage	Carrot	Cauliflower	Celery	Cucumber	Green Bean	Green Peas	Romaine lettuce	Lima Bean	White mushrooms	White onion	Seaweed(Kelp)	Spinach	Yellow squash	Ginger	Sweet Potato	Asparagus	Beet root	Endive	Leek	Arugula	Turnip	White radish	Artichoke	Chard	Kale	Shiitake mushroom	Zucchini	Purple Potato	Green onion/Scallions	Shallots	Acorn Squash	Butternut Squash	Spaghetti Squash	Parsnip	
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RISK AND LIMITATIONS

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration.

Quantification of specific IgG and IgA antibodies is not an FDA- recognized diagnostic indicator of allergy.

Food Sensitivity testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific antigen due to circumstances beyond Vibrant's control. Vibrant may re-test a sample in order to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions.

Vibrant Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of supplementation or dietary changes.