

Food Sensitivity

PATIENT

Sex: Female

AGE: 55

PROVIDER

PRACTICE NAME: **Nutritionally Yours**

PROVIDER NAME: **ALANE Stieglitz - Wincek, ND (14219)**

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Vibrant Wellness is pleased to present to you, Food Sensitivity Testing, to help you make healthy lifestyle and dietary choices in consultation with your physicians and dietitians. It is intended to be used as a tool to encourage a general state of health and well-being.

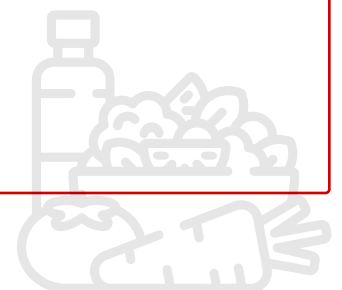
Vibrant Food Sensitivity is an array of commonly consumed food antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG, IgA, C3D and IgG4 reactivity to food antigens.

Interpretation of Report: The test results of antibody levels to the individual proteins are calculated by comparing the average intensity of the individual protein antibody to that of a healthy reference population. Reference ranges have been established using 192 healthy individuals. The reactivity to the antigens are displayed as High reactivity(21-30)(RED), Moderate reactivity(11-20)(YELLOW) or Low reactivity(1-10)(BLANK-NO COLOR). A high reactivity result indicates that you have an increased antibody/C3D levels to the food antigen with respect to the reference range. A Moderate result indicates that you have a moderate antibody/C3D reactivity level to the food antigen with respect to the reference range. A Negative result indicates that you have no reactivity to the food antigen with respect to the reference range. Vibrant utilizes proprietary reporter-based analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), and total IgA (subclasses 1, 2) antibodies C3D and IgG4 alone. The classification of High to Moderate to Negative denotes the level of antibodies detected.

The first page of the report includes a summary of the foods with high and moderate reactivity. In the complete detailed report the previous result for the same food is indicated next to the current result in brackets to see how the reactivity has changed since the last time the individual was tested. The cell is colored based on the level of reactivity seen High reactivity(RED), Moderate reactivity(YELLOW) or Negative reactivity(BLANK-NO COLOR).

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Food Sensitivity offered by Vibrant Wellness is performed by Vibrant America LLC, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrantwellness.com. By accessing, browsing or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to accept these terms, you shall not access, browse or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your Physician/Dietitian for medication, treatment or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Please Note - It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your physician before making any changes. Pediatric reference ranges have not been established for this test.



Food Sensitivity - Summary

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
					03-20-2023

High Sensitivity					Blank Cell - Low Reactivity ● High Reactivity ● Moderate Reactivity Not Ordered or N/A				
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Taro Root	21	14	-	-					

Moderate Sensitivity					Blank Cell - Low Reactivity ● High Reactivity ● Moderate Reactivity Not Ordered or N/A				
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Asparagus	5	15	-	-	Bamboo shoots	14	11	-	-
Beta-Casein	3	14	-	-	Black Beans	17	8	-	-
Blue mussel	13	13	-	-	Buffalo milk	12	11	-	-
Buttermilk	4	13	-	-	Caraway	6	12	-	-
Chickpea	8	13	-	-	Common thyme	6	11	-	-
Coriander seed	11	6	-	-	Eggplant	5	12	-	-
Flax seed	7	11	-	-	Kale	6	13	-	-
Kefir	6	14	-	-	Lemon grass	7	14	-	-
Macadamia Nut	12	9	-	-	Oregano	5	12	-	-
Papaya	7	13	-	-	Perch	1	11	-	-
Pineapple	3	14	-	-	Rape seed	7	11	-	-
Sea bass	6	12	-	-	Sweet Potato	1	11	-	-
Tempeh	6	12	-	-	Tofu	5	18	-	-
Vanilla Bean	4	15	-	-	Yoghurt	11	7	-	-
Zucchini	4	12	-	-					



Food Sensitivity - Detailed report

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
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Dairy									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Beta-Casein	3	14	-	-	Buffalo milk	12	11	-	-
Buttermilk	4	13	-	-	Casomorphin	1	5	-	-
Cheddar cheese	6	5	-	-	Cow's Milk	7	8	-	-
Goat's Milk	1	4	-	-	Kefir	6	14	-	-
Sheep's milk	10	8	-	-	Whey Protein	1	9	-	-
Yoghurt	11	7	-	-					

Fish									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Alaska pollock	10	6	-	-	Anchovy	5	10	-	-
Carp	7	10	-	-	Catfish	1	5	-	-
Codfish	1	4	-	-	Eel	6	6	-	-
Flounder	7	8	-	-	Halibut	1	6	-	-
Lake Trout	1	7	-	-	Mackerel	1	5	-	-
Perch	1	11	-	-	Salmon	1	6	-	-
Sardine	4	7	-	-	Sea bass	6	12	-	-
Sole	5	7	-	-	Tuna	1	8	-	-

Mollusks									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Blue mussel	13	13	-	-	Clam	1	4	-	-
Octopus	5	7	-	-	Oyster	1	7	-	-
Pacific squid	4	6	-	-	Scallops	2	8	-	-
Squid	4	9	-	-					

Shellfish									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Crab	2	4	-	-	Crayfish	4	6	-	-
Lobster	2	6	-	-	Shrimp	2	9	-	-

Food Sensitivity - Detailed report

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Fruits									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Apple	1	6	-	-	Apricot	1	4	-	-
Avocado	1	10	-	-	Banana	2	8	-	-
Blackberry	2	10	-	-	Blueberry	1	9	-	-
Cantaloupe	1	5	-	-	Capers	4	9	-	-
Cherry	1	6	-	-	Coconut	1	4	-	-
Cranberry	1	4	-	-	Fig	4	7	-	-
Grape	1	5	-	-	Grapefruit	1	7	-	-
Guava	3	7	-	-	Honeydew melon	5	9	-	-
Kiwi fruit	5	7	-	-	Lemon	1	6	-	-
Litchi	3	6	-	-	Mandarin	5	8	-	-
Mango	4	5	-	-	Olive	1	8	-	-
Orange	1	7	-	-	Papaya	7	13	-	-
Peach	1	5	-	-	Pear	1	9	-	-
Pineapple	3	14	-	-	Plum	4	7	-	-
Raspberry	1	6	-	-	Strawberry	1	4	-	-
Tomato	1	6	-	-	Watermelon	1	6	-	-

Gluten containing grains									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Barley	1	4	-	-	Malt	1	5	-	-
Rye	1	9	-	-	Spelt	6	9	-	-
Wheat	2	9	-	-					

Gluten free grains									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Amaranth	1	7	-	-	Brown Rice	1	6	-	-
Buckwheat	1	4	-	-	Corn	1	4	-	-
Millet	5	9	-	-	Oats	1	7	-	-

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Legumes									
Blank Cell - Low Reactivity					● High Reactivity		● Moderate Reactivity Not Ordered or N/A		
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Black Beans	17	8	-	-	Black-eye Peas	7	7	-	-
Broad bean	9	10	-	-	Chickpea	8	13	-	-
Kidney Bean	1	9	-	-	Lentils	10	9	-	-
Mung beans	4	9	-	-	Navy Bean	1	8	-	-
Peanut	2	9	-	-	Pinto Beans	6	7	-	-
Soybean	1	4	-	-					

Meat									
Blank Cell - Low Reactivity					● High Reactivity		● Moderate Reactivity Not Ordered or N/A		
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Beef	1	3	-	-	Chicken	1	7	-	-
Duck meat	8	8	-	-	Egg White	1	6	-	-
Egg Yolk	1	4	-	-	Goose meat	5	8	-	-
Grapevine snail	4	7	-	-	Lamb	1	4	-	-
Pork	1	5	-	-	Rabbit	5	9	-	-
Turkey	1	9	-	-	Veal	5	9	-	-

Miscellaneous									
Blank Cell - Low Reactivity					● High Reactivity		● Moderate Reactivity Not Ordered or N/A		
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Agave	4	6	-	-	Black tea	4	8	-	-
Cane sugar	6	9	-	-	Cilantro	5	6	-	-
Cocoa	1	4	-	-	Coffee	1	7	-	-
Dill	4	7	-	-	Espresso	7	9	-	-
Green Tea	7	8	-	-	Hops	1	8	-	-
Lemon grass	7	14	-	-	Molasses	6	8	-	-
Oolong tea	4	6	-	-	Parsley	5	5	-	-
Rosemary	1	9	-	-	Vanilla Bean	4	15	-	-
Yeast	1	7	-	-					

Food Sensitivity - Detailed report

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Spices									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Anise	4	10	-	-	Bay leaf	4	7	-	-
Black pepper	1	7	-	-	Caraway	6	12	-	-
Cayenne pepper	4	7	-	-	Cinnamon	1	4	-	-
Common thyme	6	11	-	-	Cumin	9	8	-	-
Curry powder	3	10	-	-	Habanero pepper	5	6	-	-
Hot paprika powder	4	10	-	-	Jalapeno pepper	4	5	-	-
Nutmeg	1	8	-	-	Oregano	5	12	-	-
Turmeric	6	7	-	-	Woo-hsiang powder	4	6	-	-

Nuts(Tree)									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Almond	1	4	-	-	Black Walnut	1	8	-	-
Brazilnut	4	6	-	-	Cashews	1	6	-	-
English Walnut	2	4	-	-	Macadamia Nut	12	9	-	-
Pecan	1	7	-	-					

Seeds									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Chia	10	8	-	-	Coriander seed	11	6	-	-
Flax seed	7	11	-	-	Hemp	5	7	-	-
Mustard	1	7	-	-	Poppy seed	5	8	-	-
Rape seed	7	11	-	-	Sesame	1	7	-	-
Sunflower seed	10	10	-	-					

Nightshades									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Eggplant	5	12	-	-	Green Pepper	1	6	-	-
White Potato	1	6	-	-					

Food Sensitivity - Detailed report

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Vegetables					Blank Cell - Low Reactivity ● High Reactivity ● Moderate Reactivity Not Ordered or N/A				
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Acorn Squash	5	7	-	-	Artichoke	6	10	-	-
Arugula	4	8	-	-	Asparagus	5	15	-	-
Bamboo shoots	14	11	-	-	Beet root	5	9	-	-
Broccoli	1	4	-	-	Butternut Squash	5	6	-	-
Carrot	1	4	-	-	Cauliflower	1	5	-	-
Celery	1	4	-	-	Chard	5	10	-	-
Cucumber	1	5	-	-	Endive	4	7	-	-
Garlic	1	7	-	-	Ginger	1	7	-	-
Green Bean	1	4	-	-	Green Peas	1	8	-	-
Green cabbage	1	5	-	-	Green onion/Scallions	4	6	-	-
Kale	6	13	-	-	Leek	4	7	-	-
Lima Bean	1	8	-	-	Parsnip	7	6	-	-
Portabella Mushroom	7	5	-	-	Purple Potato	4	7	-	-
Romaine lettuce	1	5	-	-	Savoy cabbage	4	7	-	-
Seaweed(Kelp)	2	6	-	-	Shallots	6	7	-	-
Shiitake Mushroom	3	10	-	-	Spaghetti Squash	5	6	-	-
Spinach	1	7	-	-	Sweet Potato	1	11	-	-
Turnip	6	10	-	-	Vine leaf	3	8	-	-
White mushrooms	1	9	-	-	White onion	1	7	-	-
White radish	3	8	-	-	Yellow squash	1	7	-	-
Zucchini	4	12	-	-					

Nuts (Tree)					Blank Cell - Low Reactivity ● High Reactivity ● Moderate Reactivity Not Ordered or N/A				
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Hazelnut	4	8	-	-	Pine nut	7	10	-	-
Pistachio nut	5	8	-	-	Sweet chestnut	4	7	-	-

Food Sensitivity - Detailed report

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Vegan									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Cous Cous	3	9	-	-	Tempeh	6	12	-	-
Tofu	5	18	-	-	Vegan Cheese	6	7	-	-

Gluten free alternative starches									
Blank Cell - Low Reactivity					● High Reactivity	● Moderate Reactivity Not Ordered or N/A			
Food Name	IgA	IgG	IgG4	C3D	Food Name	IgA	IgG	IgG4	C3D
Arrowroot	6	6	-	-	Cassava	5	6	-	-
Tapioca	5	8	-	-	Taro Root	21	14	-	-
Tiger nut	10	8	-	-					

BETA-CASEIN

Food Description

Beta-casein is a class of cow's milk protein that may provide effects beyond nutrition, due to the release of biologically active peptides on digestion.

A1 beta-casein is in cow's milk. Human milk, goat milk, sheep milk and other species' milk contain beta-casein A2.

Hidden Sources

Commonly Found In

Precautions

PERCH

Food Description

A freshwater sport fish.

Food entrees labeled as perch, fried fish labeled perch, possibly seasonal grilled white fish dishes.

Hidden Sources

Fish sauce, fish sticks, fish-based gelatin.

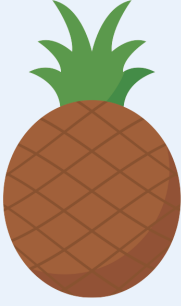
Only three varieties of perch exist: European perch, Yellow perch and Balkash perch; all other fish named perch (i.e.: red perch) are not true perch.

Commonly Found In

Precautions

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
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PINEAPPLE



Food Description

A tropical fruit with an inedible, spikey rind and a green leaf crown. The inside flesh is juicy, sweet and bright yellow in color.

Whole fruit, pineapple juice, fruit salads, usually served with baked ham, tropical beverages, smoothies, some marinades, desserts made with pineapple.


Commonly Found In

Hidden Sources

Pineapple is high in bromelain enzyme and is often used in marinades to tenderize meats.

Precautions

VANILLA BEAN



Food Description

Sourced from the vanilla orchid, which is the only orchid that produces an edible fruit. Native to southern Mexico. Used as a flavoring.

Anything vanilla flavored. Sweet treats and desserts, coffee creamers, ice cream and chocolate containing products.

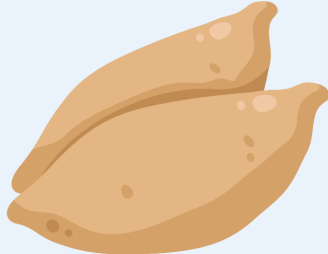
Commonly Found In

Hidden Sources

Vanilla extract. Anything labeled vanilla bean flavor or vanilla flavor. Non-food sources can include toiletries and cosmetics, i.e. vanilla scented lotions or lip balm. Inhaled sources can include candles.

Precautions

SWEET POTATO



Food Description

A tuberous root vegetable with orange skin and orange flesh.

Whole baked sweet potato, mashed sweet potato, sweet potato fries, roasted vegetables, soups, smoothies.

Commonly Found In

Hidden Sources

Yams and sweet potatoes are not the same, but the words are often mistakenly used interchangeably.

Precautions

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BUFFALO MILK

Food Description

Buffalo milk is the milk of domestic water buffalo. Buffalo milk presents physicochemical features different from that of other ruminant species, such as a higher content of fatty acids and proteins, and slightly higher content of lactose, than that of cow milk.

Buffalo milk is processed into a large variety of dairy products including cheeses, cream, butter, ghee, and fermented dairy products, the most common being buffalo mozzarella and burrata cheeses and the Indian soft cheese, paneer.

Hidden Sources

Buffalo milk is more costly than cow milk, thus it is less likely to be found as a milk protein-derived additive compared to cow's milk-derived casein and whey fillers and additives.

Buffalo milk proteins share similar homology to cow milk proteins, so cross reactivity may be possible in milk protein sensitive individuals.

Commonly Found In

Precautions

BUTTERMILK

Food Description

Buttermilk is a dairy drink, typically derived from cow milk unless otherwise noted. Traditional buttermilk is the liquid left behind after churning butter out of cultured cream. Cultured buttermilk is fermented buttermilk. The tartness of buttermilk is due to acid in the milk, due to lactic acid produced by lactic acid bacteria fermenting the milk sugar, lactose.

Buttermilk may be found in buttermilk yogurt-based drinks, salad dressings, pancakes, and baked goods

Hidden Sources

Hidden sources of buttermilk are baked goods that contain powdered buttermilk for its tart and acidic properties.

Buttermilk contains milk proteins and is not appropriate for individuals with milk protein allergy or sensitivity.


Commonly Found In

Precautions

Food Sensitivity - Detailed report

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KEFIR




Food Description
Kefir (or kephir) is a fermented cow, goat, or sheep milk drink made with a yeast or bacterial fermentation starter of kefir grains.

Hidden Sources

Commonly Found In

Precautions

YOGHURT



Food Description
Yoghurt (or Yogurt) is produced by bacterial fermentation of milk. The bacteria used to make yoghurt are known as yoghurt cultures. The fermentation of lactose by these bacteria produces lactic acid, which acts on milk protein to give yoghurt its texture and characteristic tart flavor.

Hidden Sources
Because of its perishability, yoghurt is not typically used as an additive, filler, or flavoring agent.

Commonly Found In
Yoghurt is commonly found in dips, dressings, smoothies, and the Indian drink lassi.


Precautions
Yoghurt is not suitable for people with cow milk allergy or sensitivity, these individuals may substitute coconut or almond yoghurt in place of yoghurt derived from cow's milk.

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
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SEA BASS


Food Description

Any of numerous marine bony fishes that are usually smaller and more active than groupers.



Hidden Sources

Commonly Found In




Precautions

PAPAYA

Food Description


Papaya is oblong in shape and tastes similar to melons, although it is not in fact a melon. Papaya is also known as pawpaw. This fruit has a sweet, silky texture that is pink to orange in color with black edible seeds that can be ground and used as an alternative to black pepper.



Hidden Sources


Green, immature papayas are used throughout the tropics as a squash-like vegetable.

Papayas support digestion through its unique protein-digesting enzymes; hence, look for and avoid papain as a common papaya enzyme is digestive enzymes. Other common sources of papaya are fresh fruit, fruit salad, kabobs, frozen desserts and in smoothies.



Papayas contain a substance called chitinase that is associated with latex-fruit allergy syndrome; if you have a latex allergy, you are very likely to be allergic to papayas. Approximately 50% of Hawaiian papayas are genetically modified; companies are not required to disclose genetic modifications to food labels.

Commonly Found In



Precautions

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CHICKPEA

Food Description

Chickpea is a legume of the family Fabaceae, subfamily Faboideae.

Hidden Sources

Hidden sources of chickpea include gluten free flours and gluten free foods.

Chickpeas are commonly found in hummus, falafel, soups, stews, salads, vegetable burgers, and vegetarian and 'meatless' recipes.

Commonly Found In

Though less common, cross reactivity can occur between chickpea, pea, lentil, soybean, and hazelnut.

Precautions

LEMON GRASS

Food Description

Lemongrass is a long thick grass with leaves at the top and a solid portion several inches long at the root end. The lower portion is sliced or pounded and used in cooking. As a spice, fresh lemongrass is preferred for its vibrant flavour, but is also sold in dried form. The dried spice is available in several forms: chopped in slices, cut and sifted, powdered, or even as an oil.

Hidden Sources

Because lemongrass can be used in a variety of dishes, it is important to read labels and ask ingredient questions when dining out.


Lemongrass features in Indonesian, Malaysian, Sri Lankan and Indian cooking and is widely used in savoury dishes and meat, poultry, seafood and vegetable curries. It harmonizes well with coconut milk, especially with chicken or seafood. The stems are also used in teas or used in pickles and in flavouring marinades.

Commonly Found In

Precautions

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BLUE MUSSEL



Food Description

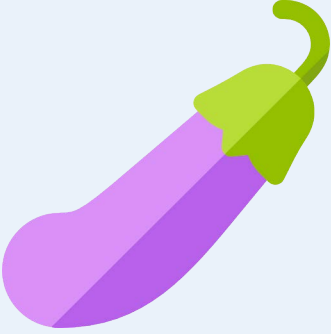
The blue mussel is also known as the common mussel. It is a mid-sized edible marine mollusc that has been subject to intensive aquaculture

Hidden Sources

Commonly Found In

Precautions

EGGPLANT



Food Description

A unique vegetable with a oblong, shape and skin of deep purple color. The flesh is a white sponge-like texture and contained within the flesh are seeds arranged in a conical pattern. While most commonly purple, some varieties are other colors including white, green. Eggplants is known as aubergine in European countries.

Hidden Sources

Commonly Found In

Precautions

Eggplant is in the nightshade category of vegetables; avoid if following a diet free of nightshades

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CORIANDER SEEDS

Food Description

Coriander is an annual herb in the family Apiaceae. All parts of the coriander plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.

Coriander seed is commonly found in garam masala and Indian curries in generous amounts together with turmeric and cumin. Coriander seed may be found in some sausages and used in the brewery of gin and some wheat beers.

Commonly Found In



Hidden Sources

Hidden sources of coriander seed include spice mixtures, herbal tea blends, marinades, salad dressings, mustards, and other condiments.

Individuals with coriander allergy or sensitivity may have itching in the mouth, rash on the skin, and cough when exposed to coriander pollens.

Precautions

FLAX SEED

Food Description

Flaxseed (or linseed) is a member of the genus Linum in the family Linaceae. It is a food and fiber crop cultivated in cooler regions of the world. The textiles made from flax are known as linen. Flaxseeds contain 54% omega-3 fatty acids.

Flax seeds are commonly found in cereals, breads, muffins and other baked goods, vegan protein powders, and gluten free flours and foods.

Commonly Found In



Hidden Sources

Hidden sources of flax seed include vegetarian and vegan protein powders and omega-three fatty acid supplements.

While less common, flax seeds may have possible cross-reactivity with other seeds.

Precautions

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RAPE SEEDS

Food Description

Rapeseed is a bright-yellow flowering member of the family Brassicaceae, cultivated mainly for its oil-rich seed.

Hidden Sources

Hidden sources of rapeseed include canola oil, and non-food sources such as lipsticks, candles, lubricants, and biodiesel fuel.

Rapeseed is the third-largest source of vegetable oil in the world.

Commonly Found In

Research is ongoing on the safety of oils with a high erucic acid content, such as mustard oil and rapeseed oil. The manufacturing process of canola oil removes some of the erucic acid, creating 'low erucic acid rapeseed oil.'

Precautions

Caraway

Food Description

Although an herb, it has also been regarded as a spice and a vegetable. The small, dark brown seeds have a spicy, anise-like flavor.

Hidden Sources

The oil, fruit and seeds of caraway can be used as medicine, especially for digestive issues.

Caraway seeds may be chewed or infused as an herbal tea. The seeds are used to flavor breads, cakes and pastries, sauerkraut, and vegetable and meat dishes. The mild-flavored greens are used before they flower as an herb. The taproot can be cooked the same way one would cook a carrot.

Commonly Found In


Caraway essential oil is not recommended for internal use without professional supervision.

Precautions

Food Sensitivity - Detailed report

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THYME



Food Description
Thyme is a very small undershrub with slender, woody stems and grayish-green leaves that are whitish on the underside. There are more than a hundred species of this herb.

One of the most popular all-purpose herbs used for flavoring soups, stews, stuffings and sauces. It is a classic ingredient in tomato sauce used for pizza and pasta. It performs especially well in slow-cooked dishes, and it does not overpower other flavors. Thyme is available fresh and dried. It can be used to make herbal tea.

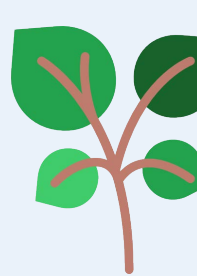
Hidden Sources
Herbal cough syrup.

People with an allergy to mint should be cautious consuming thyme because thyme is a mint relative.

Commonly Found In

Precautions

OREGANO



Food Description
A hardy perennial herb with a slightly peppery and slightly bitter flavor.

Used in countless Greek and Italian dishes, especially ones that are tomato-based. Oregano is available fresh or dried.

Hidden Sources
People with an allergy to mint should be cautious consuming oregano because oregano is a mint relative.

Commonly Found In

Precautions

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TEMPEH

Food Description

Like tofu, tempeh is made from soybean; however tempeh is formed from fermented whole soybean. Tempe's fermentation process and its retention of the whole bean give it a higher content of protein, dietary fiber, and vitamins. It has a firm texture and an earthy flavor, which becomes more pronounced as it ages.

Tempeh is a popular vegetarian meat substitute that can be used in a variety of dishes.

Hidden Sources

Commonly Found In

Precautions

TOFU

Food Description

Tofu is a high-protein meat substitute made from soybeans, water, and a coagulating agent. Coagulated soy is then pressed into "block" of varying firmness. There are 2 main varieties of tofu-firm and silken. Tofu is well known for its ability to take on the flavor of a dish such as sauce and marinades.

Tofu is well known for its ability to take on the flavor of a dish such as sauce and mariandes. It is commonly used as a vegetarian meat substitute and can be used in a variety of dishes. Silken tofu is sometimes used in desserts or smoothies.

Hidden Sources

Commonly Found In

Precautions

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ASPARAGUS

Food Description

Green speared vegetable with a compact tip. In Europe, white or blanched asparagus is popular; these are grown by mounding earth above the plants, which keeps them dark and unable to produce chlorophyll. Botanically, asparagus is unusual in that there are distinct male and female plants; the male spears are skinny and the female spears are plump. Their flavor depends upon freshness, not sex.

Stalk ends are common in soups. Center and tips are common in salads. The whole spear is commonly found cut up and cooked in stir-fried dishes. Older, less fresh asparagus is ideal for stir-fried dishes or cooked by sauteeing or steaming to serve as a side dish.



Hidden Sources

Asparagus contains asparagine, a diuretic that gives urine a characteristic odor in people who lack the gene to break it down.

Commonly Found In

Precautions

BAMBOO SHOOTS

Food Description

Bamboo shoots are the asparagus-shaped roots (culms) found on the woody bamboo plant. Once bamboo shoots are dug, harvested, peeled, and, if necessary, their cyanide leached out, they are edible. They vary from slender to stout in shape, crisp in texture, white in color, and they taste similar to immature sweet corn.

Traditionally paired with meat in Asian dishes, bamboo is regarded as invaluable because its "cool" energy balances the "hot" energy of meat.



Hidden Sources

Bamboo shoots are used in Chinese medicine as a tonic for respiratory disease and treating infections.

If the shoot tastes bitter, it contains hydrocyanic acid. To remove hydrocyanic acid from bamboo shoots, boil for 10-minutes and then taste; if not yet sweet, add the shoots to fresh water and repeat the leaching as necessary.

Commonly Found In

Precautions

Food Sensitivity - Detailed report


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KALE

Food Description

Kale is a leafy green vegetable with characteristic leaves that curl on the edges. There are different varieties of kale, so width and shade of leaves can vary.

Hidden Sources



Kale is a widely used ingredient in salads, soups, dips, omelets, side dishes. As it's known for myriad of health benefits it is a common ingredient in smoothies and "green drinks". Kale leaf is often used as a garnish

Commonly Found In

Precautions

ZUCCHINI

Food Description

Zucchini is a variety of summer squash. Characterized by a green outer skin and white/cream-colored flesh and usually about 6-10 inches in length. Also known as courgette.

Hidden Sources



Whole squash, cooked, soups, roasted vegetables, casseroles. Can also be spiralized into strings and be used as zucchini noodles or "zoodles" as a pasta alternative

Commonly Found In

Precautions

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TARO ROOT

Food Description

Taro root comes from Taro, a plant which is the most widely cultivated species in the Araceae family. It is a root vegetable and gluten and grain free. Popularly consumed in Hawaii where it is known as kalo.

Hidden Sources

Taro root is very versatile and often cooked and used in dishes where one might use potato (mashed, boiled, added to stews/soups, fried).

Commonly Found In

Taro root has a hairy outer coating, which is always removed with caution since skin irritation can arise due to the juices secreted by the taro root.

Precautions

BLACK BEANS

Food Description

Black beans are classified as legumes and look exactly as named; they are black in color. They contain key vitamins and minerals that are known to benefit human health. We tend to think of dark colored fruits and vegetables as our best sources of phytonutrients, but black beans also fall under this category. The black bean is also a good source of resistant starch, which is beneficial for short chain fatty acid (SCFA) production.

Hidden Sources

With all of today's dietary restrictions, this bean has some non-traditional uses, such as in making black bean hummus or black bean brownies.

A native of Latin America, black beans are common in Latin cuisine. You can often find the bean in bean salads, soups, rice & beans, or served as a side dish.

Commonly Found In

One of the biggest issues surrounding all legumes, including black beans, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

Precautions

Food Sensitivity - Detailed report

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MACADAMIA NUT

Food Description

Macadamia nut hails from Australia from the plant family of Proteaceae.

Hidden Sources

Tree nut proteins can be found in cereals, crackers, flavored coffees, flavored syrups, marinades,



Macadamia nuts are commonly found in mixed nuts, macadamia and mixed nut butters, desserts and other baked goods, chocolates, and other confectionaries.

Macadamia oil is derived from macadamia nuts and should be avoided by people with macadamia nut sensitivity.

Commonly Found In

Precautions

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.

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