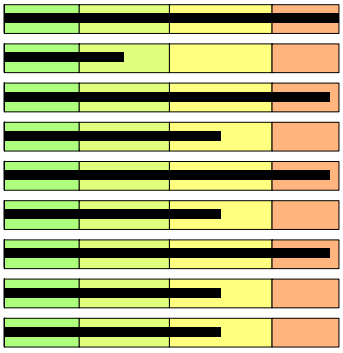
MOSAIC DIAGNOSTICS

IgG Food MAP WITH CANDIDA + YEAST

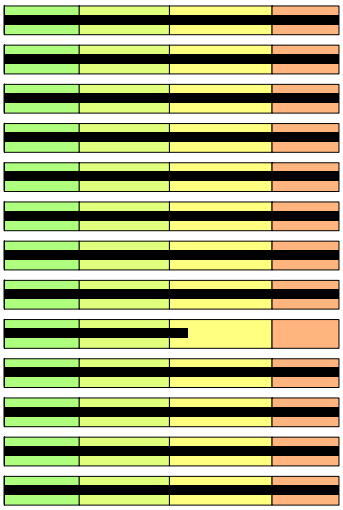
Requisition #:	9900001	**Practitioner:**	NO PHYSICIAN
Patient Name:	Report Sample	**Date of Collection:**	Dec 1, 2022
Date of Birth:	Mar 9, 1960	**Time of Collection:**	Not Given
Gender:	F	**Report Date:**	May 9, 2024

IgG Food MAP - Serum (190)

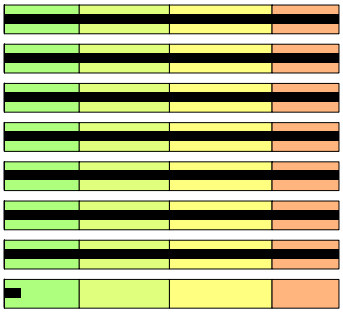
Dairy

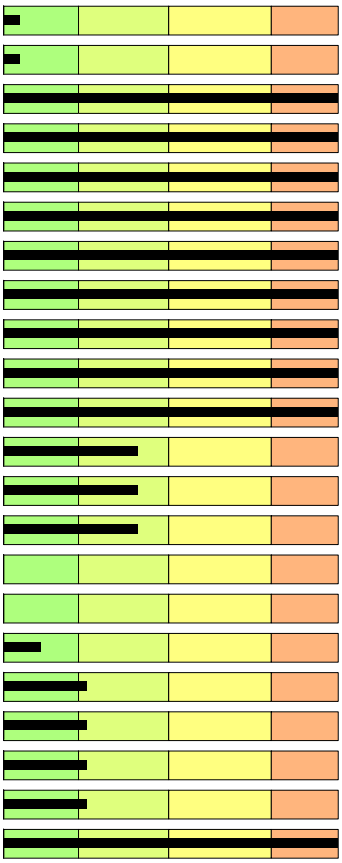


Beans and Peas

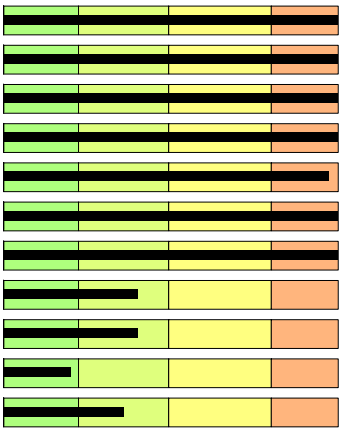


Fruits





Grains



This test was developed, and its performance characteristics determined by Mosaic Diagnostics Laboratory. It has not been cleared or approved by the US Food and Drug Administration, however, does comply with CLIA regulations for clinical use.
The results should be interpreted in conjunction with the complete clinical picture, given patient history and presentation, and at the discretion of the medical provider.

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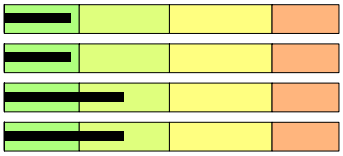
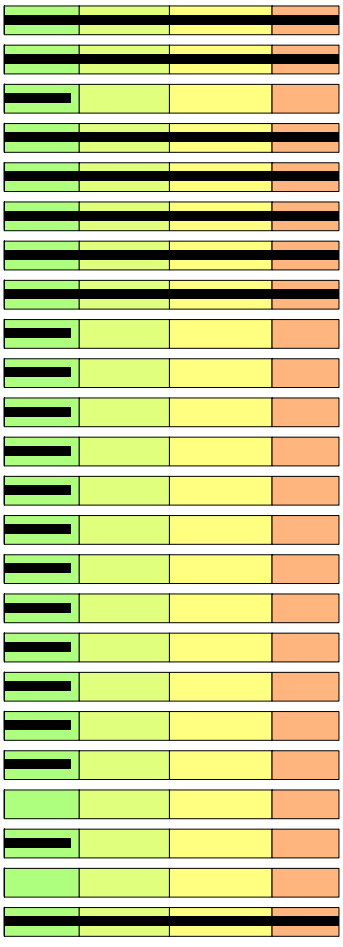
IgG Food MAP - Serum (190)

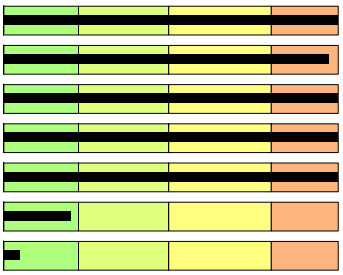
Grains Continued



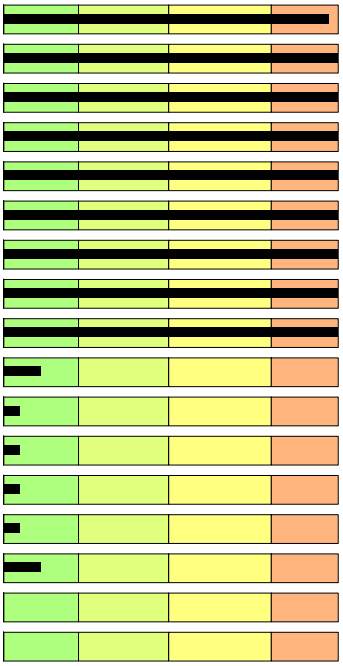
Fish/Seafood



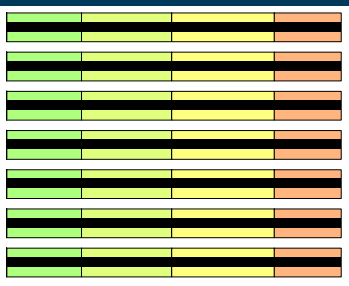
Meat/Fowl



Nuts/Seeds



Vegetables



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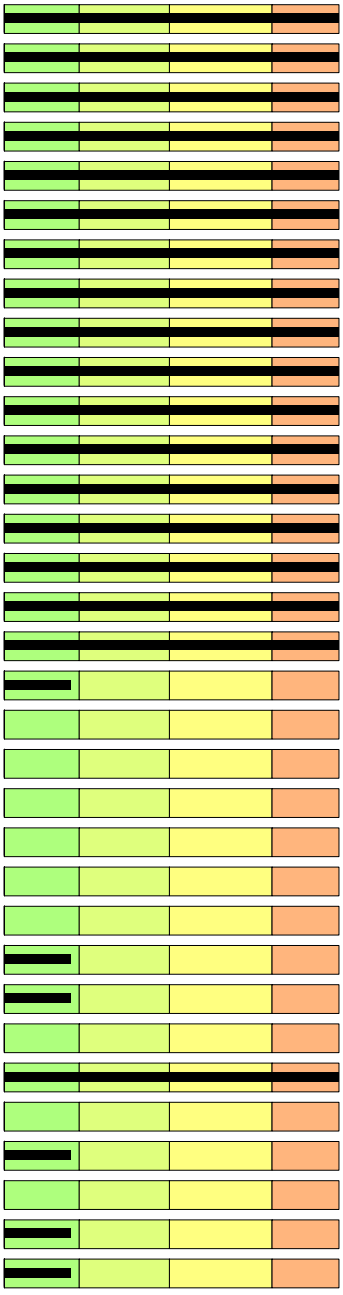
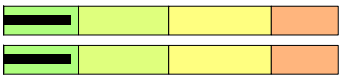
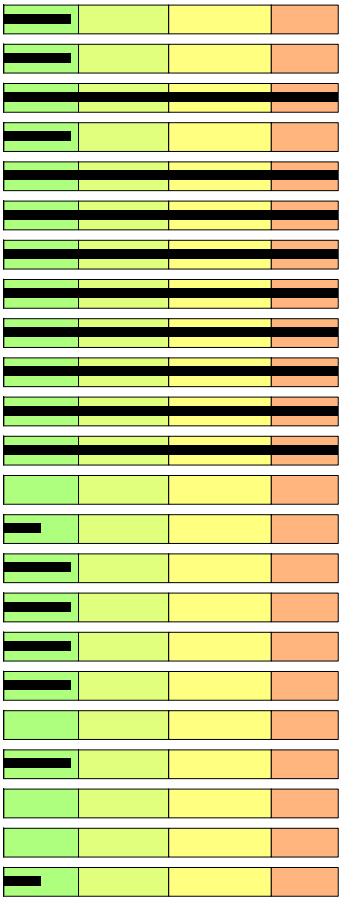
Vegetables *Continued*

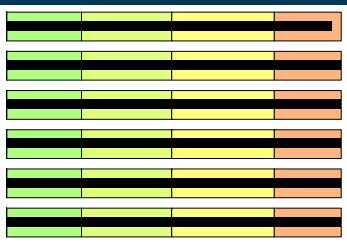




Herbs/Spices



Miscellaneous



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IgG Food MAP - Serum (190)

Miscellaneous	*Continued*
Meat Glue	
Oolong Tea	

Food Reactivity Scale
Not Significant
Low
Moderate
High

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IgG Food MAP - Serum (190)

Reactivity Summary

High

Abalone	Acai Berry	Adzuki Bean	Almond	Amaranth
Anchovy	Apple	Apricot	Artichoke	Asparagus
Avocado	Bamboo Shoot	Banana	Barley	Bean Sprout
Beef	Beet	Bell Pepper	Beta-Lactoglobulin	Bitter Gourd
Black Bean	Black Pepper	Blueberry	Bonito	Brazil Nut
Broccoli	Bromelain	Brussel Sprout	Buckwheat	Burdock Root
Cabbage	Cane Sugar	Cantaloupe	Carrot	Cashew
Cauliflower	Celery	Cheddar Cheese	Cherry	Chestnut
Chia Seed	Chicken	Chili Pepper	Cilantro	Cinnamon
Cloves	Cocoa Bean	Codfish	Coffee	Corn
Crab	Cucumber	Cumin	Curry	Dill
Duck	Egg White	Egg Yolk	Eggplant	Enoki Mushroom
Fig	Flax Seed	Garbanzo Bean	Garlic	Ginger
Gliadin	Goat's Milk	Goose	Grape	Grapefruit
Green Bean	Green Pea	Green Tea	Guava	Halibut
Hazelnut	Hemp Seed	Honey	Hops	Jack Mackerel
Jackfruit	Kale	Kidney Bean	Kiwi	Lamb
Leek	Lemon	Lentil	Lettuce	Lima Bean
Lotus Root	Lychee	Macadamia Nut	Malt	Mango
Meat Glue	Millet	Navy Bean	Pinto Bean	Sheep's Yogurt
Shitake Mushroom	Soybean	Tofu	Tuna	Watermelon

Moderate

Cow's Milk	Mozzarella Cheese	Mung Bean	Whey	Yogurt

Low

Casein	Oat	Orange	Papaya	Passion Fruit
Plum	Pomegranate	Quinoa	Raspberry	Rye
Strawberry	Wheat Gluten	Whole Wheat		

**** Units are MFI x 1000***

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Reactivity Details

Dairy

Antigen Name	Analyte	Scale	Value *	Not Significant
Beta-Lactoglobulin	IgG	High	50.00	< 4.47
Casein	IgG	Low	20.00	< 13.72
Cheddar Cheese	IgG	High	100.00	< 9.14
Cow's Milk	IgG	Moderate	20.00	< 8.86
Goat's Milk	IgG	High	109.00	< 6.13
Mozzarella Cheese	IgG	Moderate	20.00	< 9.91
Sheep's Yogurt	IgG	High	22.00	< 3.79
Whey	IgG	Moderate	12.00	< 4.53
Yogurt	IgG	Moderate	22.00	< 9.25

Beans and Peas

Antigen Name	Analyte	Scale	Value *	Not Significant
Adzuki Bean	IgG	High	50.00	< 4.47
Black Bean	IgG	High	40.00	< 4.47
Garbanzo Bean	IgG	High	250.00	< 4.47
Green Bean	IgG	High	30.00	< 4.47
Green Pea	IgG	High	22.00	< 4.47
Kidney Bean	IgG	High	220.00	< 4.47
Lentil	IgG	High	33.00	< 4.47
Lima Bean	IgG	High	340.00	< 4.47
Mung Bean	IgG	Moderate	11.00	< 4.47
Navy Bean	IgG	High	22.00	< 4.47
Pinto Bean	IgG	High	22.00	< 4.47
Soybean	IgG	High	22.00	< 4.47
Tofu	IgG	High	22.00	< 4.47

Fruits

Antigen Name	Analyte	Scale	Value *	Not Significant
Acai Berry	IgG	High	50.00	< 4.47
Apple	IgG	High	50.00	< 4.47
Apricot	IgG	High	50.00	< 4.47
Banana	IgG	High	50.00	< 4.47
Blueberry	IgG	High	44.00	< 4.47
Cantaloupe	IgG	High	220.00	< 4.47
Cherry	IgG	High	100.00	< 4.47
Coconut	IgG	Not Significant	1.00	< 4.47
Cranberry	IgG	Not Significant	1.00	< 4.47
Date	IgG	Not Significant	1.00	< 4.47
Fig	IgG	High	100.00	< 4.47
Grape	IgG	High	100.00	< 4.47
Grapefruit	IgG	High	300.00	< 4.47
Guava	IgG	High	310.00	< 4.47
Jackfruit	IgG	High	49.00	< 4.47
Kiwi	IgG	High	59.00	< 4.47
Lemon	IgG	High	50.00	< 4.47
Lychee	IgG	High	600.00	< 4.47
Mango	IgG	High	700.00	< 4.47
Orange	IgG	Low	8.00	< 4.47
Papaya	IgG	Low	8.00	< 4.47
Passion Fruit	IgG	Low	8.00	< 4.47
Peach	IgG	Not Significant	0.00	< 4.47
Pear	IgG	Not Significant	0.00	< 4.47
Pineapple	IgG	Not Significant	5.00	< 7.19
Plum	IgG	Low	5.00	< 4.47
Pomegranate	IgG	Low	5.00	< 4.47
Raspberry	IgG	Low	5.00	< 4.47
Strawberry	IgG	Low	5.00	< 4.47
Watermelon	IgG	High	55.00	< 4.47

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Grains

Antigen Name	Analyte	Scale	Value *	Not Significant
Amaranth	IgG	High	50.00	< 4.47
Barley	IgG	High	50.00	< 4.47
Buckwheat	IgG	High	49.00	< 4.47
Corn	IgG	High	49.00	< 4.47
Gliadin	IgG	High	50.00	< 3.83
Malt	IgG	High	700.00	< 4.47
Millet	IgG	High	800.00	< 4.47
Oat	IgG	Low	8.00	< 4.47
Quinoa	IgG	Low	8.00	< 4.47
Rice	IgG	Not Significant	4.00	< 4.47
Rye	IgG	Low	4.00	< 2.29
Sorghum	IgG	Not Significant	4.00	< 4.47
Teff	IgG	Not Significant	4.00	< 4.47
Wheat Gluten	IgG	Low	4.00	< 2.91
Whole Wheat	IgG	Low	4.00	< 3.63

Fish/Seafood

Antigen Name	Analyte	Scale	Value *	Not Significant
Abalone	IgG	High	50.00	< 4.47
Anchovy	IgG	High	50.00	< 4.47
Bass	IgG	Not Significant	4.00	< 4.47
Bonito	IgG	High	49.00	< 4.47
Codfish	IgG	High	49.00	< 4.47
Crab	IgG	High	49.00	< 4.47
Halibut	IgG	High	49.00	< 4.47
Jack Mackerel	IgG	High	400.00	< 4.47
Lobster	IgG	Not Significant	4.00	< 4.47
Octopus	IgG	Not Significant	4.00	< 4.47
Oyster	IgG	Not Significant	4.00	< 4.47
Pacific Mackerel (Sa	IgG	Not Significant	4.00	< 4.47
Pacific Saury	IgG	Not Significant	4.00	< 4.47
Perch	IgG	Not Significant	4.00	< 4.47
Red Snapper	IgG	Not Significant	4.00	< 4.47
Salmon	IgG	Not Significant	4.00	< 4.47
Sardine	IgG	Not Significant	4.00	< 4.47
Scallop	IgG	Not Significant	4.00	< 4.47
Shrimp	IgG	Not Significant	4.00	< 4.47
Small Clam	IgG	Not Significant	4.00	< 4.47
Squid	IgG	Not Significant	0.00	< 4.47
Tilapia	IgG	Not Significant	4.00	< 4.47
Trout	IgG	Not Significant	0.00	< 4.47
Tuna	IgG	High	44.00	< 4.47

Meat/Fowl

Antigen Name	Analyte	Scale	Value *	Not Significant
Beef	IgG	High	50.00	< 4.47
Chicken	IgG	High	50.00	< 4.47
Duck	IgG	High	50.00	< 4.47
Egg White	IgG	High	50.00	< 5.72
Egg Yolk	IgG	High	50.00	< 4.47
Goose	IgG	High	49.00	< 4.47
Lamb	IgG	High	100.00	< 4.47
Pork	IgG	Not Significant	4.00	< 4.47
Turkey	IgG	Not Significant	1.00	< 4.47

Nuts/Seeds

Antigen Name	Analyte	Scale	Value *	Not Significant
Almond	IgG	High	50.00	< 1.84
Brazil Nut	IgG	High	100.00	< 4.47
Cashew	IgG	High	100.00	< 4.47
Chestnut	IgG	High	100.00	< 4.47
Chia Seed	IgG	High	100.00	< 4.47
Flax Seed	IgG	High	100.00	< 4.47
Hazelnut	IgG	High	100.00	< 4.47
Hemp Seed	IgG	High	100.00	< 4.47
Macadamia Nut	IgG	High	100.00	< 4.47
Peanut	IgG	Not Significant	1.00	< 4.73
Pecan	IgG	Not Significant	1.00	< 4.47
Pine Nut	IgG	Not Significant	1.00	< 4.47
Pistachio	IgG	Not Significant	1.00	< 4.47
Pumpkin Seed	IgG	Not Significant	1.00	< 4.47
Sesame Seed	IgG	Not Significant	1.00	< 2.59
Sunflower Seed	IgG	Not Significant	0.00	< 4.47
Walnut	IgG	Not Significant	0.00	< 4.47

Vegetables

Antigen Name	Analyte	Scale	Value *	Not Significant
Artichoke	IgG	High	50.00	< 4.47
Asparagus	IgG	High	50.00	< 4.47
Avocado	IgG	High	50.00	< 4.47
Bamboo Shoot	IgG	High	50.00	< 4.47
Bean Sprout	IgG	High	50.00	< 4.47
Beet	IgG	High	50.00	< 4.47
Bell Pepper	IgG	High	50.00	< 4.47
Bitter Gourd	IgG	High	50.00	< 4.47
Broccoli	IgG	High	50.00	< 4.47
Brussel Sprout	IgG	High	50.00	< 4.47
Burdock Root	IgG	High	50.00	< 4.47
Cabbage	IgG	High	50.00	< 4.47

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Vegetables(Cont..)

Antigen Name	Analyte	Scale	Value *	Not Significant
Carrot	IgG	High	50.00	< 4.47
Cauliflower	IgG	High	50.00	< 4.47
Celery	IgG	High	50.00	< 4.47
Chili Pepper	IgG	High	50.00	< 4.47
Cucumber	IgG	High	49.00	< 4.47
Eggplant	IgG	High	50.00	< 4.47
Enoki Mushroom	IgG	High	50.00	< 4.47
Garlic	IgG	High	50.00	< 4.47
Kale	IgG	High	100.00	< 4.47
Leek	IgG	High	40.00	< 4.47
Lettuce	IgG	High	499.00	< 4.47
Lotus Root	IgG	High	400.00	< 4.47
Napa Cabbage	IgG	Not Significant	4.00	< 4.47
Olive (Green)	IgG	Not Significant	0.00	< 4.47
Onion	IgG	Not Significant	0.00	< 4.47
Portabella Mushroom	IgG	Not Significant	0.00	< 4.47
Potato	IgG	Not Significant	0.00	< 4.47
Pumpkin	IgG	Not Significant	0.00	< 4.47
Radish	IgG	Not Significant	0.00	< 4.47
Seaweed Kombu Ke	IgG	Not Significant	4.00	< 4.47
Seaweed Nori	IgG	Not Significant	4.00	< 4.47
Seaweed Wakame	IgG	Not Significant	0.00	< 4.47
Shitake Mushroom	IgG	High	44.00	< 4.47
Spinach	IgG	Not Significant	0.00	< 4.47
Sweet Potato	IgG	Not Significant	4.00	< 4.47
Tomato	IgG	Not Significant	0.00	< 4.47
Yam	IgG	Not Significant	4.00	< 4.47
Yellow Squash	IgG	Not Significant	4.00	< 4.47
Yuca	IgG	Not Significant	4.00	< 4.47
Zucchini	IgG	Not Significant	4.00	< 4.47

Herbs/Spices

Antigen Name	Analyte	Scale	Value *	Not Significant
Basil	IgG	Not Significant	4.00	< 4.47
Bay Leaf	IgG	Not Significant	4.00	< 4.47
Black Pepper	IgG	High	49.00	< 4.47
Cayenne Pepper	IgG	Not Significant	4.00	< 4.47
Cilantro	IgG	High	49.00	< 4.47
Cinnamon	IgG	High	49.00	< 4.47
Cloves	IgG	High	49.00	< 4.47
Cumin	IgG	High	49.00	< 4.47
Curry	IgG	High	49.00	< 4.47
Dill	IgG	High	49.00	< 4.47
Ginger	IgG	High	49.00	< 4.47
Hops	IgG	High	50.00	< 4.47
Mint	IgG	Not Significant	0.00	< 4.47
Miso	IgG	Not Significant	0.00	< 2.39
Mustard Seed	IgG	Not Significant	4.00	< 4.47
Oregano	IgG	Not Significant	4.00	< 4.47
Paprika	IgG	Not Significant	4.00	< 4.47
Rosemary	IgG	Not Significant	4.00	< 4.47
Sage	IgG	Not Significant	0.00	< 4.47
Tarragon	IgG	Not Significant	4.00	< 4.47
Thyme	IgG	Not Significant	0.00	< 4.47
Turmeric	IgG	Not Significant	0.00	< 4.47
Vanilla Bean	IgG	Not Significant	0.00	< 2.03

Miscellaneous

Antigen Name	Analyte	Scale	Value *	Not Significant
Bromelain	IgG	High	50.00	< 2.71
Cane Sugar	IgG	High	49.00	< 4.47
Cocoa Bean	IgG	High	49.00	< 4.47
Coffee	IgG	High	49.00	< 4.47
Green Tea	IgG	High	49.00	< 4.47
Honey	IgG	High	49.00	< 4.47
Meat Glue	IgG	High	575.00	< 4.47
Oolong Tea	IgG	Not Significant	4.00	< 4.47

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Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods:

A patient's serum or dry blood spot sample is introduced to a protein extract from each of the 190 foods. The test report indicates the level of IgG antibodies to those specific food proteins. If food-specific binding occurs between a food antigen and the patient's IgG antibodies, the result will appear on the graph as low, moderate, or high in relation to a reactivity scale.

Using IgG Food MAP results to build elimination or exclusion diets:

Symptomatic reactions to IgG-reactive foods are difficult to connect with specific foods. A diet eliminating some or all reactive foods may improve symptoms and is not as challenging as a full elimination or elemental diet. As reactive foods are removed from the diet, it is useful to observe any changes in digestion, skin condition, energy level, mood, or pain level.

The IgG Food MAP Test includes two separate reports: the IgG Food MAP report (190 foods) and the IgG Yeast Allergy report (Candida albicans and Saccharomyces cerevisiae yeast).

Because yeasts' primary antigens are rich in glycans, and not suited for the protein-specific assay, they are tested by an ELISA method and results are provided **in a separate report,** which may occasionally be delivered or available in the portal on a different date.

For additional information and references on IgG and dietary intervention, please visit
https://MosaicDx.com/functional-assessment/allergies-food-sensitivities/

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Congratulations, Report

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

Mosaic Diagnostics.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load , as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also “unmask” hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

For additional information and references on IgG and dietary intervention, please visit https://MosaicDx.com/functional-assessment/allergies-food-sensitivities/

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Four Day Rotation Diet – Customized for Report Sample

Day 1	Day 2	Day 3	Day 4
Dairy			
Beans and Peas			
Fruits			
Date Passion Fruit Pear	Orange Pomegranate	Cranberry Peach Plum Raspberry Strawberry	Coconut Papaya Pineapple
Grains			
Sorghum Teff Wheat Gluten Whole Wheat	Oat Quinoa		Rice Rye
Fish/Seafood			
Sardine	Lobster Octopus Oyster Scallop Shrimp Small Clam Squid Tilapia	Perch Red Snapper Salmon Trout	Bass Pacific Mackerel (Saba) Pacific Saury

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Meat/Fowl			
	Turkey		Pork
Nuts/Seeds			
Pine Nut Sesame Seed	Pecan Sunflower Seed Walnut		Peanut Pistachio Pumpkin Seed
Vegetables			
Napa Cabbage Radish Sweet Potato Yam	Pumpkin Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Spinach Yellow Squash Zucchini	Onion Potato Tomato	Olive (Green) Portabella Mushroom
Herbs/Spices			
Bay Leaf Mustard Seed Tarragon	Cayenne Pepper Miso Paprika Turmeric	Basil Mint Oregano Rosemary Sage Thyme	Vanilla Bean

Miscellaneous

Miscellaneous foods are not rotated. Remove foods with a moderate or high antibody response.

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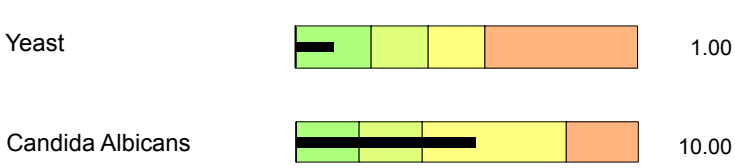
MOSAIC DIAGNOSTICS

IgG Food MAP
WITH CANDIDA + YEAST

Requisition #:	9900001	**Practitioner:**	NO PHYSICIAN
Patient Name:	Report Sample	**Date of Collection:**	Dec 1, 2022
Date of Birth:	Mar 9, 1960	**Time of Collection:**	Not Given
Gender:	F	**Report Date:**	May 9, 2024

IgG Yeasts Allergy Test (2) Serum



Reactivity Summary

Not Significant
Yeast

Moderate
Candida Albicans

Not Significant	1.00 - 1.99
Low	2.00 - 3.49
Moderate	3.50 - 4.99
High	>= 5.00

Yeast Saccharomyces Cerevisiae Scale

Not Significant	<= 3.49
Low	3.50 - 6.99
Moderate	7.00 - 14.99
High	>= 15.00

Candida Scale

The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

This test was developed, and its performance characteristics determined by Mosaic Diagnostics Laboratory. It has not been cleared or approved by the US Food and Drug Administration, however, does comply with CLIA regulations for clinical use.
The results should be interpreted in conjunction with the complete clinical picture, given patient history and presentation, and at the discretion of the medical provider.

MOSAIC DIAGNOSTICS

IgG Food MAP
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Gender:	F	**Report Date:**	May 9, 2024

IgG Yeasts Allergy Test (2) Serum

Comments

High levels of IgG antibodies to Candida, a genus of yeast:

A separate test for IgG antibody to Candida (serum and DBS) is included because of Candida's importance to overall health. IgG antibodies to Candida may be due to current or past infection or intestinal overgrowth. An elevated Candida IgG indicates the immune system has interacted with Candida. Although Candida and related fungal species are normal constituents of GI flora, use of antibiotics, oral contraceptives, chemotherapy, or anti-inflammatory steroids increases the possibility of fungal overgrowth and imbalance of GI flora. Dietary improvements and/or antifungal therapy may lower Candida antibodies and reduce symptoms.