

PRACTITIONER

PATIENT

Name: Sample Patient
DOB:
Gender:

TEST	RESULT			
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Array 10 - Food Immune Reactivity Screen **				
DAIRY and EGGS, Modified				
Egg White, cooked			1.02	0.0-0.9
Egg Yolk, cooked		0.72		0.0-1.0
Goat's Milk	0.54			0.0-2.2
Soft Cheese + Hard Cheese		1.33		0.1-1.7
Yogurt	0.76			0.0-1.5
GRAINS, Raw and Modified				
Rice, white + brown, cooked	0.88			0.1-1.3
Rice Cake		1.37		0.2-1.8
Rice Protein			1.13	0.1-0.8
Rice Endochitinase		0.74		0.1-0.8
Wild Rice, cooked	0.90			0.2-1.1
Wheat + Alpha-Gliadins	1.12			0.2-1.9
BEANS and LEGUMES, Modified				
Black Bean, cooked	0.40			0.1-1.0
Bean Agglutinins	0.81			0.2-1.5
Dark Chocolate + Cocoa	0.47			0.2-0.9
Fava Bean, cooked	0.53			0.3-1.0
Garbanzo Bean, cooked	1.25			0.2-1.8
Kidney Bean, cooked	0.46			0.0-0.8
Lentil, cooked	0.66			0.1-1.5
Lentil Lectin	1.18			0.5-1.5
Lima Bean, cooked	0.95			0.2-1.5
Pinto Bean, cooked	1.24			0.4-2.4
Soybean Agglutinin	0.68			0.0-1.1
Soybean Oleosin + Aquaporin	<0.40			0.0-0.9
Soy Sauce, gluten-free	1.47			0.1-2.3

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Mark G. Kartub, M.D., Medical Director

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Tofu	1.34			0.1-2.4
NUTS and SEEDS, Raw and Modified				
Almond	0.72			0.1-1.1
Almond, roasted	0.35			0.0-0.6
Brazil Nut, raw + roasted			1.24	0.0-1.1
Cashew	0.98			0.2-1.5
Cashew, roasted		2.24		0.0-2.9
Cashew Vicilin	0.79			0.3-1.7
Chia Seed			>2.70	0.1-2.3
Flax Seed	0.63			0.0-0.9
Hazelnut, raw + roasted		1.05		0.2-1.3
Macadamia Nut, raw + roasted		1.49		0.0-1.9
Mustard Seed		1.34		0.4-1.5
Pecan, raw + roasted	0.95			0.3-1.5
Peanut, roasted	0.53			0.1-0.7
Peanut Butter	0.38			0.0-1.3
Peanut Agglutinin	0.75			0.3-1.9
Peanut Oleosin		1.35		0.0-1.4
Pistachio, raw + roasted	0.96			0.3-1.2
Pumpkin Seeds, roasted	0.64			0.1-1.1
Sesame Albumin	0.46			0.0-1.6
Sesame Oleosin		1.16		0.1-1.2
Sunflower Seeds, roasted		1.28		0.2-1.5
Walnut	0.87			0.4-1.3
VEGETABLES, Raw and Modified				
Artichoke, cooked		1.76		0.1-2.0
Asparagus		1.40		0.2-1.4
Asparagus, cooked	0.86			0.1-2.2
Beet, cooked	0.43			0.1-1.5
Bell Pepper		1.95		0.5-2.3
Broccoli	0.81			0.0-1.8

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Broccoli, cooked	0.70			0.0-1.1
Brussels Sprouts, cooked	1.13			0.0-2.0
Cabbage, red + green	1.20			0.1-2.5
Cabbage, red + green, cooked			2.73	0.0-2.2
Canola Oleosin		1.04		0.4-1.3
Carrot		2.53		0.0-3.1
Carrot, cooked	1.04			0.0-1.7
Cauliflower, cooked			1.39	0.0-1.0
Celery	1.21			0.1-2.3
Chili Pepper	0.55			0.2-1.1
Corn + Aquaporin, cooked			3.41	0.0-2.5
Popped Corn	1.16			0.1-1.9
Corn Oleosin			1.44	0.1-1.4
Cucumber, pickled			3.20	0.0-1.4
Eggplant, cooked		1.51		0.1-2.1
Garlic	0.69			0.0-1.2
Garlic, cooked	0.81			0.1-1.9
Green Bean, cooked	0.86			0.1-1.5
Lettuce			1.60	0.1-1.5
Mushroom, raw + cooked	1.12			0.0-2.1
Okra, cooked	0.89			0.1-1.5
Olive, green + black, pickled	0.98			0.2-1.9
Onion + Scallion			2.30	0.1-1.7
Onion + Scallion, cooked		1.29		0.0-1.3
Pea, cooked			1.36	0.0-1.1
Pea Protein		1.45		0.2-1.7
Pea Lectin	1.28			0.1-1.7
Potato, white, cooked (baked)			0.87	0.0-0.8
Potato, white, cooked (fried)	0.87			0.1-1.6
Pumpkin + Squash, cooked	0.87			0.4-1.6
Radish	1.09			0.1-1.7

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Safflower + Sunflower Oleosin	1.08			0.1-1.5
Seaweed			1.29	0.1-1.2
Spinach + Aquaporin	0.95			0.1-1.5
Tomato + Aquaporin		2.08		0.2-2.2
Tomato Paste	1.20			0.3-1.5
Yam + Sweet Potato, cooked	<0.60			0.2-1.2
Zucchini, cooked	0.59			0.2-0.8
FRUIT, Raw and Modified				
Apple	0.92			0.2-1.5
Apple Cider	1.03			0.3-1.3
Apricot	1.01			0.5-2.1
Avocado	0.71			0.2-1.1
Banana	0.33			0.0-1.5
Banana, cooked	0.50			0.0-2.2
Latex Hevein	0.92			0.3-2.3
Blueberry		1.29		0.1-1.6
Cantaloupe + Honeydew Melon		1.06		0.1-1.2
Cherry	0.77			0.2-1.4
Coconut, meat + water	0.77			0.0-1.1
Cranberry			4.25	0.0-2.2
Date		1.71		0.3-2.0
Fig	1.33			0.3-2.5
Grape, red + green			1.87	0.2-1.0
Red Wine	1.04			0.1-1.9
White Wine	1.19			0.1-2.6
Grapefruit			1.45	0.3-1.2
Kiwi		1.61		0.0-2.0
Lemon + Lime	0.28			0.0-0.6
Mango			1.00	0.0-0.9
Orange		1.45		0.2-1.7
Orange Juice	0.36			0.1-0.9

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Papaya			1.58	0.2-1.5
Peach + Nectarine	1.32			0.2-2.0
Pear		1.74		0.2-2.1
Pineapple	1.44			0.0-2.7
Pineapple Bromelain	0.92			0.1-1.3
Plum	1.07			0.3-2.2
Pomegranate		1.64		0.3-1.9
Strawberry			3.17	0.3-2.3
Watermelon			1.46	0.2-1.0
FISH and SEAFOOD, Raw and Modified				
Cod, cooked		2.13		0.1-2.2
Halibut, cooked	0.91			0.1-1.6
Mackerel, cooked		2.24		0.0-2.9
Red Snapper, cooked		1.19		0.1-1.5
Salmon	2.51			0.0-3.9
Salmon, cooked			2.70	0.2-2.4
Sardine + Anchovy, cooked		2.66		0.0-3.3
Sea Bass, cooked	1.34			0.1-1.8
Tilapia, cooked	0.87			0.4-1.2
Trout, cooked			2.42	0.0-1.5
Tuna			3.47	0.1-2.7
Tuna, cooked	0.94			0.1-1.3
Whitefish, cooked			2.12	0.1-1.4
Crab + Lobster, cooked	0.64			0.2-1.4
Imitation Crab, cooked		0.64		0.0-0.8
Clam, cooked			3.18	0.0-2.4
Oyster, cooked	1.17			0.1-1.6
Scallops, cooked		0.99		0.0-1.2
Squid (Calamari), cooked			2.44	0.5-2.4
Shrimp, cooked			1.77	0.1-1.5
Shrimp Tropomyosin			1.44	0.0-1.4

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Parvalbumin	1.07			0.3-1.5
MEAT, Modified				
Beef, cooked medium			2.82	0.3-1.9
Chicken, cooked		0.93		0.0-1.1
Lamb, cooked			2.23	0.0-1.5
Pork, cooked			2.48	0.1-2.2
Turkey, cooked	0.71			0.1-1.3
Gelatin			1.41	0.1-0.9
Meat Glue			2.18	0.1-1.3
HERBS, Raw				
Basil	1.39			0.2-1.8
Cilantro	1.34			0.0-2.2
Cumin	1.03			0.0-1.7
Dill	0.76			0.0-1.1
Mint	0.75			0.4-1.5
Oregano			2.59	0.0-1.2
Parsley		1.47		0.0-1.6
Rosemary		1.31		0.2-1.5
Thyme	0.96			0.3-1.4
SPICES, Raw				
Cinnamon	0.51			0.3-1.7
Clove		1.54		0.4-1.8
Ginger			>3.20	0.1-2.5
Nutmeg		1.68		0.2-1.9
Paprika	1.19			0.2-1.4
Turmeric (Curcumin)			1.67	0.2-1.3
Vanilla	0.51			0.0-2.8
GUMS				
Beta-Glucan		1.14		0.0-1.5
Carrageenan	0.82			0.1-1.1
Gum Guar			1.56	0.2-1.1

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Gum Tragacanth			0.71	0.0-0.6
Locust Bean Gum			0.89	0.0-0.8
Mastic Gum + Gum Arabic		1.29		0.0-1.3
Xanthan Gum		0.86		0.2-0.9
BREWED BEVERAGES and ADDITIVES				
Coffee Bean Protein, brewed		1.53		0.0-1.6
Black Tea, brewed	0.82			0.3-1.6
Green Tea, brewed	1.27			0.1-1.6
Honey, raw +processed			1.34	0.1-1.3
Food Coloring			2.06	0.5-1.1

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