

Draft Draft Draft Draft

Reference Laboratory • Reference Street 1-4 • 223344 LabCity
Sven Svensson • 19/12/1977 • Age: 40 • male



IgG food intolerance Individual short report

Sven Svensson

Date of birth: 19/12/1977 • Age: 40 • Sex: male • Sample-ID: 514123

Your personal results



66

Low food specific IgG

17

Elevated food specific IgG

17

High food specific IgG

Candida albicans:

Positiv

Sender

Reference Laboratory
Reference Street 1-4
223344 LabCity

Sample type:

Serum

Sample-ID:

514123

Examination method:

Enzyme linked immuno-sorbent assay for the detection of foodstuff specific IgG.

Date:

13/08/2018

Report authorized by:

Dr Smith

Technology:

RIDA®CHIP FoodGuide

The information in your documents does not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert. Please immediately consult your practitioner in case of any health-related concerns. The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severeness of serious clinical symptoms.

●●● 0 - 9.99 µg/ml ●●● 10 - 19.99 µg/ml ●●● 20+ µg/ml



Vegetables

Type of food	µg/ml IgG	
Aubergine	2.4	● ● ●
Beetroot	9.1	● ● ●
Broccoli	10.0	● ● ●
Carrot	13.8	● ● ●
Celeriac, knob celery	10.5	● ● ●
Courgette	9.1	● ● ●
Cucumber	6.5	● ● ●
Green bean	19.3	● ● ●
Horseradish	9.4	● ● ●
Leek	6.2	● ● ●
Olive	2.3	● ● ●
Onion	2.4	● ● ●
Pea	5.0	● ● ●
Potato	3.3	● ● ●
Red cabbage	11.1	● ● ●
Soy bean	2.5	● ● ●
Tomato	7.6	● ● ●
Turnip cabbage	3.9	● ● ●



Fruits

Type of food	µg/ml IgG	
Apple	1.9	● ● ●
Apricot	3.3	● ● ●
Banana	17.1	● ● ●
Cherry	17.8	● ● ●
Grape / Raisin	2.9	● ● ●
Kiwi	22.9	● ● ●
Lemon	1.2	● ● ●
Nectarine	11.4	● ● ●
Orange	2.3	● ● ●
Pineapple	23.6	● ● ●
Raspberry	3.0	● ● ●



Fruits

Type of food	µg/ml IgG	
Strawberry	4.5	● ● ●
Watermelone	13.5	● ● ●



Spices and herbs

Type of food	µg/ml IgG	
Basil	2.3	● ● ●
Chili Cayenne	2.7	● ● ●
Cinnamon	6.5	● ● ●
Curry	16.4	● ● ●
Garlic	30.9	● ● ●
Mustard seed	14.9	● ● ●
Nutmeg	3.0	● ● ●
Oregano	1.1	● ● ●
Paprika, spice	3.0	● ● ●
Parsley	9.4	● ● ●
Pepper, black	41.3	● ● ●
Rosemary	2.1	● ● ●
Sweet pepper	5.0	● ● ●
Thyme	1.6	● ● ●
Vanilla	3.3	● ● ●



Fish and seafood

Type of food	µg/ml IgG	
Cod, codling	2.8	● ● ●
Crayfish	2.3	● ● ●
Lobster	5.6	● ● ●
Ocean perch	2.1	● ● ●
Pollock	3.9	● ● ●
Salmon	2.6	● ● ●
Tunafish	2.0	● ● ●



Cereals containing gluten

Type of food	µg/ml IgG	
Barley	6.5	● ● ●
Gluten	39.3	● ● ●
Rye	19.3	● ● ●
Spelt	39.8	● ● ●
Wheat	48.9	● ● ●



Mushrooms

Type of food	µg/ml IgG	
Meadow mushrooms	2.7	● ● ●
Oyster mushroom	3.9	● ● ●



Cereals w/o gluten and alternatives

Type of food	µg/ml IgG	
Buckwheat	2.3	● ● ●
Maize, sweet corn	3.3	● ● ●
Millet	4.2	● ● ●
Oats	9.7	● ● ●
Quinoa	7.4	● ● ●
Rice	3.9	● ● ●



Meat

Type of food	µg/ml IgG	
Beef	18.9	● ● ●
Chicken	2.3	● ● ●
Lamb	1.8	● ● ●
Pork	5.9	● ● ●
Turkey	2.7	● ● ●



Milk products

Type of food	µg/ml IgG	
Cow's milk	196.3	● ● ●
Goat milk, cheese	71.4	● ● ●
Rennet cheese	133.9	● ● ●
Sheep milk, -cheese	29.9	● ● ●
Sour milk products (cow)	156.4	● ● ●



Seeds and nuts

Type of food	µg/ml IgG	
Almond	26.5	● ● ●
Cashew	6.5	● ● ●
Hazelnut	18.2	● ● ●
Linseed	7.6	● ● ●
Peanut	2.1	● ● ●
Pistachio	2.1	● ● ●
Poppy seed	4.5	● ● ●
Pumpkin seed	2.5	● ● ●
Sesame	9.1	● ● ●
Sunflower seeds	2.7	● ● ●
Walnut	1.6	● ● ●



Salads

Type of food	µg/ml IgG	
Butterhead lettuce	1.5	● ● ●
Lambs lettuce	2.7	● ● ●

Yeast

Type of food	µg/ml IgG	
Yeast	12.7	  

Specials

Type of food	µg/ml IgG	
Cocoa bean	36.7	  



Teas, coffee and beverages

Type of food	µg/ml IgG	
Coffee	32.9	  
Tea, peppermint	5.3	  
Tee, black	4.5	  



Food additives

Type of food	µg/ml IgG	
Guar flour	16.4	  



Eggs

Type of food	µg/ml IgG	
Chicken egg-white	137.3	  
Chicken egg-yolk	33.4	  



Sweeteners

Type of food	µg/ml IgG	
Cane sugar	2.1	  
Honey	10.5	  



Specials

Type of food	µg/ml IgG	
Aspergillus niger	16.1	  