



**GutMapDx**<sup>®</sup>

# FoodSensitivity Map

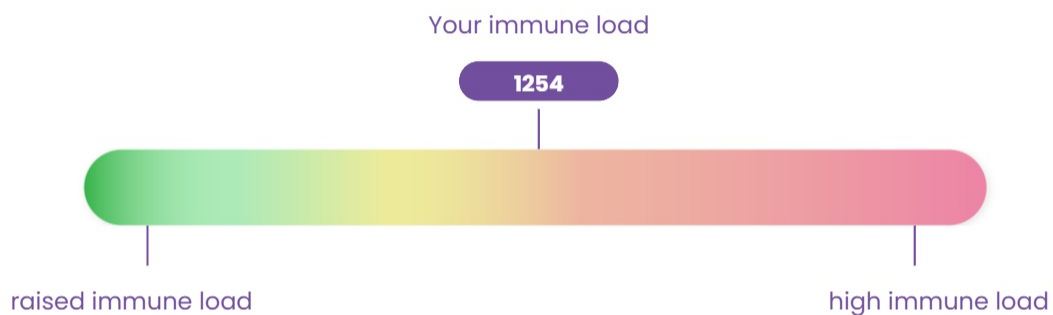
**Sample ID** :

**Patient Name** : Example Report

**Sample Date** :

## Total IgG Immune Load

Your total IgG reactivity shows the current immune load your body is experiencing with your current diet. Research shows by following your IgG guided dietary changes, total immune load can be reduced.



Your food specific IgG antibody diet guide shows IgG reactions and cross reactions to foods and drinks.

This information can be used by a qualified healthcare practitioner to adjust your diet. Any changes in diet including the removal of foods should be overseen by a qualified professional, to prevent nutrient deficiencies.

Please note: a food specific IgG antibody test does not analyse classical allergies, where IgE antibodies are involved. Food specific IgG antibody testing cannot diagnose conditions such as Coeliac Disease, or Lactose Intolerance. Any pre existing allergies or negative reactions to foods should be discussed with your health practitioner. Lab defines Food Sensitivity as a food specific IgG antibody reaction. This is not a diagnostic test

Elevated  $\geq 20$  IgG  $\mu\text{g/ml}$

Borderline 10 - 19.99 IgG  $\mu\text{g/ml}$

Normal 0 - 9.99 IgG  $\mu\text{g/ml}$

## Dairy Products & Egg

2.55 Cow's milk Bos d 4 \* (Alpha-Lactalbumin)

2.91 Cow's milk Bos d 5 \* (Beta-Lactoglobulin)

0.87 Cow's milk Bos d 8 \* (Casein)

4.65 Buttermilk

2.66 Camembert

4.01 Emmental

2.00 Gouda

4.17 Cottage cheese

6.64 Cow's milk

4.93 Mozzarella

2.50 Parmesan

4.80 Buffalo milk

2.05 Camel milk

2.18 Goat cheese

5.01 Goat milk

11.60 Quail egg

35.65 Egg white

34.04 Egg yolk

1.45 Sheep cheese

0.87 Sheep milk

## Cereals & Seeds

4.34	Amaranth	10.62	Oat	30.28	Rapeseed
1.36	Hempseed	1.59	Quinoa	2.86	Pumpkin seed
0.12	Buckwheat	1.24	Sunflower	2.17	Barley
4.61	Malt (barley)	1.65	Linseed	1.09	Lupine seed
7.67	Rice	3.73	Millet	0.61	Poppyseed
1.97	Pine nut	4.80	Rye	4.69	Sesame
13.25	Wheat	11.49	Wheat gliadin	10.58	Wheat bran
1.46	Wheatgrass	16.25	Gluten	10.73	Emmer
6.39	Durum	5.45	Einkorn	7.04	Polish wheat
5.32	Spelt	1.10	Corn		

## Meat

0.27	Duck	0.56	Beef	0.00	Veal
0.93	Venison	0.00	Goat	0.82	Stag
0.63	Horse	1.18	Chicken	0.24	Turkey
2.55	Rabbit	1.53	Lamb	0.64	Ostrich
0.00	Pork	1.71	Boar		

## Fish & Seafood

1.41	Caviar	1.19	Eel	0.18	Noble crayfish
3.45	Cockle	0.97	Crab	7.16	Atlantic herring
1.28	Carp	2.71	European anchovy	0.58	Northern pike
0.25	Atlantic cod	2.35	Abalone	0.00	Lobster
4.42	Shrimp mix	0.00	Squid	0.39	Monkfish
2.44	Haddock	1.74	Hake	1.01	Common mussel

3.18	Octopus	0.82	Trout	3.18	Oyster
0.00	Northern prawn	2.46	Scallop	1.28	Razor shell
3.33	European plaice	1.87	Thornback Ray	2.63	Venus clam
1.15	Salmon	0.96	European pilchard	2.03	Turbot
1.01	Mackerel	3.03	Atlantic redfish	1.92	Sepia
0.13	Sole	0.00	Gilt-head bream	2.83	Tuna
1.93	Swordfish				

## Vegetables

3.13	Shallot	2.06	Onion	2.09	Leek
1.74	Garlic	2.69	Chives	1.23	Wild garlic
4.96	Celery Bulb	4.46	Celery Stalk	3.34	Horseradish
3.43	White asparagus	0.00	Bamboo sprouts	2.13	Chard
6.88	Red beet	2.70	Cabbage	3.55	Cauliflower
1.27	White cabbage	0.92	Brussels sprouts	7.09	Kohlrabi

1.65	Broccoli	0.83	Romanesco	1.72	Red cabbage
4.37	Green cabbage	2.75	Savoy	3.02	Turnip
3.72	Pok-Choi	1.85	Chinese cabbage	2.61	Caper
3.25	Endive	2.48	Radicchio	2.76	Chicorée
2.26	Pumpkin Butternut	2.60	Pumpkin Hokkaido	2.07	Kiwano
2.52	Zucchini	2.38	Cucumber	7.31	Artichoke
3.22	Carrot	3.18	Arugula	4.48	Fennel (bulb)
3.75	Sweet potato	2.52	Watercress	3.18	Olive
2.39	Parsnip	4.21	Avocado	2.61	Green bean
1.97	Pea	3.19	Radish	5.96	Eggplant
4.27	Potato	3.72	Tomato	4.70	Spinach
6.35	Nettle leaves	2.36	Lamb's lettuce		

## Edible Mushrooms

0.92 White mushroom

3.36 Boletus

6.44 Chanterelle

1.35 Enoki

1.40 French horn mushroom

0.16 Oyster mushroom

## Legumes

0.00 Peanut

7.40 Chickpea

7.46 Soy

10.20 Lentil

0.00 White bean

2.61 Green bean

1.97 Pea

2.06 Sugar pea

0.51 Tamarind

4.93 Mung bean

## Fruits

3.96	Kiwi	41.80	Pineapple	3.12	Papaya
4.88	Lime	2.69	Lemon	2.41	Watermelon
0.70	Grapefruit	2.08	Tangerine	6.48	Orange
3.68	Melon	8.99	Fig	31.78	Strawberry
0.35	Lychee	0.97	Apple	6.98	Mango
1.76	Mulberry	13.78	Banana	2.11	Passion fruit
0.00	Date	8.01	Physalis	3.09	Apricot
10.15	Cherry	7.67	Plum	2.94	Peach
0.00	Nectarine	2.40	Pomegranate	5.40	Pear
1.08	Gooseberry	0.84	Red currant	2.73	Blackberry
5.72	Raspberry	6.30	Elderberry	5.57	Blueberry
1.09	Cranberry	0.00	Grape	2.26	Raisin

## Nuts



## Spices

0.54	Dill	0.00	Tarragon	5.89	Paprika
2.12	Cayenne pepper	5.79	Chili (red)	2.34	Caraway
3.91	Cinnamon	14.16	Curry	4.37	Coriander
1.75	Cumin	5.34	Turmeric	2.69	Lemongrass
1.01	Cardamom	2.58	Juniper berry	0.00	Bay leaf
1.53	Nutmeg	4.45	Mint	5.96	Basil
5.10	Majoram	2.99	Oregano	3.36	Parsley
2.49	Anise	1.78	Pepper 	2.89	Rosmary
0.59	Sage	2.64	Mustard	4.66	Clove
5.63	Thyme	2.86	Fenugreek	2.20	Vanilla
30.66	Ginger				

## Herbal Teas & Coffee

2.78	Tea, black	1.45	Tea, green	2.33	Coffee
2.66	Hibiscus	2.45	Jasmine	4.21	Chamomile
7.69	Peppermint	1.55	Moringa	2.78	Cocoa

## Novel Foods

2.53	House cricket	4.84	Baobab	7.33	Aloe
6.21	Greater burdock root	2.20	Aronia	0.92	Safflower oil
2.81	Chlorella	6.03	Ginkgo	1.36	Maca root
1.40	Migratory locust	7.59	Tapioca	1.02	Ginseng
2.46	Guarana	7.51	Almond milk	1.85	Nori
3.48	Chia seed	3.71	Yacón root	0.74	Spirulina
4.55	Dandelion root	2.01	Mealworm	2.44	Wakame

## Others

4.85 Agar Agar

5.37 Honey

7.27 Aspergillus niger

2.21 Hops

5.12 Baker's yeast

4.77 Cane sugar

0.81 Brewer's yeast

1.76 Elderflower

2.27 M-Transglutaminase, meat glue

## Your Reactive Foods & Drinks

### Elevated $\geq 20$ IgG $\mu\text{g/ml}$

41.80	Pineapple	30.28	Rapeseed	20.41	Hazelnut
31.78	Strawberry	35.65	Egg white	34.04	Egg yolk
30.66	Ginger				

### Borderline 10 - 19.99 IgG $\mu\text{g/ml}$

10.62	Oat	14.16	Curry	11.60	Quail egg
10.20	Lentil	13.78	Banana	10.15	Cherry
13.25	Wheat	11.49	Wheat gliadin	10.58	Wheat bran
16.25	Gluten	10.73	Emmer		