



<b>Patient Information</b>		Date of Birth:	Gender:	F	
HCP: Samantha Eaton		Date Received: XX/XX/20XX	Date Collected: XX/XX/XXXX	Date Reported: XX/XX/XXXX	XXXXXX
		Clinic ID: 36449	Lab ID:		

Item Count: 237

**SEVERE      MODERATE      MILD\*      ACCEPTABLE / NO REACTION**

<p>ANCHOVY CASHEW EGG YOLK PEANUT</p>	<p>BLUEBERRY BUTTON MUSHROOM GARLIC HOPS LACTOSE LEEK OREGANO PINE NUT PSYLLIUM SAFFLOWER SNAPPER (RED) TUNA WHEAT</p>	<p>APRICOT* BAKER'S YEAST* BLACK BEANS* BLACK CURRANT* BLACK TEA* BLACK-EYED PEA* BREWER'S YEAST* CANDIDA ALBICANS* CANNELLINI BEANS* CARROT* CHERRY* CHICORY* COCOA* COLLARD GREENS* CRAB* CRANBERRY* CURRY* DANDELION LEAF* EGGPLANT* ESCAROLE* FENNEL SEED* FLAXSEED* GREEN PEA* HALIBUT* KALE* LEMON* LOBSTER* MACKEREL* MAHI MAHI* PARSLEY* PINTO BEAN* PLUM* POMEGRANATE* RADISH* SALMON* SCALLOP* THYME*</p>	<p><b>VEGETABLES / LEGUMES</b></p> <p>ACORN SQUASH ASPARAGUS BROCCOLI CAPERS CUCUMBER ICEBERG LETTUCE LEAF LETT (RED/GR MUSTARD GREENS PARSNIP ROMAINE LETT SOYBEAN SWEET POTATO TURNIP WHITE POTATO</p> <p>ADZUKI BEANS BELL PEPPER MIX BRSSL SPROUTS CAULIFLOWER ENDIVE JALAPEÑO PEPP LENTIL BEAN NAVY BEAN PORTOBELLO MUSHRM SCALLION SPAGHETTI SQUASH SWISS CHARD WAKAME SEAWEED YAM</p> <p>ARTICHOKE BOK CHOY BTRNUT SQUASH CELERY FAVA BEAN KELP LIMA BEAN OKRA RED BEET / SUGAR SHALLOTS SPINACH TARO ROOT WATER CHESTNUT YELLOW SQUASH</p> <p>ARUGULA BOSTON BIBB LETTU CABBAGE CHICKPEA GUAVA KIDNEY BEAN MUNG BEAN ONION RHUBARB SHIITAKE MUSHRM STRING BEAN TOMATO WATERCRESS ZUCCHINI SQUASH</p> <p><b>FRUITS</b></p> <p>APPLE CANTALOUPE GRAPEFRUIT LYCHEE OLIVE PEAR RASPBERRY WATERMELON</p> <p>AVOCADO DATE HONEYDEW MLN MANGO ORANGE PERSIMMON STAR FRUIT</p> <p>BANANA FIG KIWI MULBERRY PAPAYA PINEAPPLE STRAWBERRY</p> <p><b>MEAT</b></p> <p>BEEF DUCK VEAL</p> <p>BISON LAMB VENISON</p> <p>CHICKEN PORK</p> <p>CHICKEN LIVER TURKEY</p> <p><b>DAIRY / EGGS</b></p> <p>COW'S MILK EGG WHITE GOAT'S MILK SHEEP'S MILK</p> <p><b>SEAFOOD</b></p> <p>CATFISH HADDOCK SHRIMP TILAPIA</p> <p>CLAM MUSSEL SOLE TROUT</p> <p>CODFISH OYSTER SQUID</p> <p>FLOUNDER SEA BASS SWORDFISH</p> <p><b>GRAINS / STARCHES</b></p> <p>AMARANTH CORN QUINOA SPELT WILD RICE</p> <p>ARROWROOT MALT RICE (BRWN/WHT) TAPIOCA</p> <p>BARLEY MILLET RYE TEFF</p> <p>BUCKWHEAT OAT (GLUTEN FREE) SORGHUM</p> <p><b>HERBS / SPICES</b></p> <p>ANCHO CHILI PEPP CARDAMOM CINNAMON DILL NUTMEG SAFFRON</p> <p>BASIL CAYENNE PEPPER CLOVE GINGER PAPRIKA SAGE</p> <p>BAY LEAF CHIVES CORIANDER SEED HORSERADISH PEPPERMINT TARRAGON</p> <p>BLACK PEPPER CILANTRO CUMIN LICORICE ROSEMARY TURMERIC</p> <p><b>NUTS / OILS AND MISC. FOODS</b></p> <p>ALMOND CHAMOMILE HAZELNUT NUTRITIONAL YEAST SPEARMINT</p> <p>BRAZIL NUT CHIA HEMP PECAN SUNFLOWER</p> <p>CARAWAY COCONUT MACADAMIA PISTACHIO VANILLA</p> <p>CAROB COFFEE MUSTARD SEED SESAME WALNUT</p>
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**CANDIDA ALBICANS**  
You have a mild reaction to Candida Albicans, also limit these foods:  
CANE SUGAR, FRUCTOSE (HFCS), HONEY, MAPLE SUGAR, MOLASSES

**GLUTEN      GLIADIN**  
You have no reaction to Gluten and moderate reaction to Gliadin,  
avoid these foods: BARLEY, MALT, RYE, SPELT, WHEAT.

**CASEIN      WHEY**  
You have no reaction to Whey and moderate reaction to Casein,  
avoid these foods: COW'S MILK, GOAT'S MILK, LACTOSE



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Item Count: 70

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
YELLOW#5	RED#40 ALLURA	POLYSORBATE 80*	<b>FOOD ADDITIVES/COLORINGS</b> ACID BLUE #3    ACID RED #14    ANNATTO ASPARTAME    BENZOIC ACID    BHA BHT    BLUE#1 BRILLIANT    BLUE#2 INDIGO CAR BRILLIANT BLACK    CITRIC ACID    ERYTHRITOL GREEN#3 FAST    MSG    RED#4 CARMINE GREEN    SACCHARIN    SODIUM SULFITE RED    SUCRALOSE    XYLITOL SORBIC ACID    YELLOW#6 SUNSET Y TARTRAZI
	NAPROXEN	TETRACYCLINE	<b>ANTIBIOTICS/ANTI INFLAMMATORY AGENTS</b> ACETAMINOPHEN    AMOXICILLIN    AMPICILLIN ASPIRIN    DICLOFENAC    DIFLUNISAL GENTAMICIN    IBUPROFEN    INDOMETHACIN KETOPROFEN    NEOMYCIN    NYSTATIN PENICILLAMINE    PENICILLIN    PIROXICAM STREPTOMYCIN    SULFAMETHOXAZOLE    SULINDAC
	PULLULARIA	EPICOCOCCUM NIGRUM* RHIZOPUS NIGRICANS*	<b>MOLDS</b> ALTERNARIA    ASPERGILLUS    BOTRYTIS CEPHALOSPORIUM    CLADO HERBARUM    CURV SPECIFERA FUSARIUM    GEOTRICHUM CANDID    HELMINTHOSPORIUM OXYSPORI    MONILIA SITOPHILA    MUCOR RACEMOSUS HORMODENDRUM    PHOMA DESTRUCTIVA    RHODOTORULA PENICILLIUM    TRICHODERMA    RUBRA SPONDYLOCLADIUM
		FLUORIDE	<b>ENVIRONMENTAL CHEMICALS</b> AMMONIUM    CHLORINE    DELTAMETHRIN CHLORIDE    NICKEL SULFATE    ORRIS ROOT
			<b>OTHERS</b>

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SPIRULINA\*

CHONDROITIN  
GOJI BERRY  
RESVERATROL

CHLORELLA\*  
DANDELION ROOT\*  
FEVERFEW\*  
GINKGO BILOBA\*  
KAVA KAVA\*  
LUO HAN GUO\*  
PINE BARK\*

**Functional Foods and Medicinal Herbs**

ACAI BERRY	AGAVE	ALOE VERA	ASHWAGANDHA
ASTRAGALUS	BARLEY GRASS	BEE POLLEN	BILBERRY
BLACK WALNUT	CASCARA	ECHINACEA	ELDERBERRY
ESSIAC	GLUCOSAMINE	GOLDENSEAL	GRAPE SEED
GUARANA SEED	GYMNEMA SYLVESTRE	HAWTHORN BERRY	EXTRAC
LUTEIN	MAITAKE MUSHROOM	MILK THISTLE	HUPERZINE
NONI BERRY	PAU DARCO BARK	RED YEAST RICE	MULLEIN LEAF
RHODIOLA	ROOIBOS TEA	SCHISANDRA BERRY	REISHI MUSHROOM
ST JOHNS WORT	STEVIA LEAF	VALERIAN	SENNA
WHEATGRASS	WORMWOOD	YELLOW DOCK	VINPOCETINE

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**Herbs: Male/Female**