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P88-Dietary Antigen Test

A Targeted Approach to Wellness

P88 Guide

PATIENT INFO

NAME: **Patient Sample**
REQUISITION ID: DPA213230010
DOB: 1/1/1971
SAMPLE DATE: 4/1/2022
RECEIVE DATE: 4/3/2022
DRAFT DATE: 8/11/2022

CLINIC INFO

Sample Clinic
ADDRESS: 121 Sample Lane
Sample City, SS 10101

PHONE: (678)736-6374
FAX: (770)674-1701

SUMMARY | 1/2

	ALLERGY			SENSITIVITY					
DIETARY ANTIGEN	IgE	IgE (µg/mL)	IMMUNE TOLERANCE TO IgE	IgG4	IgG4 (µg/mL)	IgG	IgG (µg/mL)	C3d	C3d (µg/mL)
Almond	MODERATE	1.13		MODERATE	1.01	LOW	1.98	HIGH	7.82
Apple	MODERATE	0.59		LOW	0.11	LOW	2.20	LOW	0.19
Asparagus	LOW	0.31	YES	MODERATE	0.54	MODERATE	16.74	LOW	0.97
Aspergillus Mix		0.06			0.00	HIGH	128.38	MODERATE	1.59
Avocado		0.00			0.00	LOW	3.91		0.30
Banana	LOW	0.43	YES	MODERATE	1.51	HIGH	16.63	LOW	0.80
Barley	LOW	0.52	YES	MODERATE	2.36	LOW	0.95		0.19
Beef	LOW	1.50		LOW	1.47		0.00	LOW	2.49
Black Pepper	LOW	0.27	YES	HIGH	1.36	HIGH	61.03	LOW	0.47
Blueberry		0.00		HIGH	2.83	LOW	7.77	LOW	0.30
Brewer's Yeast		0.00			0.00	HIGH	106.23		0.00
Broccoli	LOW	0.11	YES	HIGH	2.63	MODERATE	21.62	LOW	0.52
Cabbage		0.00		HIGH	1.66		0.00	MODERATE	1.14
Cacao	LOW	0.42			0.00	MODERATE	65.92	LOW	0.19
Candida	MODERATE	1.60			0.00	MODERATE	229.23	LOW	0.47
Cantaloupe		0.00	YES	LOW	0.05		0.16	LOW	0.08
Carrot	LOW	0.23	YES	HIGH	1.03	LOW	0.84	LOW	0.52
Casein	MODERATE	0.55	YES	MODERATE	9.45	HIGH	122.82	LOW	0.30
Cashew	MODERATE	0.57		LOW	0.49		0.00	HIGH	3.39
Cauliflower		0.00		HIGH	9.42		0.00		0.00
Celery		0.00		LOW	0.11		0.00		0.00
Cherry		0.03	YES	HIGH	8.75	LOW	3.68	LOW	0.19
Chicken		0.00		MODERATE	1.30		0.00	LOW	0.08
Cinnamon		0.00			0.00	LOW	12.20		0.00
Clam	HIGH	19.52		MODERATE	4.10	MODERATE	41.38	MODERATE	5.80
Coconut	MODERATE	0.82			0.00	LOW	1.41	MODERATE	2.32
Codfish	LOW	0.09	YES	HIGH	32.75	LOW	6.06	MODERATE	0.86
Coffee	LOW	0.10	YES	HIGH	1.77	MODERATE	83.52	LOW	1.31
Corn	MODERATE	0.55		LOW	0.35		0.04	LOW	0.47
Cottonseed		0.00		HIGH	3.21	LOW	2.54	LOW	0.19
Cow's Milk	MODERATE	2.18	YES	MODERATE	12.63	MODERATE	153.37	MODERATE	2.71
Crab		0.00		MODERATE	0.68		0.00		0.00
Cucumber		0.00			0.00		0.00	LOW	0.24
Egg Albumin	MODERATE	24.05	YES	MODERATE	25.23		15.11	LOW	3.61
Egg Yolk	LOW	0.09	YES	MODERATE	15.33	LOW	9.93	MODERATE	3.16
English Walnut		0.00		HIGH	6.25	MODERATE	26.62	LOW	4.56
Flax Seed		0.00		MODERATE	7.17	LOW	3.00		0.00
Flounder		0.00		HIGH	5.74	MODERATE	8.11		0.00

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

SUMMARY | 2/2

	ALLERGY			SENSITIVITY					
DIETARY ANTIGEN	IgE	IgE (µg/mL)	IMMUNE TOLERANCE TO IgE	IgG4	IgG4 (µg/mL)	IgG	IgG (µg/mL)	C3d	C3d (µg/mL)
Garlic		0.00		MODERATE	9.89	LOW	1.52	LOW	0.47
Ginger	LOW	0.04	YES	MODERATE	8.99	HIGH	55.32	LOW	0.75
Gluten	HIGH	18.38			0.84		32.11	MODERATE	2.38
Goat's Milk	LOW	2.12	YES	MODERATE	6.95	MODERATE	65.35	LOW	3.16
Grapefruit	LOW	0.07	YES	MODERATE	0.57	LOW	0.39	LOW	0.13
Grapes	LOW	0.07	YES	HIGH	3.86	LOW	2.10		0.00
Green Olive	LOW	0.05	YES	HIGH	5.11	LOW	0.95		0.00
Green Pea		0.07	YES	MODERATE	0.82	LOW	3.22		0.00
Green Pepper		0.00		HIGH	1.74		0.00		0.00
Halibut		0.00		MODERATE	5.14	LOW	0.61		0.00
Honeydew		0.00			0.00	HIGH	10.00		0.00
Hops		0.03			0.00	LOW	0.61		0.00
Kidney Bean		0.20	YES	LOW	2.99	LOW	8.20	LOW	0.75
Lemon		0.00			0.00		0.00	LOW	0.36
Lettuce	MODERATE	0.39	YES	HIGH	1.63	LOW	0.50		0.00
Lima Bean	LOW	0.38	YES	MODERATE	1.68		0.00	LOW	1.20
Lobster	HIGH	1.14			0.00		0.00		0.00
Mushroom	LOW	0.32			0.00		5.10		1.31
Mustard	MODERATE	0.79	YES	MODERATE	2.61	LOW	0.95		0.00
Navy Bean	MODERATE	2.89	YES	MODERATE	12.58	LOW	11.97	LOW	0.97
Oat	LOW	0.26			0.00	LOW	3.00		0.00
Onion	LOW	0.13			0.00		0.00		0.00
Orange	LOW	0.22	YES	MODERATE	1.49	LOW	1.75		0.00
Peach		0.00			0.00		0.00		0.00
Peanut	LOW	0.11	YES	MODERATE	2.36	MODERATE	5.50		0.00
Pear		0.00			0.00		0.00		0.00
Pecan		0.00		HIGH	5.87	HIGH	6.06		0.00
Pineapple		0.00			0.00		0.00		0.00
Plum	MODERATE	0.36			0.00		0.00		0.00
Pork		0.00		HIGH	12.22	HIGH	15.60	LOW	1.42
Rice		0.00		MODERATE	0.41	LOW	2.88	MODERATE	0.41
Rye	MODERATE	0.48			0.00	MODERATE	5.61		0.00
Salmon		0.00		HIGH	18.71		0.00		0.00
Scallops	HIGH	2.76			0.00		0.00		0.00
Sesame		0.00			0.00	LOW	9.02		0.00
Shrimp	LOW	0.12			0.00		0.00	MODERATE	0.92
Soybean	LOW	0.10	YES	MODERATE	2.04		0.00	HIGH	13.26
Spinach	LOW	0.22	YES	HIGH	2.85	LOW	0.84	LOW	1.09
Strawberry		0.00			0.00		0.16		0.00
String Bean		0.00		MODERATE	6.98		0.73		0.00
Sweet Potato		0.00		HIGH	3.23	LOW	0.95		0.41
Tea		0.00			0.00	MODERATE	18.78		0.00
Tomato		0.00		MODERATE	0.27		0.00		0.00
Tuna	HIGH	2.07	YES	HIGH	9.33	LOW	1.07		0.00
Turkey		0.00		MODERATE	1.10		0.00		0.00
Vanilla		0.00			0.00	LOW	27.30		0.00
Watermelon		0.00			0.00		0.00	LOW	0.13
White Potato		0.00		HIGH	6.25	LOW	2.66	LOW	1.65
Whole Wheat		0.00		HIGH	1.60		0.00	LOW	0.08
Yellow Squash		0.00		HIGH	9.67		0.39	LOW	0.75

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

LESS RESTRICTIVE DIET

The Less Restrictive Diet removes foods with high levels of reactivity for IgE and IgG. Additionally, moderate IgG reactivity with high, moderate, or low complement are removed because C3d has the potential to amplify an IgG reaction 1000-10,000 fold.

The Less Restrictive Diet rotates foods with moderate IgG reactivity where levels of C3d are also present due to increased inflammatory potential.

High IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. The red "Remove at Providers Discretion" column reflects only IgG4 immunogenicity. Refer to "Understanding The P88 Dietary Antigen Test Results" guide for an expanded list of conditions associated with IgG4-RDs

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Almond	Asparagus	Aspergillus Mix	Blueberry
Apple	Cacao	Banana	Broccoli
Avocado	Candida	Barley	Cabbage
Beef	Cow's Milk	Black Pepper	Carrot
Cantaloupe	Goat's Milk	Brewer's Yeast	Cauliflower
Cashew	Whole Wheat	Casein	Cherry
Celery		Clam	Codfish
Chicken		Ginger	Coffee
Cinnamon		Gluten	Cottonseed
Coconut		Honeydew	English Walnut
Corn		Lobster	Flounder
Crab		Pecan	Grapes
Cucumber		Pork	Green Olive
Egg Albumin		Rye	Green Pepper
Egg Yolk		Scallops	Lettuce
Flax Seed		Tuna	Salmon
Garlic			Spinach
Grapefruit			Sweet Potato
Green Pea			White Potato
Halibut			Yellow Squash
Hops			
Kidney Bean			
Lemon			
Lima Bean			
Mushroom			
Mustard			
Navy Bean			
Oat			
Onion			
Orange			
Peach			
Peanut			
Pear			
Pineapple			
Plum			
Rice			
Sesame			
Shrimp			
Soybean			
Strawberry			
String Bean			
Tea			
Tomato			
Turkey			
Vanilla			
Watermelon			

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

MORE RESTRICTIVE DIET

The More Restrictive Diet removes foods with high and moderate levels of IgE, IgG, and complement (C3d). Additionally, low IgG reactivity with any positive complement response are rotated because C3d has the potential to amplify an IgG reaction 1000-10,000-fold.
High and moderate IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. The red “Remove at Providers Discretion” column reflects only IgG4 immunogenicity. Refer to "Understanding The P88 Dietary Antigen Test Results" guide for an expanded list of conditions associated with IgG4-RDs.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Avocado	Kidney Bean	Almond	Blueberry
Beef		Apple	Carrot
Cantaloupe		Asparagus	Cauliflower
Celery		Aspergillus Mix	Cherry
Cinnamon		Banana	Chicken
Cucumber		Barley	Cottonseed
Hops		Black Pepper	Crab
Lemon		Brewer’s Yeast	Flax Seed
Mushroom		Broccoli	Garlic
Oat		Cabbage	Grapefruit
Onion		Cacao	Grapes
Peach		Candida	Green Olive
Pear		Casein	Green Pea
Pineapple		Cashew	Green Pepper
Sesame		Clam	Halibut
Strawberry		Coconut	Lima Bean
Vanilla		Codfish	Orange
Watermelon		Coffee	Salmon
		Corn	Spinach
		Cow's Milk	String Bean
		Egg Albumin	Sweet Potato
		Egg Yolk	Tomato
		English Walnut	Turkey
		Flounder	White Potato
		Ginger	Yellow Squash
		Gluten	
		Goat's Milk	
		Honeydew	
		Lettuce	
		Lobster	
		Mustard	
		Navy Bean	
		Peanut	
		Pecan	
		Plum	
		Pork	
		Rice	
		Rye	
		Scallops	
		Shrimp	
		Soybean	
		Tea	
		Tuna	
		Whole Wheat	

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

IMMUNE INDEX

The Precision 88 is the only dietary antigen test to categorize overall reactivity of foods by adjusting for immunogenicity across four independent markers: IgE, IgG4, total IgG, and C3d (complement). Our immunogenicity-adjusted algorithm, known here as the Immune Index, emphasizes C3d, and de-emphasizes IgG4. This specialized calculation generates its own rank of most-to-least reactive foods and allows for consideration of increased flexibility towards IgG4 reactive foods in the absence of IgG4-RDs.
Concurrently, the red "Remove at Providers Discretion" columns on pp. 3 and 4 reflect only IgG4 immunogenicity. Refer to pp. 4-5 in our *Understanding The P88 Dietary Antigen Test Results* guide, for an expanded list of conditions associated with IgG4-RDs.

Rank	DIETARY ANTIGEN	Immune Index
1	Clam	HIGH
2	Almond	MODERATE
3	Black Pepper	MODERATE
4	Casein	MODERATE
5	Cow's Milk	MODERATE
6	Banana	MODERATE
7	Broccoli	MODERATE
8	Candida	MODERATE
9	Coconut	MODERATE
10	Codfish	MODERATE
11	Coffee	MODERATE
12	Ginger	MODERATE
13	Apple	MODERATE
14	Asparagus	MODERATE
15	Aspergillus Mix	MODERATE
16	Cashew	MODERATE
17	Cacao	MODERATE
18	Carrot	MODERATE
19	Egg Yolk	MODERATE
20	Gluten	MODERATE
21	Navy Bean	MODERATE
22	Pork	MODERATE
23	Spinach	MODERATE
24	Tuna	MODERATE
25	Goat's Milk	MODERATE
26	English Walnut	LOW
27	Grapefruit	LOW
28	Lettuce	LOW
29	Rye	LOW
30	Soybean	LOW
31	Blueberry	LOW
32	Cherry	LOW
33	Corn	LOW
34	Cottonseed	LOW
35	Egg Albumin	LOW
36	Grapes	LOW
37	Green Olive	LOW
38	Mustard	LOW
39	Peanut	LOW
40	Pecan	LOW
41	Rice	LOW
42	Shrimp	LOW
43	White Potato	LOW
44	Barley	LOW

Rank	DIETARY ANTIGEN	Immune Index
45	Beef	LOW
46	Brewer's Yeast	LOW
47	Cabbage	LOW
48	Flounder	LOW
49	Garlic	LOW
50	Honeydew	LOW
51	Kidney Bean	LOW
52	Lobster	LOW
53	Oat	LOW
54	Orange	LOW
55	Lima Bean	LOW
56	Scallops	LOW
57	Plum	LOW
58	Yellow Squash	LOW
59	Sweet Potato	LOW
60	Tea	LOW
61	Whole Wheat	LOW
62	Avocado	
63	Cantaloupe	
64	Chicken	
65	Cinnamon	
66	Cucumber	
67	Green Pea	
68	Halibut	
69	Flax Seed	
70	Lemon	
71	Mushroom	
72	Onion	
73	Hops	
74	Sesame	
75	Vanilla	
76	Watermelon	
77	Cauliflower	
78	Green Pepper	
79	Salmon	
80	Celery	
81	Crab	
82	Peach	
83	Pear	
84	Pineapple	
85	Strawberry	
86	String Bean	
87	Tomato	
88	Turkey	

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

BIOGENIC COMPOUNDS

This table recognizes the dynamics of symptom-eliciting compounds as potential, non-immune-response-driven, explanations for perturbances, irritations and allergy-mimicking reactions. Reactive foods that also populate for these compounds can identify additional patterns of food reactions that are not mediated by IgE or IgG. For example, several reactions in a category may signal an intolerance not previously considered, or may confirm observed symptomologies and metabolic disturbances, thus prompting a dietary source review for those and similar-acting compounds. This illustration reminds of the myriad of reasons why biological systems respond to food (and other environmental) triggers.

DIETARY ANTIGEN	Oxalates	Amines	Glutamate	Histamine	Lectins	Nitrite	FOD-MAP	Phenol	Salicylates
Almond		H							H
Apple							M	M	
Asparagus							M		
Avocado									
Banana							H		
Barley							M		
Blueberry	H								
Broccoli			H						
Cabbage						H			
Casein				H					
Cashew							H		
Cauliflower							H		
Celery									
Coconut						M			
Coffee	H								
Corn			M						
Grapefruit							M		
Kidney Bean									
Lettuce						H			
Mushroom									
Navy Bean	M			M	M		M		
Onion									
Orange	M								
Peach									
Peanut					M			M	
Pear									
Pineapple									
Plum		M					M		M
Shrimp				M					
Soybean	H			H			H		
Spinach	H					H			
Strawberry									
Tea	M								
Tomato		M	M	M	M			M	M
Turkey								M	
Watermelon									
White Potato					H				
Whole Wheat	H						H		

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P88-Dietary Antigen Test

A Targeted Approach to Wellness

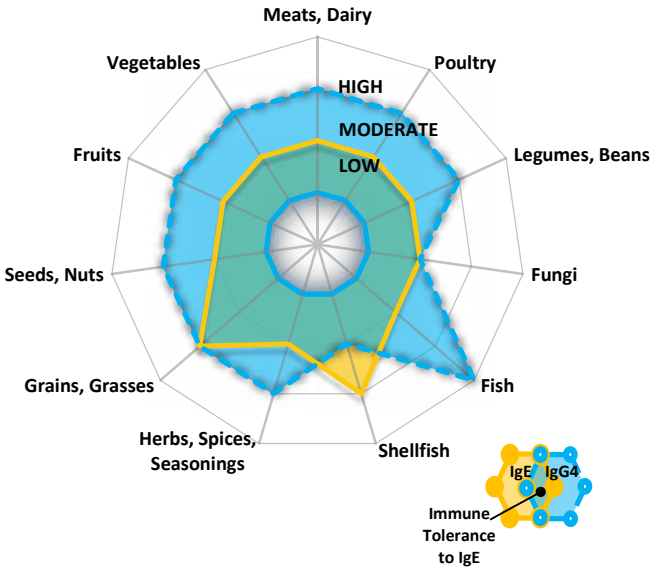
PATIENT INFO	
NAME:	**Patient Sample**
REQUISITION ID:	DPA213230010
DOB:	1/1/1971
SAMPLE DATE:	4/1/2022
RECEIVE DATE:	4/3/2022
DRAFT DATE:	8/11/2022

CLINIC INFO	
	Sample Clinic
ADDRESS:	121 Sample Lane Sample City, SS 10101
PHONE:	(678)736-6374
FAX:	(770)674-1701

P88-Dietary Antigen Test

Dietary Antigen Exposure by Food Group

	IgE	IgG4
Meats, Dairy	LOW	MODERATE
Poultry	LOW	MODERATE
Legumes, Beans	LOW	MODERATE
Fungi	LOW	LOW
Fish	LOW	HIGH
Shellfish	MODERATE	LOW
Herbs, Spices, Seasonings	LOW	MODERATE
Grains, Grasses	MODERATE	MODERATE
Seeds, Nuts	LOW	MODERATE
Fruits	LOW	MODERATE
Vegetables	LOW	MODERATE



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgE and IgG4 antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summatio n of the IgE and IgG4 results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

Immune Tolerance To IgE

In high levels, IgG4 antibodies alone can trigger an immune response within the body. However, data is available that provides support for the notion that IgG4 can serve another specific function of controlling antigen recognition by IgE and consequently regulating anaphylactic reactions and IgE-mediated immunity. IgG4 can act as a blocking agent by preventing IgE from binding to targeted receptor sites and releasing histamine. We refer to this as the Immune Tolerance to IgE.

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

P88-Dietary Antigen Test

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgE

The IgE antibody response is the most commonly known food allergy response. This response usually occurs immediately and can create severe symptoms such as swelling, hives, itching, and - in some cases - anaphylaxis. Even though IgE reactions are immediate, the allergic potential of food-based allergens can remain in your system 1-2 days after ingestion, extending the presence of symptoms during this duration. IgE reactions can be permanent or they may improve with the elimination diet and gut treatment. IgE reactions stimulate the release of histamine in the body.

IgG4

IgG4, which is a subclass of IgG, is a distinct antibody in the immune system. IgG4 total antibody is important in relation to IgE because this antibody acts as a blocking agent for an IgE reaction. When the IgG4 reaction is greater than the IgE reaction for a particular antigen, IgG4 blocks the IgE antibodies from binding to the receptor sites and releasing histamine, thereby reducing severity of the symptoms associated with the IgE reaction. This is referred to as the blocking potential. IgG4 carries its own clinical relevance in high levels and may mediate several conditions and diseases.

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
MEATS, DAIRY				
Beef	1.50	LOW	<0.13 µg/ml	
Casein	0.55	MODERATE	<0.05 µg/ml	YES
Cow's Milk	2.18	MODERATE	<0.08 µg/ml	YES
Goat's Milk	2.12	LOW	<0.11 µg/ml	YES
Pork	0.00		<0.04 µg/ml	
POULTRY				
Chicken	0.00		<0.03 µg/ml	
Egg Albumin	24.05	MODERATE	<11.32 µg/ml	YES
Egg Yolk	0.09	LOW	<0.08 µg/ml	YES
Turkey	0.00		<0.03 µg/ml	
LEGUMES, BEANS				
Green Pea	0.07		<0.08 µg/ml	YES
Kidney Bean	0.20		<1.23 µg/ml	YES
Lima Bean	0.38	LOW	<0.17 µg/ml	YES
Navy Bean	2.89	MODERATE	<0.77 µg/ml	YES
Peanut	0.11	LOW	<0.03 µg/ml	YES
Soybean	0.10	LOW	<0.07 µg/ml	YES
String Bean	0.00		<0.03 µg/ml	
FUNGI				
Aspergillus Mix	0.06		<0.08 µg/ml	
Brewer's Yeast	0.00		<0.04 µg/ml	
Candida	1.60	MODERATE	<0.13 µg/ml	
Mushroom	0.32	LOW	<0.05 µg/ml	
FISH				
Codfish	0.09	LOW	<0.04 µg/ml	YES
Flounder	0.00		<0.03 µg/ml	
Halibut	0.00		<0.03 µg/ml	
Salmon	0.00		<0.02 µg/ml	
Tuna	2.07	HIGH	<0.03 µg/ml	YES

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	1.47	LOW	<0.08 µg/ml
Casein	9.45	MODERATE	<0.12 µg/ml
Cow's Milk	12.63	MODERATE	<0.21 µg/ml
Goat's Milk	6.95	MODERATE	<0.22 µg/ml
Pork	12.22	HIGH	<0.04 µg/ml
POULTRY			
Chicken	1.30	MODERATE	<0.03 µg/ml
Egg Albumin	25.23	MODERATE	<6.04 µg/ml
Egg Yolk	15.33	MODERATE	<0.22 µg/ml
Turkey	1.10	MODERATE	<0.04 µg/ml
LEGUMES, BEANS			
Green Pea	0.82	MODERATE	<0.04 µg/ml
Kidney Bean	2.99	LOW	<0.16 µg/ml
Lima Bean	1.68	MODERATE	<0.1 µg/ml
Navy Bean	12.58	MODERATE	<0.12 µg/ml
Peanut	2.36	MODERATE	<0.13 µg/ml
Soybean	2.04	MODERATE	<0.04 µg/ml
String Bean	6.98	MODERATE	<0.1 µg/ml
FUNGI			
Aspergillus Mix	0.00		<0.02 µg/ml
Brewer's Yeast	0.00		<0.02 µg/ml
Candida	0.00		<0.05 µg/ml
Mushroom	0.00		<0.02 µg/ml
FISH			
Codfish	32.75	HIGH	<0.02 µg/ml
Flounder	5.74	HIGH	<0.05 µg/ml
Halibut	5.14	MODERATE	<0.02 µg/ml
Salmon	18.71	HIGH	<0.09 µg/ml
Tuna	9.33	HIGH	<0.02 µg/ml

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

P88-Dietary Antigen Test

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
SHELLFISH				
Clam	19.52	HIGH	<7.03 µg/ml	
Crab	0.00		<0.03 µg/ml	
Lobster	1.14	HIGH	<0.03 µg/ml	
Scallops	2.76	HIGH	<0.02 µg/ml	
Shrimp	0.12	LOW	<0.03 µg/ml	
HERBS, SPICES, SEASONINGS				
Black Pepper	0.27	LOW	<0.05 µg/ml	YES
Cinnamon	0.00		<0.02 µg/ml	
Garlic	0.00		<0.02 µg/ml	
Ginger	0.04	LOW	<0.04 µg/ml	YES
Hops	0.03		<0.03 µg/ml	
Mustard	0.79	MODERATE	<0.04 µg/ml	YES
Vanilla	0.00		<0.03 µg/ml	
GRAINS, GRASSES				
Barley	0.52	LOW	<0.3 µg/ml	YES
Corn	0.55	MODERATE	<0.04 µg/ml	
Gluten	18.38	HIGH	<2.41 µg/ml	
Oat	0.26	LOW	<0.03 µg/ml	
Rice	0.00		<0.05 µg/ml	
Rye	0.48	MODERATE	<0.03 µg/ml	
Whole Wheat	0.00		<0.03 µg/ml	
SEEDS, NUTS				
Almond	1.13	MODERATE	<0.19 µg/ml	
Cacao	0.42	LOW	<0.05 µg/ml	
Cashew	0.57	MODERATE	<0.05 µg/ml	
Coffee	0.10	LOW	<0.04 µg/ml	YES
Cottonseed	0.00		<0.04 µg/ml	
English Walnut	0.00		<0.03 µg/ml	
Flax Seed	0.00		<0.04 µg/ml	
Pecan	0.00		<0.03 µg/ml	
Sesame	0.00		<0.02 µg/ml	
FRUITS				
Apple	0.59	MODERATE	<0.06 µg/ml	
Avocado	0.00		<0.08 µg/ml	
Banana	0.43	LOW	<0.05 µg/ml	YES
Blueberry	0.00		<0.03 µg/ml	
Cantaloupe	0.00		<0.04 µg/ml	YES
Cherry	0.03		<0.03 µg/ml	YES
Coconut	0.82	MODERATE	<0.04 µg/ml	
Cucumber	0.00		<0.02 µg/ml	
Grapefruit	0.07	LOW	<0.02 µg/ml	YES
Grapes	0.07	LOW	<0.03 µg/ml	YES
Green Olive	0.05	LOW	<0.04 µg/ml	YES
Green Pepper	0.00		<0.03 µg/ml	
Honeydew	0.00		<0.02 µg/ml	
Lemon	0.00		<0.02 µg/ml	
Orange	0.22	LOW	<0.02 µg/ml	YES
Peach	0.00		<0.03 µg/ml	
Pear	0.00		<0.02 µg/ml	
Pineapple	0.00		<0.03 µg/ml	
Plum	0.36	MODERATE	<0.02 µg/ml	
Strawberry	0.00		<0.02 µg/ml	
Tomato	0.00		<0.02 µg/ml	
Watermelon	0.00		<0.02 µg/ml	
Yellow Squash	0.00		<0.04 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
SHELLFISH			
Clam	4.10	MODERATE	<1.73 µg/ml
Crab	0.68	MODERATE	<0.03 µg/ml
Lobster	0.00		<0.02 µg/ml
Scallops	0.00		<0.02 µg/ml
Shrimp	0.00		<0.02 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	1.36	HIGH	<0.02 µg/ml
Cinnamon	0.00		<0.02 µg/ml
Garlic	9.89	MODERATE	<0.06 µg/ml
Ginger	8.99	MODERATE	<0.05 µg/ml
Hops	0.00		<0.02 µg/ml
Mustard	2.61	MODERATE	<0.25 µg/ml
Vanilla	0.00		<0.03 µg/ml
GRAINS, GRASSES			
Barley	2.36	MODERATE	<0.06 µg/ml
Corn	0.35	LOW	<0.02 µg/ml
Gluten	0.84		<7.08 µg/ml
Oat	0.00		<0.02 µg/ml
Rice	0.41	MODERATE	<0.02 µg/ml
Rye	0.00		<0.02 µg/ml
Whole Wheat	1.60	HIGH	<0.02 µg/ml
SEEDS, NUTS			
Almond	1.01	MODERATE	<0.1 µg/ml
Cacao	0.00		<0.02 µg/ml
Cashew	0.49	LOW	<0.04 µg/ml
Coffee	1.77	HIGH	<0.02 µg/ml
Cottonseed	3.21	HIGH	<0.02 µg/ml
English Walnut	6.25	HIGH	<0.04 µg/ml
Flax Seed	7.17	MODERATE	<0.04 µg/ml
Pecan	5.87	HIGH	<0.02 µg/ml
Sesame	0.00		<0.02 µg/ml
FRUITS			
Apple	0.11	LOW	<0.03 µg/ml
Avocado	0.00		<0.02 µg/ml
Banana	1.51	MODERATE	<0.06 µg/ml
Blueberry	2.83	HIGH	<0.02 µg/ml
Cantaloupe	0.05	LOW	<0.03 µg/ml
Cherry	8.75	HIGH	<0.02 µg/ml
Coconut	0.00		<0.03 µg/ml
Cucumber	0.00		<0.01 µg/ml
Grapefruit	0.57	MODERATE	<0.02 µg/ml
Grapes	3.86	HIGH	<0.01 µg/ml
Green Olive	5.11	HIGH	<0.02 µg/ml
Green Pepper	1.74	HIGH	<0.03 µg/ml
Honeydew	0.00		<0.02 µg/ml
Lemon	0.00		<0.01 µg/ml
Orange	1.49	MODERATE	<0.02 µg/ml
Peach	0.00		<0.01 µg/ml
Pear	0.00		<0.02 µg/ml
Pineapple	0.00		<0.04 µg/ml
Plum	0.00		<0.01 µg/ml
Strawberry	0.00		<0.02 µg/ml
Tomato	0.27	MODERATE	<0.01 µg/ml
Watermelon	0.00		<0.02 µg/ml
Yellow Squash	9.67	HIGH	<0.04 µg/ml

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

P88-Dietary Antigen Test

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE TO IgE
VEGETABLES				
Asparagus	0.31	LOW	<0.07 µg/ml	YES
Broccoli	0.11	LOW	<0.07 µg/ml	YES
Cabbage	0.00		<0.03 µg/ml	
Carrot	0.23	LOW	<0.04 µg/ml	YES
Cauliflower	0.00		<0.02 µg/ml	
Celery	0.00		<0.03 µg/ml	
Lettuce	0.39	MODERATE	<0.03 µg/ml	YES
Onion	0.13	LOW	<0.02 µg/ml	
Spinach	0.22	LOW	<0.06 µg/ml	YES
Sweet Potato	0.00		<0.02 µg/ml	
Tea	0.00		<0.02 µg/ml	
White Potato	0.00		<0.03 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	0.54	MODERATE	<0.03 µg/ml
Broccoli	2.63	HIGH	<0.03 µg/ml
Cabbage	1.66	HIGH	<0.02 µg/ml
Carrot	1.03	HIGH	<0.02 µg/ml
Cauliflower	9.42	HIGH	<0.04 µg/ml
Celery	0.11	LOW	<0.03 µg/ml
Lettuce	1.63	HIGH	<0.01 µg/ml
Onion	0.00		<0.02 µg/ml
Spinach	2.85	HIGH	<0.04 µg/ml
Sweet Potato	3.23	HIGH	<0.02 µg/ml
Tea	0.00		<0.01 µg/ml
White Potato	6.25	HIGH	<0.02 µg/ml

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P88-Dietary Antigen Test

A Targeted Approach to Wellness

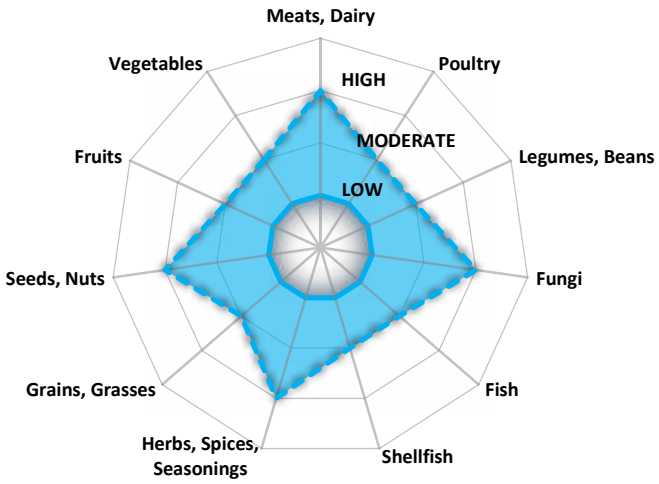
PATIENT INFO	
NAME:	**Patient Sample**
REQUISITION ID:	DPA213230010
DOB:	1/1/1971
SAMPLE DATE:	4/1/2022
RECEIVE DATE:	4/3/2022
DRAFT DATE:	8/11/2022

CLINIC INFO	
	Sample Clinic
ADDRESS:	121 Sample Lane Sample City, SS 10101
PHONE:	(678)736-6374
FAX:	(770)674-1701

P88-Dietary Antigen Test

Dietary Antigen Exposure by Food Group

	IgG
Meats, Dairy	MODERATE
Poultry	LOW
Legumes, Beans	LOW
Fungi	MODERATE
Fish	LOW
Shellfish	LOW
Herbs, Spices, Seasonings	MODERATE
Grains, Grasses	LOW
Seeds, Nuts	MODERATE
Fruits	LOW
Vegetables	LOW



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgG antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summati on of the IgG results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from th e diet has been shown to reduce the severity of symptoms associated with food allergies.

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

P88-Dietary Antigen Test

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgG

The IgG antibody response creates sensitivity to a particular food. Symptoms may be less severe than with IgE allergic reaction and can manifest anywhere from 3-72 hours after exposure. IgG reactions create inflammation that makes many pathologies worse. The delayed response makes sensitivities difficult to identify without a diagnostic test. Sensitivities can improve with treatment and improved gut health.

C3d

C3d is a complement antigen and an activator of our complement cascade system. Reaction to the specified food will worsen if C3d activation is present along with an IgG antibody response. The C3 protein attaches to the antigen and amplifies the IgG response, increasing the inflammatory potential of IgG titer. Complement is not dependent on exposure or antibody presence, and represents innate immune function.

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	0.00		<2.32 µg/ml
Casein	122.82	HIGH	<2.62 µg/ml
Cow's Milk	153.37	MODERATE	<30.52 µg/ml
Goat's Milk	65.35	MODERATE	<22.06 µg/ml
Pork	15.60	HIGH	<0.45 µg/ml
POULTRY			
Chicken	0.00		<0.39 µg/ml
Egg Albumin	15.11		<17.86 µg/ml
Egg Yolk	9.93	LOW	<1.59 µg/ml
Turkey	0.00		<0.27 µg/ml
LEGUMES, BEANS			
Green Pea	3.22	LOW	<0.63 µg/ml
Kidney Bean	8.20	LOW	<0.5 µg/ml
Lima Bean	0.00		<0.62 µg/ml
Navy Bean	11.97	LOW	<1.3 µg/ml
Peanut	5.50	MODERATE	<0.79 µg/ml
Soybean	0.00		<0.82 µg/ml
String Bean	0.73		<0.75 µg/ml
FUNGI			
Aspergillus Mix	128.38	HIGH	<12.19 µg/ml
Brewer's Yeast	106.23	HIGH	<1.81 µg/ml
Candida	229.23	MODERATE	<11.43 µg/ml
Mushroom	5.10		<5.68 µg/ml
FISH			
Codfish	6.06	LOW	<0.52 µg/ml
Flounder	8.11	MODERATE	<0.27 µg/ml
Halibut	0.61	LOW	<0.21 µg/ml
Salmon	0.00		<0.25 µg/ml
Tuna	1.07	LOW	<0.21 µg/ml

ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
MEATS, DAIRY			
Beef	2.49	LOW	<0.27 µg/ml
Casein	0.30	LOW	<0.15 µg/ml
Cow's Milk	2.71	MODERATE	<0.28 µg/ml
Goat's Milk	3.16	LOW	<0.25 µg/ml
Pork	1.42	LOW	<0.26 µg/ml
POULTRY			
Chicken	0.08	LOW	<0.05 µg/ml
Egg Albumin	3.61	LOW	<1.76 µg/ml
Egg Yolk	3.16	MODERATE	<0.6 µg/ml
Turkey	0.00		<0.04 µg/ml
LEGUMES, BEANS			
Green Pea	0.00		<0.06 µg/ml
Kidney Bean	0.75	LOW	<0.41 µg/ml
Lima Bean	1.20	LOW	<0.4 µg/ml
Navy Bean	0.97	LOW	<0.19 µg/ml
Peanut	0.00		<0.05 µg/ml
Soybean	13.26	HIGH	<0.09 µg/ml
String Bean	0.00		<0.06 µg/ml
FUNGI			
Aspergillus Mix	1.59	MODERATE	<0.13 µg/ml
Brewer's Yeast	0.00		<0.06 µg/ml
Candida	0.47	LOW	<0.24 µg/ml
Mushroom	1.31		<2.91 µg/ml
FISH			
Codfish	0.86	MODERATE	<0.06 µg/ml
Flounder	0.00		<0.04 µg/ml
Halibut	0.00		<0.04 µg/ml
Salmon	0.00		<0.03 µg/ml
Tuna	0.00		<0.05 µg/ml

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

P88-Dietary Antigen Test

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
SHELLFISH			
Clam	41.38	MODERATE	<25.08 µg/ml
Crab	0.00		<0.23 µg/ml
Lobster	0.00		<0.17 µg/ml
Scallops	0.00		<0.56 µg/ml
Shrimp	0.00		<0.26 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	61.0	HIGH	<3.58 µg/ml
Cinnamon	12.2	LOW	<0.81 µg/ml
Garlic	1.5	LOW	<0.48 µg/ml
Ginger	55.3	HIGH	<1.47 µg/ml
Hops	0.6	LOW	<0.33 µg/ml
Mustard	1.0	LOW	<0.26 µg/ml
Vanilla	27.3	LOW	<8.33 µg/ml
GRAINS, GRASSES			
Barley	0.95	LOW	<0.59 µg/ml
Corn	0.04		<0.28 µg/ml
Gluten	32.11		<77.13 µg/ml
Oat	3.00	LOW	<0.25 µg/ml
Rice	2.88	LOW	<0.62 µg/ml
Rye	5.61	MODERATE	<0.49 µg/ml
Whole Wheat	0.00		<0.14 µg/ml
SEEDS, NUTS			
Almond	1.98	LOW	<0.47 µg/ml
Cacao	65.92	MODERATE	<2.45 µg/ml
Cashew	0.00		<0.34 µg/ml
Coffee	83.52	MODERATE	<2.41 µg/ml
Cottonseed	2.54	LOW	<0.25 µg/ml
English Walnut	26.62	MODERATE	<0.65 µg/ml
Flax Seed	3.00	LOW	<0.43 µg/ml
Pecan	6.06	HIGH	<0.08 µg/ml
Sesame	9.02	LOW	<0.61 µg/ml
FRUITS			
Apple	2.20	LOW	<0.32 µg/ml
Avocado	3.91	LOW	<2.77 µg/ml
Banana	16.63	HIGH	<0.26 µg/ml
Blueberry	7.77	LOW	<0.44 µg/ml
Cantaloupe	0.16		<0.29 µg/ml
Cherry	3.68	LOW	<0.31 µg/ml
Coconut	1.41	LOW	<0.32 µg/ml
Cucumber	0.00		<0.22 µg/ml
Grapefruit	0.39	LOW	<0.15 µg/ml
Grapes	2.10	LOW	<0.44 µg/ml
Green Olive	0.95	LOW	<0.51 µg/ml
Green Pepper	0.00		<0.2 µg/ml
Honeydew	10.00	HIGH	<0.16 µg/ml
Lemon	0.00		<0.11 µg/ml
Orange	1.75	LOW	<0.22 µg/ml
Peach	0.00		<0.18 µg/ml
Pear	0.00		<1.24 µg/ml
Pineapple	0.00		<0.66 µg/ml
Plum	0.00		<0.12 µg/ml
Strawberry	0.16		<0.16 µg/ml
Tomato	0.00		<0.09 µg/ml
Watermelon	0.00		<0.19 µg/ml
Yellow Squash	0.39		<0.62 µg/ml

ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
SHELLFISH			
Clam	5.80	MODERATE	<1.28 µg/ml
Crab	0.00		<0.05 µg/ml
Lobster	0.00		<0.06 µg/ml
Scallops	0.00		<0.05 µg/ml
Shrimp	0.92	MODERATE	<0.06 µg/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	0.47	LOW	<0.07 µg/ml
Cinnamon	0.00		<0.28 µg/ml
Garlic	0.47	LOW	<0.07 µg/ml
Ginger	0.75	LOW	<0.2 µg/ml
Hops	0.00		<0.24 µg/ml
Mustard	0.00		<0.09 µg/ml
Vanilla	0.00		<0.04 µg/ml
GRAINS, GRASSES			
Barley	0.19		<1.21 µg/ml
Corn	0.47	LOW	<0.06 µg/ml
Gluten	2.38	MODERATE	<0.18 µg/ml
Oat	0.00		<0.05 µg/ml
Rice	0.41	MODERATE	<0.04 µg/ml
Rye	0.00		<0.03 µg/ml
Whole Wheat	0.08	LOW	<0.04 µg/ml
SEEDS, NUTS			
Almond	7.82	HIGH	<0.16 µg/ml
Cacao	0.19	LOW	<0.16 µg/ml
Cashew	3.39	HIGH	<0.07 µg/ml
Coffee	1.31	LOW	<0.28 µg/ml
Cottonseed	0.19	LOW	<0.08 µg/ml
English Walnut	4.56	LOW	<2.75 µg/ml
Flax Seed	0.00		<0.07 µg/ml
Pecan	0.00		<0.1 µg/ml
Sesame	0.00		<0.03 µg/ml
FRUITS			
Apple	0.19	LOW	<0.1 µg/ml
Avocado	0.30		<1.29 µg/ml
Banana	0.80	LOW	<0.1 µg/ml
Blueberry	0.30	LOW	<0.04 µg/ml
Cantaloupe	0.08	LOW	<0.05 µg/ml
Cherry	0.19	LOW	<0.16 µg/ml
Coconut	2.32	MODERATE	<0.06 µg/ml
Cucumber	0.24	LOW	<0.04 µg/ml
Grapefruit	0.13	LOW	<0.03 µg/ml
Grapes	0.00		<0.03 µg/ml
Green Olive	0.00		<0.07 µg/ml
Green Pepper	0.00		<0.13 µg/ml
Honeydew	0.00		<0.03 µg/ml
Lemon	0.36	LOW	<0.03 µg/ml
Orange	0.00		<0.03 µg/ml
Peach	0.00		<0.05 µg/ml
Pear	0.00		<0.03 µg/ml
Pineapple	0.00		<0.05 µg/ml
Plum	0.00		<0.04 µg/ml
Strawberry	0.00		<0.03 µg/ml
Tomato	0.00		<0.02 µg/ml
Watermelon	0.13	LOW	<0.04 µg/ml
Yellow Squash	0.75	LOW	<0.07 µg/ml

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.

PATIENT NAME:	Patient Sample	REQUISITION ID:	DPA213230010	DRAFT DATE:	8/11/2022

P88-Dietary Antigen Test

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	16.74	MODERATE	<1.34 µg/ml
Broccoli	21.62	MODERATE	<0.95 µg/ml
Cabbage	0.00		<0.16 µg/ml
Carrot	0.84	LOW	<0.36 µg/ml
Cauliflower	0.00		<0.31 µg/ml
Celery	0.00		<0.2 µg/ml
Lettuce	0.50	LOW	<0.26 µg/ml
Onion	0.00		<0.18 µg/ml
Spinach	0.84	LOW	<0.42 µg/ml
Sweet Potato	0.95	LOW	<0.65 µg/ml
Tea	18.78	MODERATE	<1.79 µg/ml
White Potato	2.66	LOW	<0.67 µg/ml

ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	0.97	LOW	<0.14 µg/ml
Broccoli	0.52	LOW	<0.08 µg/ml
Cabbage	1.14	MODERATE	<0.04 µg/ml
Carrot	0.52	LOW	<0.23 µg/ml
Cauliflower	0.00		<0.04 µg/ml
Celery	0.00		<0.11 µg/ml
Lettuce	0.00		<0.17 µg/ml
Onion	0.00		<0.03 µg/ml
Spinach	1.09	LOW	<0.3 µg/ml
Sweet Potato	0.41		<1 µg/ml
Tea	0.00		<0.04 µg/ml
White Potato	1.65	LOW	<0.77 µg/ml

P88 Guide

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been deared by the U.S. Food and Drug Administration.