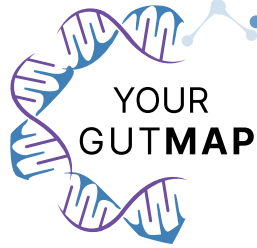


# **Food Sensitivity**





Patient Name: **Example Result**

Sample ID:

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.

YourGutMap defines Food Sensitivity as a food specific IgG antibody reaction. This is not a diagnostic test.

# Agent 6

## YourGutMap IgG Food Sensitivity Screen

Elevated < 10 IgG AU/ml

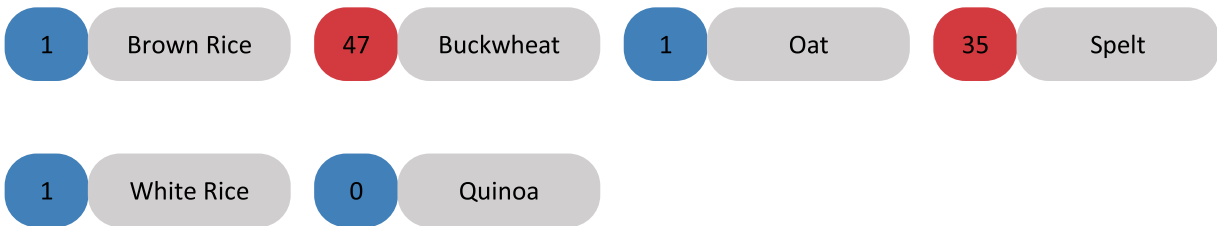
Borderline 5 - 9 IgG AU/ml

Normal > 5 IgG AU/ml

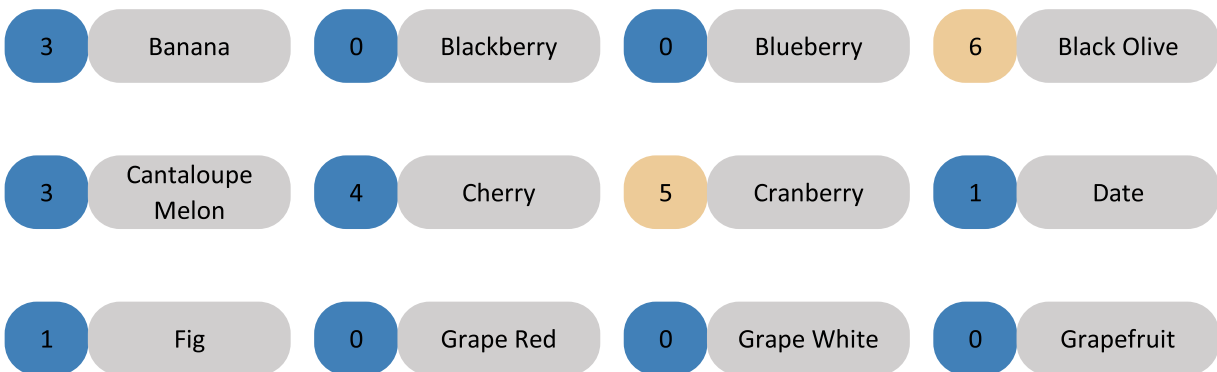
### Grains & Staples containing Gluten

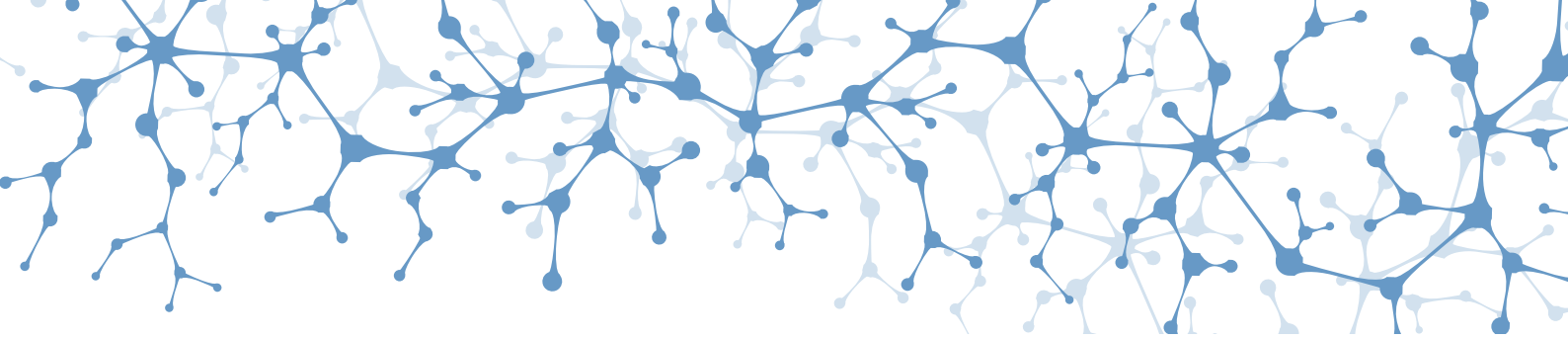


### Grains & Staples non Gluten



### Fruits



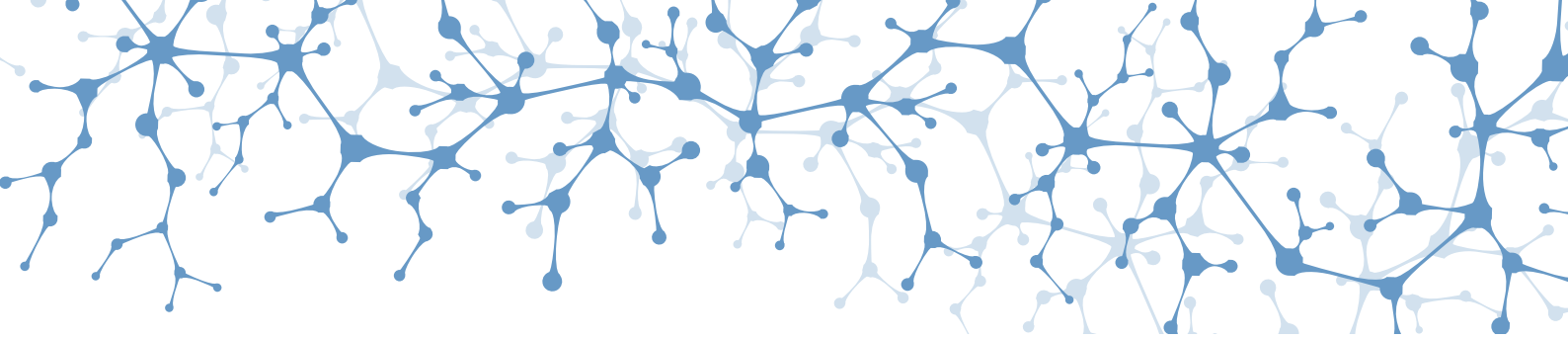


3	Honeydew Melon	15	Lemon	11	Lime	0	Lychee
0	Mango	1	Nectarine	4	Green Olive	2	Orange
3	Peach	0	Pear	1	Persian Melon	2	Pineapple
0	Raisins	1	Pomegranate	1	Raspberry	0	Strawberry
0	Sultana	1	Tangerine	0	Watermelon	1	Apple
2	Apricot						

## Vegetables

0	Asparagus	33	Broccoli	0	Beetroot	1	Bok Choy
33	Broccoli	4	Brussel Sprouts	7	Carrot	0	Cassava
1	Cauliflower	4	Celery	8	Chick Pea	0	Cow Pea



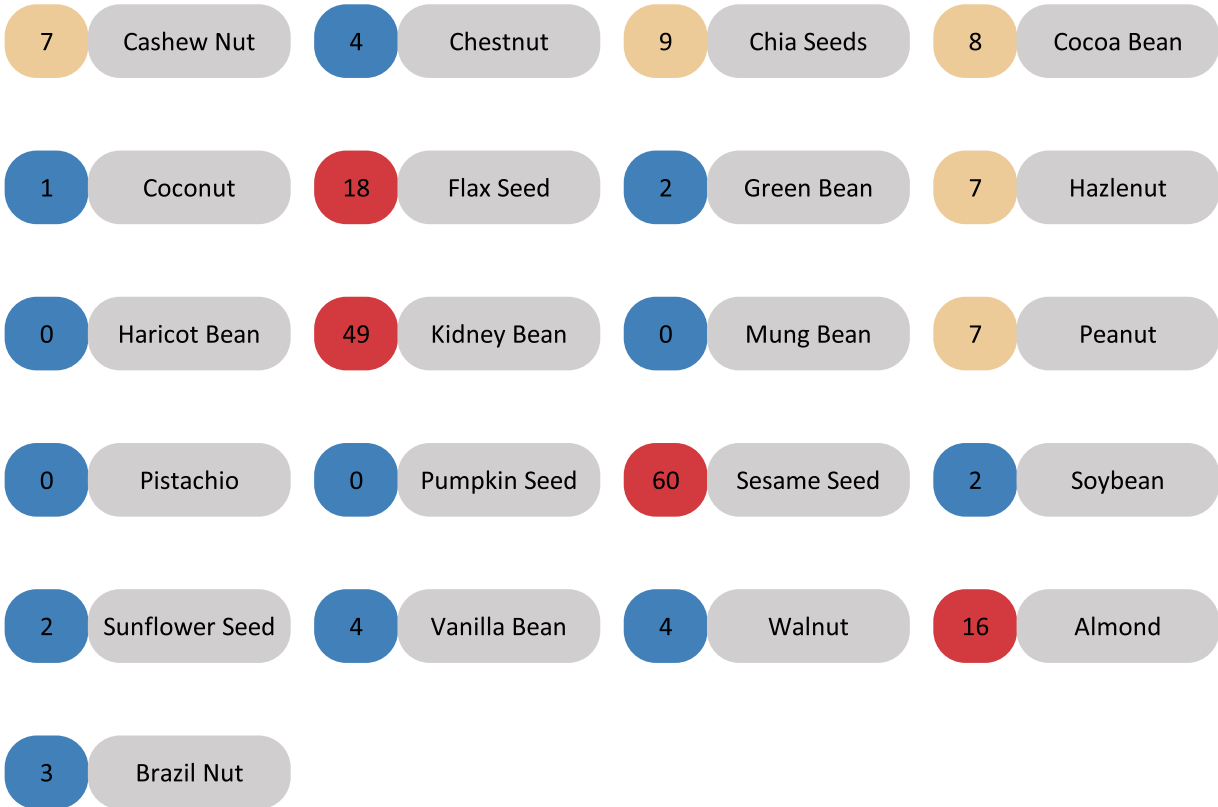


0	Cucumber	12	Field Mushroom	0	Garden Pea	4	Green Pepper
0	Green Cabbage	0	Iceberg Lettuce	2	Kale	1	Maize
9	Oyster Mushroom	5	Parsnip	8	Portebello Mushroom	0	Pumpkin
21	Radish	0	Red Cabbage	2	Red Onion	3	Red Pepper
1	Rocket	9	Shiitake Mushroom	0	Spinach	1	Spring Onion
10	Sugar Snap Peas	0	Swedish Turnip / Swede	1	Sweetcorn	0	Sweet Potato
0	Tomato	0	Turnip	0	White Cabbage	1	White Onion
1	White Potato	2	Yellow Pepper	1	Avocado		



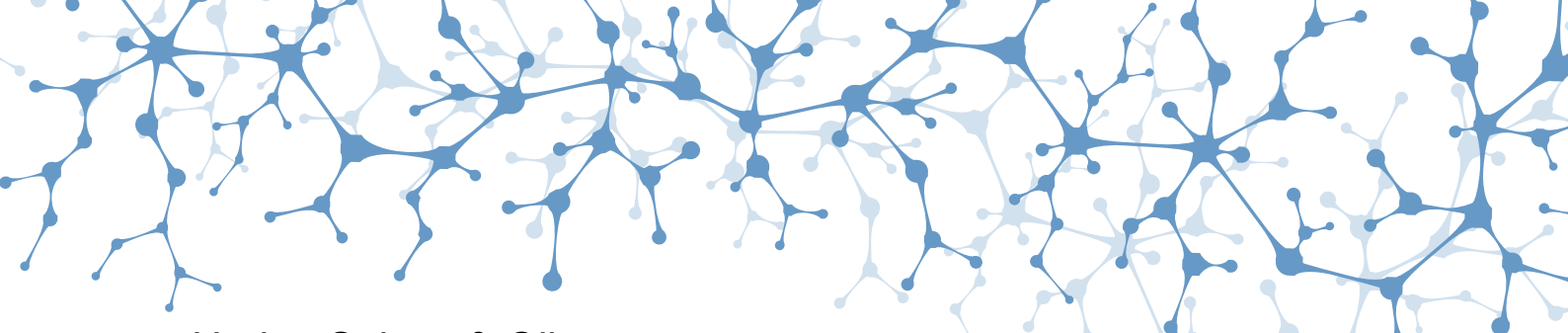


## Nuts, Seeds & Beans



## Dairy & Eggs





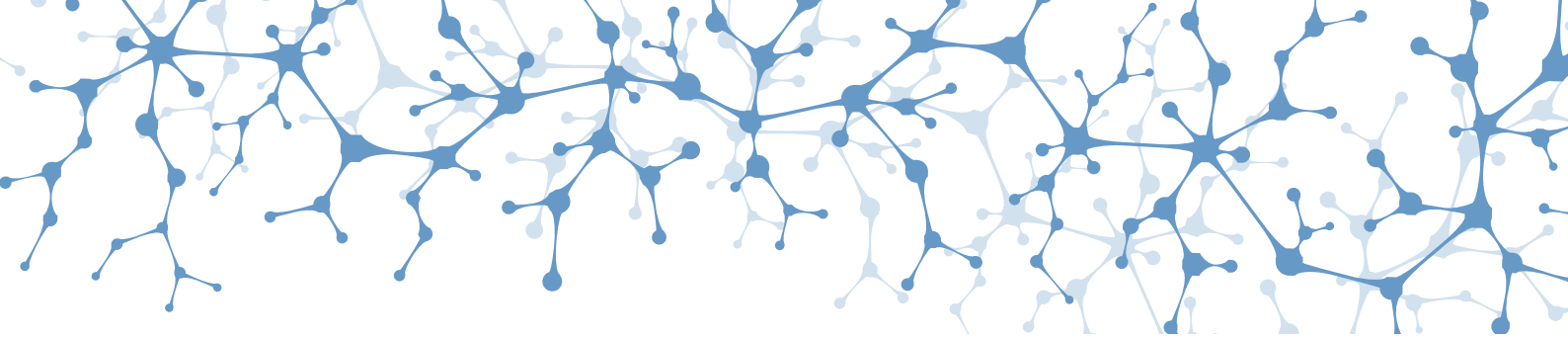
## Herbs, Spices & Oils

1	Peppercorn	2	Cayenne Pepper	0	Cinnamon	1	Chives
1	Coconut Oil	1	Corn Oil	14	Flaxseed Oil	1	Garlic
0	Ginger	1	Leek	0	Lemon Grass	0	Mint
0	Oregano	4	Olive Oil	1	Paprika	2	Parsley
3	Peanut Oil	0	Sage	41	Sesame Seed Oil	2	Sunflower Oil
0	Turmeric	1	White Pepper				

## Drinks

6	Cacao	7	Cashew Milk	0	Coconut Milk	49	Coffee
0	Green Tea	3	Hazelnut Milk	0	Hemp Milk	1	Oat Milk
0	Rice Milk	3	Soya Milk	0	White Tea	14	Almond Milk
1	Black Tea						



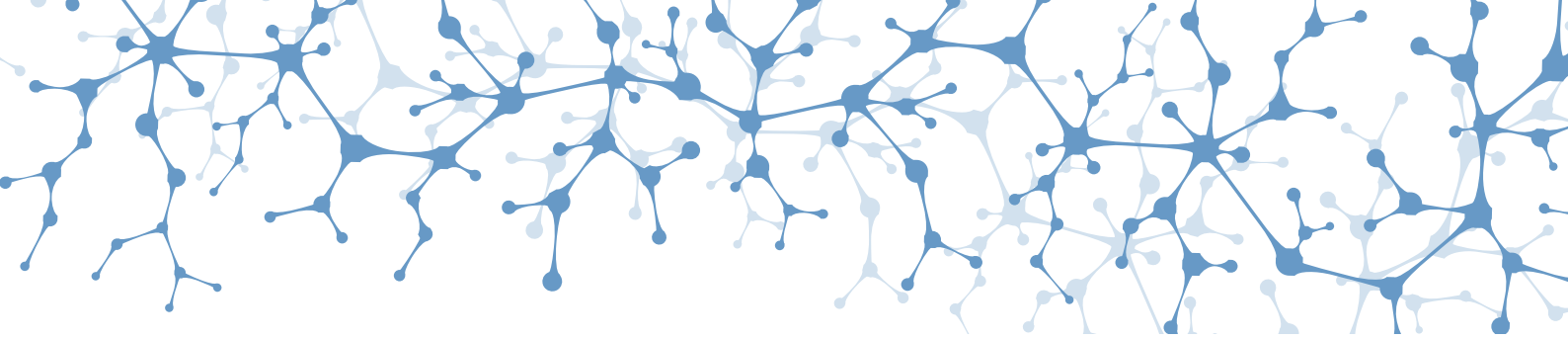


## Meat & Fish

7	Beef	4	Chicken	2	Duck	1	Goat
2	Lamb	0	Pork	1	Mutton	0	Turkey
0	Pheasant	6	Veal	3	Venison	0	Anchovy
0	Cod	0	Crab	0	Crayfish	0	Haddock
0	Lobster	0	Mackerel	0	Prawn	0	Salmon
0	Sardine	0	Shrimp	0	Squid	0	Tiger Prawn
0	Trout	0	Tuna				



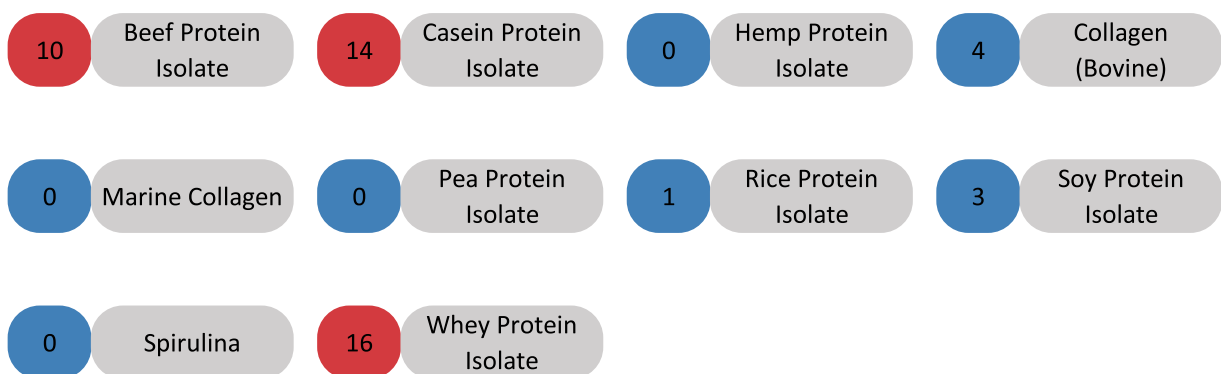




## Others



## Supplements





# Your Reactive Foods & Drinks

Elevated < 10 IgG AU/ml

68

Baker's Yeast

60

Sesame Seed

68

Wheat Flour

57

Gluten

49

Coffee

49

Rye

49

Kidney Bean

45

Brewer's Yeast

47

Wheat

47

Buckwheat

41

Sesame Seed Oil

35

Spelt

33

Broccoli

33

Broccoli

21

Radish

19

Whey (cow)

19

Whole Milk  
(cow)

18

Flax Seed

16

Casein (cow)

16

Whey Protein  
Isolate

16

Almond

15

Lemon

15

Cheddar Cheese

14

Casein Protein  
Isolate

14

Almond Milk

14

Flaxseed Oil

12

Cottage Cheese

12

Whole Egg

12

Field Mushroom

11

Lime

11

Egg White

10

Sugar Snap Peas

10

Beef Protein  
Isolate





# Your Reactive Foods & Drinks

Elevated < 10 IgG AU/ml

Borderline 5 - 9 IgG AU/ml

9

Chia Seeds

9

Oyster  
Mushroom

9

Shiitake  
Mushroom

9

Citric Acid

8

Cocoa Bean

8

Chick Pea

8

Portebello  
Mushroom

7

Carrot

7

Beef

7

Cashew Nut

7

Peanut

7

Hazlenut

7

Vanilla Essence

7

Cashew Milk

6

Black Olive

6

Egg Yolk

6

Mustard

6

Cacao

6

Mozzarella  
Cheese

6

Veal

5

Cranberry

5

Green Lentils

5

Wasabi

5

Parsnip

