

PATIENT ID

 RB-FOX

PATIENT NAME



DATE OF BIRTH



SAMPLE ID



BARCODE

 80AAH838

ANALYSED ON

 6/15/2021

TESTED ANTIGENS

 286

TEST METHOD

 FOX

APPROVED ON

12/2/2021

NOTE

The internal QC (Plausibility check for GD) was within acceptance range.

## Lab report: Overview of the IgG profile



### Highest measured IgG concentration

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



Low IgG level

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



Intermediate IgG level

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



Highly elevated IgG level



## Milk & Egg

|   |              |     |              |             |     |
|---|--------------|-----|--------------|-------------|-----|
| Buffalo milk                              | 37.29 µg/ml  | ●●● | Egg yolk     | 38.03 µg/ml | ●●● |
| Buttermilk                                | 27.67 µg/ml  | ●●● | Emmental     | 16.91 µg/ml | ●●  |
| Camel milk                                | ≤ 5.00 µg/ml | ●   | Goat cheese  | 8.55 µg/ml  | ●   |
| Camembert                                 | 29.09 µg/ml  | ●●● | Goat milk    | 10.27 µg/ml | ●●  |
| Cottage cheese                            | 40.53 µg/ml  | ●●● | Gouda        | 29.09 µg/ml | ●●● |
| Cow's milk                                | 40.61 µg/ml  | ●●● | Mozzarella   | 32.53 µg/ml | ●●● |
| Cow's milk Bos d 4 * (Alpha-Lactalbumin)  | 12.53 µg/ml  | ●●  | Parmesan     | 14.31 µg/ml | ●●  |
| Cow's milk Bos d 5 * (Beta-Lactoglobulin) | 7.13 µg/ml   | ●   | Quail egg    | 22.51 µg/ml | ●●● |
| Cow's milk Bos d 8 * (Casein)             | 39.87 µg/ml  | ●●● | Sheep cheese | 12.70 µg/ml | ●●  |
| Egg white                                 | 42.27 µg/ml  | ●●● | Sheep milk   | 13.70 µg/ml | ●●  |

## Meat

|         |              |   |         |              |   |
|---------|--------------|---|---------|--------------|---|
| Beef    | ≤ 5.00 µg/ml | ● | Ostrich | ≤ 5.00 µg/ml | ● |
| Boar    | ≤ 5.00 µg/ml | ● | Pork    | ≤ 5.00 µg/ml | ● |
| Chicken | ≤ 5.00 µg/ml | ● | Rabbit  | ≤ 5.00 µg/ml | ● |
| Duck    | ≤ 5.00 µg/ml | ● | Stag    | ≤ 5.00 µg/ml | ● |
| Goat    | ≤ 5.00 µg/ml | ● | Turkey  | ≤ 5.00 µg/ml | ● |
| Horse   | ≤ 5.00 µg/ml | ● | Veal    | ≤ 5.00 µg/ml | ● |
| Lamb    | ≤ 5.00 µg/ml | ● | Venison | ≤ 5.00 µg/ml | ● |

## Fish & Seafood

|                   |              |   |                |              |   |
|-------------------|--------------|---|----------------|--------------|---|
| Abalone           | ≤ 5.00 µg/ml | ● | Noble crayfish | ≤ 5.00 µg/ml | ● |
| Atlantic cod      | ≤ 5.00 µg/ml | ● | Northern pike  | ≤ 5.00 µg/ml | ● |
| Atlantic herring  | ≤ 5.00 µg/ml | ● | Northern prawn | ≤ 5.00 µg/ml | ● |
| Atlantic redfish  | ≤ 5.00 µg/ml | ● | Octopus        | ≤ 5.00 µg/ml | ● |
| Carp              | ≤ 5.00 µg/ml | ● | Oyster         | ≤ 5.00 µg/ml | ● |
| Caviar            | ≤ 5.00 µg/ml | ● | Razor shell    | ≤ 5.00 µg/ml | ● |
| Cockle            | ≤ 5.00 µg/ml | ● | Salmon         | ≤ 5.00 µg/ml | ● |
| Common mussel     | ≤ 5.00 µg/ml | ● | Scallop        | 6.31 µg/ml   | ● |
| Crab              | ≤ 5.00 µg/ml | ● | Sepia          | 6.87 µg/ml   | ● |
| Eel               | ≤ 5.00 µg/ml | ● | Shrimp mix     | ≤ 5.00 µg/ml | ● |
| European anchovy  | ≤ 5.00 µg/ml | ● | Sole           | ≤ 5.00 µg/ml | ● |
| European pilchard | ≤ 5.00 µg/ml | ● | Squid          | 6.92 µg/ml   | ● |
| European plaice   | ≤ 5.00 µg/ml | ● | Swordfish      | ≤ 5.00 µg/ml | ● |



|                 |              |   |               |              |    |
|-----------------|--------------|---|---------------|--------------|----|
| Gilt-head bream | ≤ 5.00 µg/ml | ● | Thornback Ray | ≤ 5.00 µg/ml | ●  |
| Haddock         | ≤ 5.00 µg/ml | ● | Trout         | ≤ 5.00 µg/ml | ●  |
| Hake            | ≤ 5.00 µg/ml | ● | Tuna          | ≤ 5.00 µg/ml | ●  |
| Lobster         | ≤ 5.00 µg/ml | ● | Turbot        | ≤ 5.00 µg/ml | ●  |
| Mackerel        | ≤ 5.00 µg/ml | ● | Venus clam    | 11.78 µg/ml  | ●● |
| Monkfish        | ≤ 5.00 µg/ml | ● |               |              |    |

## Cereals & Seeds

|               |              |     |                               |              |     |
|---------------|--------------|-----|-------------------------------|--------------|-----|
| Amaranth      | ≤ 5.00 µg/ml | ●   | Pine nut                      | ≤ 5.00 µg/ml | ●   |
| Barley        | 6.46 µg/ml   | ●   | Polish wheat                  | 26.75 µg/ml  | ●●● |
| Buckwheat     | ≤ 5.00 µg/ml | ●   | Poppyseed                     | 6.73 µg/ml   | ●   |
| Chickpea      | ≤ 5.00 µg/ml | ●   | Pumpkin seed                  | ≤ 5.00 µg/ml | ●   |
| Corn          | ≤ 5.00 µg/ml | ●   | Quinoa                        | ≤ 5.00 µg/ml | ●   |
| Durum         | 17.00 µg/ml  | ●●  | Rapeseed                      | 32.92 µg/ml  | ●●● |
| Einkorn       | 30.82 µg/ml  | ●●● | Rice                          | ≤ 5.00 µg/ml | ●   |
| Emmer         | 25.06 µg/ml  | ●●● | Rye                           | 20.74 µg/ml  | ●●● |
| Gluten        | 33.77 µg/ml  | ●●● | Sesame                        | 6.01 µg/ml   | ●   |
| Hempseed      | ≤ 5.00 µg/ml | ●   | Spelt                         | 23.50 µg/ml  | ●●● |
| Linseed       | ≤ 5.00 µg/ml | ●   | Sunflower                     | ≤ 5.00 µg/ml | ●   |
| Lupine seed   | ≤ 5.00 µg/ml | ●   | Wheat                         | 29.09 µg/ml  | ●●● |
| Malt (barley) | 17.80 µg/ml  | ●●  | Wheat bran                    | 18.87 µg/ml  | ●●  |
| Millet        | ≤ 5.00 µg/ml | ●   | Wheat gliadin Tri a Gliadin * | 22.48 µg/ml  | ●●● |
| Oat           | 5.49 µg/ml   | ●   | Wheatgrass                    | ≤ 5.00 µg/ml | ●   |

## Nuts

|              |              |     |                |              |   |
|--------------|--------------|-----|----------------|--------------|---|
| Almond       | 39.53 µg/ml  | ●●● | Macadamia      | ≤ 5.00 µg/ml | ● |
| Brazil nut   | ≤ 5.00 µg/ml | ●   | Pecan nut      | ≤ 5.00 µg/ml | ● |
| Cashew       | ≤ 5.00 µg/ml | ●   | Pistachio      | ≤ 5.00 µg/ml | ● |
| Coconut      | ≤ 5.00 µg/ml | ●   | Sweet chestnut | ≤ 5.00 µg/ml | ● |
| Coconut milk | 28.87 µg/ml  | ●●● | Tigernut       | ≤ 5.00 µg/ml | ● |
| Hazelnut     | 9.45 µg/ml   | ●   | Walnut         | 6.33 µg/ml   | ● |
| Kola nut     | ≤ 5.00 µg/ml | ●   |                |              |   |

## Legumes

|            |              |    |           |              |   |
|------------|--------------|----|-----------|--------------|---|
| Green bean | 13.39 µg/ml  | ●● | Soy       | ≤ 5.00 µg/ml | ● |
| Lentil     | ≤ 5.00 µg/ml | ●  | Sugar pea | ≤ 5.00 µg/ml | ● |
| Mung bean  | ≤ 5.00 µg/ml | ●  | Tamarind  | 5.26 µg/ml   | ● |



|        |              |   |            |             |    |
|--------|--------------|---|------------|-------------|----|
| Pea    | ≤ 5.00 µg/ml | ● | White bean | 18.55 µg/ml | ●● |
| Peanut | ≤ 5.00 µg/ml | ● |            |             |    |

## Fruits

|            |              |   |               |              |   |
|------------|--------------|---|---------------|--------------|---|
| Apple      | ≤ 5.00 µg/ml | ● | Melon         | ≤ 5.00 µg/ml | ● |
| Apricot    | ≤ 5.00 µg/ml | ● | Mulberry      | ≤ 5.00 µg/ml | ● |
| Banana     | ≤ 5.00 µg/ml | ● | Nectarine     | ≤ 5.00 µg/ml | ● |
| Blackberry | ≤ 5.00 µg/ml | ● | Orange        | ≤ 5.00 µg/ml | ● |
| Blueberry  | ≤ 5.00 µg/ml | ● | Papaya        | ≤ 5.00 µg/ml | ● |
| Cherry     | ≤ 5.00 µg/ml | ● | Passion fruit | ≤ 5.00 µg/ml | ● |
| Cranberry  | ≤ 5.00 µg/ml | ● | Peach         | ≤ 5.00 µg/ml | ● |
| Date       | ≤ 5.00 µg/ml | ● | Pear          | ≤ 5.00 µg/ml | ● |
| Elderberry | ≤ 5.00 µg/ml | ● | Physalis      | ≤ 5.00 µg/ml | ● |
| Fig        | ≤ 5.00 µg/ml | ● | Pineapple     | ≤ 5.00 µg/ml | ● |
| Gooseberry | ≤ 5.00 µg/ml | ● | Plum          | ≤ 5.00 µg/ml | ● |
| Grape      | ≤ 5.00 µg/ml | ● | Pomegranate   | ≤ 5.00 µg/ml | ● |
| Grapefruit | ≤ 5.00 µg/ml | ● | Raisin        | ≤ 5.00 µg/ml | ● |
| Kiwi       | 9.50 µg/ml   | ● | Raspberry     | ≤ 5.00 µg/ml | ● |
| Lemon      | ≤ 5.00 µg/ml | ● | Red currant   | ≤ 5.00 µg/ml | ● |
| Lime       | ≤ 5.00 µg/ml | ● | Strawberry    | ≤ 5.00 µg/ml | ● |
| Lychee     | ≤ 5.00 µg/ml | ● | Tangerine     | ≤ 5.00 µg/ml | ● |
| Mango      | ≤ 5.00 µg/ml | ● | Watermelon    | ≤ 5.00 µg/ml | ● |

## Vegetables

|                  |              |   |                   |              |   |
|------------------|--------------|---|-------------------|--------------|---|
| Artichoke        | ≤ 5.00 µg/ml | ● | Leek              | ≤ 5.00 µg/ml | ● |
| Arugula          | ≤ 5.00 µg/ml | ● | Nettle leaves     | ≤ 5.00 µg/ml | ● |
| Avocado          | ≤ 5.00 µg/ml | ● | Olive             | ≤ 5.00 µg/ml | ● |
| Bamboo sprouts   | ≤ 5.00 µg/ml | ● | Onion             | ≤ 5.00 µg/ml | ● |
| Broccoli         | 7.56 µg/ml   | ● | Parsnip           | ≤ 5.00 µg/ml | ● |
| Brussels sprouts | ≤ 5.00 µg/ml | ● | Pok-Choi          | ≤ 5.00 µg/ml | ● |
| Cabbage          | ≤ 5.00 µg/ml | ● | Potato            | 5.69 µg/ml   | ● |
| Caper            | ≤ 5.00 µg/ml | ● | Pumpkin Butternut | ≤ 5.00 µg/ml | ● |
| Carrot           | ≤ 5.00 µg/ml | ● | Pumpkin Hokkaido  | 6.57 µg/ml   | ● |
| Cauliflower      | ≤ 5.00 µg/ml | ● | Radicchio         | ≤ 5.00 µg/ml | ● |
| Celery Bulb      | ≤ 5.00 µg/ml | ● | Radish            | ≤ 5.00 µg/ml | ● |
| Celery Stalk     | ≤ 5.00 µg/ml | ● | Red beet          | 6.56 µg/ml   | ● |
| Chard            | ≤ 5.00 µg/ml | ● | Red cabbage       | ≤ 5.00 µg/ml | ● |



|                 |              |   |                 |              |   |
|-----------------|--------------|---|-----------------|--------------|---|
| Chicorée        | ≤ 5.00 µg/ml | ● | Romanesco       | ≤ 5.00 µg/ml | ● |
| Chinese cabbage | ≤ 5.00 µg/ml | ● | Savoy           | ≤ 5.00 µg/ml | ● |
| Chives          | ≤ 5.00 µg/ml | ● | Shallot         | ≤ 5.00 µg/ml | ● |
| Cucumber        | ≤ 5.00 µg/ml | ● | Spinach         | ≤ 5.00 µg/ml | ● |
| Eggplant        | ≤ 5.00 µg/ml | ● | Sweet potato    | ≤ 5.00 µg/ml | ● |
| Endive          | ≤ 5.00 µg/ml | ● | Tomato          | ≤ 5.00 µg/ml | ● |
| Fennel (bulb)   | ≤ 5.00 µg/ml | ● | Turnip          | ≤ 5.00 µg/ml | ● |
| Garlic          | 8.00 µg/ml   | ● | Watercress      | ≤ 5.00 µg/ml | ● |
| Green cabbage   | ≤ 5.00 µg/ml | ● | White asparagus | ≤ 5.00 µg/ml | ● |
| Horseradish     | ≤ 5.00 µg/ml | ● | White cabbage   | ≤ 5.00 µg/ml | ● |
| Kiwano          | ≤ 5.00 µg/ml | ● | Wild garlic     | ≤ 5.00 µg/ml | ● |
| Kohlrabi        | ≤ 5.00 µg/ml | ● | Zucchini        | ≤ 5.00 µg/ml | ● |
| Lamb's lettuce  | ≤ 5.00 µg/ml | ● |                 |              |   |

## Spices

|                |              |   |  |              |     |
|----------------|--------------|---|--|--------------|-----|
| Anise          | ≤ 5.00 µg/ml | ● | Lemongrass                               | ≤ 5.00 µg/ml | ●   |
| Basil          | ≤ 5.00 µg/ml | ● | Majoram                                  | ≤ 5.00 µg/ml | ●   |
| Bay leaf       | ≤ 5.00 µg/ml | ● | Mint                                     | ≤ 5.00 µg/ml | ●   |
| Caraway        | ≤ 5.00 µg/ml | ● | Mustard                                  | 29.44 µg/ml  | ●●● |
| Cardamom       | ≤ 5.00 µg/ml | ● | Nutmeg                                   | ≤ 5.00 µg/ml | ●   |
| Cayenne pepper | ≤ 5.00 µg/ml | ● | Oregano                                  | ≤ 5.00 µg/ml | ●   |
| Chili (red)    | ≤ 5.00 µg/ml | ● | Paprika                                  | 8.38 µg/ml   | ●   |
| Cinnamon       | ≤ 5.00 µg/ml | ● | Parsley                                  | ≤ 5.00 µg/ml | ●   |
| Clove          | ≤ 5.00 µg/ml | ● | Pepper<br>(black/white/green/red/yellow) | ≤ 5.00 µg/ml | ●   |
| Coriander      | ≤ 5.00 µg/ml | ● | Rosmary                                  | ≤ 5.00 µg/ml | ●   |
| Cumin          | ≤ 5.00 µg/ml | ● | Sage                                     | ≤ 5.00 µg/ml | ●   |
| Curry          | ≤ 5.00 µg/ml | ● | Tarragon                                 | ≤ 5.00 µg/ml | ●   |
| Dill           | ≤ 5.00 µg/ml | ● | Thyme                                    | ≤ 5.00 µg/ml | ●   |
| Fenugreek      | ≤ 5.00 µg/ml | ● | Turmeric                                 | ≤ 5.00 µg/ml | ●   |
| Ginger         | ≤ 5.00 µg/ml | ● | Vanilla                                  | ≤ 5.00 µg/ml | ●   |
| Juniper berry  | ≤ 5.00 µg/ml | ● |  |              |     |

## Edible Mushrooms

|             |              |     |                      |              |   |
|-------------|--------------|-----|----------------------|--------------|---|
| Boletus     | ≤ 5.00 µg/ml | ●   | French horn mushroom | ≤ 5.00 µg/ml | ● |
| Chanterelle | 22.47 µg/ml  | ●●● | Oyster mushroom      | ≤ 5.00 µg/ml | ● |
| Enoki       | ≤ 5.00 µg/ml | ●   | White mushroom       | ≤ 5.00 µg/ml | ● |



## Novel Foods

|                      |              |    |                  |              |    |
|----------------------|--------------|----|------------------|--------------|----|
| Almond milk          | 14.80 µg/ml  | ●● | House cricket    | 15.58 µg/ml  | ●● |
| Aloe                 | ≤ 5.00 µg/ml | ●  | Maca root        | ≤ 5.00 µg/ml | ●  |
| Aronia               | ≤ 5.00 µg/ml | ●  | Mealworm         | ≤ 5.00 µg/ml | ●  |
| Baobab               | ≤ 5.00 µg/ml | ●  | Migratory locust | ≤ 5.00 µg/ml | ●  |
| Chia seed            | ≤ 5.00 µg/ml | ●  | Nori             | 5.15 µg/ml   | ●  |
| Chlorella            | 7.21 µg/ml   | ●  | Safflower oil    | ≤ 5.00 µg/ml | ●  |
| Dandelion root       | ≤ 5.00 µg/ml | ●  | Spirulina        | ≤ 5.00 µg/ml | ●  |
| Ginkgo               | ≤ 5.00 µg/ml | ●  | Tapioca          | ≤ 5.00 µg/ml | ●  |
| Ginseng              | ≤ 5.00 µg/ml | ●  | Wakame           | ≤ 5.00 µg/ml | ●  |
| Greater burdock root | 8.13 µg/ml   | ●  | Yacón root       | ≤ 5.00 µg/ml | ●  |
| Guarana              | ≤ 5.00 µg/ml | ●  |                  |              |    |

## Coffee & Tea

|           |              |   |            |              |   |
|-----------|--------------|---|------------|--------------|---|
| Chamomile | ≤ 5.00 µg/ml | ● | Moringa    | ≤ 5.00 µg/ml | ● |
| Cocoa     | ≤ 5.00 µg/ml | ● | Peppermint | ≤ 5.00 µg/ml | ● |
| Coffee    | ≤ 5.00 µg/ml | ● | Tea, black | ≤ 5.00 µg/ml | ● |
| Hibiscus  | ≤ 5.00 µg/ml | ● | Tea, green | ≤ 5.00 µg/ml | ● |
| Jasmine   | ≤ 5.00 µg/ml | ● |            |              |   |

## Others

|                   |              |    |                               |              |     |
|-------------------|--------------|----|-------------------------------|--------------|-----|
| Agar Agar         | ≤ 5.00 µg/ml | ●  | Elderflower                   | ≤ 5.00 µg/ml | ●   |
| Aspergillus niger | 10.02 µg/ml  | ●● | Honey                         | ≤ 5.00 µg/ml | ●   |
| Baker's yeast     | 5.08 µg/ml   | ●  | Hops                          | ≤ 5.00 µg/ml | ●   |
| Brewer's yeast    | ≤ 5.00 µg/ml | ●  | M-Transglutaminase, meat glue | 36.82 µg/ml  | ●●● |
| Cane sugar        | 8.18 µg/ml   | ●  |                               |              |     |

## CCD

|                   |              |   |
|-------------------|--------------|---|
| Human Lactoferrin | ≤ 5.00 µg/ml | ● |
|-------------------|--------------|---|

SAMPLED ON  
6/3/2021

PRINTED ON  
5/5/2022

**FOX – Number of tested food sources:****283****MILK & EGG****17**

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk

**VEGETABLES****51**

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Pok-Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, White Asparagus, White cabbage, Wild garlic, Zucchini

**MEAT****14**

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison

**FISH & SEAFOOD****37**

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, European anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Noble crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam

**SPICES****31**

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosemary, Sage, Tarragon, Thyme, Turmeric, Vanilla

**CEREALS & SEEDS****29**

Amaranth, Barley, Buckwheat, Corn, Durum, Einkorn, Emmer, Hempseed, Linseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Rapeseed, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten, Wheat bran, Wheatgrass

**EDIBLE MUSHROOMS****6**

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom

**NUTS****13**

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut

**NOVEL FOODS****21**

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root

**LEGUMES****10**

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean

**COFFEE & TEA****9**

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green

**FRUITS****36**

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon

**OTHERS****9**

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

**Interpretation - Support****Interpretation Summary****Milk & Eggs****Buffalo's milk**

\* Molecular Antigen



Your IgG level for buffalo's milk is 37.29 µg/ml.

Associated food intolerance symptoms after consuming buffalo's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing buffalo's milk include dairy products like butter, yogurt, cheese (e.g., mozzarella), and ice cream.

Possible alternatives for buffalo's milk include camel's milk, goat's milk, and cow's milk for animal-derived sources. Plant-based alternatives include soy milk, coconut milk, almond milk, and rice milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

### **Buttermilk**

Your IgG level for buttermilk is 27.67 µg/ml.

Associated food intolerance symptoms after consuming buttermilk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing buttermilk include biscuits, cakes, mashed potatoes, soups, fried chicken, hamburger buns, cornbread, ranch dressing, smoothies, pancakes, ice cream, and cream cheese.

Possible alternatives (non-dairy) for buttermilk include soy-based options such as a combination of soy milk and acid (e.g., lemon juice or vinegar), vegan sour cream and water, or unsweetened plant milk (e.g., coconut, almond, or cashew) and acid (e.g., lemon juice or vinegar).

### **Camembert**

Your IgG level for camembert is 29.09 µg/ml.

Associated food intolerance symptoms after consuming camembert include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing camembert are salads, cheese boards, burgers. Camembert is often served in French cuisine.

Possible alternatives (non-dairy) for camembert include substitutes based on cashews.

### **Cottage cheese**

Your IgG level for cottage cheese is 40.53 µg/ml.

Associated food intolerance symptoms after consuming cottage cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cottage cheese include breakfast bowls, dips, pancakes, egg dishes, pasta dishes, and sandwiches.

Possible alternatives (non-dairy) for cottage cheese include firm tofu (crumbled) or substitutes based on cashews.

### **Cow's milk**

Your IgG level for cow's milk is 40.61 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereals, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Your IgG level for cow's milk is 12.53 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Your IgG level for cow's milk is 39.87 µg/ml.

Associated food intolerance symptoms after consuming cow's milk (casein) include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor,





casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

### **Egg white**

Your IgG level for egg white is 42.27 µg/ml.

Associated food intolerance symptoms after consuming egg white include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

### **Egg yolk**

Your IgG level for egg yolk is 38.03 µg/ml.

Associated food intolerance symptoms after consuming egg yolk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg yolks include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, and surimi. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg yolks include soy lecithin (a byproduct of soybean oil). If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

### **Emmental**

Your IgG level for emmental is 16.91 µg/ml.

Associated food intolerance symptoms after consuming emmental include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmental cheese include gratins, cheese fondues, cheese puffs, soups, pizza, and cheese boards.

Possible alternatives (non-dairy) for emmental cheese are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

### **Goat's milk**

Your IgG level for goat's milk is 10.27 µg/ml.

Associated food intolerance symptoms after consuming goat's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing goat's milk include dairy products such as cheese, butter, ice cream, yogurt, and cajeta.

Possible alternatives for goat's milk include cow's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

### **Gouda**

Your IgG level for gouda is 29.09 µg/ml.

Associated food intolerance symptoms after consuming gouda include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gouda include cheese dips, gratins, soups, sandwiches, sauces, lasagna, pizza, and cheese boards.

Possible alternatives (non-dairy) for gouda are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

### **Mozzarella**

Your IgG level for mozzarella is 32.53 µg/ml.

Associated food intolerance symptoms after consuming mozzarella include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing mozzarella include pizza, lasagna, caprese salads, and fruit salads.

Possible alternatives (non-dairy) for mozzarella cheese are vegan cheese substitutes based on cashew nuts or rice milk.



## Parmesan

Your IgG level for parmesan is 14.31 µg/ml.

Associated food intolerance symptoms after consuming parmesan include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing parmesan include pizza, lasagne, pasta dishes, chicken ceasar salads, soups, and cheese boards.

Possible alternatives (non-dairy) for parmesan includes substitutes based on soy and nutritional yeast.

## Quail egg

Your IgG level for quail egg is 22.51 µg/ml.

Associated food intolerance symptoms after consuming quail egg include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing quail eggs include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, and soufflés.

Possible alternatives for quail eggs include hen's eggs, goose eggs, duck eggs, and ostrich eggs for animal based substitutes. Plant-based substitutes include silken tofu.

## Sheep cheese

Your IgG level for sheep cheese is 12.7 µg/ml.

Associated food intolerance symptoms after consuming sheep cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sheep cheese include popular cheeses such as feta (Greek), ricotta (Italian), and roquefort (French).

Possible alternatives (non-dairy) for sheep cheese are tofu and cashew cheese.

## Sheep's milk

Your IgG level for sheep's milk is 13.7 µg/ml.

Associated food intolerance symptoms after consuming sheep's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sheep's milk include dairy products such as cheeses (e.g., feta, ricotta, roquefort), yogurt, butter, and ice cream.

Possible alternatives for sheep milk include cow's milk, camel's milk, goat's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

## Fish & Seafood

### Venus clam

Your IgG level for venus clam is 11.78 µg/ml.

Associated food intolerance symptoms after consuming venus clam include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing venus clams include stews, soups, sautéés, stir frys, salads, and savory pies.

Possible alternatives for venus clams include scallops, oyster, abalone, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

## Cereals & Seeds

### Durum

Your IgG level for durum is 17 µg/ml.

Associated food intolerance symptoms after consuming durum include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing durum wheat include semolina flour, pasta, couscous, breakfast cereals, puddings, bulgur, unleavened bread, and pizza dough.

Possible alternatives to durum flour (semolina) include all-purpose flour, amaranth flour, corn semolina, garbanzo flour, quinoa flour, and rice flour.

### Einkorn

Your IgG level for einkorn is 30.82 µg/ml.

Associated food intolerance symptoms after consuming einkorn include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.



Food products and dishes typically containing einkorn or einkorn flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to einkorn flour include spelt flour, amaranth flour, emmer flour, barley flour, and rice flour.

### **Emmer**

Your IgG level for emmer is 25.06 µg/ml.

Associated food intolerance symptoms after consuming emmer include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmer or emmer flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to emmer flour include spelt flour, einkorn flour, amaranth flour, barley flour, and rice flour.

### **Gluten**

Your IgG level for gluten is 33.77 µg/ml.

Associated food intolerance symptoms after consuming gluten include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gluten include wheat, wheat varieties (spelt, durum, couscous, semolina, farina, farro, kamut, einkorn, bulgur, wheat bran, wheat starch, emmer, seitan, graham flour, rye, barley), bread, pittas, bagels, flatbreads, rolls, pasta, crackers, biscuits, pastry, breakfast cereals, breadcrumbs, croutons, beers, ales, and lagers. On food labels, gluten may be referred to as *triticum vulgare* (wheat), *triticale* (cross between wheat and rye), *hordeum vulgare* (barley), *secale cereale* (rye), and *triticum spelta* (spelt).

Possible alternatives to gluten products include buckwheat (groats and flour), quinoa (grain or flour), rice (grain or flour), potato flour, soy flour, chickpea flour, corn, amaranth, millet, gluten-free oats, sorghum, and tapioca. Gluten-free pasta alternatives are made from lentils, peas, corn, rice, or buckwheat. Vegetable noodles are made from zucchini, carrot, or squash.

### **Malt**

Your IgG level for malt is 17.8 µg/ml.

Associated food intolerance symptoms after consuming malt include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing malted grains and malt syrup are beer, whiskey, malted milk, malt vinegar, confections such as Maltesers and Whoppers, flavored drinks such as Horlicks, Ovaltine, and Milo, and baked goods such as malt loaf and bagels.

Possible alternatives for malt syrups include honey, molasses, brown rice syrup, maple syrup, maltose, and sugar.

### **Polish wheat**

Your IgG level for Polish wheat is 26.75 µg/ml.

Associated food intolerance symptoms after consuming Polish wheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing Polish wheat and Polish wheat flour include pilafs, risottos, salads, breads, and baked goods.

Possible alternatives for Polish wheat flour include almond flour, buckwheat flour, sorghum flour, amaranth flour, teff flour, arrowroot flour, brown rice flour, and oat flour.

### **Rapeseed**

Your IgG level for rapeseed is 32.92 µg/ml.

Associated food intolerance symptoms after consuming rapeseed include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing rapeseeds include rapeseed oil.

Possible alternatives for rapeseed oil include canola oil, olive oil, avocado oil, and pumpkin seed oil.

### **Rye**

Your IgG level for rye is 20.74 µg/ml.

Associated food intolerance symptoms after consuming rye include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing rye and rye flour include sandwich bread, crisp bread, pretzels, crackers, as well as rye whiskey and rye beer.

Possible alternatives for rye and rye flour include barley and barley flour.

### **Spelt**

Your IgG level for spelt is 23.5 µg/ml.

Associated food intolerance symptoms after consuming spelt include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing spelt and spelt flour include bread, muffins, pancake mix, cookies, risotto, and stews.



Possible alternatives for spelt flour include einkorn flour, amaranth flour, buckwheat flour, barley flour, and rice flour.

### **Wheat**

Your IgG level for wheat is 29.09 µg/ml.

Associated food intolerance symptoms after consuming wheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, biscuits, couscous, crackers, crumpets, durum, einkorn, emmer, farina, farro, kamut, malt, seitan, semolina, scones, pancakes, pizza, pasta, and pastries. On food labels, wheat may be referred to as bromated flour, cereal extract, cracker meal, hydrolyzed vegetable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artificial flavoring, caramel color, dextrin, food starch, glucose syrup, maltodextrin, soy sauce, surimi, textured vegetable protein, and vegetable gum.

Possible alternatives for wheat include amaranth, buckwheat, millet, quinoa, and teff.

### **Wheat bran**

Your IgG level for wheat bran is 18.87 µg/ml.

Associated food intolerance symptoms after consuming wheat bran include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing wheat bran include cereal, pancakes, muffins, and cookies.

Possible alternatives for wheat bran include oat bran.

### **Wheat gliadin**

Your IgG level for wheat gliadin is 22.48 µg/ml.

Associated food intolerance symptoms after consuming wheat gliadin include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gliadin include major sources of gluten such as bread, pasta, pizza, dressing, and sauces, as well as barley, rye, and oats.

Possible alternatives for wheat gliadin products include amaranth, millet, buckwheat, and quinoa.

## **Nuts**

### **Almond**

Your IgG level for almond is 39.53 µg/ml.

Associated food intolerance symptoms after consuming almonds include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing almonds, ground almonds, or almond flour include cakes, breads, biscuits, confectionary, ice cream, marzipan, and liqueurs such as Amaretto.

Possible alternatives for almonds include hazelnuts, Brazil nuts, cashews, and unsalted pistachios. Unsalted pumpkin and sunflower seeds, granola, or oatmeal can function als nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for almond butter.

### **Coconut milk**

Your IgG level for coconut milk is 28.87 µg/ml.

Associated food intolerance symptoms after consuming coconut milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing coconut milk include curries, soups, puddings, porridge, ice cream, and sauces.

Possible alternatives (plant-based) for coconut milk include soy milk, almond milk, cashew milk, oat milk, hemp milk, and rice milk.

## **Legumes**

### **Green bean**

Your IgG level for green bean is 13.39 µg/ml.

Associated food intolerance symptoms after consuming green beans include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing green beans include soups, stews, sautéés, stir fries, casseroles, and salads.

Possible alternatives for green beans include asparagus, wax beans, peas, lentils, string beans, and broccoli.

### **White bean**

Your IgG level for white bean is 18.55 µg/ml.

Associated food intolerance symptoms after consuming white beans include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing white beans include stews, chilis, hummus, soups, and salads.



Possible alternatives for white beans include peas, lentils, and other beans (e.g., chickpea, black, pinto, lima, fava).

## Spices

### Mustard

Your IgG level for mustard is 29.44 µg/ml.

Associated food intolerance symptoms after consuming mustard include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes using mustard seeds as a flavoring agent include sauces, curries, and chutneys in Indian cooking. Mustard paste is used for salad dressings, as well as meat and fish dishes (as a glaze).

Possible alternatives for mustard seeds include caraway seeds and horseradish.

## Edible Mushrooms

### Chanterelle

Your IgG level for chanterelle is 22.47 µg/ml.

Associated food intolerance symptoms after consuming chanterelle mushrooms include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing chanterelle mushrooms include sautéés, stir fries, soufflés, cream sauces, and soups.

Possible alternatives for chanterelle mushrooms include cremini mushrooms and shiitake mushrooms.

## Novel Foods

### Almond milk

Your IgG level for almond milk is 14.8 µg/ml.

Associated food intolerance symptoms after consuming almond milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Almond milk is a plant-based substitute for cow's milk and is used for cooking porridge, oatmeal, cream-based soups, creamy sauces, gravies, as a coffee creamer, smoothies, ice creams, and other desserts.

Possible alternatives (plant-based) to almond milk include oat milk, rice milk, coconut milk, soy milk, hemp milk, and cashew milk.

### House cricket

Your IgG level for house cricket is 15.58 µg/ml.

Associated food intolerance symptoms after consuming house cricket include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Crickets are edible insects high in protein and many other nutrients, and are consumed as snacks in several African and Southeast Asian countries.

Possible alternatives for crickets are other edible insects such as grasshoppers and mealworms.

## Other

### Aspergillus niger (black mold)

Your IgG level for aspergillus niger (black mold) is 10.02 µg/ml.

Associated symptoms after consuming or exposure to aspergillus niger include fever, coughing, worsening of asthma symptoms, wheezing, shortness of breath, and fatigue.

Aspergillus niger grows on foods like breads, vegetables, dried fruits, and nuts, as well as in composts, organic waste bins, potting soil, and behind wallpaper and old upholstery.

It is nearly impossible to completely avoid exposure to aspergillus niger. Intolerant patients should check the foods they are consuming for any signs of mold and stay away from places where they are likely to encounter mold, for example construction sites and compost piles.

### M-Transglutaminase (meat glue)

Your IgG level for M-Transglutaminase is 36.82 µg/ml.

Associated food intolerance symptoms after consuming M-Transglutaminase include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing M-Transglutaminase include sausages, ham, fish balls, chicken nuggets, and surimi.

Possible alternatives for M-Transglutaminase include gelatin and carrageenan (derived from seaweeds).