

PATIENT ID:

 VHF

PATIENT NAME:

 FOX Full Panel

DATE OF BIRTH:




SAMPLE CODE:

 VH\_FOX

QR-CODE:

 80AAV33F

ANALYSED ON:

 17/02/2023

TESTED ANTIGENS:

 286

TEST METHOD:

 FOX

REFERRING PHYSICIAN:

Viva Health Laboratories

TESTED BY:

BIO-DIAGNOSTICS LTD,

UPTON INDUSTRIAL ESTATE,

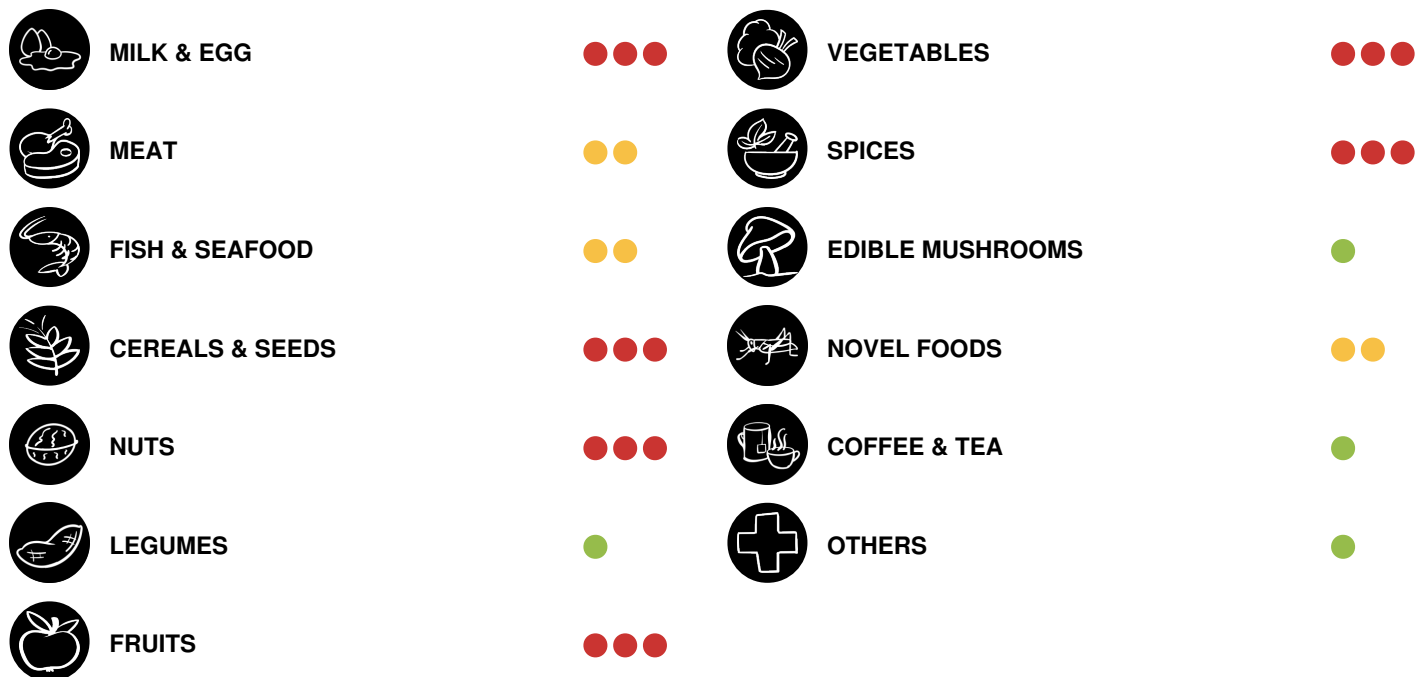
RECTORY ROAD, UPTON UPON SEVERN,

WORCESTERSHIRE

WR8 0LX

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 µg/ml



Low IgG level

10 - 19.99 µg/ml























Intermediate IgG level

≥ 20 µg/ml




Highly elevated IgG level

## Milk & Egg

Buttermilk	29.55 µg/ml		Cow's milk Bos d 8 * (Casein)	27.92 µg/ml	
Camembert	25.87 µg/ml		Buffalo milk	26.69 µg/ml	
Emmental	19.83 µg/ml		Camel milk	≤ 5.00 µg/ml	
Gouda	19.17 µg/ml		Goat cheese	10.57 µg/ml	
Cottage cheese	27.52 µg/ml		Goat milk	15.45 µg/ml	
Cow's milk	23.06 µg/ml		Quail egg	13.06 µg/ml	
Mozzarella	17.81 µg/ml		Egg white	38.06 µg/ml	
Parmesan	10.79 µg/ml		Egg yolk	37.35 µg/ml	
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	40.99 µg/ml		Sheep cheese	13.81 µg/ml	
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	44.28 µg/ml		Sheep milk	29.94 µg/ml	

## Meat

Duck	≤ 5.00 µg/ml		Chicken	≤ 5.00 µg/ml	
Beef	7.71 µg/ml		Turkey	≤ 5.00 µg/ml	
Veal	≤ 5.00 µg/ml		Rabbit	≤ 5.00 µg/ml	
Venison	≤ 5.00 µg/ml		Lamb	≤ 5.00 µg/ml	
Goat	≤ 5.00 µg/ml		Ostrich	≤ 5.00 µg/ml	
Stag	10.20 µg/ml		Pork	≤ 5.00 µg/ml	
Horse	≤ 5.00 µg/ml		Boar	≤ 5.00 µg/ml	

## Fish & Seafood

Caviar	≤ 5.00 µg/ml		Trout	≤ 5.00 µg/ml	
Eel	8.17 µg/ml		Oyster	≤ 5.00 µg/ml	
Noble crayfish	6.25 µg/ml		Northern prawn	≤ 5.00 µg/ml	
Cockle	≤ 5.00 µg/ml		Scallop	≤ 5.00 µg/ml	
Crab	5.38 µg/ml		Razor shell	≤ 5.00 µg/ml	
Atlantic herring	≤ 5.00 µg/ml		European plaice	≤ 5.00 µg/ml	
Carp	≤ 5.00 µg/ml		Thornback Ray	≤ 5.00 µg/ml	
European anchovy	≤ 5.00 µg/ml		Venus clam	≤ 5.00 µg/ml	
Northern pike	≤ 5.00 µg/ml		Salmon	≤ 5.00 µg/ml	
Atlantic cod	≤ 5.00 µg/ml		European pilchard	5.02 µg/ml	
Abalone	5.52 µg/ml		Turbot	10.33 µg/ml	
Lobster	≤ 5.00 µg/ml		Mackerel	≤ 5.00 µg/ml	
Shrimp mix	6.65 µg/ml		Atlantic redfish	12.94 µg/ml	

Squid	≤ 5.00 µg/ml	●	Sepia	≤ 5.00 µg/ml	●
Monkfish	≤ 5.00 µg/ml	●	Sole	≤ 5.00 µg/ml	●
Haddock	6.70 µg/ml	●	Gilt-head bream	≤ 5.00 µg/ml	●
Hake	9.06 µg/ml	●	Tuna	≤ 5.00 µg/ml	●
Common mussel	5.08 µg/ml	●	Swordfish	≤ 5.00 µg/ml	●
Octopus	≤ 5.00 µg/ml	●			

## Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	●	Pine nut	9.90 µg/ml	●
Oat	8.08 µg/ml	●	Rye	29.63 µg/ml	●●●
Rapeseed	32.90 µg/ml	●●●	Sesame	29.20 µg/ml	●●●
Hempseed	≤ 5.00 µg/ml	●	Wheat	36.03 µg/ml	●●●
Quinoa	8.17 µg/ml	●	Wheat bran	28.54 µg/ml	●●●
Pumpkin seed	6.83 µg/ml	●	Wheat gliadin Tri a Gliadin *	12.16 µg/ml	●●
Buckwheat	≤ 5.00 µg/ml	●	Wheatgrass	≤ 5.00 µg/ml	●
Sunflower	38.04 µg/ml	●●●	Gluten	35.29 µg/ml	●●●
Barley	≤ 5.00 µg/ml	●	Emmer	31.64 µg/ml	●●●
Malt (barley)	26.17 µg/ml	●●●	Durum	18.63 µg/ml	●●
Linseed	6.86 µg/ml	●	Einkorn	35.93 µg/ml	●●●
Lupine seed	≤ 5.00 µg/ml	●	Polish wheat	31.16 µg/ml	●●●
Rice	≤ 5.00 µg/ml	●	Spelt	26.23 µg/ml	●●●
Millet	5.20 µg/ml	●	Corn	6.22 µg/ml	●
Poppyseed	12.55 µg/ml	●●			

## Nuts

Cashew	≤ 5.00 µg/ml	●	Hazelnut	6.63 µg/ml	●
Brazil nut	≤ 5.00 µg/ml	●	Tigernut	≤ 5.00 µg/ml	●
Pecan nut	7.23 µg/ml	●	Walnut	18.98 µg/ml	●●
Sweet chestnut	≤ 5.00 µg/ml	●	Macadamia	21.27 µg/ml	●●●
Coconut milk	9.29 µg/ml	●	Pistachio	≤ 5.00 µg/ml	●
Coconut	≤ 5.00 µg/ml	●	Almond	26.37 µg/ml	●●●
Kola nut	≤ 5.00 µg/ml	●			

## Legumes

Peanut	≤ 5.00 µg/ml	●	Green bean	≤ 5.00 µg/ml	●
Chickpea	8.05 µg/ml	●	Pea	5.80 µg/ml	●
Soy	≤ 5.00 µg/ml	●	Sugar pea	≤ 5.00 µg/ml	●

\* Molecular Antigen

Lentil	≤ 5.00 µg/ml	●	Tamarind	≤ 5.00 µg/ml	●
White bean	≤ 5.00 µg/ml	●	Mung bean	≤ 5.00 µg/ml	●

## Fruits

Kiwi	6.59 µg/ml	●	Date	≤ 5.00 µg/ml	●
Pineapple	21.63 µg/ml	●●●	Physalis	≤ 5.00 µg/ml	●
Papaya	≤ 5.00 µg/ml	●	Apricot	≤ 5.00 µg/ml	●
Lime	≤ 5.00 µg/ml	●	Cherry	10.10 µg/ml	●●
Lemon	≤ 5.00 µg/ml	●	Plum	≤ 5.00 µg/ml	●
Watermelon	7.03 µg/ml	●	Peach	≤ 5.00 µg/ml	●
Grapefruit	≤ 5.00 µg/ml	●	Nectarine	≤ 5.00 µg/ml	●
Tangerine	6.77 µg/ml	●	Pomegranate	≤ 5.00 µg/ml	●
Orange	≤ 5.00 µg/ml	●	Pear	≤ 5.00 µg/ml	●
Melon	≤ 5.00 µg/ml	●	Gooseberry	≤ 5.00 µg/ml	●
Fig	≤ 5.00 µg/ml	●	Red currant	≤ 5.00 µg/ml	●
Strawberry	≤ 5.00 µg/ml	●	Blackberry	≤ 5.00 µg/ml	●
Lychee	≤ 5.00 µg/ml	●	Raspberry	≤ 5.00 µg/ml	●
Apple	≤ 5.00 µg/ml	●	Elderberry	5.10 µg/ml	●
Mango	≤ 5.00 µg/ml	●	Blueberry	≤ 5.00 µg/ml	●
Mulberry	≤ 5.00 µg/ml	●	Cranberry	≤ 5.00 µg/ml	●
Banana	≤ 5.00 µg/ml	●	Grape	≤ 5.00 µg/ml	●
Passion fruit	≤ 5.00 µg/ml	●	Raisin	≤ 5.00 µg/ml	●

## Vegetables

Shallot	≤ 5.00 µg/ml	●	Caper	≤ 5.00 µg/ml	●
Onion	≤ 5.00 µg/ml	●	Endive	≤ 5.00 µg/ml	●
Leek	7.98 µg/ml	●	Radicchio	≤ 5.00 µg/ml	●
Garlic	36.59 µg/ml	●●●	Chicorée	≤ 5.00 µg/ml	●
Chives	10.40 µg/ml	●●	Pumpkin Butternut	≤ 5.00 µg/ml	●
Wild garlic	≤ 5.00 µg/ml	●	Pumpkin Hokkaido	5.79 µg/ml	●
Celery Bulb	≤ 5.00 µg/ml	●	Kiwano	≤ 5.00 µg/ml	●
Celery Stalk	≤ 5.00 µg/ml	●	Zucchini	≤ 5.00 µg/ml	●
Horseradish	≤ 5.00 µg/ml	●	Cucumber	≤ 5.00 µg/ml	●
White asparagus	5.54 µg/ml	●	Artichoke	≤ 5.00 µg/ml	●
Bamboo sprouts	≤ 5.00 µg/ml	●	Carrot	≤ 5.00 µg/ml	●
Chard	≤ 5.00 µg/ml	●	Arugula	≤ 5.00 µg/ml	●
Red beet	≤ 5.00 µg/ml	●	Fennel (bulb)	≤ 5.00 µg/ml	●

Cabbage	9.98 µg/ml	●	Sweet potato	≤ 5.00 µg/ml	●
Cauliflower	≤ 5.00 µg/ml	●	Watercress	≤ 5.00 µg/ml	●
White cabbage	≤ 5.00 µg/ml	●	Olive	≤ 5.00 µg/ml	●
Brussels sprouts	≤ 5.00 µg/ml	●	Parsnip	≤ 5.00 µg/ml	●
Kohlrabi	≤ 5.00 µg/ml	●	Avocado	≤ 5.00 µg/ml	●
Broccoli	≤ 5.00 µg/ml	●	Radish	≤ 5.00 µg/ml	●
Romanesco	≤ 5.00 µg/ml	●	Eggplant	5.75 µg/ml	●
Red cabbage	≤ 5.00 µg/ml	●	Potato	10.62 µg/ml	●●
Green cabbage	≤ 5.00 µg/ml	●	Tomato	12.88 µg/ml	●●
Savoy	≤ 5.00 µg/ml	●	Spinach	≤ 5.00 µg/ml	●
Turnip	≤ 5.00 µg/ml	●	Nettle leaves	≤ 5.00 µg/ml	●
Pok-Choi	≤ 5.00 µg/ml	●	Lamb's lettuce	≤ 5.00 µg/ml	●
Chinese cabbage	5.48 µg/ml	●			

## Spices

Dill	≤ 5.00 µg/ml	●	Mint	≤ 5.00 µg/ml	●
Tarragon	≤ 5.00 µg/ml	●	Basil	≤ 5.00 µg/ml	●
Paprika	7.25 µg/ml	●	Majoram	≤ 5.00 µg/ml	●
Cayenne pepper	≤ 5.00 µg/ml	●	Oregano	≤ 5.00 µg/ml	●
Chili (red)	≤ 5.00 µg/ml	●	Parsley	≤ 5.00 µg/ml	●
Caraway	5.05 µg/ml	●	Anise	5.83 µg/ml	●
Cinnamon	≤ 5.00 µg/ml	●	Pepper (black/white/green/red/yellow)	≤ 5.00 µg/ml	●
Curry	≤ 5.00 µg/ml	●	Rosmary	≤ 5.00 µg/ml	●
Coriander	≤ 5.00 µg/ml	●	Sage	≤ 5.00 µg/ml	●
Cumin	≤ 5.00 µg/ml	●	Mustard	26.59 µg/ml	●●●
Turmeric	≤ 5.00 µg/ml	●	Clove	≤ 5.00 µg/ml	●
Lemongrass	≤ 5.00 µg/ml	●	Thyme	7.11 µg/ml	●
Cardamom	≤ 5.00 µg/ml	●	Fenugreek	≤ 5.00 µg/ml	●
Juniper berry	≤ 5.00 µg/ml	●	Vanilla	≤ 5.00 µg/ml	●
Bay leaf	≤ 5.00 µg/ml	●	Ginger	≤ 5.00 µg/ml	●
Nutmeg	≤ 5.00 µg/ml	●			










## Edible Mushrooms

White mushroom	≤ 5.00 µg/ml	●	Enoki	≤ 5.00 µg/ml	●
Boletus	≤ 5.00 µg/ml	●	French horn mushroom	6.48 µg/ml	●
Chanterelle	≤ 5.00 µg/ml	●	Oyster mushroom	7.72 µg/ml	●










## Novel Foods

House cricket	≤ 5.00 µg/ml		Ginseng	≤ 5.00 µg/ml	
Baobab	≤ 5.00 µg/ml		Guarana	≤ 5.00 µg/ml	
Aloe	≤ 5.00 µg/ml		Almond milk	10.04 µg/ml	 
Greater burdock root	≤ 5.00 µg/ml		Nori	6.25 µg/ml	
Aronia	≤ 5.00 µg/ml		Chia seed	10.35 µg/ml	 
Safflower oil	≤ 5.00 µg/ml		Yacón root	≤ 5.00 µg/ml	
Chlorella	5.31 µg/ml		Spirulina	≤ 5.00 µg/ml	
Ginkgo	5.23 µg/ml		Dandelion root	≤ 5.00 µg/ml	
Maca root	≤ 5.00 µg/ml		Mealworm	≤ 5.00 µg/ml	
Migratory locust	≤ 5.00 µg/ml		Wakame	5.22 µg/ml	
Tapioca	≤ 5.00 µg/ml				

## Coffee & Tea

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

## Others

Agar Agar	≤ 5.00 µg/ml		Cane sugar	8.10 µg/ml	
Honey	5.33 µg/ml		Brewer's yeast	5.42 µg/ml	
Aspergillus niger	7.95 µg/ml		Elderflower	≤ 5.00 µg/ml	
Hops	≤ 5.00 µg/ml		M-Transglutaminase, meat glue	9.21 µg/ml	
Baker's yeast	8.74 µg/ml				

## CCD

Human Lactoferrin	≤ 5.00 µg/ml	
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PRINTED ON  
17/03/2023

## 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



### 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



### 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



### NUTS

13

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



### LEGUMES

10

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



### 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



### 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



### 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), Rosmary, Sage, Tarragon, Thyme, Turmeric, Vanilla



### EDIBLE MUSHROOMS

6

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



### 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



### COFFEE & TEA

9

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



### 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

Your IgG level for buffalo's milk is 26.69 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 29.55 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 25.87 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 27.52 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 23.06 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.



### Egg white

Your IgG level for egg white is 38.06 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 leavining 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 37.35 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 leavining 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 19.83 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 cheese

Your IgG level for goat cheese is 10.57 µg/ml.

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

Food products and dishes typically containing goat cheese include salads, pizza, savory tarts, sandwiches, as a garnish on pasta, desserts, and cheese boards.

Possible alternatives (non-dairy) for goat cheese include tofu and cashew cheese.

### Goat's milk

Your IgG level for goat's milk is 15.45 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 19.17 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 17.81 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 10.79 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 13.06 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 13.81 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 29.94 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.

## **Meat**

### **Stag**

Your IgG level for stag is 10.2 µg/ml.

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

Food products and dishes typically containing stag include stews, roasts, sausages, hamburgers, and meatloaf.

Possible alternatives for stag include veal, venison, and beef.

## Fish & Seafood

### Atlantic redfish

Your IgG level for Atlantic redfish is 12.94 µg/ml.

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

Food products and dishes typically containing Atlantic redfish include fish tacos, bakes, paellas, sandwiches, stews, and savory pies.

Possible alternatives for Atlantic redfish include haddock, pollack, stripped bass, hake, and grouper. Tofu, banana blossom, and jackfruit can serve as vegan substitutes with similar texture.

### Turbot

Your IgG level for turbot is 10.33 µg/ml.

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

Food products and dishes typically containing turbot include fish tacos, bakes, paellas, sandwiches, stews, and savory pies.

Possible alternatives for turbot include haddock, pollack, stripped bass, hake, and grouper. Tofu, banana blossom, and jackfruit can serve as vegan substitutes with similar texture.

## Cereals & Seeds

### Durum

Your IgG level for durum is 18.63 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 35.93 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 31.64 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 35.29 µg/ml.

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

\* Molecular Antigen

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 26.17 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 31.16 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.

### **Poppy seed**

Your IgG level for poppy seed is 12.55 µg/ml.

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

Food products and dishes typically containing poppy seeds include bagels, breads, cakes, muffins, granola, and salad dressing.

Possible alternatives for poppy seeds are black sesame seeds and chia seeds.

### **Rapeseed**

Your IgG level for rapeseed is 32.9 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 olive oil, avocado oil, and pumpkin seed oil.

### **Rye**

Your IgG level for rye is 29.63 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.

### **Sesame**

Your IgG level for sesame is 29.2 µg/ml.

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

Food products and dishes typically containing sesame seeds and sesame oil include bagels, bread, breadsticks, hamburger buns, bread crumbs, cereal, crackers, hummus, tahini, baba ghanoush, dressings, marinades, sauces, falafel, hummus, processed meats

and sausages, energy bars, sushi, tempeh, vegetarian burgers, and a lot of Asian cuisine. On food labels, sesame may be referred to as benne, benne seed, benniseed, gingelly, gingelly oil, gomasio, halvah, sesame flour, sesame oil, sesame paste, sesame salt, sesame seed, sesamol, sesamum indicum, sesamolina, sim sim, tahini, tahina, tehina, and til.

Possible alternatives for sesame seeds include poppy seeds and flax seeds. Sesame oil can be substituted with perilla oil, walnut oil, olive oil, rapeseed oil, and avocado oil.

### Spelt

Your IgG level for spelt is 26.23 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.

### Sunflower

Your IgG level for sunflower is 38.04 µg/ml.

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

Food products and dishes typically containing sunflower include salads and sunflower tea, which functions as a coffee substitute.

Possible alternatives for sunflower tea include chicory coffee, dandelion tea, and twig tea.

### Wheat

Your IgG level for wheat is 36.03 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 28.54 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 12.16 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 26.37 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 as nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for almond butter.

### Macadamia

Your IgG level for macadamia is 21.27 µg/ml.

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

Food products and dishes typically containing macadamia nuts include biscuits, cakes, pastries, chocolate, confectionary, and cereal.

Possible alternatives for macadamia nuts include Brazil nuts, cashews, almonds, pecan nuts, and walnuts. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes.

### Walnut

Your IgG level for walnut is 18.98 µg/ml.

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

Food products and dishes typically containing walnuts include pesto sauces, salads, cakes, biscuits, confectionary, and ice cream.

Possible alternatives for walnuts include hazelnuts and almonds. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes.

## Fruits

### Cherry

Your IgG level for cherry is 10.1 µg/ml.

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

Food products and dishes typically containing cherries include pastries (e.g., pies, tarts, cakes, cobblers, etc.), ice cream, juice, compotes, and in trail mix (dried).

Possible alternatives for cherries in baking include plums, apricots, and nectarines.

### Pineapple

Your IgG level for pineapple is 21.63 µg/ml.

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

Food products and dishes typically containing pineapple include salads, chutneys, relishes, marinades, juices, smoothies and cocktails.

Possible alternatives for pineapples include green apples and oranges.

## Vegetables

### Chives

Your IgG level for chives is 10.4 µg/ml.

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

Food products and dishes typically containing chives include salads, sandwiches, potato dishes, and omelettes.

Possible alternatives for chives include green onions, shallots, and garlic.

### Garlic

Your IgG level for garlic is 36.59 µg/ml.

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

Food products and dishes typically containing garlic include pasta dishes, soups, stews, sauces, butters and oils, dips, dressings, and chutneys.

Possible alternatives for garlic include chives, shallot, onion, and lemon zest.

## Potato

Your IgG level for potato is 10.62 µg/ml.

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

Food products and dishes typically containing potatoes include soups, salads, stews, pancakes, dumplings, gratins, casseroles, mashes, roasts, crisps, gnocchi, empanadas, and many more.

Possible alternatives for potatoes include cauliflower, kohlrabi, and butternut squash.

## Tomato

Your IgG level for tomato is 12.88 µg/ml.

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

Food products and dishes typically containing tomatoes include sauces, pasta dishes, salads, stews, soups, dips, chutneys, salsa, and jams.

Possible alternatives for tomato include red bell peppers and olives.

## Spices

### Mustard

Your IgG level for mustard is 26.59 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.

## Novel Foods

### Almond milk

Your IgG level for almond milk is 10.04 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.

### Chia seed

Your IgG level for chia seed is 10.35 µg/ml.

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

Chia seeds are known for having a lot of fiber and omega-3 fatty acids. Food products and dishes commonly containing chia seeds include smoothies, juices, yogurts, oatmeal, salads and baked goods.

Possible alternatives for chia seeds are line seeds (also known as flax seeds), oat bran, and quinoa.

## Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.

(The connection between food intake, elevated IgG levels and chronic disorders has been described in peer reviewed publications and case studies. Nonetheless this connection is still debated in the scientific community and a consensus has not been reached thus far.)