Sample ID: Sample 001

Name: John Doe

IgGAssay Test Results



REPORT

Dear John Doe,

Please find the enclosed results of your IgGAssay Food Intolerance IgG Test. The test analyzed your blood sample for food-specific Immunoglobulin G (IgG) reactions.

From our research, we know that many patients who alter their diet following their test results show a significant improvement in their symptom(s) within three to four weeks. We hope you will be one of them and we would be interested in learning of your progress and improvement in due course.

We wish you excellent health, Microwell Laboratories

IMPORTANT: This is a food intolerance test, not an allergy test. If you suffer classic allergic (IgE) REACTIONs to any of these foods, DO NOT eat them even if they are on the green column. Your test results are complementary to and not a substitute for the best medical help. This test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic for celiac disease. If your chronic symptoms do not improve significantly over the next few weeks, we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.

Sample ID: SampleID Name: John Doe

IgGAssay Test Results

HOW TO UNDERSTAND YOUR IGGASSAY REPORT:

RED COLUMN (AVOID)

The red column indicates you have an intolerance to these particular foods, and it is suggested that you try to eliminate them from your diet.

GREEN COLUMN (NO REACTION)

The green column indicates that you do not have an intolerance to these particular foods. The green column foods may be eaten without restriction unless you already know that they cause you any adverse effects such as food allergies or discomfort.

DEGREES:

The numbers in your report in the Red Column are the Reaction Levels. All levels suggest that your body has a reaction to those foods.

- +1..... LOW REACTION
- +2.....REACTION
- +3.....HIGH REACTION

GRAINS	
	Barley
	Buckwheat
	Corn
	Kamut Wheat
	Millet
	Oat
	Quinoa
	Rice
	Rye
27	Spelt
	Wheat
LEGUMES	
	Black Bean
	Acai Berry
	Carob
	Chickpea
	Fava Beans
	Kidney Beans
	Lentils
	Peanut
	Pea
Pinto Beans+1	
	Soybeans
	String Beans
DAIRY & EGGS	
	Cow Milk
Egg White+1	
	Egg Yolk
	Goat Milk

	Sheep Milk
MEAT & POULTRY	
	Beef
	Chicken
	Duck Meat
	Lamb
	Pork
	Quaill
	Rabbit
	Turkey
FISH & SEAFOOD	
	Anchovy
	Bluefish
	Clam
	Codfish
	Crab
	Eel
	Haddock
	Herring
	Lobster
	Mackerel
	Mussel
	Octopus
	Oyster
	Trout
	Tilapia
	Red Snapper
	Salmon
	Sardine
	Scallop
	Sea Bass
	Shrimp
	Sole
	Squid

Sample ID: SampleID
Name: John Doe
Pinnertest Test Results

	SwordFish
	Tuna
VEGETABLES	13113
	Artichoke
	Arugula
	Asparagus
	Beet
<u> </u>	Bell Pepper
	Broccoli
	Brussels Sprouts
	Butternut Squash
	Cabbage
	Carrot
	Cauliflower
	Celery
	Chard
	Cilantro
	Cucumber
	Eggplant
EA JAN DY	Endive
	Florence Fennel
	Kale
	Leek
Lettuce+2	
	Mushroom
	Okra
	Onion
	Potato
	Radicchio
	Radish
	Rhubarb
	Rutabaga
	Spinach
	Sweet Potato

FRUITS FRUITS A B B B C C C C C C C C C C	omato Furnip ne Leaf tercress ucchini Apple pricot vocado anana uckberry ck Olives
FRUITS FRUITS AA BBI BIA CCA CCT CT	ne Leaf tercress ucchini Apple pricot vocado anana uckberry
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FRUITS A B B Ca Cr G G G G G G G G G G G G G	Apple Apple Apricot Vocado anana Ckberry
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AA BI BI Ca Cr	pricot vocado anana ckberry ck Olives
AA BI BI BI CCa CT	pricot vocado anana ckberry ck Olives
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Bla Bla Bla Ca Ca Cr	ckberry ck Olives
Bla Bla Ca Ca Cr	ck Olives
Bl Ca Ca Cr Gr Gr	
Ca Cr Cr	ueberry
	ntaloupe
	oconut
Gr	anberry
Gr	Date
Gr	Fig
	Grape
	apefruit
	Guava
	Kiwi
	emon
	Lime
N.	Mango
IV	ectarine
)range
	2,000
	apaya
	Peach
Pi	
	Peach
Pon	Peach Pear
Р	Peach Pear neapple

	Raspberry
	Red Currant
	Strawberry
	Sweet Cherry
	Watermelon
SEED & NUTS	
Almond+1	
	Brazil Nut
	Cashew Nut
	Chestnut
	Flaxseed
	Hazelnut
	Macadamia Nut
	Pine Nut
	Pistachio
	Poppy Seed
	Sesame Seed
	Sunflower Seed
	Walnut
SPICES & HERBS	
	Allspice
	Anise Seed
	Basil
	Parsley
	Capers
	Cardamom
	Chili Pepper
	Chives
	Cinnamon
	Clove
-7	Coriander Seed
	Containuer Seeu Cumin
	Dill
	Garlic

Ginger Mustard Seed Nutmeg Oregano Paprika Peppercorn Rosemary Saffron Sage Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda Yeast Brewers		
Nutmeg Oregano Paprika Peppercorn Rosemary Saffron Sage Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Ginger
Oregano Paprika Peppercorn Rosemary Saffron Sage Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Mustard Seed
Paprika Peppercorn Rosemary Saffron Sage Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Nutmeg
Peppercorn Rosemary Saffron Sage Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Oregano
Rosemary Saffron Sage Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Paprika
Saffron Sage Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Peppercorn
Sage Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Rosemary
Tarragon Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Saffron
Thyme Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Sage
Turmeric Vanilla DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Alae Vera Amaranth Aspartame Baking Soda		Tarragon
DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Thyme
DRINKS Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Turmeric
Black Tea Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Vanilla
Chamomile Tea Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda	DRINKS	
Chicory Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda	2	Black Tea
Coffee Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Chamomile Tea
Cola Nut Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Chicory
Ginseng Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Coffee
Hibiscus Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Cola Nut
Hops Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Ginseng
Lavender Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Hibiscus
Jasmine Tea Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Hops
Mint Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Lavender
Rooibos OTHERS Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Jasmine Tea
Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Mint
Agar Agave Aloe Vera Amaranth Aspartame Baking Soda		Rooibos
Agave Aloe Vera Amaranth Aspartame Baking Soda	OTHERS	
Aloe Vera Amaranth Aspartame Baking Soda		Agar
Amaranth Aspartame Baking Soda		Agave
Aspartame Baking Soda		
Baking Soda		Amaranth
Yeast Brewers		Baking Soda
		Yeast Brewers

	Cocoa Bean
	Canola Oil
	Yeast Baker
	Cane Sugar
	Fructose
Gluten+3	
	Hemp
	Honey
	Maple Syrup
	Pectin
	Tapioca

