

<p>REFERRING PRACTITIONER</p> <p>Sample Food Vegetarian 101 report \$225</p>	<p>PATIENT</p> <p>DOB: Test #: Date: Lab #:</p>
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FOOD INTOLERANCE / SENSITIVITY

Legend
 0-10% Negative
 10-20% (+) Mild
 20-30% (++) Moderate
 >30% (+++) Marked

GRAINS	%	FRUIT	%	SWEETENERS	%
Barley	6	Apple	2	Aspartame (951)	0
Buckwheat	2	Avocado	+ 10	Barley Malt	0
Corn	0	Banana	0	Cane Sugar	2
Hops	0	Blueberry	0	Cyclamate (952)	8
Oats	4	Grape	0	Saccharin (954)	0
Rice	0	Grapefruit	0	Sucralose (955)	4
Rye	0	Kiwi Fruit	0	Vanilla	8
Spelt	6	Lemon	0	Xylitol (967)	6
Wheat	4	Mango	2	DAIRY PRODUCTS	
Wheat Gluten	8	Orange	0	Cheddar	4
NUTS & SEEDS		Paw Paw	0	Cow's Milk	+ 10
Almond	0	Pear	6	Fetta	4
Cashew	6	Pineapple	0	Goat's Milk	+ 12
Chia	0	Rockmelon &	0	Parmesan	+ 12
Flaxseed Meal	0	Honeydew F.	0	LEGUMES	
Hazelnut	0	Strawberry	2	Green Pea	0
Peanut	+ 14	VEGETABLES		Kidney Bean	4
Safflower	0	Asparagus	0	Lentil	8
Sesame Seed	2	Beetroot	0	Soybean	+ 16
Sunflower	+ 10	Bok Choy	0	String Bean	0
HERBS & SEASONINGS		Broccoli	0	BEVERAGES	
Chilli	0	Brown Onion	0	Cocoa	0
Coconut	0	Cabbage	4	Coffee	+ 10
Curry	4	Capsicum	0	Cola	0
Dill	0	Carrot	0	Tea	0
Garlic	6	Cucumber	0		
Ginger	0	Lettuce	0		
Mustard	+ 10	Parsnip	0		
Olives	+ 12	Pumpkin	+ 10		
Oregano	0	Rocket	0		
Parsley	0	Spanish Onion	0		
Rosemary	4	Spinach	06		
Tobacco	4	Sweet Potato	0		
FUNGUS		Tomato	0		
Baker's Yeast	+ 16	White Potato	0		
Brewer's Yeast	+ 10	Zucchini	0		
Candida Albicans	8	FOOD ADDITIVES			
Mushroom	0	Calcium propionate (282)	0		
		Carmoisine (122)	2		
		MSG (621)	0		
		Potassium sorbate (202)	0		
		Sodium benzoate (211)	0		
		Sodium metabisulfite (223)	0		
		Sodium nitrite (250)	0		
		Sunset Yellow (110)	0		
		Tartrazine (102)	0		

RESULTS

Foods producing immune responses are marked. For maximum benefit, avoid all positive foods for 8 weeks. Following this elimination, if desired, you may re-introduce reactive foods cautiously and monitor any response carefully.

If symptoms appear or reactions persist, please consult your practitioner.

- Note:
1. Patients who have not fasted for 12 hours prior to their blood collection may prejudice results
 2. Patients are reminded that extended avoidances of foods prior to testing may:
 - (a) produce a nil result for that food as no immune mechanism has been activated.
 - (b) produce dietary deficiencies unless alternate nutritional sources are pursued.
 3. Please consult professional advice if dietary changes are extensive to ensure good nutritional health.

To obtain the best results from your food intolerance test we offer the following information:

Food intolerance generally gives delayed reaction rather than an immediate allergic response. These delayed reactions may occur within hours of consumption of the foods or in some cases may take up to three or four days to manifest.

Food intolerance may be due to several factors. These include enzyme deficiencies, chemical and food related chemical sensitivities, toxicity issues with food or microbial toxicity and immunological reactions. Symptoms induced by food intolerances may include: headaches, sinusitis, nausea, bloating, stomach pains, irregular bowel movements, irritation, tiredness, vagueness and moodiness. In children, common symptoms are Restlessness, irritability, poor concentration, and behavioral problems.

Celiac disease involves an immune system response to foods containing gluten. The consumption of gluten-containing foods such as wheat induces inflammation of the gut. This causes poor absorption of nutrients and gives symptoms such as constipation or diarrhea, gut upset, fatigue, anemia or weight loss. Enzyme deficiencies are commonly seen with lactose intolerance where the enzyme lactase is deficient. Symptoms of this may include wind, bloating, nausea and/or diarrhea following ingestion of dairy products. Some people may also be deficient in the enzyme fructase leading to reactions to fructose.

Using your results:

First consult your referring practitioner to ensure that avoiding your reactive foods is done while preserving a nutritious and complete diet. This is particularly important if the test is carried out for a child.

Best results are obtained by:

1. avoiding, if possible, all foods with a positive reaction for approximately 8 weeks.
2. Challenging then begins by introducing one food at a time and eating a reasonable quantity on the first day of the challenge.
3. If no reaction is noticed repeat the challenge on the second day.
4. If still no reaction is observed, re-introduce the food back into the diet but taken only once every four days (Rotation).
5. If a reaction is noticed eliminate this food for a further 6 to 8 weeks. Wait 5 days and challenge with the next food.

** Be cautious about eating foods from the family of a known reactive food.

Food Family tables are available on request or can be downloaded from our website at www.australianbiologics.com.au/food_families and common questions.