

Test Report : Order of Reactivity

Patient Name:	Sample Report	Analysis Date:	08/06/2017
Patient Number:	101	Test Reference:	444
Date of Birth:	01/01/2000		

ELEVATED FOODS (≥30 U/ml)

80	Rice	42	Gliadin*	33	Cola Nut
59	Barley	40	Sunflower Seed	33	Yeast (Brewer's)
44	Wheat	38	Potato		

BORDERLINE FOODS (24-29 U/ml)

29	Hazelnut	26	Cashew Nut	24	Carrot
29	Pistachio	25	Cranberry		

NORMAL FOODS (≤23 U/ml)

18	Peanut	3	Pineapple	0	Cherry
17	Corn (Maize)	2	Lime	0	Coconut
17	Oat	2	Walnut	0	Garlic
15	Bean (Red Kidney)	1	Broccoli	0	Grape (Black/Red/White)
15	Bean (White Haricot)	1	Chickpea	0	Grapefruit
14	Durum Wheat	1	Cocoa Bean	0	Lemon
14	Ginger	1	Lentil	0	Melon (Galia/Honeydew)
14	Soya Bean	1	Mushroom	0	Olive
13	Pea	1	Pear	0	Orange
10	Almond	0	Apple	0	Parsley
9	Brazil Nut	0	Asparagus	0	Peppercorn (Black/White)
9	Rye	0	Banana	0	Raspberry
8	Onion	0	Blackberry	0	Sesame Seed
7	Coffee	0	Blackcurrant	0	Strawberry
6	Yeast (Baker's)	0	Blueberry	0	Tea (Black)
5	Chilli (Red)	0	Brussel Sprout	0	Tea (Green)
4	Apricot	0	Carob	0	Tomato
3	Mustard Seed	0	Cauliflower		

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.