



Your Food Report



Informing decisions
Improving health



22/01/2025

Dear,

Please find enclosed the Patient Report for your food sensitivity test, FoodPrint®. This includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® test:

1. **Food Groups** – foods are listed according to their respective food group
2. **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED**, **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- Information about food sensitivity and commonly used terminology
- Planning and implementing your results
- Replacements for common foods like dairy, eggs, wheat, gluten and yeast
- Monitoring symptoms, re-introducing foods and avoiding new food sensitivities
- Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: FoodPrint® does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with coeliac disease or any other food related condition such as lactose intolerance.

[If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact hello@cnslab.co.uk.](mailto:hello@cnslab.co.uk)

Kind regards
The CNSLab Team

Test Report : Food Groups

Patient Name:
 Patient Number: 154603
 Date of Birth: 11/04/1976

Analysis Date: 21/01/2025
 Test Reference: 202821

ELEVATED (≥30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤23 U/ml)

DAIRY / EGG

<15	Alpha-Lactalbumin	72	Egg White	70	Milk (Cow)
<15	Beta-Lactoglobulin	<15	Egg Yolk	<15	Milk (Goat)
<15	Casein	<15	Milk (Buffalo)	<15	Milk (Sheep)

GRAINS (Gluten-Containing)*

22	Barley	<15	Malt	<15	Wheat
<15	Couscous	41	Oat	<15	Wheat Bran
<15	Durum Wheat	35	Rye		
34	Gliadin*	<15	Spelt		

GRAINS (Gluten-Free)

<15	Amaranth	<15	Millet	<15	Tapioca
<15	Buckwheat	<15	Quinoa		
22	Corn (Maize)	34	Rice		

FRUIT

<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	16	Plum
<15	Banana	<15	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant
<15	Cherry	<15	Mulberry	<15	Rhubarb
16	Cranberry	<15	Nectarine	<15	Strawberry
<15	Date	<15	Olive	<15	Tangerine
<15	Fig	<15	Orange	<15	Watermelon
<15	Grape (Black/Red/White)	<15	Papaya		
<15	Grapefruit	<15	Peach		

VEGETABLES

<15	Artichoke	<15	Cauliflower	38	Potato
<15	Asparagus	<15	Celery	<15	Radish
<15	Aubergine	<15	Chard	<15	Rocket
<15	Bean (Broad)	<15	Chickpea	<15	Shallot
<15	Bean (Green)	<15	Chicory	<15	Soya Bean
<15	Bean (Red Kidney)	<15	Cucumber	<15	Spinach
15	Bean (White Haricot)	<15	Fennel (Leaf)	21	Squash (Butternut/Carnival)
<15	Beetroot	<15	Leek	<15	Sweet Potato
<15	Broccoli	<15	Lentil	<15	Tomato
<15	Brussel Sprout	<15	Lettuce	<15	Turnip
<15	Cabbage (Red)	<15	Marrow	<15	Watercress
<15	Cabbage (Savoy/White)	<15	Onion	<15	Yuca
<15	Caper	32	Pea		
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

<15	Anchovy	<15	Hake	<15	Salmon
<15	Bass	<15	Herring	<15	Sardine
<15	Carp	<15	Lobster	<15	Scallop
<15	Caviar	<15	Mackerel	<15	Sea Bream (Gilthead)
<15	Clam	<15	Monkfish	<15	Shrimp/Prawn
<15	Cockle	<15	Mussel	<15	Sole
<15	Cod	<15	Octopus	<15	Squid
<15	Crab	<15	Oyster	<15	Swordfish
<15	Cuttlefish	<15	Perch	<15	Trout
<15	Eel	<15	Pike	<15	Tuna
<15	Haddock	<15	Plaice	<15	Turbot

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Partridge	<15	Veal
<15	Duck	<15	Pork	<15	Venison
<15	Horse	<15	Quail	<15	Wild Boar
<15	Lamb	<15	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Parsley
<15	Basil	<15	Garlic	<15	Peppercorn (Black/White)
<15	Bayleaf	<15	Ginger	<15	Peppermint
<15	Camomile	<15	Ginseng	<15	Rosemary
<15	Cayenne	<15	Hops	<15	Saffron
<15	Chilli (Red)	<15	Liquorice	<15	Sage
<15	Cinnamon	<15	Marjoram	<15	Tarragon
<15	Clove	<15	Mint	<15	Thyme
<15	Coriander (Leaf)	<15	Mustard Seed	<15	Vanilla
<15	Cumin	<15	Nettle		
<15	Curry (Mixed Spices)	<15	Nutmeg		

NUTS / SEEDS

<15	Almond	<15	Hazelnut	<15	Rapeseed
<15	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
54	Cashew Nut	<15	Peanut	19	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
22	Flax Seed	29	Pistachio	<15	Walnut

MISCELLANEOUS

32	Agar Agar	<15	Cocoa Bean	<15	Tea (Green)
<15	Aloe Vera	<15	Coffee	18	Yeast (Baker's)
<15	Carob	<15	Mushroom	36	Yeast (Brewer's)
<15	Chestnut	<15	Tea (Black)		

* 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.

Test Report : Order of Reactivity

Patient Name:
Patient Number: 154603
Date of Birth: 11/04/1976

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Test Reference: 202821

ELEVATED FOODS (≥30 U/ml)

72	Egg White	38	Potato	34	Rice
70	Milk (Cow)	36	Yeast (Brewer's)	32	Agar Agar
54	Cashew Nut	35	Rye	32	Pea
41	Oat	34	Gliadin*		

BORDERLINE FOODS (24-29 U/ml)

29 Pistachio

NORMAL FOODS (≤23 U/ml)

22	Barley	<15	Blackberry	<15	Coconut
22	Corn (Maize)	<15	Blackcurrant	<15	Cod
22	Flax Seed	<15	Blueberry	<15	Coffee
21	Squash (Butternut/Carnival)	<15	Brazil Nut	<15	Coriander (Leaf)
19	Sunflower Seed	<15	Broccoli	<15	Couscous
18	Yeast (Baker's)	<15	Brussel Sprout	<15	Crab
16	Cranberry	<15	Buckwheat	<15	Cucumber
16	Plum	<15	Cabbage (Red)	<15	Cumin
15	Bean (White Haricot)	<15	Cabbage (Savoy/White)	<15	Curry (Mixed Spices)
<15	Almond	<15	Camomile	<15	Cuttlefish
<15	Aloe Vera	<15	Caper	<15	Date
<15	Alpha-Lactalbumin	<15	Carob	<15	Dill
<15	Amaranth	<15	Carp	<15	Duck
<15	Anchovy	<15	Carrot	<15	Durum Wheat
<15	Aniseed	<15	Casein	<15	Eel
<15	Apple	<15	Cauliflower	<15	Egg Yolk
<15	Apricot	<15	Caviar	<15	Fennel (Leaf)
<15	Artichoke	<15	Cayenne	<15	Fig
<15	Asparagus	<15	Celery	<15	Garlic
<15	Aubergine	<15	Chard	<15	Ginger
<15	Avocado	<15	Cherry	<15	Ginseng
<15	Banana	<15	Chestnut	<15	Grape (Black/Red/White)
<15	Basil	<15	Chicken	<15	Grapefruit
<15	Bass	<15	Chickpea	<15	Guava
<15	Bayleaf	<15	Chicory	<15	Haddock
<15	Bean (Broad)	<15	Chilli (Red)	<15	Hake
<15	Bean (Green)	<15	Cinnamon	<15	Hazelnut
<15	Bean (Red Kidney)	<15	Clam	<15	Herring
<15	Beef	<15	Clove	<15	Hops
<15	Beetroot	<15	Cockle	<15	Horse
<15	Beta-Lactoglobulin	<15	Cocoa Bean	<15	Kiwi

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NORMAL FOODS ...continued

<15	Lamb	<15	Oyster	<15	Sesame Seed
<15	Leek	<15	Papaya	<15	Shallot
<15	Lemon	<15	Parsley	<15	Shrimp/Prawn
<15	Lentil	<15	Partridge	<15	Sole
<15	Lettuce	<15	Peach	<15	Soya Bean
<15	Lime	<15	Peanut	<15	Spelt
<15	Liquorice	<15	Pear	<15	Spinach
<15	Lobster	<15	Pepper (Green/Red/Yellow)	<15	Squid
<15	Lychee	<15	Peppercorn (Black/White)	<15	Strawberry
<15	Macadamia Nut	<15	Peppermint	<15	Sweet Potato
<15	Mackerel	<15	Perch	<15	Swordfish
<15	Malt	<15	Pike	<15	Tangerine
<15	Mango	<15	Pine Nut	<15	Tapioca
<15	Marjoram	<15	Pineapple	<15	Tarragon
<15	Marrow	<15	Plaice	<15	Tea (Black)
<15	Melon (Galia/Honeydew)	<15	Pomegranate	<15	Tea (Green)
<15	Milk (Buffalo)	<15	Pork	<15	Thyme
<15	Milk (Goat)	<15	Quail	<15	Tiger Nut
<15	Milk (Sheep)	<15	Quinoa	<15	Tomato
<15	Millet	<15	Rabbit	<15	Trout
<15	Mint	<15	Radish	<15	Tuna
<15	Monkfish	<15	Raisin	<15	Turbot
<15	Mulberry	<15	Rapeseed	<15	Turkey
<15	Mushroom	<15	Raspberry	<15	Turnip
<15	Mussel	<15	Redcurrant	<15	Vanilla
<15	Mustard Seed	<15	Rhubarb	<15	Veal
<15	Nectarine	<15	Rocket	<15	Venison
<15	Nettle	<15	Rosemary	<15	Walnut
<15	Nutmeg	<15	Saffron	<15	Watercress
<15	Octopus	<15	Sage	<15	Watermelon
<15	Olive	<15	Salmon	<15	Wheat
<15	Onion	<15	Sardine	<15	Wheat Bran
<15	Orange	<15	Scallop	<15	Wild Boar
<15	Ostrich	<15	Sea Bream (Gilthead)	<15	Yuca

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