The Great Plains Laboratory, LLC

IgG Food MAP

Requisition #:	9900001	**Physician Name:**	NO PHYSICIAN
Patient Name:	Sample	**Date of Collection:**	Nov 25, 2021
Date of Birth:	Sep 19, 1981	**Time of Collection:**	10:00 AM
Gender:	F	**Print Date:**	Nov 30, 2021

IgG Food MAP - Serum (190) *MFI x 1000*

Dairy

Beta-Lactoglobulin	0.65
Casein	28.29
Cheddar Cheese	19.79
Cow's Milk	20.78
Goat's Milk	4.07
Mozzarella Cheese	16.28
Sheep's Yogurt	0.29
Whey	21.33
Yogurt	21.93

Beans and Peas

Adzuki Bean	0.16
Black Bean	0.20
Garbanzo Bean	1.44
Green Bean	0.39
Green Pea	1.46
Kidney Bean	0.18
Lentil	0.55
Lima Bean	0.13
Mung Bean	0.09
Navy Bean	0.23
Pinto Bean	0.25
Soybean	4.35
Tofu	0.21

Fruits

Acai Berry	0.35
Apple	14.32
Apricot	11.72
Banana	5.22
Blueberry	35.39
Cantaloupe	19.52
Cherry	2.76
Coconut	1.39
Cranberry	0.34
Date	0.43
Fig	0.40
Grape	0.43
Grapefruit	0.37
Guava	0.59
Jackfruit	0.57
Kiwi	11.43
Lemon	0.24
Lychee	0.36
Mango	24.24
Orange	0.23
Papaya	1.92
Passion Fruit	0.45
Peach	12.28
Pear	0.27
Pineapple	4.10
Plum	0.37
Pomegranate	0.39
Raspberry	0.60
Strawberry	16.33
Watermelon	25.48

Grains

Amaranth	0.39
Barley	0.24
Buckwheat	0.33
Corn	0.21
Gliadin	12.68
Malt	0.29
Millet	0.32
Oat	0.37
Quinoa	12.31
Rice	0.40
Rye	1.25
Sorghum	0.42
Teff	0.36

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Grains Continued

Wheat Gluten	1.57
Whole Wheat	1.17

Fish/Seafood

Abalone	0.21
Anchovy	0.24
Bass	0.20
Bonito	0.26
Codfish	2.18
Crab	0.14
Halibut	0.20
Jack Mackerel	15.11
Lobster	14.49
Octopus	0.35
Oyster	0.37
Pacific Mackerel (Saba)	0.25
Pacific Saury	0.22
Perch	0.28
Red Snapper	0.23
Salmon	0.26
Sardine	0.12
Scallop	0.14
Shrimp	0.29
Small Clam	0.20
Squid	0.28
Tilapia	22.27
Trout	0.23
Tuna	0.29

Meat/Fowl

Beef	0.20
Chicken	0.23
Duck	0.17
Egg White	5.57
Egg Yolk	11.63
Goose	0.24
Lamb	0.13
Pork	0.20
Turkey	0.26

Nuts/Seeds

Almond	0.37
Brazil Nut	0.30
Cashew	1.13
Chestnut	0.79
Chia Seed	0.59
Flax Seed	0.36
Hazelnut	153.58
Hemp Seed	1.35
Macadamia Nut	0.26
Peanut	0.54
Pecan	0.36
Pine Nut	0.13
Pistachio	0.21
Pumpkin Seed	0.24
Sesame Seed	1.11
Sunflower Seed	0.73
Walnut	24.68

Vegetables

Artichoke	15.53
Asparagus	0.62
Avocado	0.27
Bamboo Shoot	0.30
Bean Sprout	0.16
Beet	0.54
Bell Pepper	0.49
Bitter Gourd	0.48
Broccoli	0.48
Brussel Sprout	0.59
Burdock Root	0.90
Cabbage	18.53

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IgG Food MAP - Serum (190)

MFI x 1000

Vegetables

Carrot	0.93
Cauliflower	0.24
Celery	0.51
Chili Pepper	0.49
Cucumber	0.39
Eggplant	0.75
Enoki Mushroom	0.45
Garlic	0.56
Kale	0.51
Leek	0.31
Lettuce	0.68
Lotus Root	0.42
Napa Cabbage	0.53
Olive (Green)	0.25
Onion	0.52
Portabella Mushroom	0.43
Potato	0.57
Pumpkin	0.32
Radish	0.43
Seaweed Kombu Kelp	0.64
Seaweed Nori	0.37
Seaweed Wakame	0.36
Shitake Mushroom	0.50
Spinach	0.23
Sweet Potato	0.74
Tomato	0.29
Yam	0.46
Yellow Squash	0.35
Yuca	0.27
Zucchini	221.43

Herbs/Spices

Basil	0.35
Bay Leaf	0.46
Black Pepper	0.72

Vegetables Continued

Cayenne Pepper	0.51
Cilantro	1.23
Cinnamon	0.43
Cloves	0.41
Cumin	0.70
Curry	0.64
Dill	211.74
Ginger	0.96
Hops	0.30
Mint	0.31
Miso	2.21
Mustard Seed	0.80
Oregano	0.34
Paprika	0.43
Rosemary	0.32
Sage	0.38
Tarragon	0.55
Thyme	0.34
Turmeric	0.68
Vanilla Bean	0.60

Miscellaneous

Bromelain	8.09
Cane Sugar	0.50
Cocoa Bean	254.40
Coffee	0.34
Green Tea	0.18
Honey	3.00
Meat Glue	14.48
Oolong Tea	0.35

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IgG Food MAP - Serum (190) *MFI x 1000*

Food Reactivity Scale	MFI* x 1000
Not Significant	< 4.47
Low	4.47-9.86
Moderate	9.87-15.99
High	>=16

(*) Median Fluorescent Intensity

Reactivity Summary

High

Blueberry	Cabbage	Cantaloupe
Casein	Cheddar Cheese	Cocoa Bean
Cow's Milk	Dill	Hazelnut
Mango	Mozzarella Cheese	Strawberry
Tilapia	Walnut	Watermelon
Whey	Yogurt	Zucchini

Moderate

Apple	Apricot	Artichoke
Egg Yolk	Gliadin	Jack Mackerel
Kiwi	Lobster	Meat Glue
Peach	Quinoa	

Low

Banana	Bromelain	Egg White

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Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods:

A patient's serum or dry blood spot sample is introduced to a protein extract from each of the 190 foods. The test report indicates the level of IgG antibodies to those specific food proteins. If food-specific binding occurs between a food antigen and the patient's IgG antibodies, the result will appear on the graph as low, moderate, or high in relation to a reactivity scale.

Using IgG Food MAP results to build elimination or exclusion diets:

Symptomatic reactions to IgG-reactive foods are difficult to connect with specific foods. A diet eliminating some or all reactive foods may improve symptoms and is not as challenging as a full elimination or elemental diet. As reactive foods are removed from the diet, it is useful to observe any changes in digestion, skin condition, energy level, mood, or pain level.

The IgG Food MAP Test includes two separate reports: the IgG Food MAP report (190 foods) and the IgG Yeast Allergy report (Candida albicans and Saccharomyces cerevisiae yeast).

Because yeasts' primary antigens are rich in glycans, and not suited for the protein-specific assay, they are tested by an ELISA method and results are provided **in a separate report,** which may occasionally be delivered or available in the portal on a different date.

For additional information and references on IgG and dietary intervention, please visit *www.greatplainslaboratory.com,* Select A Test – IgG

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Congratulations,

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

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FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load , as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also “unmask” hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

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Four Day Rotation Diet – Customized for Sample

Day 1	Day 2	Day 3	Day 4
Dairy			
		Goat's Milk Sheep's Yogurt	
Beans and Peas			
Black Bean Green Bean Kidney Bean Navy Bean Pinto Bean	Adzuki Bean Mung Bean Soybean Tofu	Lentil Lima Bean	Garbanzo Bean Green Pea
Fruits			
Date Jackfruit Lychee Passion Fruit Pear	Acai Berry Grapefruit Guava Lemon Orange Pomegranate	Cherry Cranberry Fig Grape Plum Raspberry	Banana Coconut Papaya Pineapple
Grains			
Millet Sorghum Teff Wheat Gluten Whole Wheat	Amaranth Buckwheat Oat	Corn	Barley Malt Rice Rye

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Fish/Seafood

Anchovy
Codfish
Halibut
Sardine

Abalone
Crab
Octopus
Oyster
Scallop
Shrimp
Small Clam
Squid

Perch
Red Snapper
Salmon
Trout

Bass
Bonito
Pacific Mackerel (Saba)
Pacific Saury
Tuna

Meat/Fowl

Beef
Lamb

Chicken
Duck
Goose
Turkey

Egg White

Pork

Nuts/Seeds

Almond
Flax Seed
Pine Nut
Sesame Seed

Chestnut
Hemp Seed
Pecan
Sunflower Seed

Cashew
Chia Seed
Macadamia Nut

Brazil Nut
Peanut
Pistachio
Pumpkin Seed

Vegetables

Broccoli
Brussel Sprout
Cauliflower
Kale
Napa Cabbage
Radish
Sweet Potato
Yam

Beet
Bitter Gourd
Burdock Root
Cucumber
Pumpkin
Seaweed Kombu Kelp
Seaweed Nori
Seaweed Wakame
Spinach
Yellow Squash

Asparagus
Avocado
Bell Pepper
Chili Pepper
Eggplant
Garlic
Leek
Onion
Potato
Tomato

Bamboo Shoot
Bean Sprout
Carrot
Celery
Enoki Mushroom
Lettuce
Lotus Root
Olive (Green)
Portabella Mushroom
Shitake Mushroom

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Herbs/Spices

Bay Leaf
Cinnamon
Cloves
Mustard Seed
Tarragon

Black Pepper
Cayenne Pepper
Ginger
Miso
Paprika
Turmeric

Basil
Mint
Oregano
Rosemary
Sage
Thyme

Cilantro
Cumin
Curry
Hops
Vanilla Bean

Miscellaneous

Miscellaneous foods are not rotated. Remove foods with a moderate or high antibody response.

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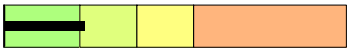
IgG Yeasts Allergy Test (2) Serum

Yeast		2.12
Candida Albicans		11.95

Reactivity Summary

Moderate
Candida Albicans

Low
Yeast

Not Significant	1.00 - 1.99
Low	2.00 - 3.49
Moderate	3.50 - 4.99
High	>= 5.00

Yeast Saccharomyces Cerevisiae Scale

Not Significant	<= 3.49
Low	3.50 - 6.99
Moderate	7.00 - 14.99
High	>= 15.00

Candida Scale

The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

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IgG Yeasts Allergy Test (2) Serum

Comments

High levels of IgG antibodies to Candida, a genus of yeast:

A separate test for IgG antibody to Candida (serum and DBS) is included because of Candida's importance to overall health. IgG antibodies to Candida may be due to current or past infection or intestinal overgrowth. An elevated Candida IgG indicates the immune system has interacted with Candida. Although Candida and related fungal species are normal constituents of GI flora, use of antibiotics, oral contraceptives, chemotherapy, or anti-inflammatory steroids increases the possibility of fungal overgrowth and imbalance of GI flora. Dietary improvements and/or antifungal therapy may lower Candida antibodies and reduce symptoms.

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