

PATIENT ID:



PATIENT NAME:



DATE OF BIRTH:



SAMPLE CODE:



DUMMY

QR-CODE:



ANALYSED ON:



TESTED ANTIGENS:



286

TEST METHOD:



FOX

REFERRING PHYSICIAN:

ADDITIONAL INFORMATION:

The internal QC (Plausibility check for GD) was within acceptance range.

Lab report: Overview of the IgG profile



Highest measured IgG concentration

0 - 9.99 µg/ml



Low IgG level

10 - 19.99 µg/ml



Intermediate IgG level

≥ 20 µg/ml



Highly elevated IgG level

Milk & Egg

Buttermilk	≤ 5.00 µg/ml	●	Cow's milk Bos d 8 * (Casein)	≤ 5.00 µg/ml	●
Camembert	≤ 5.00 µg/ml	●	Buffalo milk	≤ 5.00 µg/ml	●
Emmental	≤ 5.00 µg/ml	●	Camel milk	≤ 5.00 µg/ml	●
Gouda	≤ 5.00 µg/ml	●	Goat cheese	≤ 5.00 µg/ml	●
Cottage cheese	≤ 5.00 µg/ml	●	Goat milk	≤ 5.00 µg/ml	●
Cow's milk	≤ 5.00 µg/ml	●	Quail egg	≤ 5.00 µg/ml	●
Mozzarella	≤ 5.00 µg/ml	●	Egg white	10.95 µg/ml	●●
Parmesan	≤ 5.00 µg/ml	●	Egg yolk	5.65 µg/ml	●
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	≤ 5.00 µg/ml	●	Sheep cheese	≤ 5.00 µg/ml	●
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	≤ 5.00 µg/ml	●	Sheep milk	≤ 5.00 µg/ml	●

Meat

Duck	≤ 5.00 µg/ml	●	Chicken	≤ 5.00 µg/ml	●
Beef	≤ 5.00 µg/ml	●	Turkey	≤ 5.00 µg/ml	●
Veal	≤ 5.00 µg/ml	●	Rabbit	≤ 5.00 µg/ml	●
Venison	≤ 5.00 µg/ml	●	Lamb	≤ 5.00 µg/ml	●
Goat	≤ 5.00 µg/ml	●	Ostrich	≤ 5.00 µg/ml	●
Stag	≤ 5.00 µg/ml	●	Pork	≤ 5.00 µg/ml	●
Horse	≤ 5.00 µg/ml	●	Boar	≤ 5.00 µg/ml	●

Fish & Seafood

Caviar	≤ 5.00 µg/ml	●	Trout	≤ 5.00 µg/ml	●
Eel	≤ 5.00 µg/ml	●	Oyster	≤ 5.00 µg/ml	●
Noble crayfish	≤ 5.00 µg/ml	●	Northern prawn	≤ 5.00 µg/ml	●
Cockle	≤ 5.00 µg/ml	●	Scallop	≤ 5.00 µg/ml	●
Crab	≤ 5.00 µg/ml	●	Razor shell	≤ 5.00 µg/ml	●
Atlantic herring	≤ 5.00 µg/ml	●	European plaice	≤ 5.00 µg/ml	●
Carp	≤ 5.00 µg/ml	●	Thornback Ray	≤ 5.00 µg/ml	●
European anchovy	≤ 5.00 µg/ml	●	Venus clam	≤ 5.00 µg/ml	●
Northern pike	5.30 µg/ml	●	Salmon	≤ 5.00 µg/ml	●
Atlantic cod	≤ 5.00 µg/ml	●	European pilchard	≤ 5.00 µg/ml	●
Abalone	6.32 µg/ml	●	Turbot	≤ 5.00 µg/ml	●
Lobster	≤ 5.00 µg/ml	●	Mackerel	≤ 5.00 µg/ml	●
Shrimp mix	≤ 5.00 µg/ml	●	Atlantic redfish	6.76 µg/ml	●

Squid	≤ 5.00 µg/ml	●	Sepia	≤ 5.00 µg/ml	●
Monkfish	≤ 5.00 µg/ml	●	Sole	≤ 5.00 µg/ml	●
Haddock	5.02 µg/ml	●	Gilt-head bream	≤ 5.00 µg/ml	●
Hake	≤ 5.00 µg/ml	●	Tuna	≤ 5.00 µg/ml	●
Common mussel	5.73 µg/ml	●	Swordfish	≤ 5.00 µg/ml	●
Octopus	≤ 5.00 µg/ml	●			

Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	●	Pine nut	≤ 5.00 µg/ml	●
Oat	≤ 5.00 µg/ml	●	Rye	8.80 µg/ml	●
Rapeseed	≤ 5.00 µg/ml	●	Sesame	5.53 µg/ml	●
Hempseed	≤ 5.00 µg/ml	●	Wheat	10.48 µg/ml	●●
Quinoa	7.55 µg/ml	●	Wheat bran	7.98 µg/ml	●
Pumpkin seed	≤ 5.00 µg/ml	●	Wheat gliadin Tri a Gliadin *	10.68 µg/ml	●●
Buckwheat	≤ 5.00 µg/ml	●	Wheatgrass	≤ 5.00 µg/ml	●
Sunflower	≤ 5.00 µg/ml	●	Gluten	17.72 µg/ml	●●
Barley	≤ 5.00 µg/ml	●	Emmer	13.38 µg/ml	●●
Malt (barley)	10.71 µg/ml	●●	Durum	5.03 µg/ml	●
Linseed	≤ 5.00 µg/ml	●	Einkorn	9.44 µg/ml	●
Lupine seed	≤ 5.00 µg/ml	●	Polish wheat	7.58 µg/ml	●
Rice	≤ 5.00 µg/ml	●	Spelt	9.83 µg/ml	●
Millet	≤ 5.00 µg/ml	●	Corn	6.02 µg/ml	●
Poppyseed	≤ 5.00 µg/ml	●			

Nuts

Cashew	≤ 5.00 µg/ml	●	Hazelnut	≤ 5.00 µg/ml	●
Brazil nut	≤ 5.00 µg/ml	●	Tigernut	≤ 5.00 µg/ml	●
Pecan nut	≤ 5.00 µg/ml	●	Walnut	≤ 5.00 µg/ml	●
Sweet chestnut	≤ 5.00 µg/ml	●	Macadamia	≤ 5.00 µg/ml	●
Coconut milk	≤ 5.00 µg/ml	●	Pistachio	≤ 5.00 µg/ml	●
Coconut	≤ 5.00 µg/ml	●	Almond	9.76 µg/ml	●
Kola nut	≤ 5.00 µg/ml	●			

Legumes

Peanut	≤ 5.00 µg/ml	●	Green bean	≤ 5.00 µg/ml	●
Chickpea	≤ 5.00 µg/ml	●	Pea	≤ 5.00 µg/ml	●
Soy	≤ 5.00 µg/ml	●	Sugar pea	≤ 5.00 µg/ml	●

* Molecular Antigen



Lentil	≤ 5.00 µg/ml	●
White bean	10.50 µg/ml	●●

Tamarind	≤ 5.00 µg/ml	●
Mung bean	≤ 5.00 µg/ml	●

Fruits

Kiwi	≤ 5.00 µg/ml	●
Pineapple	6.12 µg/ml	●
Papaya	≤ 5.00 µg/ml	●
Lime	≤ 5.00 µg/ml	●
Lemon	≤ 5.00 µg/ml	●
Watermelon	≤ 5.00 µg/ml	●
Grapefruit	≤ 5.00 µg/ml	●
Tangerine	≤ 5.00 µg/ml	●
Orange	≤ 5.00 µg/ml	●
Melon	≤ 5.00 µg/ml	●
Fig	≤ 5.00 µg/ml	●
Strawberry	5.08 µg/ml	●
Lychee	≤ 5.00 µg/ml	●
Apple	≤ 5.00 µg/ml	●
Mango	≤ 5.00 µg/ml	●
Mulberry	≤ 5.00 µg/ml	●
Banana	≤ 5.00 µg/ml	●
Passion fruit	≤ 5.00 µg/ml	●

Date	≤ 5.00 µg/ml	●
Physalis	≤ 5.00 µg/ml	●
Apricot	≤ 5.00 µg/ml	●
Cherry	10.72 µg/ml	●●
Plum	≤ 5.00 µg/ml	●
Peach	≤ 5.00 µg/ml	●
Nectarine	≤ 5.00 µg/ml	●
Pomegranate	≤ 5.00 µg/ml	●
Pear	≤ 5.00 µg/ml	●
Gooseberry	≤ 5.00 µg/ml	●
Red currant	≤ 5.00 µg/ml	●
Blackberry	≤ 5.00 µg/ml	●
Raspberry	≤ 5.00 µg/ml	●
Elderberry	≤ 5.00 µg/ml	●
Blueberry	≤ 5.00 µg/ml	●
Cranberry	≤ 5.00 µg/ml	●
Grape	≤ 5.00 µg/ml	●
Raisin	≤ 5.00 µg/ml	●

Vegetables

Shallot	≤ 5.00 µg/ml	●
Onion	≤ 5.00 µg/ml	●
Leek	≤ 5.00 µg/ml	●
Garlic	12.00 µg/ml	●●
Chives	≤ 5.00 µg/ml	●
Wild garlic	6.90 µg/ml	●
Celery Bulb	≤ 5.00 µg/ml	●
Celery Stalk	≤ 5.00 µg/ml	●
Horseradish	≤ 5.00 µg/ml	●
White asparagus	≤ 5.00 µg/ml	●
Bamboo sprouts	≤ 5.00 µg/ml	●
Chard	≤ 5.00 µg/ml	●
Red beet	≤ 5.00 µg/ml	●

Caper	≤ 5.00 µg/ml	●
Endive	≤ 5.00 µg/ml	●
Radicchio	≤ 5.00 µg/ml	●
Chicorée	≤ 5.00 µg/ml	●
Pumpkin Butternut	≤ 5.00 µg/ml	●
Pumpkin Hokkaido	8.90 µg/ml	●
Kiwano	≤ 5.00 µg/ml	●
Zucchini	≤ 5.00 µg/ml	●
Cucumber	≤ 5.00 µg/ml	●
Artichoke	≤ 5.00 µg/ml	●
Carrot	≤ 5.00 µg/ml	●
Arugula	≤ 5.00 µg/ml	●
Fennel (bulb)	≤ 5.00 µg/ml	●



Cabbage	$\leq 5.00 \mu\text{g/ml}$	●	Sweet potato	$\leq 5.00 \mu\text{g/ml}$	●
Cauliflower	$\leq 5.00 \mu\text{g/ml}$	●	Watercress	$\leq 5.00 \mu\text{g/ml}$	●
White cabbage	$\leq 5.00 \mu\text{g/ml}$	●	Olive	$\leq 5.00 \mu\text{g/ml}$	●
Brussels sprouts	$\leq 5.00 \mu\text{g/ml}$	●	Parsnip	$\leq 5.00 \mu\text{g/ml}$	●
Kohlrabi	$\leq 5.00 \mu\text{g/ml}$	●	Avocado	$\leq 5.00 \mu\text{g/ml}$	●
Broccoli	$\leq 5.00 \mu\text{g/ml}$	●	Radish	$\leq 5.00 \mu\text{g/ml}$	●
Romanesco	$\leq 5.00 \mu\text{g/ml}$	●	Eggplant	$\leq 5.00 \mu\text{g/ml}$	●
Red cabbage	$\leq 5.00 \mu\text{g/ml}$	●	Potato	$\leq 5.00 \mu\text{g/ml}$	●
Green cabbage	$\leq 5.00 \mu\text{g/ml}$	●	Tomato	7.70 $\mu\text{g/ml}$	●
Savoy	$\leq 5.00 \mu\text{g/ml}$	●	Spinach	$\leq 5.00 \mu\text{g/ml}$	●
Turnip	$\leq 5.00 \mu\text{g/ml}$	●	Nettle leaves	7.57 $\mu\text{g/ml}$	●
Pok-Choi	$\leq 5.00 \mu\text{g/ml}$	●	Lamb's lettuce	$\leq 5.00 \mu\text{g/ml}$	●
Chinese cabbage	$\leq 5.00 \mu\text{g/ml}$	●			

Spices

Dill	$\leq 5.00 \mu\text{g/ml}$	●	Mint	$\leq 5.00 \mu\text{g/ml}$	●
Tarragon	$\leq 5.00 \mu\text{g/ml}$	●	Basil	9.70 $\mu\text{g/ml}$	●
Paprika	6.61 $\mu\text{g/ml}$	●	Majoram	$\leq 5.00 \mu\text{g/ml}$	●
Cayenne pepper	$\leq 5.00 \mu\text{g/ml}$	●	Oregano	$\leq 5.00 \mu\text{g/ml}$	●
Chili (red)	5.44 $\mu\text{g/ml}$	●	Parsley	$\leq 5.00 \mu\text{g/ml}$	●
Caraway	$\leq 5.00 \mu\text{g/ml}$	●	Anise	$\leq 5.00 \mu\text{g/ml}$	●
Cinnamon	$\leq 5.00 \mu\text{g/ml}$	●	Pepper (black/white/green/red/yellow)	$\leq 5.00 \mu\text{g/ml}$	●
Curry	$\leq 5.00 \mu\text{g/ml}$	●	Rosmary	$\leq 5.00 \mu\text{g/ml}$	●
Coriander	$\leq 5.00 \mu\text{g/ml}$	●	Sage	$\leq 5.00 \mu\text{g/ml}$	●
Cumin	$\leq 5.00 \mu\text{g/ml}$	●	Mustard	$\leq 5.00 \mu\text{g/ml}$	●
Turmeric	$\leq 5.00 \mu\text{g/ml}$	●	Clove	$\leq 5.00 \mu\text{g/ml}$	●
Lemongrass	$\leq 5.00 \mu\text{g/ml}$	●	Thyme	$\leq 5.00 \mu\text{g/ml}$	●
Cardamom	$\leq 5.00 \mu\text{g/ml}$	●	Fenugreek	$\leq 5.00 \mu\text{g/ml}$	●
Juniper berry	$\leq 5.00 \mu\text{g/ml}$	●	Vanilla	$\leq 5.00 \mu\text{g/ml}$	●
Bay leaf	$\leq 5.00 \mu\text{g/ml}$	●	Ginger	6.86 $\mu\text{g/ml}$	●
Nutmeg	$\leq 5.00 \mu\text{g/ml}$	●			

Edible Mushrooms

White mushroom	$\leq 5.00 \mu\text{g/ml}$	●	Enoki	$\leq 5.00 \mu\text{g/ml}$	●
Boletus	$\leq 5.00 \mu\text{g/ml}$	●	French horn mushroom	$\leq 5.00 \mu\text{g/ml}$	●
Chanterelle	$\leq 5.00 \mu\text{g/ml}$	●	Oyster mushroom	$\leq 5.00 \mu\text{g/ml}$	●



Novel Foods

House cricket	5.58 µg/ml	●	Ginseng	≤ 5.00 µg/ml	●
Baobab	≤ 5.00 µg/ml	●	Guarana	≤ 5.00 µg/ml	●
Aloe	≤ 5.00 µg/ml	●	Almond milk	≤ 5.00 µg/ml	●
Greater burdock root	≤ 5.00 µg/ml	●	Nori	5.41 µg/ml	●
Aronia	≤ 5.00 µg/ml	●	Chia seed	5.68 µg/ml	●
Safflower oil	≤ 5.00 µg/ml	●	Yacón root	≤ 5.00 µg/ml	●
Chlorella	6.37 µg/ml	●	Spirulina	≤ 5.00 µg/ml	●
Ginkgo	≤ 5.00 µg/ml	●	Dandelion root	≤ 5.00 µg/ml	●
Maca root	≤ 5.00 µg/ml	●	Mealworm	≤ 5.00 µg/ml	●
Migratory locust	≤ 5.00 µg/ml	●	Wakame	≤ 5.00 µg/ml	●
Tapioca	≤ 5.00 µg/ml	●			

Coffee & Tea

Tea, black	≤ 5.00 µg/ml	●	Chamomile	≤ 5.00 µg/ml	●
Tea, green	≤ 5.00 µg/ml	●	Peppermint	≤ 5.00 µg/ml	●
Coffee	≤ 5.00 µg/ml	●	Moringa	5.20 µg/ml	●
Hibiscus	≤ 5.00 µg/ml	●	Cocoa	≤ 5.00 µg/ml	●
Jasmine	≤ 5.00 µg/ml	●			

Others

Agar Agar	≤ 5.00 µg/ml	●	Cane sugar	11.98 µg/ml	●●
Honey	≤ 5.00 µg/ml	●	Brewer's yeast	≤ 5.00 µg/ml	●
Aspergillus niger	8.95 µg/ml	●	Elderflower	≤ 5.00 µg/ml	●
Hops	≤ 5.00 µg/ml	●	M-Transglutaminase, meat glue	≤ 5.00 µg/ml	●
Baker's yeast	≤ 5.00 µg/ml	●			

CCD

Human Lactoferrin	≤ 5.00 µg/ml	●
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PRINTED ON

22/03/2024

ASSAY PERFORMED ON

07/03/2024

APPROVED ON

13/03/2024

FOX – Number of tested food sources:

283

**MILK & EGG**

17

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk

**MEAT**

14

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison

**FISH & SEAFOOD**

37

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, European anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Noble crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam

**CEREALS & SEEDS**

29

Amaranth, Barley, Buckwheat, Corn, Durum, Einkorn, Emmer, Hempseed, Linseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Rapeseed, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten, Wheat bran, Wheatgrass

**NUTS**

13

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut

**LEGUMES**

10

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean

**FRUITS**

36

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon

**VEGETABLES**

51

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Pok-Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, White Asparagus, White cabbage, Wild garlic, Zucchini

**SPICES**

31

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosemary, Sage, Tarragon, Thyme, Turmeric, Vanilla

**EDIBLE MUSHROOMS**

6

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom

**NOVEL FOODS**

21

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root

**COFFEE & TEA**

9

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green

**OTHERS**

9

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue



Interpretation Summary

Milk & Eggs

Egg white

Your IgG level for egg white is 10.95 µg/ml.

Associated food intolerance symptoms after consuming egg white include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Cereals & Seeds

Emmer

Your IgG level for emmer is 13.38 µg/ml.

Associated food intolerance symptoms after consuming emmer include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmer or emmer flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to emmer flour include spelt flour, einkorn flour, amaranth flour, barley flour, and rice flour.

Gluten

Your IgG level for gluten is 17.72 µg/ml.

Associated food intolerance symptoms after consuming gluten include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gluten include wheat, wheat varieties (spelt, durum, couscous, semolina, farina, farro, kamut, einkorn, bulgur, wheat bran, wheat starch, emmer, seitan, graham flour, rye, barley), bread, pittas, bagels, flatbreads, rolls, pasta, crackers, biscuits, pastry, breakfast cereals, breadcrumbs, croutons, beers, ales, and lagers. On food labels, gluten may be referred to as triticum vulgare (wheat), triticale (cross between wheat and rye), hordeum vulgare (barley), secale cereale (rye), and triticum spelta (spelt).

Possible alternatives to gluten products include buckwheat (groats and flour), quinoa (grain or flour), rice (grain or flour), potato flour, soy flour, chickpea flour, corn, amaranth, millet, gluten-free oats, sorghum, and tapioca. Gluten-free pasta alternatives are made from lentils, peas, corn, rice, or buckwheat. Vegetable noodles are made from zucchini, carrot, or squash.

Malt

Your IgG level for malt is 10.71 µg/ml.

Associated food intolerance symptoms after consuming malt include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing malted grains and malt syrup are beer, whiskey, malted milk, malt vinegar, confections such as Maltesers and Whoppers, flavored drinks such as Horlicks, Ovaltine, and Milo, and baked goods such as malt loaf and bagels.

Possible alternatives for malt syrups include honey, molasses, brown rice syrup, maple syrup, maltose, and sugar.

Wheat

Your IgG level for wheat is 10.48 µg/ml.

Associated food intolerance symptoms after consuming wheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.



Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, biscuits, couscous, crackers, crumpets, durum, einkorn, emmer, farina, farro, kamut, malt, seitan, semolina, scones, pancakes, pizza, pasta, and pastries. On food labels, wheat may be referred to as bromated flour, cereal extract, cracker meal, hydrolyzed vegetable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artificial flavoring, caramel color, dextrin, food starch, glucose syrup, maltodextrin, soy sauce, surimi, textured vegetable protein, and vegetable gum.

Possible alternatives for wheat include amaranth, buckwheat, millet, quinoa, and teff.

Wheat gliadin

Your IgG level for wheat gliadin is 10.68 µg/ml.

Associated food intolerance symptoms after consuming wheat gliadin include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gliadin include major sources of gluten such as bread, pasta, pizza, dressing, and sauces, as well as barley, rye, and oats.

Possible alternatives for wheat gliadin products include amaranth, millet, buckwheat, and quinoa.

Legumes

White bean

Your IgG level for white bean is 10.5 µg/ml.

Associated food intolerance symptoms after consuming white beans include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing white beans include stews, chilis, hummus, soups, and salads.

Possible alternatives for white beans include peas, lentils, and other beans (e.g., chickpea, black, pinto, lima, fava).

Fruits

Cherry

Your IgG level for cherry is 10.72 µg/ml.

Associated food intolerance symptoms after consuming cherry include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cherries include pastries (e.g., pies, tarts, cakes, cobblers, etc.), ice cream, juice, compotes, and in trail mix (dried).

Possible alternatives for cherries in baking include plums, apricots, and nectarines.

Vegetables

Garlic

Your IgG level for garlic is 12 µg/ml.

Associated food intolerance symptoms after consuming garlic include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing garlic include pasta dishes, soups, stews, sauces, butters and oils, dips, dressings, and chutneys.

Possible alternatives for garlic include chives, shallot, onion, and lemon zest.

Other

Cane sugar

Your IgG level for cane sugar is 11.98 µg/ml.

Associated food intolerance symptoms after consuming cane sugar include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cane sugar include syrups, jams, jellies, confectionary, candy, baked goods (cakes, muffins, cookies, etc.), juices, and many more.

Possible alternatives for cane sugar include honey, stevia, monk fruit, and tapioca syrup.



Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.

(The connection between food intake, elevated IgG levels and chronic disorders has been described in peer reviewed publications and case studies. Nonetheless this connection is still debated in the scientific community and a consensus has not been reached thus far.)