

# LECTIN ZOOMER DEMO

Name: LECTIN ZOOMER DEMO  
Date of Birth: 01-01-1111  
Gender: Male  
Age: 01  
Height:  
Weight:  
Fasting: UNKNOWN

Telephone: 000-000-0000  
Street Address:  
Email:

**FINAL REPORT**

Accession ID: 2308020585

## Provider Information

Practice Name: DEMO CLIENT, MD Telephone: 000-000-0000  
Provider Name: DEMO CLIENT, MD Address: 3521 Leonard Ct, Santa Clara, CA 95054  
Phlebotomist: 0

## Report Information

Current Result Previous Result In Control Moderate Risk

## Specimen Information

Sample Type	Collection Time	Received Time	Report	Final Report Date
Serum	2023-08-02 00:00 (PDT)	2023-08-03 12:54 (PDT)	Lectin Zoomer - P2	2023-08-14 15:55 (PDT)

SAMPLE



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**TNP** Test not performed

**R&L** Refer to risks and limitations at the end of report

**Notes** Refer to Lab notes at the end of the table

## INTRODUCTION

Vibrant Wellness is pleased to present to you 'Lectin Zoomer', to help you make healthy lifestyle and dietary choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being. The Vibrant Lectin Zoomer is an array of commonly consumed food lectin and aquaporin antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to these antigens at the peptide and protein level.

### Methodology:

The Vibrant Lectin Zoomer test is a semiquantitative assay that detects IgG and IgA antibodies in human serum/DBS for lectin antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

### Interpretation of Report:















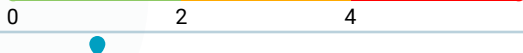



The summary score provided for Lectin Zoomer is a unified score calculated from the IgA and IgG reactivity of the individual to the respective antigens with higher weightage for IgA than IgG. Weightage is also assigned to the antigens based on their importance and abundance in the specific food that is tested. This considers the titer value even when the result may be in control. Additionally, the summary page summarizes the list of antigens with antibody titers that are outside the normal reference range.

This is followed by a complete list of all antigens tested including IgG, and IgA antibody titers (as applicable for each analyte tested). Reference ranges have been established for adult population using 2000 healthy individuals. A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range. Vibrant utilizes proprietary reporter analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2) antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.




The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Lectin Zoomer panel is performed by Vibrant America, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at [www.vibrant-wellness.com](http://www.vibrant-wellness.com). By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your physician/dietitian for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

### Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your physician before making any changes. Pediatric reference ranges have not been established for this test.

Lectin Score	Current	Previous	Result	Reference
Barley Score	3.7			≤2.0
Chickpea Score	3.4			≤2.0
Kidney Bean Score	3.9			≤2.0
Green Pepper Score	1.0			≤2.0
Corn Score	1.2			≤2.0
Cucumber Score	0.8			≤2.0
Lentil Score	0.8			≤2.0
Lima Bean Score	0.5			≤2.0
Mung Bean Score	0.5			≤2.0
Pea Score	1.4			≤2.0
Peanut Score	0.8			≤2.0
Potato Score	0.4			≤2.0
Rice Score	1.3			≤2.0
Rye Score	1.2			≤2.0
Soy Score	1.1			≤2.0
Tomato Score	1.0			≤2.0
Spinach Score	1.2			≤2.0
Tobacco Score	1.3			≤2.0








## Lectin Zoomer

LECTINS		Current	Previous	Result	Reference
Chickpea	IgG	4.4			≤2.0
<p>Chickpea, which is extensively featured in the Mediterranean diet and Middle Eastern food, is a good source of protein, carbohydrates, and fiber. Chickpea is a type of legume that helps to increase satiety, boost digestion, and keep blood sugar levels stable. To reduce the level of lectins in chickpeas, it is recommended to soak overnight, rinse and drain, then thoroughly cook or use a pressure cooker. Taking digestive enzyme supplements can help in digesting legumes.</p>					
Kidney bean	IgG	5.3			≤2.0
<p>Kidney beans are low in fat and rich in complex carbohydrates, minerals, proteins, and vitamins. Its nutrition has been linked to reduced risk of various cancers, heart disease, and diabetes. However, raw red kidney beans contain high levels of a lectin called phytohaemagglutinin (PHA) in the seeds. As few as four or five raw beans can trigger symptoms (e.g., vomiting, diarrhea, abdominal pain) within 1 to 3 hours of ingestion.<sup>22</sup> A hemagglutinating unit (hau) is a measure of lectin content. In their raw form, red kidney beans contain 20,000–70,000 hau. Once they're thoroughly cooked, they contain only 200–400 hau, which is considered a safe level.</p>					
Barley	IgG	4.0			≤2.0
<p>Barley is an excellent source of both soluble and insoluble fiber. Barley has been shown to improve skin care, boosting immunity, and preventing disorders such as osteoporosis, gallstones, and diabetes.<sup>7</sup> To lower the level of lectins in barley, it is recommended to soak and sprout hulled uncooked barley grains or buy sprouted barley flour for baking. Raw barley grains can be sprouted by soaking them for 8-12 hours and then sprouting them over the course of about 3 days. Using a pressure cooker does not deactivate lectins in barley.</p>					

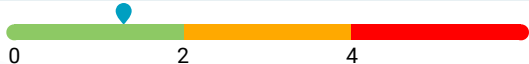



## Lectin Zoomer

LECTINS		Current	Previous	Result	Reference
Barley	IgA	1.3			≤2.0
	IgG	4.0			≤2.0
Bell pepper	IgA	0.6			≤2.0
	IgG	1.3			≤2.0
Chickpea	IgA	0.7			≤2.0
	IgG	4.4			≤2.0
Corn	IgA	0.7			≤2.0
	IgG	1.7			≤2.0
Cucumber	IgA	0.8			≤2.0
	IgG	1.1			≤2.0
Lentil	IgA	0.8			≤2.0
	IgG	0.9			≤2.0
Lima bean	IgA	0.6			≤2.0
	IgG	0.4			≤2.0
Mung bean	IgA	0.3			≤2.0
	IgG	1.0			≤2.0
Pea	IgA	1.7			≤2.0
	IgG	0.4			≤2.0
Peanut	IgA	0.8			≤2.0
	IgG	0.9			≤2.0
Potato	IgA	0.6			≤2.0
	IgG	0.6			≤2.0

Lectin Zoomer					
LECTINS		Current	Previous	Result	Reference
Rice	IgA	1.7			≤2.0
	IgG	0.3			≤2.0
Rye	IgA	1.2			≤2.0
	IgG	1.2			≤2.0
Soybean	IgA	1.2			≤2.0
	IgG	0.6			≤2.0
Tomato	IgA	0.6			≤2.0
	IgG	0.3			≤2.0
Kidney bean	IgA	1.1			≤2.0
	IgG	<b>5.3</b>			≤2.0
AQUAPORINS		Current	Previous	Result	Reference
Corn	IgA	1.7			≤2.0
	IgG	0.5			≤2.0
Soybean	IgA	1.4			≤2.0
	IgG	0.3			≤2.0
Spinach	IgA	1.1			≤2.0
	IgG	1.3			≤2.0
Tobacco	IgA	1.4			≤2.0
	IgG	0.8			≤2.0
Tomato	IgA	1.6			≤2.0
	IgG	1.2			≤2.0
Potato	IgA	0.1			≤2.0
	IgG	0.6			≤2.0

## Lectin Zoomer

AQUAPORINS		Current	Previous	Result	Reference
Bell pepper	IgA	1.4			≤2.0
	IgG	0.9			≤2.0

SAMPLE

## Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Quantification of specific IgG, IgA antibodies is not an FDA- recognized diagnostic indicator of allergy.

Lectin Zoomer testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions. Tested individuals may find their experience is not consistent with Vibrant's selected peer reviewed scientific research findings of relative improvement for study groups. The science in this area is still developing and many personal health factors affect diet and health. Since subjects in the scientific studies referenced in this report may have had personal health and other factors different from those of tested individuals, results from these studies may not be representative of the results experienced by tested individuals. Further, some recommendations may or may not be attainable, depending on the tested individual's physical ability or other personal health factors. A limitation of this testing is that many of these scientific studies may have been performed in selected populations only. The interpretations and recommendations are done in the context of these studies, but the results may or may not be relevant to tested individuals of different or mixed ethnicities.

Vibrant Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of medication, supplementation, or dietary changes.

