

FOOD SENSITIVITY DEMO

Name: FOOD SENSITIVITY DEMO

Date of Birth: 01-01-1111

Gender: Female

Age: 01

Height:

Weight:

Fasting: UNKNOWN

Telephone: 000-000-0000

Street Address:

Email:

FINAL REPORT

Accession ID: 2312290005

Provider Information

Practice Name: DEMO CLIENT, MD

Provider Name: DEMO CLIENT, MD

Phlebotomist: 0

Telephone: 000-000-0000

Address: 3521 Leonard Ct, Santa Clara, CA 95054

Report Information

Current Result Previous Result In Control Moderate Risk

Specimen Information

Sample Type	Collection Time	Received Time	Report	Final Report Date
Serum	2024-01-11 00:00 (PST)	2024-01-11 11:35 (PST)	Food Sensitivity - P2	2024-01-18 16:12 (PST)

INTRODUCTION

Vibrant Wellness is pleased to present to you, "Food Sensitivity" Testing, to help you make healthy lifestyle and dietary choices in consultation with your healthcare providers and dietitians. It is intended to be used as a tool to encourage a general state of health and well-being. The Vibrant Food Sensitivity is an array of commonly consumed food antigens and additives which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG, IgA, C3D and IgG4 reactivity to food antigens and food additives.

Methodology:

The Vibrant Food Sensitivity test is a semiquantitative assay that detects IgG, IgA, IgG4, and C3D antibodies in human serum/DBS for the food profile antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The food sensitivity summary page provides concise information on the list of foods that are outside the normal reference range. Reference ranges have been established using 2000 healthy individuals. Vibrant utilizes proprietary reporter-based analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2), C3D and IgG4 antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

This is followed by a complete list of all foods tested including IgG, IgA, C3D, IgG4 titers (as ordered). 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.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Food Sensitivity offered by Vibrant Wellness is performed by Vibrant America LLC, 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.vibrantwellness.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 Healthcare provider 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 healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.

Food Personalization Summary		
Non-Reactive Foods 	Category	Reactive Foods 
Spelt, Barley, Malt, Oats, Rye, Wheat, Corn	Gluten containing grains	/
Millet, Brown Rice, Buckwheat	Gluten free grains	Amaranth
Cassava, Tapioca, Tiger Nut, Taro Root	Gluten free alternative starches	Arrowroot
Cous Cous, Tempeh, Tofu, Vegan Cheese	Vegan	/
Coriander Seed, Flax Seed, Rape Seed, Sunflower Seed, Chia, Mustard, Sesame	Seeds	Poppy Seed, Hemp
Cow's Milk, Goat's Milk, Whey Protein	Dairy	Buffalo Milk, Buttermilk, Cheddar Cheese, Kefir, Sheep's Milk, Yoghurt
Goose Meat, Veal, Chicken, Egg White, Egg Yolk, Lamb, Pork, Turkey	Meat	Duck Meat, Rabbit, Beef
Alaska Pollock, Anchovy, Carp, Eel, Sardine, Sea Bass, Halibut, Lake Trout, Mackerel, Salmon, Tuna	Fish	Flounder, Sole, Catfish, Codfish, Perch
Crayfish, Crab, Lobster, Shrimp	Shellfish	/
Grapevine Snail, Blue Mussel, Octopus, Pacific Squid, Squid, Clam, Oyster, Scallops	Mollusks	/
Asparagus, Bamboo Shoots, Endive, Leek, Savoy Cabbage, Turnip, Vine Leaf, White Radish, Artichoke, Chard, Kale, Shiitake Mushroom, Zucchini, Purple Potato, Green Onion/scallions, Shallots, Acorn Squash, Butternut Squash, Spaghetti Squash, Portabella Mushroom, Broccoli, Cabbage, Carrot, Celery, Cucumber, Garlic, Green Bean, Green Peas, Lettuce, Lima Bean, Onion, Seaweed(kelp), Spinach, Squash, Ginger, Sweet Potato	Vegetables	Beet Root, Roquette, Parsnip, Cauliflower, Mushrooms
Eggplant, Green Pepper, White Potato	Nightshades	/
Broad Bean, Chickpea, Mung Beans, Black Beans, Lentils, Kidney Bean, Peanut, Soybean	Legumes	Pinto Beans, Black-eye Peas, Navy Bean
Lemon, Fig, Guava, Honeydew Melon, Kiwi Fruit, Litchi, Mandarin, Mango, Plum, Capers, Papaya, Apricot, Avocado, Banana, Blackberry, Blueberry, Coconut, Cranberry, Grape, Grapefruit, Orange, Peach, Pear, Pineapple, Raspberry, Watermelon, Tomato	Fruits	Apple, Cantaloupe, Cherry, Strawberry, Olive

Food Personalization Summary		
Non-Reactive Foods 	Category	Reactive Foods 
Anise, Bay Leaf, Caraway, Cayenne Pepper, Common Thyme, Curry Powder, Hot Paprika Powder, Oregano, Woo-hsiang Powder, Turmeric, Cumin, Habanero Pepper, Black Pepper, Cinnamon, Nutmeg	Spices	Jalapeno Pepper
Hazelnut, Pine Nut, Sweet Chestnut, Macadamia Nut, Brazilnut, Almond, Black Walnut, Cashews, English Walnut	Nuts(Tree)	Pistachio Nut, Pecan
Acid Red #14 (carmoisine), Annatto, Beta-carotene, Blue #1 (brilliant Blue), Blue #2 (indigo Carmine), Brilliant Black, Cochineal Extract, Red #3 (erythrosine), Red #4 (carmine), Red #40 (allura Red), Yellow #5 (tartrazine), Yellow #6 (sunset Yellow)	Food Dyes and Pigments	Acid Blue #3 (patent Blue V), Green #3 (fast Green), Red #2 (amaranth Red)
Beta-glucan, Carrageenan, Cottonseed, Guar Gum, Locust Bean Gum, Mastic Gum, Xanthan Gum	Gums and Thickening Agents	Arabic Gum, Gum Tragacanth
Ispaghula	Fibrous Additives	/
Lecithin (soy), Polysorbate 80	Emulsifiers and Surfactants	Lecithin (egg Yolk)
Ammonium Chloride, Monosodium Glutamate (msg), Sodium Citrate	Flavor Enhancers	/
Acesulfame K, Erythritol, Mannitol, Monk Fruit, Saccharin, Sorbitol, Stevia, Sucralose (splenda), Xylitol	Sweeteners	Aspartame
Benzoic Acid, Butylated Hydroxyanisole (bha), Citric Acid, Formaldehyde, Sodium Nitrate, Sodium Sulfite, Sorbic Acid	Preservatives and Antioxidants	Butylated Hydroxytoluene (bht), Sodium Benzoate
Glyphosate	Pesticides	Deltamethrin
Fluoride, Titanium Dioxide	Elements	Nickel Sulfate
Black Tea, Cane Sugar, Dill, Lemon Grass, Molasses, Oolong Tea, Green Tea, Agave, Cilantro, Espresso, Coffee, Vanilla Bean, Yeast	Miscellaneous	Parsley, Cocoa, Hops, Rosemary
Bisphenol A (bpa), Latex	Other	/

Food Sensitivity - Summary

Food Sensitivity Complete			Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20		
High	IgA	IgG			
Buffalo milk	9	23			
Moderate	IgA	IgG	Moderate	IgA	IgG
Amaranth	4	11	Arrowroot	7	15
Poppy seed	4	12	Hemp	4	11
Buttermilk	7	14	Cheddar cheese	4	13
Kefir	6	11	Sheep's milk	3	14
Yoghurt	5	15	Duck meat	4	12
Rabbit	4	15	Beef	5	15
Flounder	4	15	Sole	4	13
Catfish	6	11	Codfish	6	11
Perch	4	14	Beet root	5	12
Roquette	4	12	Parsnip	5	13
Cauliflower	4	11	Mushrooms	5	15
Pinto Beans	6	11	Black-eye Peas	5	14
Navy Bean	4	13	Apple	5	12
Cantaloupe	5	14	Cherry	12	9
Strawberry	6	11	Olive	6	11
Jalapeno pepper	3	11	Pistachio nut	4	12
Pecan	4	14	Parsley	5	11
Cocoa	5	11	Hops	5	11
Rosemary	4	15			

Food Additives			Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20		
Moderate	IgA	IgG	Moderate	IgA	IgG
Acid Blue #3 (Patent Blue V)	6.1	11.1	Green #3 (Fast Green)	6.0	12.5
Red #2 (Amaranth Red)	5.6	10.6	Arabic Gum	3.9	10.4
Gum Tragacanth	5.2	11.0	Lecithin (Egg yolk)	3.6	10.9
Aspartame	4.0	10.9	Butylated Hydroxytoluene (BHT)	5.7	11.4
Sodium Benzoate	4.4	10.7	Deltamethrin	4.6	19.9
Nickel Sulfate	3.8	13.2			

Food Sensitivity - Summary Comments

Buffalo milk



FOOD DESCRIPTION

Buffalo milk is the milk of domestic water buffalo. Buffalo milk presents physicochemical features different from that of other ruminant species, such as a higher content of fatty acids and proteins, and slightly higher content of lactose, than that of cow milk.

COMMONLY FOUND IN

Buffalo milk is processed into a large variety of dairy products including cheeses, cream, butter, ghee, and fermented dairy products, the most common being buffalo mozzarella and burrata cheeses and the Indian soft cheese, paneer.

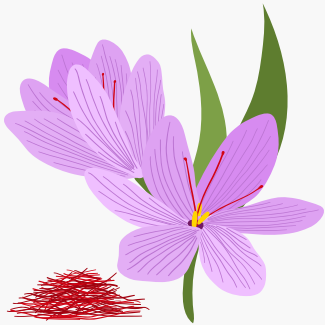
HIDDEN SOURCES

Buffalo milk is more costly than cow milk, thus it is less likely to be found as a milk protein-derived additive compared to cow's milk-derived casein and whey fillers and additives.

PRECAUTION

Buffalo milk proteins share similar homology to cow milk proteins, so cross reactivity may be possible in milk protein sensitive individuals.

Amaranth



FOOD DESCRIPTION

A gluten free grain from one of the 70 species of the flowering Amaranthus plant family.

COMMONLY FOUND IN

Gluten-free grains, cereals, trail mix, granola, granola bars, alternative flour mixes.

HIDDEN SOURCES

Squalene (a common oil extracted and used in cosmetics).

Arrowroot



FOOD DESCRIPTION

Arrowroot is a starch obtained from the rhizomes of several tropical plants such as Maranta arundinacea, Zamia integrifolia. It is gluten and grain free and is often used as a thickener in recipes to replace wheat flour or corn starch.

COMMONLY FOUND IN

Arrowroot powder, also called flour or starch is an effective thickening agent used to add texture and structure in cooking and baking applications.

PRECAUTION

Arrowroot is similar in appearance to other root vegetables such as cassava and yucca. Cassava and arrowroot are often confused and sometimes mislabeled as each other.

Food Sensitivity - Summary Comments

Poppy seed



FOOD DESCRIPTION

Poppy seed is an oilseed obtained from the poppy plant, *Papaver somniferum*. The tiny kidney-shaped seeds have been harvested from dried seed pods by various civilizations for thousands of years.

COMMONLY FOUND IN

Poppy seeds are commonly found in breads, muffins, pastries and cakes.

HIDDEN SOURCES

Because of the opiate-like compounds in poppy seeds, poppy seeds extracts or additives are not common.

PRECAUTION

Home brewed poppy seed tea can be lethal.

Hemp



FOOD DESCRIPTION

Hemp seeds are the most nutritious seeds in the world. They have the most concentrated balance of proteins, essential fats, vitamins and enzymes. They are from the same species as cannabis, but a different variety.

COMMONLY FOUND IN

Hemp seeds are commonly found in hemp seed butter and mixed seed and nut butters, cereals, smoothies, and nutrition bars.

HIDDEN SOURCES

Hidden sources of hemp seeds include fiber supplements and vegan protein powders.

PRECAUTION

Hemp seed oil and CBD oil is derived from hemp seeds and should be avoided by people with chia seed sensitivity.

Buttermilk



FOOD DESCRIPTION

Buttermilk is a dairy drink, typically derived from cow milk unless otherwise noted. Traditional buttermilk is the liquid left behind after churning butter out of cultured cream. Cultured buttermilk is fermented buttermilk. The tartness of buttermilk is due to acid in the milk, due to lactic acid produced by lactic acid bacteria fermenting the milk sugar, lactose.

COMMONLY FOUND IN

Buttermilk may be found in buttermilk yogurt-based drinks, salad dressings, pancakes, and baked goods

HIDDEN SOURCES

Hidden sources of buttermilk are baked goods that contain powdered buttermilk for its tart and acidic properties.

PRECAUTION

Buttermilk contains milk proteins and is not appropriate for individuals with milk protein allergy or sensitivity.

Food Sensitivity - Summary Comments

Cheddar cheese



FOOD DESCRIPTION

Cheddar cheese is a relatively hard, off-white, or orange if spices such as annatto are added, sharp-tasting cheese.

COMMONLY FOUND IN

Cheddar cheese may be found in processed cheeses, sauces, biscuits, fondue, and pasta and potato dishes.

HIDDEN SOURCES

Hidden sources of cheddar cheese include popcorn, crackers and snack foods that use Cheddar flavorings.

PRECAUTION

Cheddar cheese contains milk proteins and is not appropriate for individuals with milk protein allergy or sensitivity. Cheddar cheese, like other aged cheeses, has a high tyramine and histamine content and may not be tolerated by individuals with tyramine and histamine intolerance.

Kefir



FOOD DESCRIPTION

Kefir (or kephir) is a fermented cow, goat, or sheep milk drink made with a yeast or bacterial fermentation starter of kefir grains.

Sheep's milk



FOOD DESCRIPTION

Sheep's milk (or Ewes' milk) is the milk of domestic sheep. Sheep milk has a higher content of fatty acids and protein, including conjugated linoleic acid (CLA), compared to cow and goat milk.

COMMONLY FOUND IN

Sheep's milk is commonly found in feta, ricotta, Roquefort, Manchego, and pecorino Romano cheeses.

HIDDEN SOURCES

Sheep's milk is more costly than cow milk, thus it is less likely to be found as a milk protein-derived additive compared to cow's milk-derived casein and whey fillers and additives.

PRECAUTION

Sheep milk proteins share similar homology to cow milk proteins, so cross reactivity may be possible in milk protein sensitive individuals.

Food Sensitivity - Summary Comments

Yoghurt



FOOD DESCRIPTION

Yoghurt (or Yogurt) is produced by bacterial fermentation of milk. The bacteria used to make yoghurt are known as yoghurt cultures. The fermentation of lactose by these bacteria produces lactic acid, which acts on milk protein to give yoghurt its texture and characteristic tart flavor.

COMMONLY FOUND IN

Yoghurt is commonly found in dips, dressings, smoothies, and the Indian drink lassi.

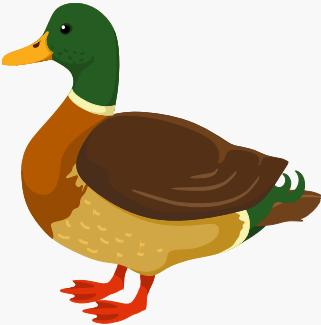
HIDDEN SOURCES

Because of its perishability, yoghurt is not typically used as an additive, filler, or flavoring agent.

PRECAUTION

Yoghurt is not suitable for people with cow milk allergy or sensitivity, these individuals may substitute coconut or almond yoghurt in place of yoghurt derived from cow's milk.

Duck meat



FOOD DESCRIPTION

Duck meat is the meat of several species of bird found of the anatidea family found in fresh and salt water.

HIDDEN SOURCES

Duck meat is high in fat and cholesterol, especially if you eat the skin.

Rabbit



FOOD DESCRIPTION

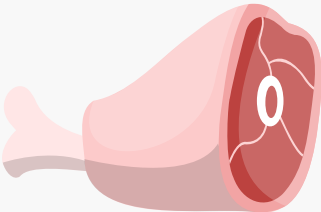
Rabbit meat is a source of high quality protein.

HIDDEN SOURCES

Rabbit meat should not be relied on as sole source of calories as it could lead to an excess of protein without enough carbohydrates and/or fat.

Food Sensitivity - Summary Comments

Beef



FOOD DESCRIPTION

Red meat derived from cows/cattle (bovine livestock).

COMMONLY FOUND IN

Various cuts of steak: brisket, rib (prime rib/rib eye), plate (skirt), short loin (T-bone/porterhouse/strip), flank, sirloin, tenderloin (filet mignon), corned beef, beef jerky, ground beef, roast beef.

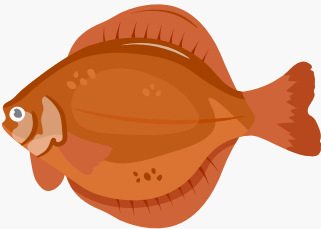
HIDDEN SOURCES

Bouillon, soup bases, chili, casseroles.

PRECAUTION

Not the same as bison/buffalo.

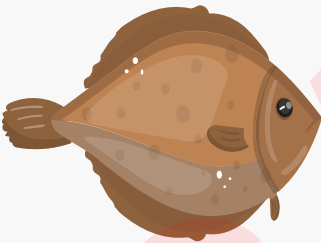
Flounder



FOOD DESCRIPTION

Flounder is a type of flat fish with both eyes on one side of its head.

Sole

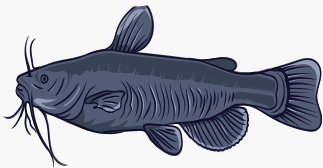


FOOD DESCRIPTION

Sole is a fish belonging to several families. The common, or Dover sole solea solea is the most esteemed and widely available.

Food Sensitivity - Summary Comments

Catfish



FOOD DESCRIPTION

A diverse group of fish that are notable for prominent whiskers.

COMMONLY FOUND IN

Seafood labeled as catfish.

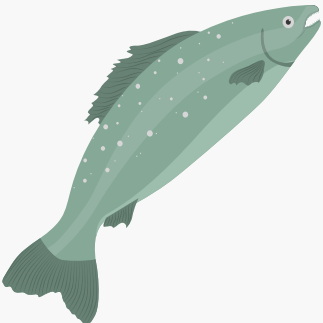
HIDDEN SOURCES

Fried catfish; fried fish, unspecified; po' boy sandwiches usually contain catfish.

PRECAUTION

Usually a farmed fish in North America, unless otherwise noted; low in Omega-3, but high in Vitamin D.

Codfish



FOOD DESCRIPTION

A mild-flavored, dense, flaky white fish.

COMMONLY FOUND IN

Fish entrees labeled Atlantic or Pacific Cod; common fish base used in 'fish and chips.'

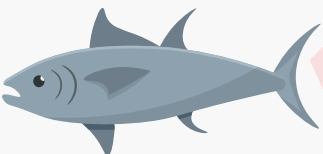
HIDDEN SOURCES

Cod liver oil.

PRECAUTION

Only Atlantic cod and Pacific cod are true cod fish; other names such as blue cod or Eastern freshwater cod are a different genus of fish, such as grouper.

Perch



FOOD DESCRIPTION

A freshwater sport fish.

COMMONLY FOUND IN

Food entrees labeled as perch, fried fish labeled perch, possibly seasonal grilled white fish dishes.

HIDDEN SOURCES

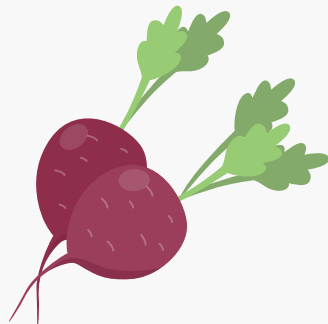
Fish sauce, fish sticks, fish-based gelatin.

PRECAUTION

Only three varieties of perch exist: European perch, Yellow perch and Balkhash perch; all other fish named perch (i.e.: red perch) are not true perch.

Food Sensitivity - Summary Comments

Beet root



FOOD DESCRIPTION

The beetroot is the taproot portion of the beet plant usually known in north America as the beet, table beet, garden beet, red beet or golden beet. The taproots and their leaves (beet greens) are edible

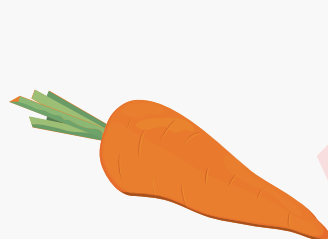
Roquette



FOOD DESCRIPTION

Roquette or Arugula is an edible annual plant in the family Brassicaceae used as a leaf vegetable for its fresh peppery flavor.

Parsnip



FOOD DESCRIPTION

Parsnip is a root vegetable that belongs to the family of Apiaceae, which includes carrot, dill, cumin, parsley and caraway. It is high in vitamins, minerals. It contains antioxidants and both soluble and insoluble dietary fiber. The tuber is white, pale yellow or pale orange in color both on the exterior and interior.

COMMONLY FOUND IN

They can be eaten raw, but generally are cooked in soups and stews.

PRECAUTION

The root of the parsnip is edible; however, the shoots and leaves of the plant requires caution as the sap is toxic.

Food Sensitivity - Summary Comments

Cauliflower



FOOD DESCRIPTION

Cruciferous vegetable which grows in 'heads' with edible white flesh sometimes called 'curds'. Typically only the heads are eaten, although the leaves are edible.

COMMONLY FOUND IN

Whole vegetable, soups, casseroles, many recipes use cauliflower as a grain substitute.

HIDDEN SOURCES

Cauliflower is in the same family as broccoli.

Mushrooms



FOOD DESCRIPTION

A fleshy edible plant derived from a fungus. Typically umbrella shaped and consist of a stalk topped by a flat or cup-shaped cap. There are many varieties of edible mushrooms.

COMMONLY FOUND IN

Whole vegetable, salads, soups/stews, sandwiches/subways, stir-fries, portabella mushrooms, omelets/frittatas, stuffed mushrooms, casseroles.

Pinto Beans



FOOD DESCRIPTION

Pinto beans are known for their creamy texture, mild flavor and ability to absorb flavors. They are a good source of protein, phosphorous and manganese. They are very high in dietary fiber and folate.

COMMONLY FOUND IN

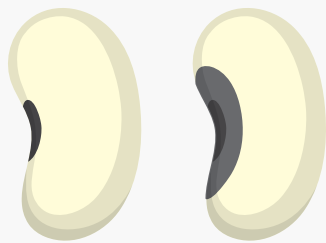
A native of Latin America, pinto beans are common in Latin cuisine. You can often find the bean in bean salads, soups, rice & beans, or served as a side dish.

PRECAUTION

One of the biggest issues surrounding all legumes, including pinto beans, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

Food Sensitivity - Summary Comments

Black-eye Peas



FOOD DESCRIPTION

Black-eye peas, also called black-eyed beans and souther, are a subspecies of the cowpea. They are good sources of calcium, folate, iron, potassium and fiber. Named for its appearance, black-eye peas are pale in color with a prominent black spot.

COMMONLY FOUND IN

Black-eyed peas are common additions to stews, soups, curries and salads. They can also be used as a side dish or they can be mashed into a dip.

PRECAUTION

One of the biggest issues surrounding all legumes, including black-eye peas, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

Navy Bean



FOOD DESCRIPTION

A species of legumes; native to the Americas. Small, pea-sized beans that are creamy white in color.

COMMONLY FOUND IN

Soups (navy bean soup, white chili), a topping on salads, rice and beans dishes.

HIDDEN SOURCES

Referred to as "common beans".

PRECAUTION

High source of lectins, which are most commonly associated with digestive issues and other immunological issues.

Apple



FOOD DESCRIPTION

A round, pome fruit where the flesh covers an inedible central part, the core, which contains seeds called pips. There are 7500 known varieties of apples and they can be red, pink, yellow, green, or some combination of those colors.

COMMONLY FOUND IN

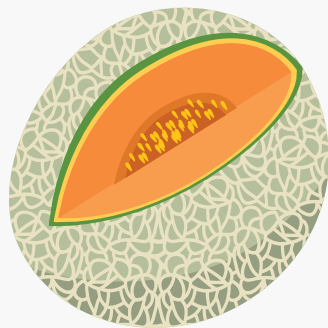
Whole fruit, apple cider vinegar, apple sauce, apple juice, apple pies, salads (Waldorf, chicken salad, ambrosia, cobb salad).

HIDDEN SOURCES

Pectin is a fiber source often derived from apples. Gluten-free beers/ciders.

Food Sensitivity - Summary Comments

Cantaloupe

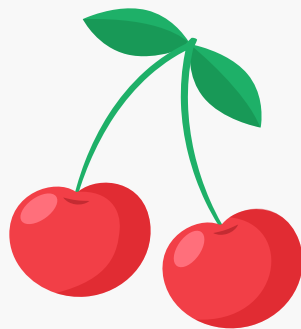


FOOD DESCRIPTION
A melon with rough textured skin and a sweet orange flesh.

COMMONLY FOUND IN
Whole fruit, fruit salads, fruit juice.

PRECAUTION
Cantaloupe and watermelon are in the same family.

Cherry



FOOD DESCRIPTION
Cherries are small, round fruits with a pit in the center. They can be sweet or tart and are usually red or black when ripe. Cherries are rich in vitamins, minerals, and plant compounds with health benefits.

COMMONLY FOUND IN
Cherries are often eaten fresh or used in cooking and baking. Common cherry-based foods include cherry pie, jams, jellies, preserves, and also as a topping for desserts like ice cream and yogurt.

HIDDEN SOURCES
Cherry flavoring can be found in a variety of products, including sodas, candies, cough syrups, and alcoholic beverages.

PRECAUTION
People with cherry allergies should avoid cherries and cherry-flavored products. Additionally, cherries contain small amounts of cyanide in their pits, so care should be taken not to eat the pit.

Strawberry



FOOD DESCRIPTION
A heart-shaped red fruit with a green leafy crown, small edible black seeds are on the outside of the fruit.

COMMONLY FOUND IN
Whole fruit, jams and jellies, mixed fruit preserves or juices, smoothies, berry wines, baked goods with berries, ice cream, sorbets, frozen fruit bars, milkshakes.

PRECAUTION
Strawberries are #1 on EWG's dirty dozen list for produce and are best consumed organic.

Food Sensitivity - Summary Comments

Olive



FOOD DESCRIPTION

The fruit of an olive tree; plump and round with a pit in the center, often they are sold with the pit removed. They have a sweet and creamy texture due to oil content. Variety of color ranging from black, purple, and green.

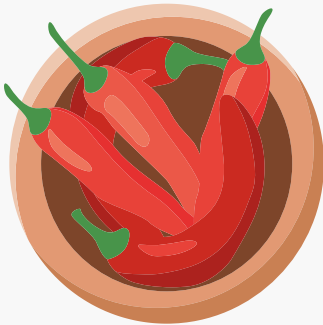
COMMONLY FOUND IN

Whole olives, tapenade, stuffed olives, olive oil (salad dressings, marinades, mayonnaise, desserts), dips, Mexican cuisine, cocktail garnish.

HIDDEN SOURCES

Black olives, green olives, pitted olives, Kalamata olives, olive oil.

Jalapeno pepper



FOOD DESCRIPTION

Jalapeno pepper is a fruit of the capsicum pod type, which originated in Mexico. It is very rich in vitamin C and helps to lose weight.

COMMONLY FOUND IN

Your local grocery store in the produce section as well as almost any hot sauce, salsa, enchilada sauce, and siracha sauce

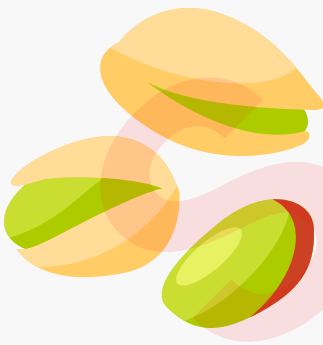
HIDDEN SOURCES

Be careful with powdered pepper seasoning, curries, Thai chili paste (or any Thai sauce), spicy dressings, chicken or other meat spicy or BBQ "rubs", spicy BBQ sauce, and Asian stir fries

PRECAUTION

Do not cut food on the same cutting board that recently was used for jalapeno preparation. Do not cut jalapeno and then rub your eyes – wash your hands first. Beware of any item labeled "spicy" as it could have jalapeno compounds in it. Always ask before hand at Asian, Thai, barbeque and/or Mexican restaurants if your desired dish was prepared with jalapeno. Read all labels for jalapeno. Even a mild salsa, siracha, enchilada sauce, dressing or rub can contain jalapeno.

Pistachio nut



FOOD DESCRIPTION

The pistachio, a member of the cashew family, is a small tree originating from Central Asia and the Middle East. The tree produces pistachio seeds that are widely consumed as food. Pistacia vera often is confused with other species in the genus Pistacia that are also known as pistachio.

COMMONLY FOUND IN

Pistachios are commonly found in ice cream, baked goods, nougat, fudge and other desserts, and may be found in stuffings and crusts.

HIDDEN SOURCES

Hidden sources of pistachio include pistachio flavorings and extracts used in ice cream and baked goods.

PRECAUTION

Pistachio is not suitable for individuals with tree nut allergy.

Food Sensitivity - Summary Comments

Pecan



FOOD DESCRIPTION

Oblong nuts that have a smooth, light brown, sometimes mottled brown shell.

COMMONLY FOUND IN

Desserts and sweet treats, such as pecan pie, candied pecans and pecan sticky buns. A staple in Southern cooking.

HIDDEN SOURCES

Hickory Nut.

PRECAUTION

Tree nut allergies are one of the most common allergies.

Parsley



FOOD DESCRIPTION

Parsley is the world's most popular herb. It is widely available year-round and is bright green in color. There are two main varieties of parsley-curly parsley and Italian-flat leaf parsley. The Italian variety has a more fragrant and less bitter taste than the curly variety.

COMMONLY FOUND IN

Parsley is very commonly used as a garnish, and is sometimes forgotten as it's use as a flavor and nutritious ingredient in food.-but parsley can be used in a variety of recipes or as a topping to salads, soups, as an ingredient in smoothies or juices.

HIDDEN SOURCES

Because parsley it is a very common herb that can be used for flavoring or as a garnish in almost any dish, it is important to read labels and ask ingredient questions when dining out.

Cocoa



FOOD DESCRIPTION

The dried seed of the cacao tree from which chocolate and cocoa powder is made.

COMMONLY FOUND IN

Anything chocolate flavored. Cereals, cakes, snack bars, candy bars, cacao nibs, cocoa powder, couverture.

HIDDEN SOURCES

Cacao. Chocolate: dark chocolate, milk chocolate and white chocolate should all be avoided. Coffee drinks, blended or chilled beverages containing coffee or mocha. Non-food sources can include cosmetics, i.e. chocolate scented bronzer or lip balm.

PRECAUTION

Chocolate is a stimulant. It contains caffeine, and is a diuretic.

Food Sensitivity - Summary Comments

Hops



FOOD DESCRIPTION

Hops are the flowers of the hop plant; they are primarily used for flavoring as a bittering agent and not eaten whole. They are used primarily as a flavoring and stability agent in beer, to which they impart bitter, zesty, or citric flavors; though they are also used for various purposes in other beverages and herbal medicine.

COMMONLY FOUND IN

Primary flavoring agent in beer; sausages, breads, some sauces.

Rosemary



FOOD DESCRIPTION

An herb; available fresh or dried. It is a mint relative and its green, silver tipped leaves look like small pine needles.

COMMONLY FOUND IN

Common chicken, lamb and pork seasoning. Often added to breads/biscuits, black olives and seasoned vinegar.

HIDDEN SOURCES

In addition to being a seasoning, it can be made into a tea to alleviate headaches, gas and fever. Essential oil is also available for rosemary.

Acid Blue #3 (Patent Blue V)



FOOD DESCRIPTION

Patent Blue V is a dark bluish synthetic dye and is banned as a food dye in the US. In European countries, it may be found in Scotch eggs, and certain jelly sweets, among others. In medicine, it is used as a dye in biopsy and in dental disclosing tablets.

Food Sensitivity - Summary Comments

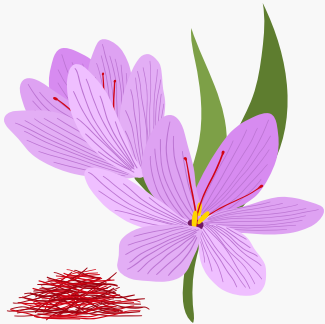
Green #3 (Fast Green)



FOOD DESCRIPTION

Fast Green is a turquoise food dye which is also used in the drug and cosmetics industries. It may be found in jellies, desserts, candy, fish, tinned peas and other vegetables, baked goods, ice cream, and cereals.

Red #2 (Amaranth Red)



FOOD DESCRIPTION

Amaranth Red is a modified red azo dye used as a food dye and to color cosmetics. It has been banned in the US and is permitted for use in Canada and Europe. It may be found in cereals, cherries, and deserts.

Arabic Gum



FOOD DESCRIPTION

Arabic gum, or acacia gum, is a natural gum collected from various species of acacia tree. It is edible and used primarily in food industry as a stabilizer, emulsifier, and thickening agent in fillings, soft candy, chewing gum, and other confectionery products. It is also used as a binding agent to bind sweeteners and flavorings in soft drinks.

Food Sensitivity - Summary Comments

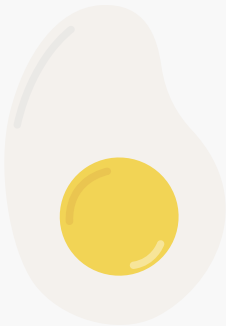
Gum Tragacanth



FOOD DESCRIPTION

Tragacanth is a natural gum derived from the dried sap of several species of Middle Eastern legumes. It is odourless and tasteless. It is used as a stabilizing and thickening ingredient in foods such as salad dressing and beverages. It is used as a binding agent in pharmaceutical products.

Lecithin (Egg yolk)



FOOD DESCRIPTION

Egg lecithin is a type of lecithin containing phospholipids and is derived from eggs. It is used in the pharmaceutical industry as a wetting, stabilizing, and dispersing agent. It is used to manufacture fat infusions. It is approved by the USFDA with the status 'generally recognized as safe' (GRAS).

Aspartame



FOOD DESCRIPTION

Aspartame is an artificial sweetener and used a substitute for sugar in foods and beverages. It is 180-200 times sweeter than table sugar. Some of the common foods in which aspartame can be found are puddings, gelatin, frozen desserts, chewing gums, yogurt, cereals, etc.

Food Sensitivity - Summary Comments

Butylated Hydroxytoluene
(BHT)



FOOD DESCRIPTION

Butylated Hydroxytoluene is an organic compound derived from phenol and is known for its antioxidant properties. It is used as a preservative in some foods such as frozen dry meats, sweet potato flakes, chewing gums, and cereals to prevent or delay oxidation, maintain freshness, prevent spoilage, and maintain the texture, color, and flavor.

Sodium Benzoate



FOOD DESCRIPTION

Sodium benzoate is the sodium salt of benzoic acid. It is used as a preservative in foods and beverages to prevent spoilage. It is used in acidic products such as sauerkraut, jellies, jams, hot sauce, and soda. It is also naturally present in cranberries, cinnamon, prunes, apples, and cloves.

Deltamethrin



FOOD DESCRIPTION

Deltamethrin is an insecticide belonging to the pyrethroid family. Pyrethroids are the man-made versions of pyrethrins, natural insecticides from chrysanthemum flowers. The insecticide may be present as a residue on foods and food stuffs from its environmental application in outdoor landscaping.

Food Sensitivity - Summary Comments

Nickel Sulfate



FOOD DESCRIPTION

Nickel is a silver-colored metal found naturally in the environment. It is used in various foods including black tea, nuts and seeds, soy milk, and chocolate milk. It can also be found in canned and processed foods including meat and fish, legumes, and in vegetables such as asparagus, beans, broccoli, Brussels sprouts, cauliflower, and spinach.

SAMPLE

Food Sensitivity Complete				Reference Range: <div><div>In Control: ≤10</div><div>Moderate: 10.1-20</div><div>Risk: >20</div></div>		
Gluten containing grains	IgA	Current	IgG	IgA	Previous	IgG
Spelt	4		9			
Barley	4		4			
Malt	4		3			
Oats	4		6			
Rye	4		4			
Wheat	3		7			
Corn	3		8			
Gluten free grains	IgA	Current	IgG	IgA	Previous	IgG
Millet	6		9			
Amaranth	4		11			
Brown Rice	5		8			
Buckwheat	5		6			
Gluten free alternative starches	IgA	Current	IgG	IgA	Previous	IgG
Cassava	4		4			
Tapioca	4		9			
Tiger nut	4		9			
Taro Root	4		7			
Arrowroot	7		15			
Vegan	IgA	Current	IgG	IgA	Previous	IgG
Cous Cous	4		4			
Tempeh	4		6			
Tofu	3		4			
Vegan Cheese	4		10			

Food Sensitivity Complete				Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20		
Seeds	IgA	Current	IgG	IgA	Previous	IgG
Coriander seed	5		7			
Flax seed	4		9			
Poppy seed	4		12			
Rape seed	5		8			
Sunflower seed	4		9			
Chia	5		8			
Hemp	4		11			
Mustard	4		9			
Sesame	5		8			
Dairy	IgA	Current	IgG	IgA	Previous	IgG
Buffalo milk	9		23			
Buttermilk	7		14			
Cheddar cheese	4		13			
Kefir	6		11			
Sheep's milk	3		14			
Yoghurt	5		15			
Beta-Casein	4		8			
Casomorphin	5		9			
Cow's Milk	2		6			
Goat's Milk	3		4			
Whey Protein	4		8			
Meat	IgA	Current	IgG	IgA	Previous	IgG
Duck meat	4		12			

Food Sensitivity Complete			Reference Range: <div><div>In Control: ≤10</div><div>Moderate: 10.1-20</div><div>Risk: >20</div></div>			
Meat	IgA	Current	IgG	IgA	Previous	IgG
Goose meat	4		9			
Rabbit	4		15			
Veal	5		10			
Beef	5		15			
Chicken	3		7			
Egg White	3		4			
Egg Yolk	3		2			
Lamb	5		8			
Pork	7		8			
Turkey	5		10			
Fish	IgA	Current	IgG	IgA	Previous	IgG
Alaska pollock	4		10			
Anchovy	4		8			
Carp	4		10			
Eel	4		8			
Flounder	4		15			
Sardine	4		6			
Sea bass	4		10			
Sole	4		13			
Catfish	6		11			
Codfish	6		11			
Halibut	4		7			
Lake Trout	4		8			

Food Sensitivity Complete				Reference Range: <div><div>In Control: ≤10</div><div>Moderate: 10.1-20</div><div>Risk: >20</div></div>		
Fish	IgA	Current	IgG	IgA	Previous	IgG
Mackerel	6		6			
Perch	4		14			
Salmon	5		7			
Tuna	4		6			
Shellfish	IgA	Current	IgG	IgA	Previous	IgG
Crayfish	4		9			
Crab	3		8			
Lobster	6		6			
Shrimp	4		7			
Mollusks	IgA	Current	IgG	IgA	Previous	IgG
Grapevine snail	4		9			
Blue mussel	4		10			
Octopus	4		10			
Pacific squid	4		8			
Squid	5		4			
Clam	4		6			
Oyster	4		7			
Scallops	5		7			
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Asparagus	6		10			
Bamboo shoots	6		9			
Beet root	5		12			
Endive	4		9			

Food Sensitivity Complete			Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20			
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Leek	7		7			
Roquette	4		12			
Savoy cabbage	5		7			
Turnip	8		7			
Vine leaf	4		8			
White radish	5		10			
Artichoke	4		4			
Chard	4		6			
Kale	5		4			
Shiitake mushroom	9		4			
Zucchini	4		5			
Purple Potato	5		8			
Green onion/Scallions	4		8			
Shallots	4		10			
Acorn Squash	5		8			
Butternut Squash	4		4			
Spaghetti Squash	6		10			
Parsnip	5		13			
Portabella Mushroom	5		8			
Broccoli	3		5			
Cabbage	5		7			
Carrot	4		6			
Cauliflower	4		11			

Food Sensitivity Complete			Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20			
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Celery	4		6			
Cucumber	6		5			
Garlic	4		7			
Green Bean	4		9			
Green Peas	5		6			
Lettuce	5		8			
Lima Bean	3		8			
Mushrooms	5		15			
Onion	5		9			
Seaweed(Kelp)	4		6			
Spinach	4		5			
Squash	5		8			
Ginger	7		10			
Sweet Potato	5		6			
Nightshades	IgA	Current	IgG	IgA	Previous	IgG
Eggplant	8		7			
Green Pepper	6		9			
White Potato	4		8			
Legumes	IgA	Current	IgG	IgA	Previous	IgG
Broad bean	5		6			
Chickpea	5		10			
Mung beans	5		9			
Black Beans	8		9			

Food Sensitivity Complete				Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20			
Legumes	IgA	Current	IgG	IgA	Previous	IgG	
Pinto Beans	6		11				
Black-eye Peas	5		14				
Lentils	2		9				
Kidney Bean	4		9				
Navy Bean	4		13				
Peanut	2		5				
Soybean	3		8				
Fruits	IgA	Current	IgG	IgA	Previous	IgG	
Lemon	5		6				
Fig	8		4				
Guava	6		6				
Honeydew melon	5		2				
Kiwi fruit	5		4				
Litchi	5		3				
Mandarin	8		8				
Mango	5		5				
Plum	4		7				
Capers	4		2				
Papaya	6		2				
Apple	5		12				
Apricot	6		4				
Avocado	5		6				
Banana	5		7				

Food Sensitivity Complete			Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20			
Fruits	IgA	Current	IgG	IgA	Previous	IgG
Blackberry	4		7			
Blueberry	3		9			
Cantaloupe	5		14			
Cherry	12		9			
Coconut	5		7			
Cranberry	6		9			
Grape	6		10			
Grapefruit	5		10			
Orange	5		7			
Peach	3		5			
Pear	5		10			
Pineapple	3		6			
Raspberry	6		10			
Strawberry	6		11			
Watermelon	6		5			
Tomato	6		7			
Olive	6		11			
Spices	IgA	Current	IgG	IgA	Previous	IgG
Anise	4		4			
Bay leaf	4		9			
Caraway	5		9			
Cayenne pepper	6		9			
Common thyme	5		9			

Food Sensitivity Complete			Reference Range: <div><div></div>In Control: ≤10</div> <div><div></div>Moderate: 10.1-20</div> <div><div></div>Risk: >20</div>			
Spices	IgA	Current	IgG	IgA	Previous	IgG
Curry powder	5		5			
Hot paprika powder	5		4			
Oregano	5		4			
Woo-hsiang powder	4		6			
Turmeric	5		2			
Cumin	5		8			
Jalapeno pepper	3		11			
Habanero pepper	5		9			
Black pepper	3		9			
Cinnamon	4		6			
Nutmeg	6		9			
Nuts(Tree)	IgA	Current	IgG	IgA	Previous	IgG
Hazelnut	3		7			
Pine nut	4		7			
Pistachio nut	4		12			
Sweet chestnut	6		9			
Macadamia Nut	5		8			
Brazilnut	5		9			
Almond	3		3			
Black Walnut	3		8			
Cashews	3		4			
English Walnut	2		10			
Pecan	4		14			

Food Sensitivity Complete			Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20			
Miscellaneous	IgA	Current	IgG	IgA	Previous	IgG
Black tea	4		6			
Cane sugar	5		6			
Dill	4		6			
Lemon grass	4		8			
Molasses	4		9			
Oolong tea	4		9			
Parsley	5		11			
Green Tea	5		10			
Agave	3		6			
Cilantro	7		2			
Espresso	4		7			
Cocoa	5		11			
Coffee	4		8			
Hops	5		11			
Rosemary	4		15			
Vanilla Bean	3		3			
Yeast	3		5			

Food Additives			Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20			
Food Dyes and Pigments	IgA	Current	IgG	IgA	Previous	IgG
Acid Blue #3 (Patent Blue V)	6.1		11.1			
Acid Red #14 (Carmoisine)	4.7		8.5			
Annatto	4.5		7.7			
Beta-Carotene	4.9		7.9			

Food Additives			Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20			
Food Dyes and Pigments	IgA	Current	IgG	IgA	Previous	IgG
Blue #1 (Brilliant Blue)		5.9	5.2			
Blue #2 (Indigo Carmine)		4.6	6.3			
Brilliant Black		5.1	5.3			
Cochineal Extract		4.3	4.5			
Green #3 (Fast Green)		6.0	12.5			
Red #2 (Amaranth Red)		5.6	10.6			
Red #3 (Erythrosine)		5.8	7.6			
Red #4 (Carmine)		8.0	5.9			
Red #40 (Allura Red)		4.7	8.2			
Yellow #5 (Tartrazine)		4.6	5.3			
Yellow #6 (Sunset Yellow)		5.9	7.5			
Gums and Thickening Agents	IgA	Current	IgG	IgA	Previous	IgG
Arabic Gum		3.9	10.4			
Beta-Glucan		4.0	6.8			
Carrageenan		5.3	5.5			
Cottonseed		3.8	5.2			
Guar Gum		5.2	10.0			
Gum Tragacanth		5.2	11.0			
Locust Bean Gum		3.9	8.5			
Mastic Gum		4.4	9.1			
Xanthan Gum		3.4	4.2			
Fibrous Additives	IgA	Current	IgG	IgA	Previous	IgG
Ispaghula		8.3	7.6			

Food Additives				Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20		
Emulsifiers and Surfactants	IgA	Current	IgG	IgA	Previous	IgG
Lecithin (Egg yolk)	3.6		10.9			
Lecithin (Soy)	5.0		8.8			
Polysorbate 80	5.3		4.6			
Flavor Enhancers	IgA	Current	IgG	IgA	Previous	IgG
Ammonium Chloride	5.5		4.4			
Monosodium Glutamate (MSG)	4.8		9.8			
Sodium Citrate	4.5		8.6			
Sweeteners	IgA	Current	IgG	IgA	Previous	IgG
Acesulfame K	7.6		4.1			
Aspartame	4.0		10.9			
Erythritol	4.7		7.6			
Mannitol	2.7		1.2			
Monk fruit	4.6		8.9			
Saccharin	4.7		4.6			
Sorbitol	5.2		4.4			
Stevia	3.5		2.6			
Sucralose (Splenda)	6.0		5.0			
Xylitol	5.4		4.2			
Preservatives and Antioxidants	IgA	Current	IgG	IgA	Previous	IgG
Benzoic Acid	4.2		4.3			
Butylated Hydroxyanisole (BHA)	4.9		3.5			
Butylated Hydroxytoluene (BHT)	5.7		11.4			
Citric Acid	5.1		9.5			

Food Additives			Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20			
Preservatives and Antioxidants	IgA	Current	IgG	IgA	Previous	IgG
Formaldehyde	2.9		4.3			
Sodium Benzoate	4.4		10.7			
Sodium Nitrate	3.9		7.6			
Sodium Sulfite	4.7		5.0			
Sorbic Acid	5.5		5.0			
Pesticides	IgA	Current	IgG	IgA	Previous	IgG
Deltamethrin	4.6		19.9			
Glyphosate	4.7		1.6			
Elements	IgA	Current	IgG	IgA	Previous	IgG
Fluoride	6.7		7.5			
Nickel Sulfate	3.8		13.2			
Titanium dioxide	4.8		7.3			
Other	IgA	Current	IgG	IgA	Previous	IgG
Bisphenol A (BPA)	4.3		8.5			
Latex	5.5		5.1			

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, IgG4 and C3D antibodies is not an FDA- recognized diagnostic indicator of allergy.

Food Sensitivity 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.

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