

# 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: 2312190015

## 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	2023-12-19 10:14 (PST)	2023-12-20 13:40 (PST)	Food Sensitivity - P2	2023-12-28 12:27 (PST)



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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, "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](http://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 
Barley, Malt, Oats, Rye, Wheat, Corn	Gluten containing grains	/
Amaranth, Brown Rice, Buckwheat	Gluten free grains	/
Mustard, Sesame	Seeds	/
Cow's Milk, Goat's Milk, Whey Protein	Dairy	/
Beef, Chicken, Egg White, Egg Yolk, Lamb, Pork, Turkey	Meat	/
Catfish, Codfish, Halibut, Lake Trout, Mackerel, Perch, Salmon, Tuna	Fish	/
Crab, Lobster, Shrimp	Shellfish	/
Clam, Oyster, Scallops	Mollusks	/
Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Garlic, Green Bean, Green Peas, Lettuce, Lima Bean, Mushrooms, Onion, Seaweed(kelp), Spinach, Squash, Ginger, Sweet Potato	Vegetables	/
Green Pepper, White Potato	Nightshades	/
Kidney Bean, Navy Bean, Peanut, Soybean	Legumes	/
Lemon, Apple, Apricot, Avocado, Banana, Blackberry, Blueberry, Cantaloupe, Cherry, Coconut, Cranberry, Grape, Orange, Peach, Pear, Pineapple, Watermelon, Tomato, Olive	Fruits	Grapefruit, Raspberry, Strawberry
Black Pepper	Spices	Cinnamon, Nutmeg
Almond, Black Walnut, Cashews, English Walnut, Pecan	Nuts(Tree)	/
Cocoa, Coffee, Hops, Rosemary, Vanilla Bean, Yeast	Miscellaneous	/

Patient Name: DEMO DEMO  
Date of Birth: 01-01-1111 Accession ID: 2312190015  
Service Date: 2023-12-19 10:14 (PST)

# Food Sensitivity - Summary

## Food Sensitivity Complete

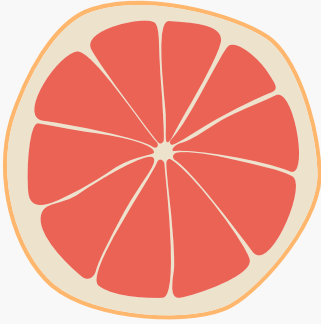
Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

Moderate	IgA	IgG	Moderate	IgA	IgG
Grapefruit	6	11	Raspberry	4	11
Strawberry	5	11	Cinnamon	6	18
Nutmeg	7	11			

SAMPLE

## Food Sensitivity - Summary Comments

### Grapefruit



#### FOOD DESCRIPTION

A round citrus fruit about the size of a large softball; peel is inedible and usually light orange in color but can vary. The inside flesh can also vary in color from deep pink to white depending on variety; tart in flavor.

#### COMMONLY FOUND IN

Whole fruit, grapefruit juice, fruit salads/cocktails, citrus salads, some salad dressings or marinades, citrus-flavored soft drinks.

#### PRECAUTION

Grapefruit has potential to interact with some prescription medications; consult your physician for specific precautions.

### Raspberry



#### FOOD DESCRIPTION

A small round fleshy fruit, bright red in color, made up of small drupes gathered around a central axis.

#### COMMONLY FOUND IN

Whole fruit, jams and jellies, mixed fruit preserves or juices, berry wines, baked goods with berries, ice cream, sorbets, frozen fruit bars, chocolate.

#### PRECAUTION

Raspberries and blackberries are in the same family.

### 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

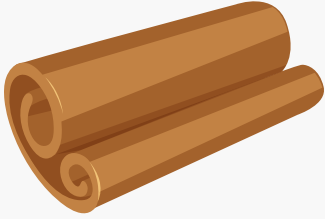
Whole fruit, jams and jellies, mixed fruit preserves or juices, smoothies, berry wines, baked goods with berries, ice cream, sorbets, frozen fruit bars, milkshakes.

#### PRECAUTION

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

## Food Sensitivity - Summary Comments

### Cinnamon



#### FOOD DESCRIPTION

Strongly aromatic, sweet tasting, dried inner bark of a tree in the laurel family. Considered a spice.

#### COMMONLY FOUND IN

Common in desserts in Western cuisine. Elsewhere in the world, in savory dishes.

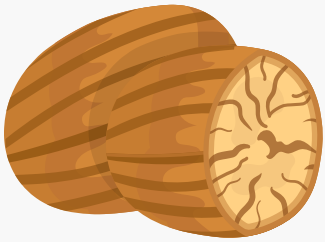
#### HIDDEN SOURCES

Cassia. Canella in Latin.

#### PRECAUTION

True cinnamon is not recommended for pregnant women because it stimulates the uterus.

### Nutmeg



#### FOOD DESCRIPTION

The shelled, dried seed of the plant *Myristica fragrans*.

#### COMMONLY FOUND IN

In sweet dishes, such as spiced cookies, custards, dessert sauces and dairy-based dishes. You will find it used in combination with other warm spices, such as cinnamon, cardamom and cloves.

#### HIDDEN SOURCES

The essential oil can be added to hot bedtime drinks. The oil may also be used topically (to alleviate joint pain). Nutmeg is used to make medicine.

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control:  $\leq 10$  ■ Moderate: 10.1-20 ■ Risk:  $> 20$

Gluten containing grains	IgA	Current	IgG	IgA	Previous	IgG
Barley	4		6			
Malt	4		7			
Oats	4		7			
Rye	5		6			
Wheat	3		6			
Corn	3		6			
Gluten free grains	IgA	Current	IgG	IgA	Previous	IgG
Amaranth	1		10			
Brown Rice	4		7			
Buckwheat	3		7			
Seeds	IgA	Current	IgG	IgA	Previous	IgG
Mustard	4		6			
Sesame	3		8			
Dairy	IgA	Current	IgG	IgA	Previous	IgG
Beta-Casein	1		3			
Casomorphin	6		9			
Cow's Milk	1		3			
Goat's Milk	3		3			
Whey Protein	4		5			
Meat	IgA	Current	IgG	IgA	Previous	IgG
Beef	7		7			
Chicken	5		8			
Egg White	3		4			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control:  $\leq 10$  ■ Moderate: 10.1-20 ■ Risk:  $>20$

Meat	IgA	Current	IgG	IgA	Previous	IgG
Egg Yolk	3		6			
Lamb	6		9			
Pork	5		10			
Turkey	6		7			
Fish	IgA	Current	IgG	IgA	Previous	IgG
Catfish	6		8			
Codfish	4		5			
Halibut	7		8			
Lake Trout	7		8			
Mackerel	6		10			
Perch	6		9			
Salmon	5		9			
Tuna	8		9			
Shellfish	IgA	Current	IgG	IgA	Previous	IgG
Crab	3		6			
Lobster	5		8			
Shrimp	3		7			
Mollusks	IgA	Current	IgG	IgA	Previous	IgG
Clam	6		9			
Oyster	4		7			
Scallops	6		9			
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Broccoli	5		8			



# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control:  $\leq 10$  ■ Moderate: 10.1-20 ■ Risk:  $>20$

Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Cabbage	4		7			
Carrot	4		10			
Cauliflower	5		8			
Celery	4		8			
Cucumber	5		6			
Garlic	5		9			
Green Bean	5		7			
Green Peas	3		7			
Lettuce	5		10			
Lima Bean	6		7			
Mushrooms	5		9			
Onion	6		8			
Seaweed(Kelp)	3		8			
Spinach	4		8			
Squash	5		9			
Ginger	6		9			
Sweet Potato	5		10			
Nightshades	IgA	Current	IgG	IgA	Previous	IgG
Green Pepper	6		9			
White Potato	5		8			
Legumes	IgA	Current	IgG	IgA	Previous	IgG
Kidney Bean	4		7			
Navy Bean	4		9			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control:  $\leq 10$  ■ Moderate: 10.1-20 ■ Risk:  $> 20$

Legumes	IgA	Current	IgG	IgA	Previous	IgG
Peanut	3		5			
Soybean	3		7			
Fruits	IgA	Current	IgG	IgA	Previous	IgG
Lemon	5		9			
Apple	5		6			
Apricot	6		5			
Avocado	3		7			
Banana	5		5			
Blackberry	5		9			
Blueberry	5		8			
Cantaloupe	5		8			
Cherry	4		8			
Coconut	6		7			
Cranberry	5		10			
Grape	4		8			
Grapefruit	6		11			
Orange	4		10			
Peach	4		6			
Pear	5		9			
Pineapple	4		5			
Raspberry	4		11			
Strawberry	5		11			
Watermelon	5		10			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control:  $\leq 10$  ■ Moderate: 10.1-20 ■ Risk:  $>20$

Fruits	IgA	Current	IgG	IgA	Previous	IgG
Tomato	4		10			
Olive	6		8			
Spices	IgA	Current	IgG	IgA	Previous	IgG
Black pepper	3		8			
Cinnamon	6		18			
Nutmeg	7		11			
Nuts(Tree)	IgA	Current	IgG	IgA	Previous	IgG
Almond	2		3			
Black Walnut	3		7			
Cashews	4		8			
English Walnut	3		8			
Pecan	5		7			
Miscellaneous	IgA	Current	IgG	IgA	Previous	IgG
Cocoa	5		8			
Coffee	5		10			
Hops	5		8			
Rosemary	5		9			
Vanilla Bean	3		5			
Yeast	3		6			

## 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.

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.

SAMPLE