

FOOD SENSITIVITY DEMO

Name: FOOD SENSITIVITY DEMO
Date of Birth: 01-01-1111
Gender: Female
Age: 01
Height:
Weight:
Fasting: FASTING

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

FINAL REPORT

Accession ID: 2312206563

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	2023-12-27 00:00 (PST)	2023-12-28 10:54 (PST)	Food Sensitivity - P2	2024-01-04 14:41 (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. 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.

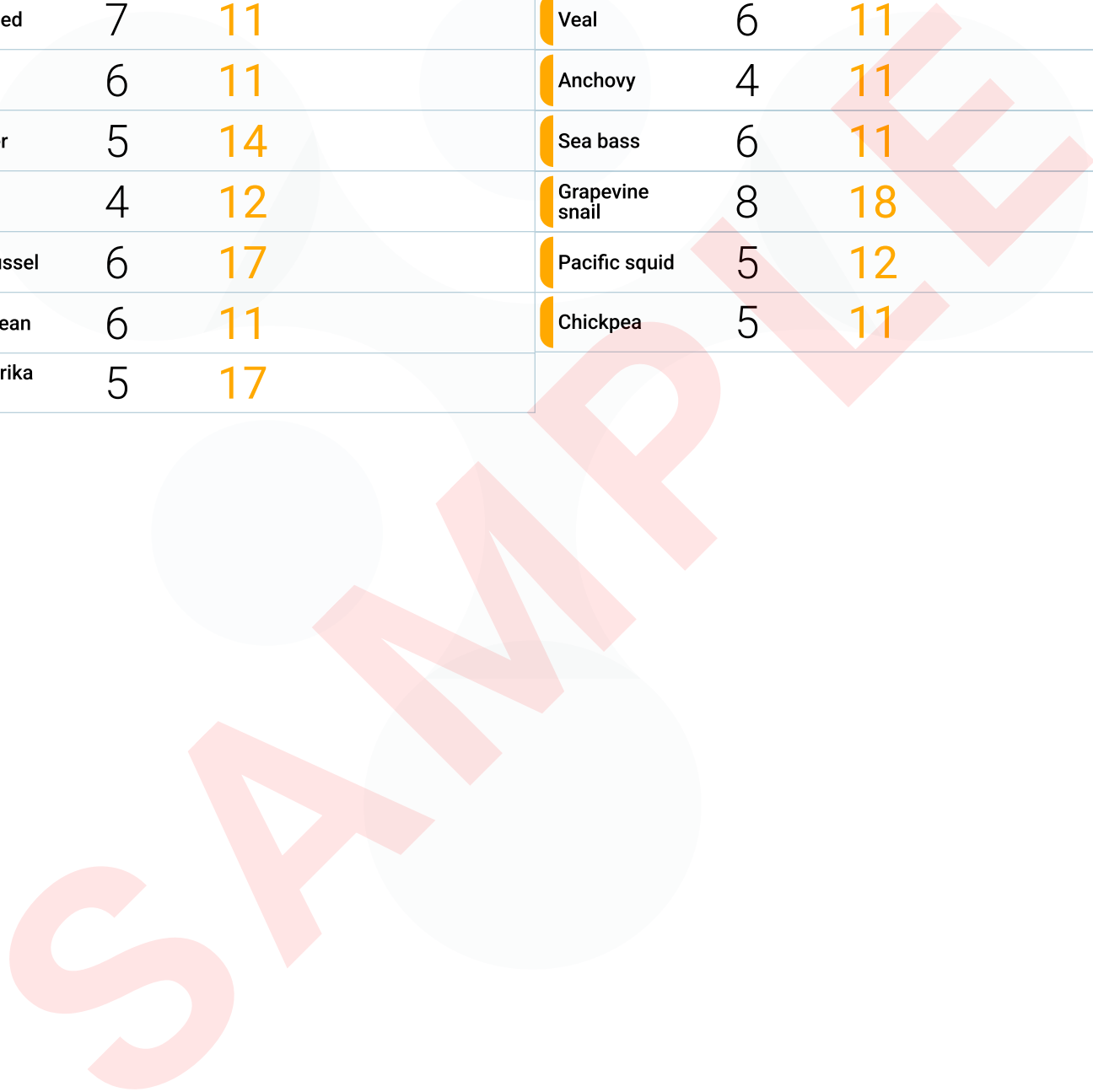
Food Personalization Summary

Non-Reactive Foods 	Category	Reactive Foods 
Spelt	Gluten containing grains	/
/	Gluten free grains	Millet
Cous Cous, Tempeh, Tofu, Vegan Cheese	Vegan	/
Flax Seed, Poppy Seed, Sunflower Seed	Seeds	Coriander Seed, Rape Seed
Buffalo Milk, Buttermilk, Cheddar Cheese, Kefir, Sheep's Milk, Yoghurt	Dairy	/
Duck Meat, Goose Meat, Rabbit	Meat	Veal
Carp, Eel, Sardine	Fish	Alaska Pollock, Anchovy, Flounder, Sea Bass, Sole
Crayfish	Shellfish	/
Octopus, Squid	Mollusks	Grapevine Snail, Blue Mussel, Pacific Squid
Asparagus, Bamboo Shoots, Beet Root, Endive, Leek, Roquette, Savoy Cabbage, Turnip, Vine Leaf, White Radish, Artichoke, Chard, Kale, Shiitake Mushroom, Zucchini	Vegetables	/
Eggplant	Nightshades	/
Mung Beans	Legumes	Broad Bean, Chickpea
Fig, Guava, Honeydew Melon, Kiwi Fruit, Litchi, Mandarin, Mango, Plum, Capers, Papaya	Fruits	/
Anise, Bay Leaf, Caraway, Cayenne Pepper, Common Thyme, Curry Powder, Oregano, Woo-hsiang Powder	Spices	Hot Paprika Powder
Hazelnut, Pine Nut, Pistachio Nut, Sweet Chestnut	Nuts(Tree)	/
Black Tea, Cane Sugar, Dill, Lemon Grass, Molasses, Oolong Tea, Parsley	Miscellaneous	/

Food Sensitivity Complete

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

Moderate	IgA	IgG	Moderate	IgA	IgG
Millet	5	13	Coriander seed	5	11
Rape seed	7	11	Veal	6	11
Alaska pollock	6	11	Anchovy	4	11
Flounder	5	14	Sea bass	6	11
Sole	4	12	Grapevine snail	8	18
Blue mussel	6	17	Pacific squid	5	12
Broad bean	6	11	Chickpea	5	11
Hot paprika powder	5	17			



Food Sensitivity - Summary Comments

Millet



FOOD DESCRIPTION

Millet is a group of highly variable small-seeded grasses, widely grown around the world as cereal crops or grains for animal and human food. Millet is gluten free.

COMMONLY FOUND IN

Millet may be found in cereals, stir fries, risottos, and gluten free flours and foods.

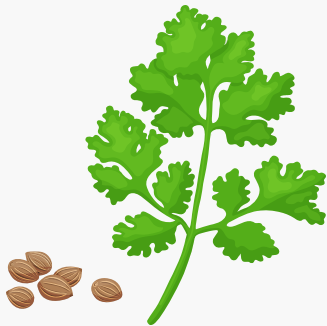
HIDDEN SOURCES

Hidden sources of millet include vegetarian and vegan protein powders, powdered greens, hair growth dietary supplements, and non-food sources such as birdseed.

PRECAUTION

Individuals with millet allergy or sensitivity should handle birdseed with caution to avoid inhaling the pollens.

Coriander seed



FOOD DESCRIPTION

Coriander is an annual herb in the family Apiaceae. All parts of the coriander plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.

COMMONLY FOUND IN

Coriander seed is commonly found in garam masala and Indian curries in generous amounts together with turmeric and cumin. Coriander seed may be found in some sausages and used in the brewery of gin and some wheat beers.

HIDDEN SOURCES

Hidden sources of coriander seed include spice mixtures, herbal tea blends, marinades, salad dressings, mustards, and other condiments.

PRECAUTION

Individuals with coriander allergy or sensitivity may have itching in the mouth, rash on the skin, and cough when exposed to coriander pollens.

Rape seed



FOOD DESCRIPTION

Rapeseed is a bright-yellow flowering member of the family Brassicaceae, cultivated mainly for its oil-rich seed.

COMMONLY FOUND IN

Rapeseed is the third-largest source of vegetable oil in the world.

HIDDEN SOURCES

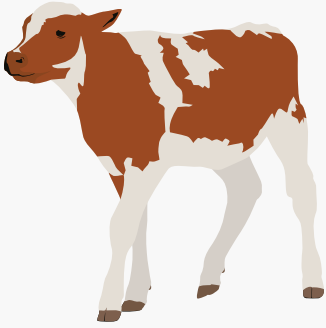
Hidden sources of rapeseed include canola oil, and non-food sources such as lipsticks, candles, lubricants, and biodiesel fuel.

PRECAUTION

Research is ongoing on the safety of oils with a high erucic acid content, such as mustard oil and rapeseed oil. The manufacturing process of canola oil removes some of the erucic acid, creating 'low erucic acid rapeseed oil.'

Food Sensitivity - Summary Comments

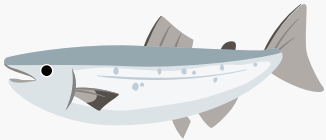
Veal



FOOD DESCRIPTION

Veal is the meat of calves and can be produced from either sex and any breed. Veal can come from any breed however most veal comes from young males of dairy breeds who are not used for breeding.

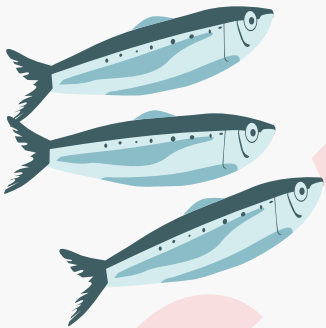
Alaska pollock



FOOD DESCRIPTION

Alaska Pollock (also known as Walleye Pollock) is a marine fish species of the cod family Gadidae. It is widely distributed in the North Pacific with the largest concentration in the eastern Bering Sea.

Anchovy

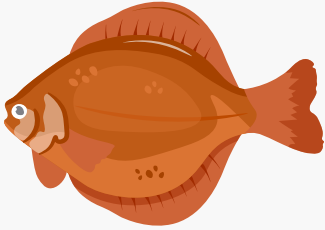


FOOD DESCRIPTION

A small fish which is usually preserved in oil and salt which gives it a strong, salty taste.

Food Sensitivity - Summary Comments

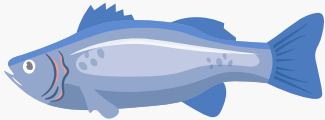
Flounder



FOOD DESCRIPTION

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

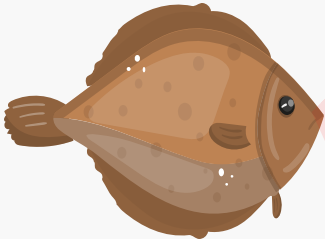
Sea bass



FOOD DESCRIPTION

Any of numerous marine bony fishes that are usually smaller and more active than groupers.

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

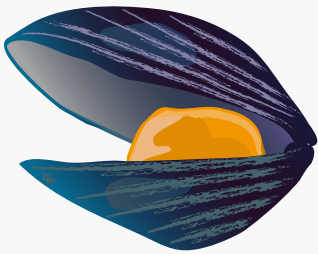
Grapevine snail



FOOD DESCRIPTION

The practice of rearing snails for food is known as heliciculture. Their texture when cooked is slightly chewy.

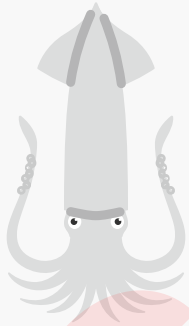
Blue mussel



FOOD DESCRIPTION

The blue mussel is also known as the common mussel. It is a mid-sized edible marine mollusc that has been subject to intensive aquaculture.

Pacific squid



FOOD DESCRIPTION

An elongated, fast-swimming mollusk with ten arms and are typically able to change color.

Food Sensitivity - Summary Comments

Broad bean



FOOD DESCRIPTION

Broad (or fava bean or faba bean) is a species of flowering plant in the pea and bean family Fabaceae.

COMMONLY FOUND IN

Broad beans can be found in falafel, salads, soups, stews, dips and spreads.

HIDDEN SOURCES

Hidden sources of fava beans include flava flours and flakes in gluten free flours and gluten free foods.

Chickpea



FOOD DESCRIPTION

Chickpea is a legume of the family Fabaceae, subfamily Faboideae.

COMMONLY FOUND IN

Chickpeas are commonly found in hummus, falafel, soups, stews, salads, vegetable burgers, and vegetarian and 'meatless' recipes.

HIDDEN SOURCES

Hidden sources of chickpea include gluten free flours and gluten free foods.

PRECAUTION

Though less common, cross reactivity can occur between chickpea, pea, lentil, soybean, and hazelnut.

Hot paprika powder



FOOD DESCRIPTION

Paprika is a powder/spice derived from dried and sometimes smoked peppers from the Capsicum annum family. It is distinct from Cayenne pepper. Depending on the type of pepper used, paprika usually has a bright red and sometimes orange color. Paprika can be sweet and spicy, and once smoked takes on a woody flavor that adds complexity to vegetarian dishes.

COMMONLY FOUND IN

Paprika can be used to add red color or smoky flavor to a variety of dishes including chili's, stews, individual meat or vegetable dishes.

HIDDEN SOURCES

Because paprika pepper it is a very common spice that can be used for flavoring or coloring in almost any dish, it is important to read labels and ask ingredient questions when dining out.

PRECAUTION

Paprika is nightshade pepper.; avoid is consuming a nightshade free diet

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤ 10 ■ Moderate: 10.1-20 ■ Risk: >20

Gluten containing grains	IgA	Current	IgG	IgA	Previous	IgG
Spelt	4		10			
Gluten free grains	IgA	Current	IgG	IgA	Previous	IgG
Millet	5		13			
Vegan	IgA	Current	IgG	IgA	Previous	IgG
Cous Cous	4		6			
Tempeh	5		8			
Tofu	4		8			
Vegan Cheese	4		10			
Seeds	IgA	Current	IgG	IgA	Previous	IgG
Coriander seed	5		11			
Flax seed	4		8			
Poppy seed	4		6			
Rape seed	7		11			
Sunflower seed	4		7			
Dairy	IgA	Current	IgG	IgA	Previous	IgG
Buffalo milk	4		6			
Buttermilk	3		10			
Cheddar cheese	3		6			
Kefir	4		9			
Sheep's milk	4		6			
Yoghurt	3		4			
Meat	IgA	Current	IgG	IgA	Previous	IgG
Duck meat	4		9			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤ 10 ■ Moderate: 10.1-20 ■ Risk: >20

Meat	IgA	Current	IgG	IgA	Previous	IgG
Goose meat	4		10			
Rabbit	4		10			
Veal	6		11			
Fish	IgA	Current	IgG	IgA	Previous	IgG
Alaska pollock	6		11			
Anchovy	4		11			
Carp	5		10			
Eel	5		6			
Flounder	5		14			
Sardine	5		9			
Sea bass	6		11			
Sole	4		12			
Shellfish	IgA	Current	IgG	IgA	Previous	IgG
Crayfish	5		8			
Mollusks	IgA	Current	IgG	IgA	Previous	IgG
Grapevine snail	8		18			
Blue mussel	6		17			
Octopus	6		9			
Pacific squid	5		12			
Squid	4		8			
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Asparagus	6		9			
Bamboo shoots	7		10			

Food Sensitivity

Food Sensitivity Complete

Reference Range: ■ In Control: ≤ 10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Beet root	5		7			
Endive	4		6			
Leek	5		8			
Roquette	8		7			
Savoy cabbage	7		10			
Turnip	5		6			
Vine leaf	4		7			
White radish	4		8			
Artichoke	4		6			
Chard	6		6			
Kale	4		7			
Shiitake mushroom	9		8			
Zucchini	4		6			
Nightshades	IgA	Current	IgG	IgA	Previous	IgG
Eggplant	4		8			
Legumes	IgA	Current	IgG	IgA	Previous	IgG
Broad bean	6		11			
Chickpea	5		11			
Mung beans	4		6			
Fruits	IgA	Current	IgG	IgA	Previous	IgG
Fig	5		8			
Guava	5		6			
Honeydew melon	4		8			

Food Sensitivity

Food Sensitivity Complete

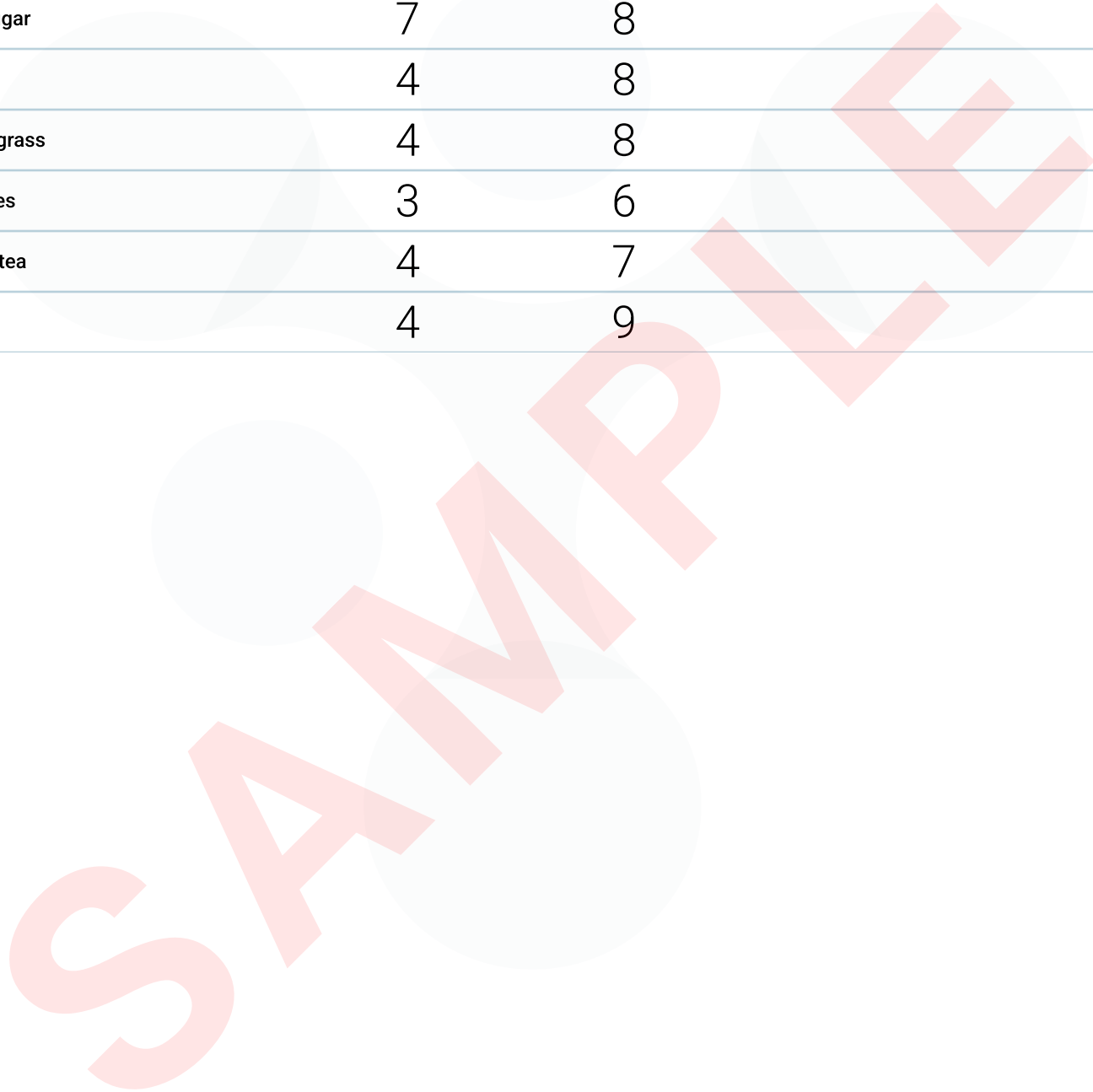
Reference Range: ■ In Control: ≤ 10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	IgA	Current	IgG	IgA	Previous	IgG
Kiwi fruit	4		7			
Litchi	4		6			
Mandarin	5		7			
Mango	4		6			
Plum	6		8			
Capers	5		7			
Papaya	4		5			
Spices	IgA	Current	IgG	IgA	Previous	IgG
Anise	6		6			
Bay leaf	5		6			
Caraway	4		8			
Cayenne pepper	4		10			
Common thyme	5		7			
Curry powder	5		7			
Hot paprika powder	5		17			
Oregano	5		9			
Woo-hsiang powder	4		9			
Nuts(Tree)	IgA	Current	IgG	IgA	Previous	IgG
Hazelnut	5		6			
Pine nut	4		7			
Pistachio nut	3		5			
Sweet chestnut	4		4			

Food Sensitivity Complete

Reference Range: ■ In Control: ≤ 10 ■ Moderate: 10.1-20 ■ Risk: > 20

Miscellaneous	IgA	Current	IgG	IgA	Previous	IgG
Black tea	4		7			
Cane sugar	7		8			
Dill	4		8			
Lemon grass	4		8			
Molasses	3		6			
Oolong tea	4		7			
Parsley	4		9			



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