

**Test Report : Order of Reactivity**

**Patient Name:** Sample Report  
**Patient Number:** 123  
**Date of Birth:** 09/08/1976

**Analysis Date:** 23/05/2013  
**Test Reference:** abc

**ELEVATED FOODS (≥30 U/ml)**

76	Milk (Cow)	36	Barley	32	Milk (Sheep)
49	Wheat	35	Mushroom	30	Almond
39	Mustard Seed	33	Milk (Goat)		

**BORDERLINE FOODS (24-29 U/ml)**

26	Cashew Nut	25	Cranberry
26	Pistachio	24	Plum

**NORMAL FOODS (≤23 U/ml)**

23	Mussel	0	Banana	0	Leek
23	Yeast (Brewer's)	0	Basil	0	Lemon
21	Bean (Red Kidney)	0	Bean (Green)	0	Lentil
17	Pea	0	Bean (White Haricot)	0	Lettuce
16	Durum Wheat	0	Beef	0	Lime
16	Scallop	0	Blackberry	0	Mackerel
13	Corn (Maize)	0	Blackcurrant	0	Melon (Galia/Honeydew)
11	Egg Yolk	0	Brussel Sprout	0	Millet
10	Egg White	0	Buckwheat	0	Mint
9	Cinnamon	0	Carob	0	Nectarine
8	Brazil Nut	0	Carrot	0	Nutmeg
8	Cod	0	Cauliflower	0	Oat
7	Cabbage (Savoy/White)	0	Cherry	0	Olive
7	Celery	0	Chicken	0	Onion
7	Peanut	0	Chicory	0	Orange
6	Ginger	0	Chilli (Red)	0	Oyster
6	Lobster	0	Clove	0	Parsley
6	Sunflower Seed	0	Cocoa Bean	0	Peach
4	Shrimp/Prawn	0	Coffee	0	Pear
3	Hazelnut	0	Coriander (Leaf)	0	Pepper (Green/Red/Yellow)
2	Beetroot	0	Cucumber	0	Peppercorn (Black/White)
2	Broccoli	0	Cumin	0	Pineapple
2	Grape (Black/Red/White)	0	Dill	0	Plaice
1	Coconut	0	Duck	0	Pork
1	Crab	0	Garlic	0	Potato
1	Hops	0	Gliadin*	0	Rapeseed
0	Apple	0	Grapefruit	0	Raspberry
0	Apricot	0	Haddock	0	Rice
0	Asparagus	0	Herring	0	Rye
0	Aubergine	0	Kiwi	0	Sage
0	Avocado	0	Lamb	0	Salmon

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**NORMAL FOODS ...continued**

0 Sesame Seed  
0 Sole  
0 Soya Bean  
0 Spinach  
0 Strawberry  
0 Swordfish  
0 Tea (Black)

0 Tea (Green)  
0 Thyme  
0 Tomato  
0 Trout  
0 Tuna  
0 Turbot  
0 Turkey

0 Vanilla  
0 Veal  
0 Venison  
0 Walnut  
0 Wheat Bran  
0 Yeast (Baker's)

\* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.