

**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)**

49	Wheat	36	Barley	32	Cola Nut
39	Mustard Seed	35	Mushroom	30	Almond

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

26	Cashew Nut	26	Pistachio	25	Cranberry
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**NORMAL FOODS (≤23 U/ml)**

23	Yeast (Brewer's)	0	Blackberry	0	Olive
21	Bean (Red Kidney)	0	Blackcurrant	0	Onion
17	Pea	0	Blueberry	0	Orange
16	Durum Wheat	0	Brussel Sprout	0	Parsley
13	Corn (Maize)	0	Carob	0	Pear
8	Brazil Nut	0	Carrot	0	Peppercorn (Black/White)
7	Peanut	0	Cauliflower	0	Pineapple
6	Ginger	0	Cherry	0	Potato
6	Sunflower Seed	0	Chilli (Red)	0	Raspberry
3	Hazelnut	0	Cocoa Bean	0	Rice
2	Broccoli	0	Coffee	0	Rye
2	Chickpea	0	Garlic	0	Sesame Seed
2	Grape (Black/Red/White)	0	Gliadin*	0	Soya Bean
1	Coconut	0	Grapefruit	0	Strawberry
0	Apple	0	Lemon	0	Tea (Black)
0	Apricot	0	Lentil	0	Tea (Green)
0	Asparagus	0	Lime	0	Tomato
0	Banana	0	Melon (Galia/Honeydew)	0	Walnut
0	Bean (White Haricot)	0	Oat	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.