

**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	Cola Nut
49	Wheat	35	Mushroom	30	Almond
39	Mustard Seed	33	Milk (Goat)		

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

\* 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.