



Patient name:



Date of birth:



Patient ID:



Laboratory:



Date:

12/2/2022



Tested foods:

216

IgG Food Sensitivity

YOUR PERSONAL RESULTS AT A GLANCE



178

178 foods with **low** food-specific IgG levels

21

21 foods with **elevated** food-specific IgG levels

17

17 foods with **highly elevated** food-specific IgG levels

Please note that the myfoodprofile test is not used to determine IgE class antibodies as they occur in classic food allergy. myfoodprofile is a semiquantitative test for the determination of food-specific IgG antibodies whose results are given in classes. The results are given in classes, which are shown colour-coded for more clarity. The additionally given standardised measurement values (relative units) are for information purposes only. The number of foods actually tested is more extensive than shown since some foods are tested for IgG antibodies in mixtures.

All dairy products were made from cow's milk, unless stated otherwise.



YOUR PERSONAL RESULTS IN DETAIL



Gluten containing cereals	Intensity of reaction
Gluten	≤ 7.5 ● ● ● ●
Durum wheat flour	11.0 ● ● ● ●
Rye flour	21.7 ● ● ● ●
Oat bran	24.3 ● ● ● ●
Spelt flour	25.9 ● ● ● ●
Barley flour	30.5 ● ● ● ●
Wheat flour	33.3 ● ● ● ●

Gluten free cereals & alternative foods	Intensity of reaction
Amaranth	≤ 7.5 ● ● ● ●
Corn	≤ 7.5 ● ● ● ●
Quinoa	≤ 7.5 ● ● ● ●
Buckwheat flour	≤ 7.5 ● ● ● ●
Rice	15.0 ● ● ● ●
Millet	38.8 ● ● ● ●

Legumes	Intensity of reaction
Mung bean	≤ 7.5 ● ● ● ●
Bean mix (white bean, string bean, kidney bean)	11.3 ● ● ● ●
Broad bean	12.6 ● ● ● ●
Lentil	25.0 ● ● ● ●
Soybean	> 50.0 ● ● ● ●
Pea	> 50.0 ● ● ● ●
Chickpea	> 50.0 ● ● ● ●

Nuts & seeds	Intensity of reaction
Chia seeds	≤ 7.5 ● ● ● ●
Cola nut	≤ 7.5 ● ● ● ●
Hemp seeds	≤ 7.5 ● ● ● ●
Sesame	≤ 7.5 ● ● ● ●
Hazelnut	≤ 7.5 ● ● ● ●
Sunflower seeds	≤ 7.5 ● ● ● ●
Poppy seeds	≤ 7.5 ● ● ● ●
Walnut	8.5 ● ● ● ●
Flaxseed	10.3 ● ● ● ●
Coconut	10.5 ● ● ● ●
Almond	11.0 ● ● ● ●
Peanut	11.5 ● ● ● ●
Brazil nut	11.9 ● ● ● ●
Pistachio	13.5 ● ● ● ●
Macadamia nut	14.1 ● ● ● ●
Pine nut	34.1 ● ● ● ●
Cashew nut	41.6 ● ● ● ●
Sweet chestnut	> 50.0 ● ● ● ●



Fruits	Intensity of reaction
Raspberry	≤ 7.5 ● ● ● ●
Rose hip	≤ 7.5 ● ● ● ●
Kiwi	≤ 7.5 ● ● ● ●
Strawberry	≤ 7.5 ● ● ● ●
Blackberry	≤ 7.5 ● ● ● ●
Peach	≤ 7.5 ● ● ● ●
Mango	≤ 7.5 ● ● ● ●
Currant mix (red currant, black currant)	≤ 7.5 ● ● ● ●
Goji berry	≤ 7.5 ● ● ● ●
Pear	≤ 7.5 ● ● ● ●
Grapefruit	≤ 7.5 ● ● ● ●
Papaya	≤ 7.5 ● ● ● ●
Orange	≤ 7.5 ● ● ● ●
Pomegranate	≤ 7.5 ● ● ● ●
Blueberry	≤ 7.5 ● ● ● ●
Rhubarb	≤ 7.5 ● ● ● ●
Lemon	≤ 7.5 ● ● ● ●
Cranberry	≤ 7.5 ● ● ● ●
Mulberry	≤ 7.5 ● ● ● ●
Watermelon	8.5 ● ● ● ●
Litchi	8.8 ● ● ● ●
Gooseberry	9.1 ● ● ● ●
Banana	9.4 ● ● ● ●
Avocado	9.9 ● ● ● ●
Melon mix (honeydew melon, cantaloupe melon)	9.9 ● ● ● ●
Plum	10.0 ● ● ● ●
Nectarine	10.5 ● ● ● ●
Grape mix (blue grape, white grape, raisin)	10.5 ● ● ● ●
Cherry	18.3 ● ● ● ●
Lime	18.8 ● ● ● ●
Pineapple	20.3 ● ● ● ●
Fig	20.6 ● ● ● ●
Mandarin	21.7 ● ● ● ●
Apricot	27.8 ● ● ● ●
Date	38.8 ● ● ● ●
Apple	> 50.0 ● ● ● ●

YOUR PERSONAL RESULTS IN DETAIL



Vegetables	Intensity of reaction
Mushroom mix 2 (bay bolete, cep)	≤ 7.5 ●○○○
Chicory	≤ 7.5 ●○○○
Chard	≤ 7.5 ●○○○
Onion mix (onion, shallot)	≤ 7.5 ●○○○
Lettuce mix (butterhead lettuce, iceberg lettuce)	≤ 7.5 ●○○○
Mushroom mix 1 (oyster mushroom, champignon, shiitake, chanterelle)	≤ 7.5 ●○○○
Artichoke	≤ 7.5 ●○○○
Spinach	≤ 7.5 ●○○○
Cauliflower	≤ 7.5 ●○○○
Vine leaf	≤ 7.5 ●○○○
Snow pea	≤ 7.5 ●○○○
Cucumber	≤ 7.5 ●○○○
Olive	≤ 7.5 ●○○○
Sweet potato	10.3 ●○○○
Beetroot	10.8 ●○○○
Leek mix (leek, chive)	10.8 ●○○○
Radish	11.1 ●○○○
Brussel sprouts	11.8 ●○○○
Tomato	12.7 ●○○○
Rocket	13.0 ●○○○
Cassava root	13.0 ●○○○
Kale	13.4 ●○○○
Green cabbage	13.4 ●○○○
Corn salad	15.0 ●○○○
Jerusalem artichoke	16.1 ●●○○
Savoy cabbage	17.8 ●●○○
Potato	18.3 ●●○○
Celery	19.7 ●●○○
Broccoli	22.3 ●●○○
Chinese cabbage	25.8 ●●●○
Red cabbage	27.8 ●●●○
Asparagus	29.6 ●●●○
Fennel	30.5 ●●●○
Bamboo shoots	32.0 ●●●○
Eggplant	34.2 ●●●○
Zucchini	39.8 ●●●○
Turnip cabbage	47.1 ●●●○
Bell pepper	> 50.0 ●●●●
Hokkaido pumpkin	> 50.0 ●●●●
Carrot	> 50.0 ●●●●



Dairy & egg	Intensity of reaction
Cottage cheese	12.2 ●○○○
Egg white, chicken	13.6 ●○○○
Camembert	21.7 ●●○○
Egg yolk, chicken	22.3 ●●○○
Kefir	23.3 ●●○○
Butter	23.3 ●●○○
Sheep's milk/ sheep's cheese	37.0 ●●●○
Beta-lactoglobulin	38.2 ●●●○
Processed cheese	40.6 ●●●○
Mozzarella	> 50.0 ●●●●
Curd cheese	> 50.0 ●●●●
Goat's milk/ goat's cheese	> 50.0 ●●●●
Emmental cheese	> 50.0 ●●●●
Casein	> 50.0 ●●●●
Yogurt	> 50.0 ●●●●
Cow's milk	> 50.0 ●●●●



Meat	Intensity of reaction
Ostrich	≤ 7.5 ●○○○
Quail	≤ 7.5 ●○○○
Duck	≤ 7.5 ●○○○
Pork	≤ 7.5 ●○○○
Goat	≤ 7.5 ●○○○
Chicken	≤ 7.5 ●○○○
Beef	≤ 7.5 ●○○○
Turkey	≤ 7.5 ●○○○
Goose	≤ 7.5 ●○○○
Lamb	≤ 7.5 ●○○○
Guinea fowl	≤ 7.5 ●○○○
Horse	10.3 ●○○○
Roe deer	11.1 ●○○○
Rabbit	25.0 ●●○○

YOUR PERSONAL RESULTS IN DETAIL



Fish & seafood	Intensity of reaction	
Pike	≤ 7.5	● ○ ○ ○ ○
Gilthead seabream	≤ 7.5	● ○ ○ ○ ○
Lobster	≤ 7.5	● ○ ○ ○ ○
Swordfish	≤ 7.5	● ○ ○ ○ ○
Salmon	≤ 7.5	● ○ ○ ○ ○
Haddock	≤ 7.5	● ○ ○ ○ ○
Crab	≤ 7.5	● ○ ○ ○ ○
Sardine	≤ 7.5	● ○ ○ ○ ○
Carp	≤ 7.5	● ○ ○ ○ ○
Turbot	≤ 7.5	● ○ ○ ○ ○
Herring	≤ 7.5	● ○ ○ ○ ○
Shrimp/prawn	≤ 7.5	● ○ ○ ○ ○
Anchovy	≤ 7.5	● ○ ○ ○ ○
Trout	≤ 7.5	● ○ ○ ○ ○
Squid	≤ 7.5	● ○ ○ ○ ○
Eel	≤ 7.5	● ○ ○ ○ ○
Mackerel	≤ 7.5	● ○ ○ ○ ○
Sea bass	≤ 7.5	● ○ ○ ○ ○
Crayfish	≤ 7.5	● ○ ○ ○ ○
Codfish	≤ 7.5	● ○ ○ ○ ○
Venus clam	≤ 7.5	● ○ ○ ○ ○
Tuna	≤ 7.5	● ○ ○ ○ ○
Caviar	≤ 7.5	● ○ ○ ○ ○
Sole	≤ 7.5	● ○ ○ ○ ○
Ocean perch	≤ 7.5	● ○ ○ ○ ○
Spirulina spp.	≤ 7.5	● ○ ○ ○ ○
Oyster	≤ 7.5	● ○ ○ ○ ○
Octopus	≤ 7.5	● ○ ○ ○ ○
Monkfish	10.1	● ○ ○ ○ ○



Herbs & spices	Intensity of reaction	
Marjoram	≤ 7.5	● ○ ○ ○ ○
Sage	≤ 7.5	● ○ ○ ○ ○
Dill	≤ 7.5	● ○ ○ ○ ○
Nutmeg	≤ 7.5	● ○ ○ ○ ○
Rosemary	≤ 7.5	● ○ ○ ○ ○
Mustard seeds	≤ 7.5	● ○ ○ ○ ○
Pepper (black, white)	≤ 7.5	● ○ ○ ○ ○
Bay leaves	≤ 7.5	● ○ ○ ○ ○
Coriander	≤ 7.5	● ○ ○ ○ ○
Cumin	≤ 7.5	● ○ ○ ○ ○
Cinnamon	≤ 7.5	● ○ ○ ○ ○
Basil	≤ 7.5	● ○ ○ ○ ○
Liquorice root	≤ 7.5	● ○ ○ ○ ○
Oregano	≤ 7.5	● ○ ○ ○ ○
Thyme	≤ 7.5	● ○ ○ ○ ○
Saffron	≤ 7.5	● ○ ○ ○ ○
Chamomile	≤ 7.5	● ○ ○ ○ ○
Mint mix (peppermint, mint)	≤ 7.5	● ○ ○ ○ ○
Caper	≤ 7.5	● ○ ○ ○ ○
Tarragon	≤ 7.5	● ○ ○ ○ ○
Clove	≤ 7.5	● ○ ○ ○ ○
Chili	≤ 7.5	● ○ ○ ○ ○
Parsley	9.5	● ○ ○ ○ ○
Anise	10.6	● ○ ○ ○ ○
Cayenne pepper	14.1	● ○ ○ ○ ○
Hops	23.7	● ● ○ ○ ○
Garlic	24.3	● ● ○ ○ ○
Vanilla	43.4	● ● ● ○ ○
Curry	45.8	● ● ● ○ ○
Horseradish	> 50.0	● ● ● ● ●
Ginger	> 50.0	● ● ● ● ●



Miscellaneous	Intensity of reaction	
Rapeseed	≤ 7.5	● ○ ○ ○ ○
Agar-agar	≤ 7.5	● ○ ○ ○ ○
Coffee	≤ 7.5	● ○ ○ ○ ○
Aloe vera	≤ 7.5	● ○ ○ ○ ○
Green tea	≤ 7.5	● ○ ○ ○ ○
Baking powder	≤ 7.5	● ○ ○ ○ ○
Honey	≤ 7.5	● ○ ○ ○ ○
Safflower oil	≤ 7.5	● ○ ○ ○ ○
Black tea	12.5	● ○ ○ ○ ○
Carob powder	16.7	● ● ○ ○ ○
Yeast mix (baker's yeast, brewer's yeast)	18.3	● ● ○ ○ ○
Cocoa bean	19.7	● ● ○ ○ ○