



Your Food Report



Informing decisions
Improving health



22/01/2024

Dear Mr Sample Report,

Please find enclosed the Patient Report for your food sensitivity test, FoodPrint®. This includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® test:

1. **Food Groups** – foods are listed according to their respective food group
2. **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED** **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- Information about food sensitivity and commonly used terminology
- Planning and implementing your results
- Replacements for common foods like dairy, eggs, wheat, gluten and yeast
- Monitoring symptoms, re-introducing foods and avoiding new food sensitivities
- Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: FoodPrint® does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact hello@cnslab.co.uk.

Kind regards
The CNSLab Team

Vegetarian 160+

Test Report : Food Groups



Patient Name: Sample Report
Patient Number: 987654
Date of Birth: 01/01/200

Analysis Date: 22/01/2024
Test Reference: 132456

ELEVATED (≥30 U/ml)			BORDERLINE (24-29 U/ml)			NORMAL (≤23 U/ml)		
DAIRY / EGG								
<15	Alpha-Lactalbumin	32	Egg White	102	Milk (Cow)			
<15	Beta-Lactoglobulin	<15	Egg Yolk	15	Milk (Goat)			
77	Casein	<15	Milk (Buffalo)	<15	Milk (Sheep)			
GRAINS (Gluten-Containing)*								
21	Barley	<15	Malt	22	Wheat			
<15	Couscous	<15	Oat	<15	Wheat Bran			
<15	Durum Wheat	<15	Rye					
<15	Gliadin*	<15	Spelt					
GRAINS (Gluten-Free)								
<15	Amaranth	<15	Millet	<15	Rice			
<15	Buckwheat	<15	Polenta	<15	Tapioca			
24	Corn (Maize)	<15	Quinoa					
FRUIT								
<15	Apple	<15	Guava	<15	Pear			
<15	Apricot	<15	Kiwi	<15	Pineapple			
<15	Avocado	<15	Lemon	15	Plum			
<15	Banana	<15	Lime	<15	Pomegranate			
<15	Blackberry	<15	Lychee	<15	Raisin			
<15	Blackcurrant	<15	Mango	<15	Raspberry			
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant			
<15	Cherry	<15	Mulberry	<15	Rhubarb			
17	Cranberry	<15	Nectarine	<15	Strawberry			
<15	Date	<15	Olive	<15	Tangerine			
<15	Fig	<15	Orange	<15	Watermelon			
<15	Grape (Black/Red/White)	<15	Papaya					
<15	Grapefruit	<15	Peach					
VEGETABLES								
<15	Artichoke	<15	Cauliflower	<15	Potato			
<15	Asparagus	<15	Celery	<15	Radish			
<15	Aubergine	<15	Chard	<15	Rocket			
<15	Bean (Broad)	<15	Chickpea	<15	Shallot			
<15	Bean (Green)	<15	Chicory	<15	Soya Bean			
<15	Bean (Red Kidney)	<15	Cucumber	<15	Spinach			
15	Bean (White Haricot)	<15	Fennel (Leaf)	<15	Squash (Butternut/Carnival)			
<15	Beetroot	<15	Leek	<15	Sweet Potato			
<15	Broccoli	<15	Lentil	<15	Tomato			
<15	Brussel Sprout	<15	Lettuce	<15	Turnip			
<15	Cabbage (Red)	<15	Marrow	<15	Watercress			
<15	Cabbage (Savoy/White)	<15	Onion	<15	Yuca			
<15	Caper	31	Pea					
<15	Carrot	<15	Pepper (Green/Red/Yellow)					

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HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Parsley
<15	Basil	<15	Garlic	18	Peppercorn (Black/White)
<15	Bayleaf	<15	Ginger	<15	Peppermint
<15	Camomile	<15	Ginseng	<15	Rosemary
<15	Cayenne	<15	Hops	<15	Saffron
<15	Chilli (Red)	<15	Liquorice	<15	Sage
<15	Cinnamon	<15	Marjoram	<15	Tarragon
<15	Clove	<15	Mint	<15	Thyme
<15	Coriander (Leaf)	<15	Mustard Seed	<15	Vanilla
<15	Cumin	<15	Nettle		
<15	Curry (Mixed Spices)	<15	Nutmeg		

NUTS / SEEDS

<15	Almond	<15	Hazelnut	<15	Rapeseed
36	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
<15	Cashew Nut	<15	Peanut	27	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
<15	Flax Seed	<15	Pistachio	<15	Walnut

MISCELLANEOUS

29	Agar Agar	<15	Cocoa Bean	<15	Tea (Green)
<15	Aloe Vera	<15	Coffee	<15	Yeast (Baker's)
<15	Carob	<15	Mushroom	35	Yeast (Brewer's)
<15	Chestnut	<15	Tea (Black)		

* 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.

Vegetarian 160+

Test Report : Order of Reactivity



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ELEVATED FOODS (≥30 U/ml)

102	Milk (Cow)	36	Brazil Nut	32	Egg White
77	Casein	35	Yeast (Brewer's)	31	Pea

BORDERLINE FOODS (24-29 U/ml)

29	Agar Agar	27	Sunflower Seed	24	Corn (Maize)
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NORMAL FOODS (≤23 U/ml)

22	Wheat	<15	Cabbage (Savoy/White)	<15	Ginger
21	Barley	<15	Camomile	<15	Ginseng
18	Peppercorn (Black/White)	<15	Caper	<15	Gladin*
17	Cranberry	<15	Carob	<15	Grape (Black/Red/White)
15	Bean (White Haricot)	<15	Carrot	<15	Grapefruit
15	Milk (Goat)	<15	Cashew Nut	<15	Guava
15	Plum	<15	Cauliflower	<15	Hazelnut
<15	Almond	<15	Cayenne	<15	Hops
<15	Aloe Vera	<15	Celery	<15	Kiwi
<15	Alpha-Lactalbumin	<15	Chard	<15	Leek
<15	Amaranth	<15	Cherry	<15	Lemon
<15	Aniseed	<15	Chestnut	<15	Lentil
<15	Apple	<15	Chickpea	<15	Lettuce
<15	Apricot	<15	Chicory	<15	Lime
<15	Artichoke	<15	Chilli (Red)	<15	Liquorice
<15	Asparagus	<15	Cinnamon	<15	Lychee
<15	Aubergine	<15	Clove	<15	Macadamia Nut
<15	Avocado	<15	Cocoa Bean	<15	Malt
<15	Banana	<15	Coconut	<15	Mango
<15	Basil	<15	Coffee	<15	Marjoram
<15	Bayleaf	<15	Coriander (Leaf)	<15	Marrow
<15	Bean (Broad)	<15	Couscous	<15	Melon (Galia/Honeydew)
<15	Bean (Green)	<15	Cucumber	<15	Milk (Buffalo)
<15	Bean (Red Kidney)	<15	Cumin	<15	Milk (Sheep)
<15	Beetroot	<15	Curry (Mixed Spices)	<15	Millet
<15	Beta-Lactoglobulin	<15	Date	<15	Mint
<15	Blackberry	<15	Dill	<15	Mulberry
<15	Blackcurrant	<15	Durum Wheat	<15	Mushroom
<15	Blueberry	<15	Egg Yolk	<15	Mustard Seed
<15	Broccoli	<15	Fennel (Leaf)	<15	Nectarine
<15	Brussel Sprout	<15	Fig	<15	Nettle
<15	Buckwheat	<15	Flax Seed	<15	Nutmeg
<15	Cabbage (Red)	<15	Garlic	<15	Oat

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NORMAL FOODS ...continued

<15	Olive	<15	Raisin	<15	Sweet Potato
<15	Onion	<15	Rapeseed	<15	Tangerine
<15	Orange	<15	Raspberry	<15	Tapioca
<15	Papaya	<15	Redcurrant	<15	Tarragon
<15	Parsley	<15	Rhubarb	<15	Tea (Black)
<15	Peach	<15	Rice	<15	Tea (Green)
<15	Peanut	<15	Rocket	<15	Thyme
<15	Pear	<15	Rosemary	<15	Tiger Nut
<15	Pepper (Green/Red/Yellow)	<15	Rye	<15	Tomato
<15	Peppermint	<15	Saffron	<15	Turnip
<15	Pine Nut	<15	Sage	<15	Vanilla
<15	Pineapple	<15	Sesame Seed	<15	Walnut
<15	Pistachio	<15	Shallot	<15	Watercress
<15	Polenta	<15	Soya Bean	<15	Watermelon
<15	Pomegranate	<15	Spelt	<15	Wheat Bran
<15	Potato	<15	Spinach	<15	Yeast (Baker's)
<15	Quinoa	<15	Squash (Butternut/Carnival)	<15	Yuca
<15	Radish	<15	Strawberry		

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