

Martina Muster

date of birth: 03.03.1973 / age: 50 / sex: f / sample id: 555555

Individual laboratory result

ImuPro Screen Plus

	Rating	Number of foodstuffs
Specific IgG antibodies	■ Not elevated	27
	■ Elevated	5
	■ Highly elevated	12
Total	17 out of 44 tested allergens	

Important:

ImuPro is only testing for elevated IgG antibodies towards foods. If you have an existing type I food allergy (IgE mediated) previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if your ImuPro result does not show a reaction to it. IgE-mediated food allergies can cause severe reactions such as anaphylactic shock, rashes, vomiting, itching etc. **ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings. Based on the ImuPro result, we do not make any statements on IgE related allergies.**

Laboratory:

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Sender:

Herr Ralf Mustermann

sample type	serum
sample id	555555
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	27.01.2023
report authorized by	Uwe David, Allergologe

The information in your documents do not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert.** Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severity of serious clinical symptoms.

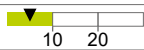
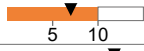

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How to read your report

Notes on the individual laboratory results

List 1 shows the measurement results of the tested foods. The value in the $\mu\text{g/ml}$ column shows the measured concentration of IgG antibodies. The bar graph reports your concentration of IgG in three classes. Your personal measured value is represented by the black indicator above the coloured bar.

	$\mu\text{g/ml}$ IgG	Rating
Food 1	5	
Food 2	7	
Food 3	77	

The two numbers below the bar graph are the threshold values between the three reaction classes. The first number describes the analytical cut-off, i.e. the concentration above which we speak of "elevated" IgG antibodies. The second number is the threshold value above which the reaction class is referred as "strongly elevated".

The **green** area: There are no elevated IgG antibodies.

The **orange** area: IgG antibodies were measured in the "elevated" reaction class.

The **red** area: IgG antibodies were measured in the "strongly elevated" reaction class.

List 1 - Individual laboratory result

ImuPro Screen Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Cereals containing gluten				Meat			
Barley*	< 2,5			Beef	< 2,5		
Gluten	46,3			Chicken	< 2,5		
Rye*	13,2			Pork	2,6		
Spelt	14,8			Eggs			
Wheat	22,2			Chicken egg	47,8		
Cereals w/o gluten and alternatives				Seeds and nuts			
Oats	7,0			Almond	35,1		
Milk products				Hazelnut	15,5		
Goat: milk / cheese	10,6			Linseed	4,5		
Milk (cow)	13,3			Peanut	33,9		
Rennet cheese (cow)	3,8			Pistachio	5,2		
Sheep: milk / cheese	15,1			Poppy seeds	6,1		
Sour-milk prod. (cow)	13,3			Sunflower seed	4,0		
Fruits				Spices and herbs			
Cherry	5,1			Curry powder	7,0		
Pineapple	71,1			Garlic	6,1		
Raspberry	24,8			Horseradish	2,8		
Watermelon	3,8			Mustard seed	7,7		
Vegetables				Fish and seafood			
Broccoli	14,6			Cod, codling	< 2,5		
Carrots	4,7			Crayfish	< 2,5		
Celeriac, knob celery	6,2			Teas, coffee and tannin			
Cucumber	< 2,5			Coffee	< 2,5		
Red cabbage	3,6			Yeast			
Soy bean	16,6			Yeast	63,3		
Sweet pepper	5,6			Sweeteners			
Tomato	3,2			Honey (mixture)	11,3		
Mushrooms							
Oyster mushrooms	15,5						

* This type of cereal normally contains gluten. As the measured value for gluten exceeds the limit, the grain is excluded from the list of permitted foods. It may only be consumed in the form of "certified gluten-free" products. For technical reasons, the IgG antibodies against gluten and other species-specific grain antigens must be measured separately.

Martina Muster
Beispielstr. 1
33330 Musterstadt

Your personal ImuPro Screen Plus documents

Sample ID: 555555

Dear Martina Muster,

With this letter, you will receive the ImuPro result for your personal IgG food allergy test. This laboratory report contains your results for all the tested foods at a glance.

In an extensive laboratory analysis, your blood has been analysed for the presence of specific IgG antibodies to particular foodstuffs. If high levels of IgG antibodies are present, this might indicate that you have a chronic inflammation caused by a delayed food allergy type III.

Your individual ImuPro result for the foods tested will help you to find out which foods are good for you and to pinpoint your individual "trigger foods". By avoiding the foods that might cause you problems, inflammatory processes can be reduced or even stopped and your body can recover. This information can help you and your therapist decide whether it is advisable for you to do one of the more extensive ImuPro tests, in order to receive extensive personalised nutritional guidelines.

ImuPro shows you the way to the right food for you. And your path for better health.

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If you have any questions about your ImuPro result or about food allergies type III, please contact us.

With kind regards,

Your ImuPro Team

Martina Muster

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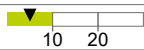
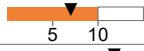

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List 2 - Foods allowed and foods to avoid

Foods allowed					
Beef	Cod, codling	Garlic	Linseed	Red cabbage	Tomato
Carrots	Coffee	Goat: milk / cheese	Oats	Rennet cheese (cow)	Watermelon
Celeriac, knob celery	Crayfish	Hazelnut	Pistachio	Sour-milk prod. (cow)	
Cherry	Cucumber	Honey (mixture)	Poppy seeds	Sunflower seed	
Chicken	Curry powder	Horseradish	Pork	Sweet pepper	

Foods with reaction strength 1: Avoid for at least 5 weeks					
Milk (cow)	Mustard seed	Raspberry	Sheep: milk / cheese	Soy bean	

Foods with reaction strength 2: Avoid for at least 5 weeks					
Almond	Broccoli	Gluten	Peanut	Rye	Wheat
Barley	Chicken egg	Oyster mushrooms	Pineapple	Spelt	Yeast

Foods that have been additionally excluded from your diet plan					
No foods in this category					

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General recommendations

Diagnostics of the intestinal flora: IgG-mediated food allergy is commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora (colon cleansing) is essential. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis. Please ask your physician or therapist.

Gluten: Elevated levels of IgG against gluten were detected.

Raised levels of IgG antibodies to gluten may be an indication of Coeliac disease which should be further investigated by way of the following tests: Anti-gliadin IgG, Anti-gliadin IgA, Anti-transglutaminase IgG, Anti-transglutaminase IgA, Anti-endomysium.

Even if coeliac disease can be ruled out, you may still suffer from a Non Coeliac Gluten Sensitivity (NCGS) in which case you may also have to eliminate gluten from your diet.

Sensitivity to gluten not only leads to intestinal inflammation but is suspected to actively increase gut permeability which can also lead to several deficiencies, like iron, vitamin D and folic acid deficiencies as well as other adverse reactions to food and associated ailments, particularly outside of the gut.

Note on oats: Oats are gluten-free by nature however as oats are usually grown in proximity to other cereals and processed in the same facilities, contamination with gluten cannot be ruled out. As your test result shows no IgG reaction towards oats, but an elevated IgG value towards gluten, please take care to only consume oats that are clearly labelled "gluten-free".

Other causes: In addition to a delayed IgG food allergy, there may be a non-immune related digestive disorder or poor utilisation of nutrients which can have numerous causes. You should discuss this with your attending physician or health professional. Possible causes include a diminished degradation of carbohydrates (e.g. lactose, fructose) due to an enzyme deficiency or an inadequate activity of the pancreas and thus insufficient secretion of digestive enzymes.

Furthermore an intestinal mycosis or parasitosis or an impaired intestinal flora may play a role. If the diet modification in accordance with ImuPro shows no improvement at all, you should take further diagnostic steps.