



Immuno 1 Bloodprint™

Bloodprint (154)

Patient Name:
Lab ID Code:
Testing Date:
Spec. Coll. Date:
Date of Birth:

Physician:

Sex: **Age:**

Reactive Test Results (Your blood serum reacted to these food antigens)

Alfalfa (+1)	Cranberry (+1)	Peanut (+2)	Turkey (+1)
Banana (+2)	Egg (+3)	Pepper, B/W (+1)	Turnip (+1)
Barley (+1)	Ginger (+1)	Radish (+1)	Vanilla (+2)
Beef (+1)	Lobster (+1)	Rye (+1)	Venison (+1)
Blackberry (+1)	Malt (+1)	Shrimp (+1)	Wheat (+2)
Cauliflower (+1)	Milk, Cow's (+1)	Sugar, Cane (+1)	Yeast, Baker's (+4)
Cheese (+1)	Nutmeg (+1)	Tuna (+2)	Yeast, Brewer's (+3)
Coconut (+2)			

Total number of IgG sensitivity reactions: **29**

Non-Reactive Test Results (Your blood serum did not react to these food antigens)

Almond	Coco-Chocolate	Mint	Rabbit
Amaranth	Cod	Mushroom	Raspberry
Apple	Coffee	Mustard	Rhubarb
Apricot	Corn	Brazil Nut	Rice
Asparagus	Crab	Cashew Nut	Safflower
Avocado	Cumin	Pecan	Sage
Basil	Currant	Oat	Salmon
Bay Leaf	Date	Olive	Sardine
Bean, Green	Duck	Onion	Scallops
Bean, Kidney	Eggplant	Orange	Sea Bass
Bean, Lima	Flounder	Oregano	Seed, Caraway
Mung Bean	Garlic	Oyster	Seed, Dill
Bean, Navy	Goose	Papaya	Rape Seed (Canola)
Bean, Pinto	Bean, Garbanzo	Paprika	Sesame
Soybean	Grape, White	Parsley	Sunflower
Bean, Yellow Wax	Grapefruit	Pea	Snapper
Beet	Greens, Mustard	Peach	Sole
Blueberry	Haddock	Pear	Spinach
Broccoli	Halibut	Pepper, Cayenne	Squash, Yellow
Brussels Sprouts	Nut, Filbert	Pepper, Green	Strawberry
Buckwheat	Horseradish	Pepper, Red	Tangerine
Cabbage	Herring	Peppermint	Tapioca
Cantaloupe	Lamb	Pimento	Tea
Carrot	Lemon	Perch	Thyme
Catfish	Lentil	Pineapple	Tomato
Celery	Lettuce	Plum	Trout
Cherry	Lime	Pork	Walnut, Black
Chicken	Mackerel	Potato, Sweet	Walnut, English
Cucumber	Melon, Honeydew	Potato, White	White fish
Cinnamon	Milk, Goat's	Pumpkin	Watermelon
Clam	Millet	Quinoa	Zucchini
Clove			

Scoring and Evaluation (Key) +1 +2 +3 +4 (Increasing levels of antibodies)

These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.

This test was developed and performance characteristics determined by Immuno Laboratories. It has not been cleared or approved by the U.S. Food and Drug Administration.



Comprehensive Food Plan

: 4-Day Rotation (154 foods)

This four-day rotation plan has been created for you using your IgG test results, and using the foods that were tested and were non-reactive. You may eat each food as often on that day as you choose. If you need to move a food from one day to another (for example, if you like peas and rice together), that is fine, just be careful not to repeat the same food two days in a row. Remember, do not eat any item to which you are reactive. Consult your physician or counselor for further guidance. This food plan does not include IgE test results.

Day One

Protein:

Catfish
Haddock
Mackerel
Sardine
Sole
Trout

Vegetables:

Broccoli
Brussels Sprouts
Cabbage
Greens, Mustard
Onion
Potato, White

Beans/Grains/Legumes:

Amaranth
Millet
Mung Bean
Pinto Bean

Fruits and Nuts: (Plus beverages derived from these foods)

Almond
Apricot
Brazil Nut
Grape, White
Peach
Pineapple
Pumpkin
Raspberry
Strawberry

Condiments:

Garlic
Horseradish
Mustard
Peppermint
Safflower

Beverages: (*Rotate Brands)

Coffee
Goat's Milk
Tea
Water

Day Two

Chicken
Duck
Flounder
Herring
Salmon
Scallops
Sea Bass
Whitefish

Acorn Squash
Carrot
Celery
Parsley
Pimento
Potato, Sweet
Yellow Wax Bean
Zucchini

Bean, Garbanzo
Bean, Lima
Bean, Navy
Pea
Quinoa

Cantaloupe
Cashew Nut
Melon, Honeydew
Orange
Tangerine
Walnut, English

Basil
Bay Leaf
Mint
Sage
Seed, Caraway
Sesame

Coffee
Tea
Water

Day Three

Cod
Goose
Lamb
Oyster
Perch

Asparagus
Avocado
Eggplant
Lettuce
Mushroom
Rhubarb
Spinach
Tomato

Buckwheat
Soybean

Apple
Blueberry
Cherry
Filbert Nut
Pear
Pecan

Cumin
Lemon
Lime
Olive
Paprika
R. Seed (Canola)
Thyme

Coffee
Soy Milk
Tea
Water

Day Four

Clams
Crab
Halibut
Pork
Rabbit, Meat
Snapper

Beet
Cucumber
Green Bean
Green Pepper
Pepper, Red
Tapioca
Yellow Squash

Corn
Kidney Bean
Lentil
Oat
Rice

Date
Grapefruit
Papaya
Plum
Sunflower
Watermelon

Cinnamon
Clove
Cocoa-Chocolate
Currant
Oregano
Pepper, Cayenne
Seed, Dill

Coffee
Oat Milk
Rice Milk
Tea
Water