



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

18/12/2019



Dear Merinda,

Please find enclosed the Patient Report for your FoodPrint[®] IgG antibody test, which 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[®] IgG antibody 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 intolerance and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ 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: the FoodPrint[®] IgG antibody test 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 CNS on 01353 863279.

Kind regards
Cambridge Nutritional Sciences

555-4-01

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Hasil Pemeriksaan : Kelompok Makanan

Nama Pasien: Merinda
 Nomer Pasien: 1907240300
 Tanggal Lahir: 21/10/1985

Tanggal Sampel: 24/07/2019
 Tanggal Analisis: 24/07/2019
 Klinik: LiderLab

MENINGKAT (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
Susu / Telur					
0	Alpha-lactalbumin	16	Kuning Telur	48	Susu (Kambing)
1	Beta-lactoglobulin	98	Putih Telur	1	Susu (Kerbau)
86	kasein	56	Susu (Domba)	111	Susu (Sapi)
Biji-bijian (Mengandung-Gluten) *					
35	Gandum	8	Gandum Spelt	18	Malt
4	Gandum Halus	3	Gliadin*	6	Oat
7	Gandum Hitam	60	Jelai		
4	Gandum Mentah	6	Makaroni		
Biji-bijian (Bebas-Gluten)					
13	Gandum Bayam	7	Nasi	1	Tepung Tapioka/ Tepung singkong
41	Jagung	0	Soba		
0	Millet	2	Tepung Jagung		
Buah					
3	Alpukat	2	Jeruk Bali	2	Pepaya
2	Anggur	3	Jeruk imlek/ jeruk kim kit	0	Persik
2	Apel	4	Jeruk Nipis	1	Pir
1	Aprikot	0	Kismis	3	Pisang
2	Blackberry	2	Kiwi	32	Plum
10	Blackcurrant	2	Kurma	0	Pohon keladi/ Talas
0	Blueberry	6	Leci	3	Raspberry
6	Buah Tin / Buah Ara	2	Lemon	4	Redcurrant
3	Ceri	4	Mangga	2	Semangka
24	Cranberry	4	Melon	2	Strawberry
6	Delima	3	Mulberry	2	Zaitun
10	Jambu	4	Nanas		
3	Jeruk	2	Nectarine		
Sayuran					
2	Adas	3	Kacang Kedelai	4	Paprika
0	Artichoke	9	Kacang Lentil	5	Quinoa
0	Asparagus	18	Kacang Merah	5	Salad Rocket
4	Bawang Bombay	41	Kacang Polong	6	Sawi Putih
10	Bawang Merah	46	Kacang putih mutiara	1	Selada
6	Bayam	4	Kembang Kol	4	Selada Air
7	Bit	17	Kentang	16	Seledri
4	Brokoli	15	Kol	0	Singkong
8	Buncis	6	Kol Merah	0	Terong
0	Bunga Caparis	4	Kubis	2	Tomat
6	Chard	19	Labu	3	Ubi
5	Daun Bawang	15	Lobak Merah	9	Wortel
7	Kacang Chick	1	Lobak Turnip	3	Zukini
28	Kacang Fava	5	Mentimun		

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Ikan / Seafood

3	Algae spirulina	1	Ikan Sarden	3	Mackerel
3	Bass	2	Ikan Sea Bream merah	4	Monkfish
0	Belut (Lindung)	9	Ikan Sebelah	2	Pike
0	Caviar	0	Ikan Sparus Aurata	10	Rumput Laut
2	Cod	2	Ikan Teri	9	Rumput Laut Coklat
6	Cumi Sotong	0	Ikan Turbot	3	Salmon
2	Cumi-cumi	0	Kakap Putih	21	Siput
4	Gurita	5	Kepiting	9	Teritip
5	Ikan Haddock	17	Kerang	4	Tiram
6	Ikan Hake	1	Kerang bambu	3	Trout
3	Ikan Herring	5	Kerang bubuk Clam	3	Tuna
1	Ikan Marlin	3	Kerang Laut	3	Udang
3	Ikan Mas	10	Kerang/Remis		
4	Ikan Pipih	4	Lobster		

Daging

1	Ayam	2	Daging Sapi	4	Lembu
4	Babi	4	Domba muda	0	Partridge
0	Babi Hutan	3	Kalkun	2	Rusa
1	Bebek	9	Kambing	1	Sapi Muda
2	Burung Puyuh	4	Kelinci		
3	Burung Unta	4	Kuda		

Herbal / Rempah

0	Adas Manis	0	Daun Marjoram	3	Kemangi
0	Akar Manis/Liquorice	5	Daun Mint	0	Lada
5	Bawang	0	Daun Sage	1	Mint
0	Biji Sawi	2	Daun Salam	1	Nutmeg/Penang
5	Bunga Hop/Benih Kerucut	0	Daun Thyme	3	Parsley/Peterseli
0	Bunga Saffron	35	Ginkgo	0	Pulus/Jelatang
7	Cabai bubuk	6	Ginseng	4	Rosemary
3	Cabai Merah	3	Jahe	0	Seledri
1	Camomile	0	Jintan	0	Tarragon
0	Cengkih	7	Kari	0	Vanilla
6	Daun Dill/Adas Sowa	0	Kayu Manis		

Kacang / Biji

15	Almon	9	Kacang Brazil	24	Kacang Tanah
1	Biji Bunga Flax	11	Kacang Hazelnut	5	Kelapa
0	Biji Wijen	2	Kacang Macadamia	3	Kenari
0	Canola	17	Kacang Mede	25	Kuaci / Biji Bunga Matahari
34	Kacang Arab	2	Kacang Pinus	16	Tiger Nut

Lain-Lain

6	Agar-Agar	0	Enzim Transglutaminase	24	Lidah Buaya
3	Baker Yeast	6	Gula Merah	0	Madu
1	Biji Cokelat	0	Kacang Belalang/Pohon Carob	7	Mushroom
33	Brewer Yeast	48	Kacang Kola	0	Teh Hijau
0	Chestnut	2	Kopi	0	Teh Hitam

* Gliadin (gluten) diuji secara terpisah pada Biji-bijian yang mengandung gluten. Jika hasil pemeriksaan anda menunjukkan reaksi tinggi pada gliadin, itu adalah penting untuk menghilangkan konsumsi makanan yang mengandung biji-bijian ini, bahkan jika hasil biji-bijian tidak meningkat. Silakan lihat buku panduan pasien untuk informasi lebih lanjut.

Hasil Pemeriksaan : Urutan Reaktivitas

Nama Pasien: Merinda
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Tanggal Lahir: 21/10/1985

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PENINGKATAN KADAR MAKANAN (≥30 U/ml)

111	Susu (Sapi)	48	Kacang Kola	35	Gandum
98	Putih Telur	48	Susu (Kambing)	35	Ginkgo
86	kasein	46	Kacang putih mutiara	34	Kacang Arab
60	Jelai	41	Jagung	33	Brewer Yeast
56	Susu (Domba)	41	Kacang Polong	32	Plum

BATAS MAKANAN (24-29 U/ml)

28	Kacang Fava	24	Cranberry	24	Lidah Buaya
25	Kuaci / Biji Bunga Matahari	24	Kacang Tanah		

MAKANAN NORMAL (≤23 U/ml)

21	Siput	7	Bit	5	Kerang bubuk Clam
19	Labu	7	Cabai bubuk	5	Mentimun
18	Kacang Merah	7	Gandum Hitam	5	Quinoa
18	Malt	7	Kacang Chick	5	Salad Rocket
17	Kacang Mede	7	Kari	4	Babi
17	Kentang	7	Mushroom	4	Bawang Bombay
17	Kerang	7	Nasi	4	Brokoli
16	Kuning Telur	6	Agar-Agar	4	Domba muda
16	Seledri	6	Bayam	4	Gandum Halus
16	Tiger Nut	6	Buah Tin / Buah Ara	4	Gandum Mentah
15	Almon	6	Chard	4	Gurita
15	Kol	6	Cumi Sotong	4	Ikan Pipih
15	Lobak Merah	6	Daun Dill/Adas Sowa	4	Jeruk Nipis
13	Gandum Bayam	6	Delima	4	Kelinci
11	Kacang Hazelnut	6	Ginseng	4	Kembang Kol
10	Bawang Merah	6	Gula Merah	4	Kubis
10	Blackcurrant	6	Ikan Hake	4	Kuda
10	Jambu	6	Kol Merah	4	Lembu
10	Kerang/Remis	6	Leci	4	Lobster
10	Rumput Laut	6	Makaroni	4	Mangga
9	Ikan Sebelah	6	Oat	4	Melon
9	Kacang Brazil	6	Sawi Putih	4	Monkfish
9	Kacang Lentil	5	Bawang	4	Nanas
9	Kambing	5	Bunga Hop/Benih Kerucut	4	Paprika
9	Rumput Laut Coklat	5	Daun Bawang	4	Redcurrant
9	Teritip	5	Daun Mint	4	Rosemary
9	Wortel	5	Ikan Haddock	4	Selada Air
8	Buncis	5	Kelapa	4	Tiram
8	Gandum Spelt	5	Kepiting	3	Algae spirulina

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MAKANAN NORMAL ... berlanjut

3	Alpukat	2	Jeruk Bali	0	Babi Hutan
3	Baker Yeast	2	Kacang Macadamia	0	Belut (Lindung)
3	Bass	2	Kacang Pinus	0	Biji Sawi
3	Burung Unta	2	Kiwi	0	Biji Wijen
3	Cabai Merah	2	Kopi	0	Blueberry
3	Ceri	2	Kurma	0	Bunga Caparis
3	Gliadin*	2	Lemon	0	Bunga Saffron
3	Ikan Herring	2	Nectarine	0	Canola
3	Ikan Mas	2	Pepaya	0	Caviar
3	Jahe	2	Pike	0	Cengkih
3	Jeruk	2	Rusa	0	Chestnut
3	Jeruk imlek/ jeruk kim kit	2	Semangka	0	Daun Marjoram
3	Kacang Kedelai	2	Strawberry	0	Daun Sage
3	Kalkun	2	Tepung Jagung	0	Daun Thyme
3	Kemangi	2	Tomat	0	Enzim Transglutaminase
3	Kenari	2	Zaitun	0	Ikan Sparus Aurata
3	Kerang Laut	1	Aprikot	0	Ikan Turbot
3	Mackerel	1	Ayam	0	Jintan
3	Mulberry	1	Bebek	0	Kacang Belalang/Pohon Carob
3	Parsley/Peterseli	1	Beta-lactoglobulin	0	Kakap Putih
3	Pisang	1	Biji Bunga Flax	0	Kayu Manis
3	Raspberry	1	Biji Cokelat	0	Kismis
3	Salmon	1	Camomile	0	Lada
3	Trout	1	Ikan Marlin	0	Madu
3	Tuna	1	Ikan Sarden	0	Millet
3	Ubi	1	Kerang bambu	0	Partridge
3	Udang	1	Lobak Turnip	0	Persik
3	Zukini	1	Mint	0	Pohon keladi/ Talas
2	Adas	1	Nutmeg/Penang	0	Pulus/Jelatang
2	Anggur	1	Pir	0	Seledri
2	Apel	1	Sapi Muda	0	Singkong
2	Blackberry	1	Selada	0	Soba
2	Burung Puyuh	1	Susu (Kerbau)	0	Tarragon
2	Cod	1	Tepung Tapioka/ Tepung singkong	0	Teh Hijau
2	Cumi-cumi	0	Adas Manis	0	Teh Hitam
2	Daging Sapi	0	Akar Manis/Liquorice	0	Terong
2	Daun Salam	0	Alpha-lactalbumin	0	Vanilla
2	Ikan Sea Bream merah	0	Artichoke		
2	Ikan Teri	0	Asparagus		

* Gliadin (gluten) diuji secara terpisah pada Biji-bijian yang mengandung gluten. Jika hasil pemeriksaan anda menunjukkan reaksi tinggi pada gliadin, itu adalah penting untuk menghilangkan konsumsi makanan yang mengandung biji-bijian ini, bahkan jika hasil biji-bijian tidak meningkat. Silakan lihat buku panduan pasien untuk informasi lebih lanjut.