



Patient Name: ^{9A} Burghart, Jennifer

Age: [REDACTED] Sex: F

Data File: [REDACTED]

Date Collected: 10/6/2022

Date Received: 10/7/2022

Date Run: 10/13/2022

Date Reported: 10/13/2022

Date Final: 10/17/2022

Order Doctor: [REDACTED]

Fax#: [REDACTED]

Technician: RS

Comments: Test confirmed by repeat

AGS Updated: 10/17/22 - Bamboo Shoots

Final Report

RESULT		Reference Range			ALLERGEN			
		Low	Moderate	Avoid		Low	Moderate	High
					DAIRY			
10	Low	<100	100 - 350	>350	Casein			
11	Low	<100	100 - 350	>350	Cheddar Cheese			
3	Low	<100	100 - 350	>350	Cottage Cheese			
21	Low	<100	100 - 350	>350	Cow's Milk			
0	Low	<100	100 - 350	>350	Goat's Milk			
8	Low	<100	100 - 350	>350	Mozzarella Cheese			
12	Low	<100	100 - 350	>350	Parmesan			
1	Low	<100	100 - 350	>350	Sheep Milk			
80	Low	<150	150 - 450	>450	Whey			
3	Low	<100	100 - 350	>350	Yogurt			
					MEATS			
5	Low	<100	100 - 250	>250	Beef			
8	Low	<100	100 - 250	>250	Buffalo			
5	Low	<100	100 - 250	>250	Chicken			
10	Low	<150	150 - 450	>450	Duck Egg			
1	Low	<100	100 - 250	>250	Duck Meat			
24	Low	<150	150 - 450	>450	Egg White			
63	Low	<150	150 - 450	>450	Egg Yolk			
0	Low	<100	100 - 250	>250	Lamb			
0	Low	<100	100 - 250	>250	Pork			
0	Low	<100	100 - 250	>250	Turkey			
4	Low	<100	100 - 250	>250	Venison			
					GRAINS			
12	Low	<100	100 - 250	>250	Amaranth			
0	Low	<100	100 - 250	>250	Arrowroot			
41	Low	<100	100 - 250	>250	Barley			
4	Low	<100	100 - 250	>250	Brown Rice			
0	Low	<100	100 - 250	>250	Buckwheat			
47	Low	<100	100 - 250	>250	Corn			
5	Low	<100	100 - 250	>250	Flaxseed			
16	Low	<100	100 - 250	>250	Gliadin			
14	Low	<100	100 - 250	>250	Gluten			
0	Low	<100	100 - 250	>250	Hemp			
0	Low	<100	100 - 250	>250	Hops			
25	Low	<100	100 - 250	>250	Millet			
0	Low	<100	100 - 250	>250	Oat			
3	Low	<100	100 - 250	>250	Psyllium Seed			
0	Low	<100	100 - 250	>250	Quinoa			
5	Low	<100	100 - 250	>250	Rice			
35	Low	<100	100 - 250	>250	Safflower Seed			
15	Low	<100	100 - 250	>250	Sorghum			
7	Low	<100	100 - 250	>250	Teff			
17	Low	<100	100 - 250	>250	Wheat			
9	Low	<100	100 - 250	>250	Wild Rice			
					SHELLFISH			
6	Low	<100	100 - 250	>250	Clam			
11	Low	<100	100 - 250	>250	Crab			
0	Low	<100	100 - 250	>250	Lobster			
1	Low	<100	100 - 250	>250	Oyster			
3	Low	<100	100 - 250	>250	Shrimp			

MVL Allergy procedure uses both IgE and IgG4 antibodies for combined testing. | References: Volcheck GW. Postgrad Med. 2001 May; 109(5):71.

Due to literature documented test sensitivity limitations, negative serum allergy tests should not be used to justify exposure to an allergen that is clinically suspected as the cause of anaphylactic reaction.



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Final Report

RESULT		Reference Range			ALLERGEN			
		Low	Moderate	Avoid		Low	Moderate	High
					FISH			
0	Low	<100	100 - 250	>250	Cod			
0	Low	<100	100 - 250	>250	Halibut			
0	Low	<100	100 - 250	>250	Salmon			
0	Low	<100	100 - 250	>250	Sardine			
0	Low	<100	100 - 250	>250	Sole			
0	Low	<100	100 - 250	>250	Tilapia			
0	Low	<100	100 - 250	>250	Trout			
0	Low	<100	100 - 250	>250	Tuna			
					NUTS			
1	Low	<100	100 - 250	>250	Almond			
1	Low	<100	100 - 250	>250	Brazil Nut			
0	Low	<100	100 - 250	>250	Cashew			
0	Low	<100	100 - 250	>250	Chia Seed			
5	Low	<100	100 - 250	>250	Coconut			
16	Low	<100	100 - 250	>250	Hazelnut			
0	Low	<100	100 - 250	>250	Macadamia Nut			
0	Low	<100	100 - 250	>250	Peanut			
0	Low	<100	100 - 250	>250	Pecan			
8	Low	<100	100 - 250	>250	Pine Nuts			
0	Low	<100	100 - 250	>250	Pistachio			
0	Low	<100	100 - 250	>250	Pumpkin Seed			
0	Low	<100	100 - 250	>250	Sesame Seed			
10	Low	<100	100 - 250	>250	Sunflower Seed			
0	Low	<100	100 - 250	>250	Walnut			
					SPICES			
39	Low	<100	100 - 250	>250	Allspice			
4	Low	<100	100 - 250	>250	Basil			
8	Low	<100	100 - 250	>250	Black Pepper			
4	Low	<100	100 - 250	>250	Cilantro			
0	Low	<100	100 - 250	>250	Cinnamon			
4	Low	<100	100 - 250	>250	Cloves			
3	Low	<100	100 - 250	>250	Coriander			
21	Low	<100	100 - 250	>250	Cumin			
8	Low	<100	100 - 250	>250	Dill			
16	Low	<100	100 - 250	>250	Ginger			
9	Low	<100	100 - 250	>250	Horseradish			
30	Low	<100	100 - 250	>250	Mustard			
6	Low	<100	100 - 250	>250	Nutmeg			
14	Low	<100	100 - 250	>250	Oregano			
4	Low	<100	100 - 250	>250	Parsley			
2	Low	<100	100 - 250	>250	Peppermint			
14	Low	<100	100 - 250	>250	Poppy Seed			
3	Low	<100	100 - 250	>250	Rosemary			
12	Low	<100	100 - 250	>250	Sage			
4	Low	<100	100 - 250	>250	Spearmint			
3	Low	<100	100 - 250	>250	Tarragon			
3	Low	<100	100 - 250	>250	Thyme			
37	Low	<100	100 - 250	>250	Turmeric			
5	Low	<100	100 - 250	>250	Vanilla			

MVL Allergy procedure uses both IgE and IgG4 antibodies for combined testing. | References: Volcheck GW. Postgrad Med. 2001 May; 109(5):71. |

Due to literature documented test sensitivity limitations, negative serum allergy tests should not be used to justify exposure to an allergen that is clinically suspected as the cause of anaphylactic reaction.



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RESULT		Reference Range			ALLERGEN			
		Low	Moderate	Avoid		Low	Moderate	High
					VEGETABLES			
13	Low	<100	100 - 250	>250	Alfalfa			
0	Low	<100	100 - 250	>250	Artichoke			
10	Low	<100	100 - 250	>250	Asparagus			
130	Moderate	<100	100 - 250	>250	Bamboo Shoots			
3	Low	<100	100 - 250	>250	Bean Sprouts			
11	Low	<100	100 - 250	>250	Beet			
66	Low	<100	100 - 250	>250	Black Bean			
0	Low	<100	100 - 250	>250	Black Olive			
8	Low	<100	100 - 250	>250	Bok Choy			
0	Low	<100	100 - 250	>250	Broccoli			
2	Low	<100	100 - 250	>250	Brussels Sprout			
3	Low	<100	100 - 250	>250	Butternut Squash			
0	Low	<100	100 - 250	>250	Cabbage			
0	Low	<100	100 - 250	>250	Carrot			
0	Low	<100	100 - 250	>250	Cauliflower			
0	Low	<100	100 - 250	>250	Celery			
0	Low	<100	100 - 250	>250	Chili Pepper			
3	Low	<100	100 - 250	>250	Cucumber			
4	Low	<100	100 - 250	>250	Eggplant			
0	Low	<100	100 - 250	>250	Endive			
13	Low	<100	100 - 250	>250	Garbanzo Bean			
30	Low	<100	100 - 300	>300	Garlic			
27	Low	<100	100 - 250	>250	Green Bean			
0	Low	<100	100 - 250	>250	Green Olive			
0	Low	<100	100 - 250	>250	Green Pepper			
2	Low	<100	100 - 250	>250	Jalapeno			
22	Low	<100	100 - 250	>250	Kale			
60	Low	<110	110 - 250	>250	Kelp			
19	Low	<150	150 - 450	>450	Kidney Bean			
13	Low	<100	100 - 250	>250	Kohlrabi			
9	Low	<100	100 - 250	>250	Lentil			
0	Low	<100	100 - 250	>250	Lettuce			
0	Low	<100	100 - 250	>250	Lima Bean			
0	Low	<100	100 - 250	>250	Mung Bean			
94	Low	<150	150 - 450	>450	Navy Bean			
11	Low	<100	100 - 250	>250	Okra			
2	Low	<100	100 - 250	>250	Onion			
0	Low	<100	100 - 250	>250	Pea			
82	Low	<100	100 - 300	>300	Pinto Bean			
11	Low	<100	100 - 250	>250	Potato			
0	Low	<100	100 - 250	>250	Pumpkin			
1	Low	<100	100 - 250	>250	Radish			
4	Low	<100	100 - 250	>250	Rutabaga			
0	Low	<100	100 - 250	>250	Soybean			
5	Low	<100	100 - 250	>250	Spinach			
0	Low	<100	100 - 250	>250	Sweet Potato			
0	Low	<100	100 - 250	>250	Tomato			
4	Low	<100	100 - 250	>250	Water Chestnut			
13	Low	<100	100 - 250	>250	Watercress			
0	Low	<100	100 - 250	>250	Yam			
7	Low	<100	100 - 250	>250	Yellow Squash			
18	Low	<100	100 - 250	>250	Zucchini			



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RESULT		Reference Range			ALLERGEN	Low	Moderate	High
		Low	Moderate	Avoid				
FRUITS								
0	Low	<100	100 - 250	>250	Apple Mix			
0	Low	<100	100 - 250	>250	Apricot			
0	Low	<100	100 - 250	>250	Avocado			
34	Low	<100	100 - 250	>250	Banana			
0	Low	<100	100 - 250	>250	Blackberry			
0	Low	<100	100 - 250	>250	Blueberry			
0	Low	<100	100 - 250	>250	Boysenberry			
0	Low	<100	100 - 250	>250	Cantaloupe			
0	Low	<100	100 - 250	>250	Cherry			
0	Low	<100	100 - 250	>250	Cranberry			
24	Low	<100	100 - 250	>250	Currants			
9	Low	<100	100 - 250	>250	Fig			
0	Low	<100	100 - 250	>250	Grapefruit			
6	Low	<100	100 - 250	>250	Kiwi			
0	Low	<100	100 - 250	>250	Lemon			
0	Low	<100	100 - 250	>250	Mango			
0	Low	<100	100 - 250	>250	Orange			
0	Low	<120	120 - 250	>250	Papaya			
0	Low	<100	100 - 250	>250	Peach			
0	Low	<100	100 - 250	>250	Pear			
34	Low	<120	120 - 300	>300	Pineapple			
0	Low	<100	100 - 250	>250	Plum			
7	Low	<100	100 - 250	>250	Pomegranate			
0	Low	<100	100 - 250	>250	Raspberry			
6	Low	<100	100 - 250	>250	Red Grape			
0	Low	<100	100 - 250	>250	Rhubarb			
0	Low	<100	100 - 250	>250	Strawberry			
19	Low	<100	100 - 250	>250	Watermelon			
0	Low	<100	100 - 250	>250	White Grape			
MISCELLANEOUS								
0	Low	<100	100 - 250	>250	Baker's Yeast			
13	Low	<100	100 - 250	>250	Brewer's Yeast			
0	Low	<100	100 - 250	>250	Cane Sugar			
0	Low	<100	100 - 250	>250	Carob			
0	Low	<100	100 - 250	>250	Cocoa			
0	Low	<100	100 - 250	>250	Coffee			
10	Low	<100	100 - 250	>250	Corn Starch			
0	Low	<100	100 - 250	>250	Corn Sugar			
0	Low	<100	100 - 250	>250	Honey			
0	Low	<100	100 - 250	>250	Maple Sugar			
6	Low	<100	100 - 250	>250	Mushroom			
0	Low	<100	100 - 250	>250	Tapioca			
0	Low	<100	100 - 250	>250	Tea			
14	Low	<100	100 - 250	>250	Xanthan Gum			
CANDIDA SCREEN								
97	Low	<120	120 - 380	>380	Candida albicans			

Patient Name: Burghart, Jennifer
 Accession No: [REDACTED]
 Data File: [REDACTED]

PERSONALIZED FOUR DAY ROTATION FOOD PLAN



PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1 CHOICES

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
buffalo	goat milk	barley	black bean	bamboo shoots	banana	cashew	basil	baker's yeast
cod	hemp milk	gliadin	kidney bean	bean sprouts	fig	chia seed	black pepper	brewer's yeast
oyster	oat milk	gluten	mung bean	black olive	papaya	olive oil	cilantro	cane sugar
tilapia	sheep milk	hemp	navy bean	carrot	red grape	pistachio	coriander	carob
venison		oat	pinto bean	celery	white grape	psyllium seed	cumin	grape juice
		sorghum		green bean			dill	concentrate
		teff		green olive			oregano	used as
		wheat		hops			parsley	sweetener
				mushroom			peppermint	mushroom
				sweet potato			rosemary	peppermint tea
				water chestnut			sage	spearmint tea
				yellow squash			spearmint	xanthan gum
							thyme	

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 CHOICES

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
crab	almond milk	arrowroot		beet	apple mix	almond	allspice	apple used as
lobster	potato milk	potato flour		eggplant	blackberry	coconut	cloves	sweetener
salmon		potato starch		green bell	blueberry	macadamia nut	poppy seed	black tea
trout		quinoa		pepper	boysenberry	safflower oil	red chili pepper	coconut used
		tapioca flour		jalapeno	cranberry	safflower seed	vanilla	as sweetener
				okra	currants			green tea
				potato	kiwi			pear used as
				red chili pepper	pear			sweetener
				spinach	pineapple			tapioca
				tomato				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 CHOICES

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
beef	casein	amaranth	garbanzo bean	alfalfa	avocado	hazelnut	garlic	coffee
clam	cheddar cheese	buckwheat	lentil	asparagus	cantaloupe	peanut	ginger	corn sugar
halibut	cottage cheese	corn	lima bean	avocado	mango	peanut oil	nutmeg	honey
lamb	cow's milk	corn starch	soybean	butternut	rhubarb	pecan	turmeric	
pork	mozzarella			squash	watermelon	pumpkin seed		
sole	cheese			cucumber		soy oil		
tofu	parmesan			garlic		walnut		
	cheese			onion		walnut oil		
	soy milk			pea				
	whey			pumpkin				
	yogurt			zucchini				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 CHOICES

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
chicken	rice milk	brown rice		artichoke	apricot	brazil nut	cinnamon	cocoa
duck egg	sesame seed	millet		bok choy	cherry	flaxseed	horseradish	maple sugar
duck meat	milk	rice		broccoli	grapefruit	flaxseed oil	mustard	maple syrup
egg white		sunchoke flour		brussels sprout	lemon	pine nuts	tarragon	
egg yolk		wild rice		cabbage	orange	sesame oil		
sardine				cauliflower	peach	sesame seed		
shrimp				endive	plum	sunflower oil		
tuna				kale	pomegranate	sunflower seed		
turkey				kelp	raspberry			
				kohlrabi	strawberry			
				lettuce				
				mustard greens				
				radish				
				rutabaga				
				watercress				
				yam				

EXAMPLE: You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day.

KEY: Low reaction = Blue

Moderate = Orange

High = IS NOT LISTED IN ROTATION

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PERSONALIZED FOUR DAY ROTATION FOOD PLAN



LOW REACTION FOODS

Alfalfa	Allspice	Almond	Amaranth	Apple Mix	Apricot	Arrowroot
Artichoke	Asparagus	Avocado	Baker's Yeast	Banana	Barley	Basil
Bean Sprouts	Beef	Beet	Black Bean	Black Olive	Black Pepper	Blackberry
Blueberry	Bok Choy	Boysenberry	Brazil Nut	Brewer's Yeast	Broccoli	Brown Rice
Brussels Sprout	Buckwheat	Buffalo	Butternut Squash	Cabbage	Cane Sugar	Cantaloupe
Carob	Carrot	Casein	Cashew	Cauliflower	Celery	Cheddar Cheese
Cherry	Chia Seed	Chicken	Chili Pepper	Cilantro	Cinnamon	Clam
Cloves	Cocoa	Coconut	Cod	Coffee	Coriander	Corn
Corn Starch	Corn Sugar	Cottage Cheese	Cow's Milk	Crab	Cranberry	Cucumber
Cumin	Currants	Dill	Duck Egg	Duck Meat	Egg White	Egg Yolk
Eggplant	Endive	Fig	Flaxseed	Garbanzo Bean	Garlic	Ginger
Gliadin	Gluten	Goat's Milk	Grapefruit	Green Bean	Green Olive	Green Pepper
Halibut	Hazelnut	Hemp	Honey	Hops	Horseradish	Jalapeno
Kale	Kelp	Kidney Bean	Kiwi	Kohlrabi	Lamb	Lemon
Lentil	Lettuce	Lima Bean	Lobster	Macadamia Nut	Mango	Maple Sugar
Millet	Mozzarella Cheese	Mung Bean	Mushroom	Mustard	Navy Bean	Nutmeg
Oat	Okra	Onion	Orange	Oregano	Oyster	Papaya
Parmesan	Parsley	Pea	Peach	Peanut	Pear	Pecan
Peppermint	Pine Nuts	Pineapple	Pinto Bean	Pistachio	Plum	Pomegranate
Poppy Seed	Pork	Potato	Psyllium Seed	Pumpkin	Pumpkin Seed	Quinoa
Radish	Raspberry	Red Grape	Rhubarb	Rice	Rosemary	Rutabaga
Safflower Seed	Sage	Salmon	Sardine	Sesame Seed	Sheep Milk	Shrimp
Sole	Sorghum	Soybean	Spearmint	Spinach	Strawberry	Sunflower Seed
Sweet Potato	Tapioca	Tarragon	Tea	Teff	Thyme	Tilapia
Tomato	Trout	Tuna	Turkey	Turmeric	Vanilla	Venison
Walnut	Water Chestnut	Watercress	Watermelon	Wheat	Whey	White Grape
Wild Rice	Xanthan Gum	Yam	Yellow Squash	Yogurt	Zucchini	

MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

Bamboo Shoots

HIGH REACTION FOODS

PENDING RESULTS

EXAMPLE: You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day.

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