

RENEW

— WELLNESS —

Comprehensive Functional Medicine Lab Testing

*IGG Food Sensitivities
Sample Report*

Dr. Helene Pulnik ND



Why Test for Food Sensitivities?

Days may pass before symptoms appear, testing is often the only way to determine which foods are responsible.

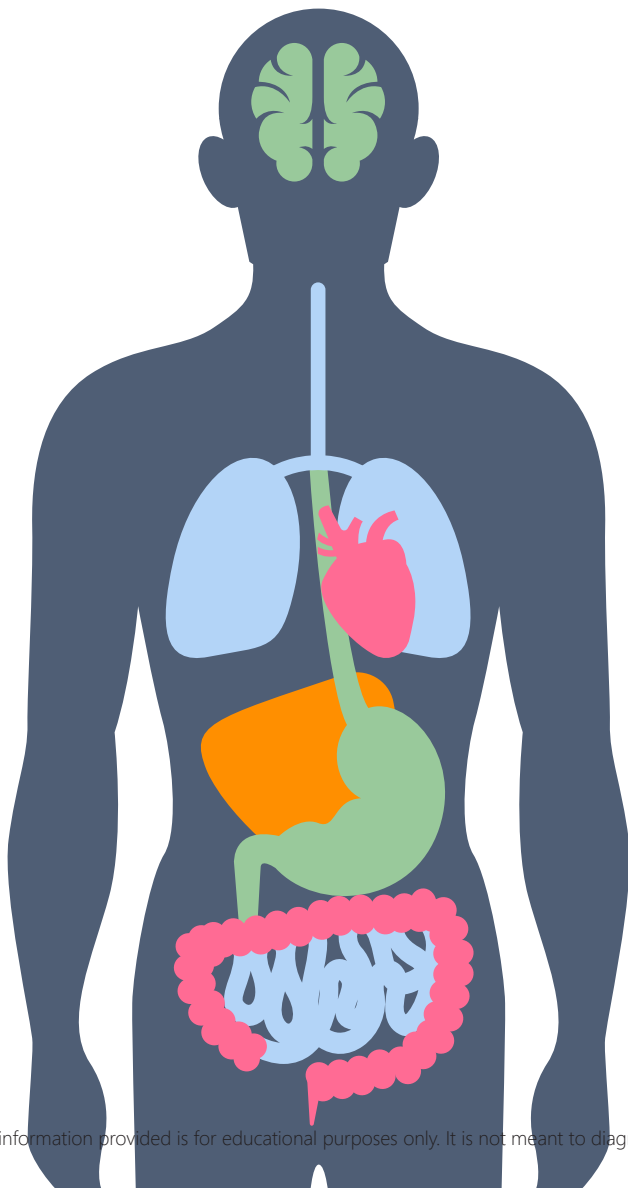
A food sensitivity test can quickly determine reactive foods.

IgG reactions frequently occur to commonly consumed foods such as dairy, wheat, eggs, yeast, pork and soy.

Elimination diets are difficult to follow and can take months to complete.

Studies prove that most patient's symptoms improved when positive foods were removed.

Food sensitivity symptoms impact all parts of the body



- Fatigue
- Difficulty concentrating
- Joint pain
- Inflammation
- Headaches
- Migraines
- Eczema, rashes, skin irritations
- Stomach aches
- Acid reflux
- Bloating
- Constipation or diarrhea
- Unexplained weight gain or loss
- Behavioral issues (in children)

Ask your healthcare provider about ordering a test today.

IgG ELISA 184 Food Panel



Sample Patient
DOB: 00/00/0000

REQUISITION: 0000000
COLLECTION DATE: 00/00/0000
RUN DATE: 0/00/0000

Sample Doctor, M.D.
City, State, 00000

TEST	SCORE	CLASS	TEST	SCORE	CLASS	TEST	SCORE	CLASS	TEST	SCORE	CLASS
MEAT & POULTRY			VEGETABLES			FRUITS			NUTS, SEEDS & OILS		
Beef	0.146	0	Artichoke	0.182	0	Apple	0.158	0	Almond	0.192	0
Buffalo	0.144	0	Asparagus	0.216	1 *	Apricot	0.132	0	Brazil Nut	0.136	0
Chicken	0.139	0	Beets	0.150	0	Avocado	0.141	0	Canola	0.142	0
Duck	0.131	0	Bell Pepper	0.135	0	Banana	0.215	1 *	Cashew	0.198	0
Lamb	0.135	0	Broccoli	0.142	0	Blackberry	0.199	0	Chestnut	0.152	0
Pork	0.139	0	Brussel Sprouts	0.148	0	Blueberry	0.152	0	Chia Seed	0.149	0
Turkey	0.140	0	Cabbage	0.150	0	Cantaloupe	0.154	0	Cola	0.191	0
Venison	0.130	0	Carrot	0.144	0	Cherry	0.175	0	Flaxseed	0.499	3 ***
FISH & SHELLFISH			Cauliflower	0.149	0	Coconut	0.299	1 *	Hazelnut	0.297	1 *
Anchovy	0.133	0	Celery	0.144	0	Cranberry	0.147	0	Hemp	0.151	0
Bass	0.141	0	Cucumber	0.151	0	Date	0.154	0	Macadamia Nut	0.289	1 *
Clam	0.187	0	Eggplant	0.151	0	Fig	0.215	1 *	Pecan	0.159	0
Codfish	0.145	0	Garlic	0.183	0	Grape	0.181	0	Pine Nut	0.227	1 *
Crab	0.165	0	Green Bean	0.180	0	Grapefruit	0.145	0	Pistachio	0.151	0
Flounder	0.140	0	Kale	0.154	0	Honeydew	0.149	0	Poppy Seed	0.245	1 *
Haddock	0.163	0	Kelp	0.153	0	Kiwi	0.149	0	Safflower	0.177	0
Halibut	0.139	0	Lettuce	0.163	0	Lemon	0.196	0	Sesame	0.171	0
Herring	0.143	0	Mushroom	0.245	1 *	Lime	0.149	0	Sunflower Seed	0.152	0
Lobster	0.146	0	Okra	0.244	1 *	Mango	0.283	1 *	Walnut	0.343	2 **
Mackerel	0.149	0	Olive, Green	0.136	0	Orange	0.147	0	HERBS, SPICES, FLAVORINGS		
Mussel	0.187	0	Onion	0.139	0	Papaya	0.162	0	Basil	0.141	0
Oyster	0.187	0	Parsnip	0.139	0	Peach	0.135	0	Bay Leaf	0.171	0
Perch	0.134	0	Potato	0.156	0	Pear	0.136	0	Black Pepper	0.189	0
Red Snapper	0.155	0	Potato, Sweet	0.153	0	Pineapple	0.303	2 **	Cilantro	0.172	0
Salmon	0.147	0	Pumpkin	0.152	0	Plum	0.137	0	Cinnamon	0.192	0
Scallop	0.276	1 *	Radish	0.158	0	Raspberry	0.139	0	Cloves	0.188	0
Shrimp	0.142	0	Spinach	0.197	0	Rhubarb	0.138	0	Dill	0.192	0
Sole	0.147	0	Squash	0.306	2 **	Strawberry	0.135	0	Fennel Seed	0.168	0
Squid	0.243	1 *	Tomato	0.144	0	Tangerine	0.162	0	Ginger	0.245	1 *
Swordfish	0.154	0	Turnip	0.158	0	Watermelon	0.163	0	Ginseng	0.150	0
Trout	0.132	0	Zucchini	0.161	0	BEVERAGES & MISC			Horseradish	0.150	0
Tuna	0.155	0	LEGUMES & PULSES			Black Tea	0.189	0	Licorice	0.231	1 *
Walleye Pike	0.152	0	Black-eyed Peas	0.226	1 *	Carob	0.150	0	Mustard	0.160	0
GRAINS & STARCHES			Chickpea	0.144	0	Cocoa	0.155	0	Nutmeg	0.198	0
Amaranth	0.189	0	Green Pea	0.150	0	Coffee	0.148	0	Oregano	0.181	0
Arrowroot	0.159	0	Kidney Bean	0.185	0	Green Tea	0.194	0	Paprika	0.180	0
Barley	0.173	0	Lentil	0.145	0	Honey	0.172	0	Parsley	0.155	0
Bran	0.189	0	Lima Bean	0.141	0	Yeast, Baker's	0.338	2 **	Peppermint	0.179	0
Buckwheat	0.165	0	Navy Bean	0.196	0	Yeast, Brewer's	0.410	3 ***	Rosemary	0.188	0
Corn	0.155	0	Peanut	0.168	0	DAIRY & EGG			Sage	0.230	1 *
Gluten	0.232	1 *	Soybean	0.146	0	Blue Cheese	0.291	1 *	Tarragon	0.152	0
Hops	0.303	2 **	DAIRY & EGG			Casein	0.257	1 *	Thyme	0.179	0
Malt	0.194	0	Cheddar Cheese	0.158	0	Cottage Cheese	0.152	0	Turmeric	0.242	1 *
Millet	0.216	1 *	Cottage Cheese	0.152	0	Egg, White	0.169	0	Vanilla Bean	0.295	1 *
Oats	0.149	0	Egg, White	0.169	0	Egg, Yolk	0.184	0			
Quinoa	0.399	2 **	Egg, Yolk	0.184	0	Milk, Cow's	0.260	1 *			
Rice	0.153	0	Milk, Cow's	0.260	1 *	Milk, Goat's	0.192	0			
Rye	0.187	0	Milk, Sheep's	0.196	0	Mozzarella Cheese	0.264	1 *			
Sorghum	0.193	0	Mozzarella Cheese	0.264	1 *	Swiss Cheese	0.198	0			
Tapioca	0.140	0	Swiss Cheese	0.198	0	Whey	0.187	0			
Teff	0.232	1 *	Whey	0.187	0	Yogurt	0.185	0			
Wheat	0.217	1 *	Yogurt	0.185	0						

Disclaimer: Dr. Pulnik does not act as your primary care provider. Dr. Pulnik's practice is focused on a complementary, functional and holistic approach to care, and therefore you should be in the care of a primary care doctor especially if you have a medical condition, disease or mental health disorder.