

PRACTITIONER

OSANSKY, ERIC
4100 Carmel Road, Ste B106
Charlotte, North Carolina 28226

PATIENT

Name: [REDACTED]
DOB: [REDACTED]
Gender: F

TEST	RESULT			REFERENCE (ELISA Index)
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	
Array 10 - Food Immune Reactivity Screen **				
DAIRY and EGGS, Modified				
Egg White, cooked			1.76	0.1-1.6
Egg Yolk, cooked		1.34		0.1-1.7
Goat's Milk		1.38		0.1-1.9
Soft Cheese + Hard Cheese	1.12			0.1-1.7
Yogurt	1.20			0.1-2.0
GRAINS, Raw and Modified				
Rice, white + brown, cooked		1.14		0.1-1.3
Rice Cake		1.56		0.2-1.8
Rice Protein		1.48		0.2-1.7
Rice Endochitinase		1.45		0.2-1.7
Wild Rice, cooked			1.45	0.1-1.3
Wheat + Alpha-Gliadins		1.73		0.2-1.9
BEANS and LEGUMES, Modified				
Black Bean, cooked	0.90			0.3-2.1
Bean Agglutinins	1.62			0.4-2.6
Dark Chocolate + Cocoa			1.30	0.2-1.2
Fava Bean, cooked	0.64			0.3-1.5
Garbanzo Bean, cooked	1.63			0.4-2.2
Kidney Bean, cooked	0.75			0.3-1.5
Lentil, cooked	1.56			0.3-2.0
Lentil Lectin		1.67		0.2-1.9
Lima Bean, cooked		1.80		0.3-2.2
Pinto Bean, cooked	1.59			0.4-2.4
Soybean Agglutinin	1.17			0.2-2.0
Soybean Oleosin + Aquaporin		1.36		0.2-1.8

** For details on the method of cooking, please see specification sheets. All analytes are tested for IgG and IgA combined.

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Dhiren Joshapura, M.D., Medical Director

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Soy Sauce, gluten-free	1.35			0.2-1.9
Tofu			1.93	0.2-1.4
NUTS and SEEDS, Raw and Modified				
Almond		2.32		0.2-2.5
Almond, roasted		1.76		0.2-2.0
Brazil Nut, raw + roasted		1.32		0.1-1.8
Cashew			2.14	0.2-1.5
Cashew, roasted			2.98	0.2-2.3
Cashew Vicilin		1.37		0.3-1.7
Chia Seed			1.73	0.2-1.7
Flax Seed			2.99	0.1-1.3
Hazelnut, raw + roasted			2.22	0.1-1.7
Macadamia Nut, raw + roasted			2.80	0.3-2.3
Mustard Seed			1.71	0.4-1.5
Pecan, raw + roasted	1.23			0.3-1.5
Peanut, roasted			1.64	0.2-1.4
Peanut Butter		1.71		0.2-1.9
Peanut Agglutinin	1.26			0.3-1.9
Peanut Oleosin		1.63		0.3-1.8
Pistachio, raw + roasted	1.29			0.4-2.0
Pumpkin Seeds, roasted	1.03			0.2-1.6
Sesame Albumin	0.98			0.2-1.3
Sesame Oleosin	0.90			0.2-1.6
Sunflower Seeds, roasted		1.29		0.2-1.5
Walnut			2.14	0.3-2.0
VEGETABLES, Raw and Modified				
Artichoke, cooked	1.33			0.1-2.7
Asparagus	1.84			0.3-3.0
Asparagus, cooked		2.14		0.1-2.2
Beet, cooked		1.11		0.1-1.5

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Bell Pepper		1.54		0.1-1.8
Broccoli			>2.70	0.1-1.5
Broccoli, cooked		1.64		0.1-2.0
Brussels Sprouts, cooked	1.41			0.1-3.0
Cabbage, red + green	1.60			0.1-2.5
Cabbage, red + green, cooked		2.03		0.1-2.5
Canola Oleosin		1.93		0.1-2.2
Carrot	1.40			0.1-2.7
Carrot, cooked	1.24			0.1-2.2
Cauliflower, cooked			3.77	0.1-2.2
Celery		1.68		0.1-2.3
Chili Pepper	1.42			0.1-2.4
Corn + Aquaporin, cooked	1.05			0.1-1.8
Popped Corn		1.45		0.1-1.9
Corn Oleosin	0.70			0.1-1.4
Cucumber, pickled	1.39			0.1-2.6
Eggplant, cooked	1.23			0.1-2.1
Garlic	1.57			0.1-2.5
Garlic, cooked	1.28			0.1-1.9
Green Bean, cooked	0.91			0.1-1.5
Lettuce	0.60			0.1-1.5
Mushroom, raw + cooked		1.60		0.1-1.6
Okra, cooked			1.54	0.1-1.5
Olive, green + black, pickled		1.14		0.1-1.7
Onion + Scallion		1.27		0.1-1.7
Onion + Scallion, cooked		1.17		0.1-1.5
Pea, cooked		1.29		0.1-1.5
Pea Protein	1.28			0.1-2.3
Pea Lectin		1.34		0.1-1.7
Potato, white, cooked (baked)		1.59		0.1-1.8

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Potato, white, cooked (fried)	1.07			0.1-1.6
Pumpkin + Squash, cooked		1.06		0.1-1.3
Radish			2.66	0.1-1.7
Safflower + Sunflower Oleosin			1.58	0.1-1.5
Seaweed	0.83			0.1-1.2
Spinach + Aquaporin		1.45		0.1-1.5
Tomato + Aquaporin		1.86		0.2-2.2
Tomato Paste		1.78		0.2-2.1
Yam + Sweet Potato, cooked			1.96	0.3-1.9
Zucchini, cooked		1.82		0.3-1.9
FRUIT, Raw and Modified				
Apple	1.06			0.2-1.5
Apple Cider		1.18		0.3-1.3
Apricot	1.99			0.2-2.8
Avocado	1.96			0.6-2.5
Banana	1.31			0.1-2.3
Banana, cooked	1.54			0.2-2.8
Latex Hevein	1.39			0.3-2.0
Blueberry	1.00			0.1-1.6
Cantaloupe + Honeydew Melon			1.26	0.1-1.2
Cherry	0.99			0.2-1.4
Coconut, meat + water	1.20			0.2-2.0
Cranberry	1.18			0.3-2.4
Date	0.96			0.2-1.4
Fig			2.54	0.2-2.2
Grape, red + green	0.80			0.2-1.0
Red Wine	1.57			0.1-2.3
White Wine	1.82			0.1-2.6
Grapefruit	1.32			0.2-1.9
Kiwi		1.48		0.2-1.7

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Lemon + Lime		1.23		0.2-1.3
Mango	0.76			0.2-1.5
Orange	1.01			0.2-2.3
Orange Juice			1.93	0.2-1.8
Papaya		1.49		0.2-1.7
Peach + Nectarine	1.35			0.2-2.0
Pear	0.86			0.2-2.6
Pineapple		1.45		0.1-1.9
Pineapple Bromelain	1.56			0.2-2.6
Plum	0.95			0.3-2.2
Pomegranate	1.42			0.4-2.2
Strawberry	0.78			0.3-2.3
Watermelon		1.39		0.2-1.8
FISH and SEAFOOD, Raw and Modified				
Cod, cooked	1.36			0.2-1.8
Halibut, cooked		1.33		0.1-1.6
Mackerel, cooked			2.09	0.2-2.0
Red Snapper, cooked	0.92			0.1-1.5
Salmon		1.94		0.2-2.3
Salmon, cooked	1.58			0.2-2.4
Sardine + Anchovy, cooked	2.02			0.3-2.9
Sea Bass, cooked	1.75			0.2-2.8
Tilapia, cooked		1.48		0.1-1.8
Trout, cooked	1.14			0.1-2.4
Tuna	1.19			0.1-2.7
Tuna, cooked		1.25		0.1-1.3
Whitefish, cooked	0.90			0.1-1.4
Crab + Lobster, cooked	1.50			0.2-2.1
Imitation Crab, cooked			1.74	0.1-1.7
Clam, cooked	0.76			0.1-1.9

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Oyster, cooked	1.13			0.1-1.6
Scallops, cooked	0.92			0.1-2.4
Squid (Calamari), cooked		1.93		0.1-2.0
Shrimp, cooked			3.47	0.1-2.1
Shrimp Tropomyosin	1.11			0.1-1.6
Parvalbumin	0.88			0.1-1.7
MEAT, Modified				
Beef, cooked medium	1.29			0.3-1.9
Chicken, cooked	0.89			0.2-1.5
Lamb, cooked		1.01		0.1-1.3
Pork, cooked		1.69		0.1-2.2
Turkey, cooked	0.85			0.1-1.3
Gelatin			1.40	0.1-1.3
Meat Glue		1.01		0.1-1.3
HERBS, Raw				
Basil	0.98			0.2-1.8
Cilantro		1.26		0.1-1.5
Cumin		1.82		0.2-2.3
Dill			2.24	0.3-1.7
Mint	1.27			0.3-2.1
Oregano	1.86			0.4-2.6
Parsley		1.25		0.1-1.3
Rosemary	1.33			0.3-2.2
Thyme	1.05			0.4-1.8
SPICES, Raw				
Cinnamon	1.21			0.3-1.7
Clove		1.60		0.4-1.8
Ginger	1.22			0.1-2.5
Nutmeg		1.66		0.2-1.9
Paprika		2.05		0.2-2.1

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Turmeric (Curcumin)	0.95			0.1-1.7
Vanilla	1.45			0.1-2.4
GUMS				
Beta-Glucan	0.85			0.1-1.3
Carrageenan	1.20			0.2-2.6
Gum Guar	1.33			0.2-2.4
Gum Tragacanth	0.87			0.1-1.4
Locust Bean Gum	0.51			0.1-1.1
Mastic Gum + Gum Arabic		0.86		0.1-1.1
Xanthan Gum	1.31			0.1-1.7
BREWED BEVERAGES and ADDITIVES				
Coffee Bean Protein, brewed	1.06			0.2-1.8
Black Tea, brewed		1.48		0.3-1.6
Green Tea, brewed	0.64			0.3-1.8
Honey, raw +processed			1.32	0.1-1.3
Food Coloring		1.33		0.2-1.8

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