

# FOOD SENSITIVITY DEMO

Name: FOOD SENSITIVITY DEMO  
Date of Birth: 01-01-1111  
Gender: Female  
Age: 01  
Height:  
Weight:  
Fasting: UNKNOWN

Telephone: 000-000-0000  
Street Address:  
Email:

FINAL REPORT

Accession ID: 2304050587

## Provider Information

Practice Name: DEMO CLIENT, MD  
Provider Name: DEMO CLIENT, MD  
Phlebotomist: 0

Telephone: 000-000-0000  
Address: 3521 Leonard Ct, Santa Clara, CA 95054

## Report Information

Current Result Previous Result In Control Moderate Risk

## Specimen Information

Sample Type	Collection Time	Received Time	Report	Final Report Date
Serum	2023-04-05 13:22 (PDT)	2023-04-06 13:04 (PDT)	Food Sensitivity - P2	2023-04-13 20:27 (PDT)



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1-866-364-0963 | support@vibrant-america.com | www.vibrant-america.com

TNP Test not performed

R&L Refer to risks and limitations at the end of report

Notes Refer to Lab notes at the end of the table

## INTRODUCTION

Vibrant Wellness is pleased to present to you, "Food Sensitivity" Testing, to help you make healthy lifestyle and dietary choices in consultation with your healthcare providers and dietitians. It is intended to be used as a tool to encourage a general state of health and well-being. The Vibrant Food Sensitivity is an array of commonly consumed food antigens and additives which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG, IgA, C3D and IgG4 reactivity to food antigens and food additives.

### Methodology:

The Vibrant Food Sensitivity test is a semiquantitative assay that detects IgG, IgA, IgG4, and C3D antibodies in human serum/DBS for the food profile antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

### Interpretation of Report:

The food sensitivity summary page provides concise information on the list of foods that are outside the normal reference range. Reference ranges have been established using 2000 healthy individuals. Vibrant utilizes proprietary reporter-based analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2), C3D and IgG4 antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.



This is followed by a complete list of all foods tested including IgG, IgA, C3D, IgG4 titers (as ordered). A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Food Sensitivity offered by Vibrant Wellness is performed by Vibrant America LLC, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at [www.vibrantwellness.com](http://www.vibrantwellness.com). By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your Healthcare provider for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

### Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.

## Food Personalization Summary

Non-Reactive Foods 	Category	Reactive Foods 
Oats, Rye, Wheat, Corn	Gluten containing grains	Barley, Malt
Amaranth, Brown Rice, Buckwheat	Gluten free grains	/
Sesame	Seeds	Mustard
Goat's Milk, Whey Protein	Dairy	Cow's Milk
Beef, Chicken, Egg Yolk, Lamb, Pork, Turkey	Meat	Egg White
Catfish, Codfish, Halibut, Lake Trout, Mackerel, Perch, Salmon, Tuna	Fish	/
Crab, Lobster, Shrimp	Shellfish	/
Clam, Oyster, Scallops	Mollusks	/
Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Garlic, Green Bean, Green Peas, Lettuce, Lima Bean, Mushrooms, Onion, Seaweed(kelp), Spinach, Squash, Ginger, Sweet Potato	Vegetables	/
Green Pepper, White Potato	Nightshades	/
Kidney Bean, Navy Bean, Peanut, Soybean	Legumes	/
Apple, Apricot, Avocado, Banana, Blackberry, Blueberry, Cantaloupe, Cherry, Coconut, Cranberry, Grape, Grapefruit, Orange, Pear, Pineapple, Raspberry, Strawberry, Watermelon, Tomato, Olive, Lemon	Fruits	Peach
Black Pepper, Cinnamon, Nutmeg	Spices	/
Almond, Black Walnut, Cashews, English Walnut, Pecan	Nuts(Tree)	/
Cocoa, Coffee, Hops, Rosemary, Vanilla Bean, Yeast	Miscellaneous	/

Patient Name: DEMO DEMO  
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# Food Sensitivity - Summary

## Food Sensitivity Complete

Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

High	IgA	IgG	IgG4	C3D	High	IgA	IgG	IgG4	C3D
Beta-Casein	4	17	>30	21	Cow's Milk	4	14	21	28
Moderate	IgA	IgG	IgG4	C3D	Moderate	IgA	IgG	IgG4	C3D
Barley	6	10	5	18	Malt	4	10	6	17
Mustard	7	17	17	14	Egg White	4	10	6	11
Peach	5	12	2	3					

SAMPLE

## Food Sensitivity - Summary Comments

### Beta-Casein



#### FOOD DESCRIPTION

Beta-casein is a class of cow's milk protein that may provide effects beyond nutrition, due to the release of biologically active peptides on digestion.

#### COMMONLY FOUND IN

A1 beta-casein is in cow's milk. Human milk, goat milk, sheep milk and other species' milk contain beta-casein A2.

### Cow's Milk



#### FOOD DESCRIPTION

A whitish liquid containing proteins, fats, lactose, and various vitamins and minerals that is produced by the mammary glands of cows.

#### COMMONLY FOUND IN

Butter and butter fat, cheese, including cottage cheese and cheese sauces, cream, including sour cream, custard, milk, including buttermilk, powdered milk, and evaporated milk, yogurt, ice cream, pudding, au gratin dishes and white sauces, baked goods -- bread, cookies, crackers, cakes, cake mix, cereals, chewing gum, chocolate and cream candy, coffee creamers, creamed or scalloped foods, donuts, malted milk, margarine, mashed potatoes, meats - canned and processed, including cold cuts and deli meats, nougat, found in some candy, salad dressings, sherbet, artificial butter or cheese flavor.

### Barley



#### FOOD DESCRIPTION

A commonly used gluten-containing grain.

#### COMMONLY FOUND IN

Flour mixes, pancakes, baked goods, cereals, trail mix, granola, granola bars, pasta, porridge, tea, soups.

#### HIDDEN SOURCES

Unrelated to wheat; good source of iron, zinc and selenium; excellent source of niacin, manganese, magnesium and phosphorus. Contains gluten.

## Food Sensitivity - Summary Comments

### Malt



#### FOOD DESCRIPTION

Barley or other grain that has been steeped, germinated, and dried, used especially for brewing or distilling and vinegar-making.

#### COMMONLY FOUND IN

Malted barley flour, malted milk or milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar.

#### HIDDEN SOURCES

Malted beer, sauces, chocolate products, cereals, breads.

#### PRECAUTION

Unrelated to wheat; good source of iron, zinc and selenium; excellent source of niacin, manganese, magnesium and phosphorus. Contains gluten.

### Mustard



#### FOOD DESCRIPTION

Mustard seeds are cabbage family members. They come in black (*B. nigra*), brown (*B. juncea*) or white (*B. hirta*).

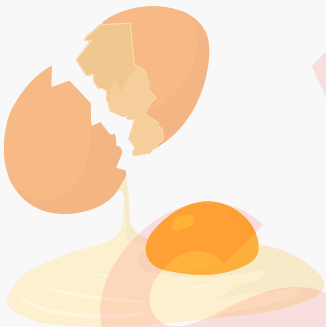
#### COMMONLY FOUND IN

Most commonly used to make the mustard condiment: yellow mustard, Dijon mustard, spicy mustard. Common in pickles and salad dressings.

#### HIDDEN SOURCES

Soups, curries, stir-fries.

### Egg White



#### FOOD DESCRIPTION

The clear liquid contained within an egg.

#### COMMONLY FOUND IN

Liquid egg whites, egg substitutes, baked goods, macaroni, pasta, marzipan, marshmallows, nougat, albumin/albumen, dried eggs, powdered eggs, egg salad, eggnog, mayonnaise, meringue, imitation crab meat.

#### HIDDEN SOURCES

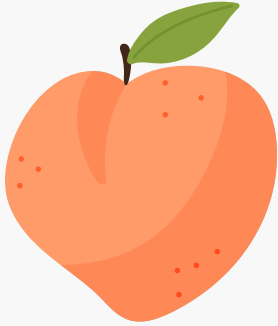
The foam on some specialty coffee drinks, egg substitutes, commercially processed cooked pasta, including ones found in soups; as an egg wash for pretzels before they are dipped on the salt, and an egg wash on fried foods. Albumin (the protein component of egg white) is found in processed foods. Avoid products with the following ingredients: ovalbumin, lecithin.

#### PRECAUTION

It is impossible to completely separate the egg white from the yolk.

## Food Sensitivity - Summary Comments

### Peach



#### FOOD DESCRIPTION

A stone fruit with a fuzzy outer skin and peach/orange inner flesh. Grows hard and softens when ripe.

#### COMMONLY FOUND IN

Whole fruit, jams, jellies, desserts, peach tea, fruit salads.

SAMPLE

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Gluten containing grains	IgA	Current	IgG	IgA	Previous	IgG
Barley	6		10			
Malt	4		10			
Oats	5		5			
Rye	6		10			
Wheat	6		6			
Corn	5		5			
Gluten free grains	IgA	Current	IgG	IgA	Previous	IgG
Amaranth	6		7			
Brown Rice	4		5			
Buckwheat	5		7			
Seeds	IgA	Current	IgG	IgA	Previous	IgG
Mustard	7		17			
Sesame	4		5			
Dairy	IgA	Current	IgG	IgA	Previous	IgG
Beta-Casein	4		17			
Casomorphin	4		4			
Cow's Milk	4		14			
Goat's Milk	5		7			
Whey Protein	5		8			
Meat	IgA	Current	IgG	IgA	Previous	IgG
Beef	5		5			
Chicken	6		6			
Egg White	4		10			



# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Meat	IgA	Current	IgG	IgA	Previous	IgG
Egg Yolk	4		4			
Lamb	5		4			
Pork	5		6			
Turkey	4		4			
Fish	IgA	Current	IgG	IgA	Previous	IgG
Catfish	5		4			
Codfish	4		5			
Halibut	3		5			
Lake Trout	5		5			
Mackerel	4		5			
Perch	6		8			
Salmon	3		5			
Tuna	7		5			
Shellfish	IgA	Current	IgG	IgA	Previous	IgG
Crab	5		7			
Lobster	5		6			
Shrimp	8		6			
Mollusks	IgA	Current	IgG	IgA	Previous	IgG
Clam	6		6			
Oyster	8		6			
Scallops	7		5			
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Broccoli	4		7			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Cabbage	5		5			
Carrot	4		5			
Cauliflower	5		7			
Celery	4		5			
Cucumber	4		5			
Garlic	5		6			
Green Bean	5		4			
Green Peas	5		6			
Lettuce	4		5			
Lima Bean	5		5			
Mushrooms	5		6			
Onion	4		6			
Seaweed(Kelp)	5		8			
Spinach	5		5			
Squash	4		4			
Ginger	5		6			
Sweet Potato	5		6			
Nightshades	IgA	Current	IgG	IgA	Previous	IgG
Green Pepper	4		5			
White Potato	5		6			
Legumes	IgA	Current	IgG	IgA	Previous	IgG
Kidney Bean	6		5			
Navy Bean	5		5			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Legumes		IgA	Current	IgG	IgA	Previous	IgG
	Peanut	5		7			
	Soybean	4		4			
Fruits		IgA	Current	IgG	IgA	Previous	IgG
	Apple	6		7			
	Apricot	5		6			
	Avocado	5		6			
	Banana	5		7			
	Blackberry	6		5			
	Blueberry	5		5			
	Cantaloupe	5		4			
	Cherry	7		5			
	Coconut	5		7			
	Cranberry	5		6			
	Grape	5		6			
	Grapefruit	5		5			
	Orange	5		7			
	Peach	5		12			
	Pear	7		6			
	Pineapple	5		8			
	Raspberry	4		6			
	Strawberry	4		5			
	Watermelon	3		5			
	Tomato	3		5			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	IgA	Current	IgG	IgA	Previous	IgG
Olive	6		5			
Lemon	4		6			
Spices	IgA	Current	IgG	IgA	Previous	IgG
Black pepper	6		7			
Cinnamon	5		5			
Nutmeg	5		5			
Nuts(Tree)	IgA	Current	IgG	IgA	Previous	IgG
Almond	7		7			
Black Walnut	4		6			
Cashews	5		9			
English Walnut	5		6			
Pecan	6		6			
Miscellaneous	IgA	Current	IgG	IgA	Previous	IgG
Cocoa	4		7			
Coffee	5		5			
Hops	5		5			
Rosemary	5		5			
Vanilla Bean	4		9			
Yeast	5		6			
Gluten containing grains	C3D	Current	IgG4	C3D	Previous	IgG4
Barley		18	5			
Malt		17	6			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Gluten containing grains	C3D	Current	IgG4	C3D	Previous	IgG4
Oats	2		1			
Rye	3		2			
Corn	3		3			
Wheat	4		3			
Gluten free grains	C3D	Current	IgG4	C3D	Previous	IgG4
Amaranth	6		3			
Brown Rice	4		2			
Buckwheat	4		3			
Seeds	C3D	Current	IgG4	C3D	Previous	IgG4
Mustard	14		17			
Sesame	3		2			
Dairy	C3D	Current	IgG4	C3D	Previous	IgG4
Beta-Casein	21		>30			
Casomorphin	2		1			
Cow's Milk	28		21			
Goat's Milk	5		3			
Whey Protein	9		4			
Meat	C3D	Current	IgG4	C3D	Previous	IgG4
Beef	3		2			
Chicken	3		1			
Lamb	3		2			
Pork	3		1			
Turkey	3		2			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Meat	C3D	Current	IgG4	C3D	Previous	IgG4
Egg White		11	6			
Egg Yolk		2	1			
Fish	C3D	Current	IgG4	C3D	Previous	IgG4
Catfish		3	1			
Codfish		3	2			
Halibut		3	2			
Lake Trout		3	2			
Mackerel		3	3			
Perch		6	3			
Salmon		2	2			
Tuna		3	3			
Shellfish	C3D	Current	IgG4	C3D	Previous	IgG4
Crab		4	2			
Lobster		4	2			
Shrimp		6	3			
Mollusks	C3D	Current	IgG4	C3D	Previous	IgG4
Clam		4	2			
Oyster		5	2			
Scallops		2	3			
Vegetables	C3D	Current	IgG4	C3D	Previous	IgG4
Broccoli		3	2			
Cabbage		5	2			
Carrot		2	2			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Vegetables	C3D	Current	IgG4	C3D	Previous	IgG4
Cauliflower	5		2			
Celery	3		2			
Cucumber	3		2			
Garlic	6		3			
Green Bean	3		3			
Green Peas	3		3			
Lettuce	3		2			
Lima Bean	3		2			
Mushrooms	3		2			
Onion	3		2			
Seaweed(Kelp)	7		7			
Spinach	3		3			
Squash	3		3			
Sweet Potato	3		3			
Ginger	6		4			
Nightshades	C3D	Current	IgG4	C3D	Previous	IgG4
Green Pepper	3		2			
White Potato	7		4			
Legumes	C3D	Current	IgG4	C3D	Previous	IgG4
Kidney Bean	4		2			
Navy Bean	3		3			
Peanut	3		2			
Soybean	4		2			

# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Fruits	C3D	Current	IgG4	C3D	Previous	IgG4
Olive	5		3			
Apple	4		2			
Apricot	3		2			
Avocado	5		4			
Banana	5		2			
Blackberry	8		4			
Blueberry	4		2			
Cantaloupe	5		3			
Cherry	3		2			
Coconut	3		1			
Cranberry	3		2			
Grape	4		2			
Grapefruit	4		3			
Orange	4		3			
Peach	3		2			
Pear	3		2			
Pineapple	6		3			
Raspberry	6		3			
Strawberry	3		2			
Tomato	7		6			
Watermelon	2		1			
Lemon	3		3			



# Food Sensitivity

## Food Sensitivity Complete

Reference Range: ■ In Control: ≤10 ■ Moderate: 10.1-20 ■ Risk: >20

Spices	C3D	Current	IgG4	C3D	Previous	IgG4
Black pepper	4		3			
Cinnamon	3		2			
Nutmeg	3		3			
Nuts(Tree)	C3D	Current	IgG4	C3D	Previous	IgG4
Almond	2		2			
Black Walnut	5		5			
Cashews	3		2			
English Walnut	9		10			
Pecan	3		3			
Miscellaneous	C3D	Current	IgG4	C3D	Previous	IgG4
Cocoa	3		1			
Coffee	3		1			
Hops	5		2			
Rosemary	3		2			
Vanilla Bean	3		1			
Yeast	3		2			

## Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Quantification of specific IgG, IgA, IgG4 and C3D antibodies is not an FDA- recognized diagnostic indicator of allergy.

Food Sensitivity testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions. Tested individuals may find their experience is not consistent with Vibrant's selected peer reviewed scientific research findings of relative improvement for study groups. The science in this area is still developing and many personal health factors affect diet and health. Since subjects in the scientific studies referenced in this report may have had personal health and other factors different from those of tested individuals, results from these studies may not be representative of the results experienced by tested individuals. Further, some recommendations may or may not be attainable, depending on the tested individual's physical ability or other personal health factors. A limitation of this testing is that many of these scientific studies may have been performed in selected populations only. The interpretations and recommendations are done in the context of these studies, but the results may or may not be relevant to tested individuals of different or mixed ethnicities.

Vibrant Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of medication, supplementation, or dietary changes.

