

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: 2305230459

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	2023-05-23 11:15 (PDT)	2023-05-24 11:32 (PDT)	Food Sensitivity - P2	2023-06-02 18:54 (PDT)



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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. 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.

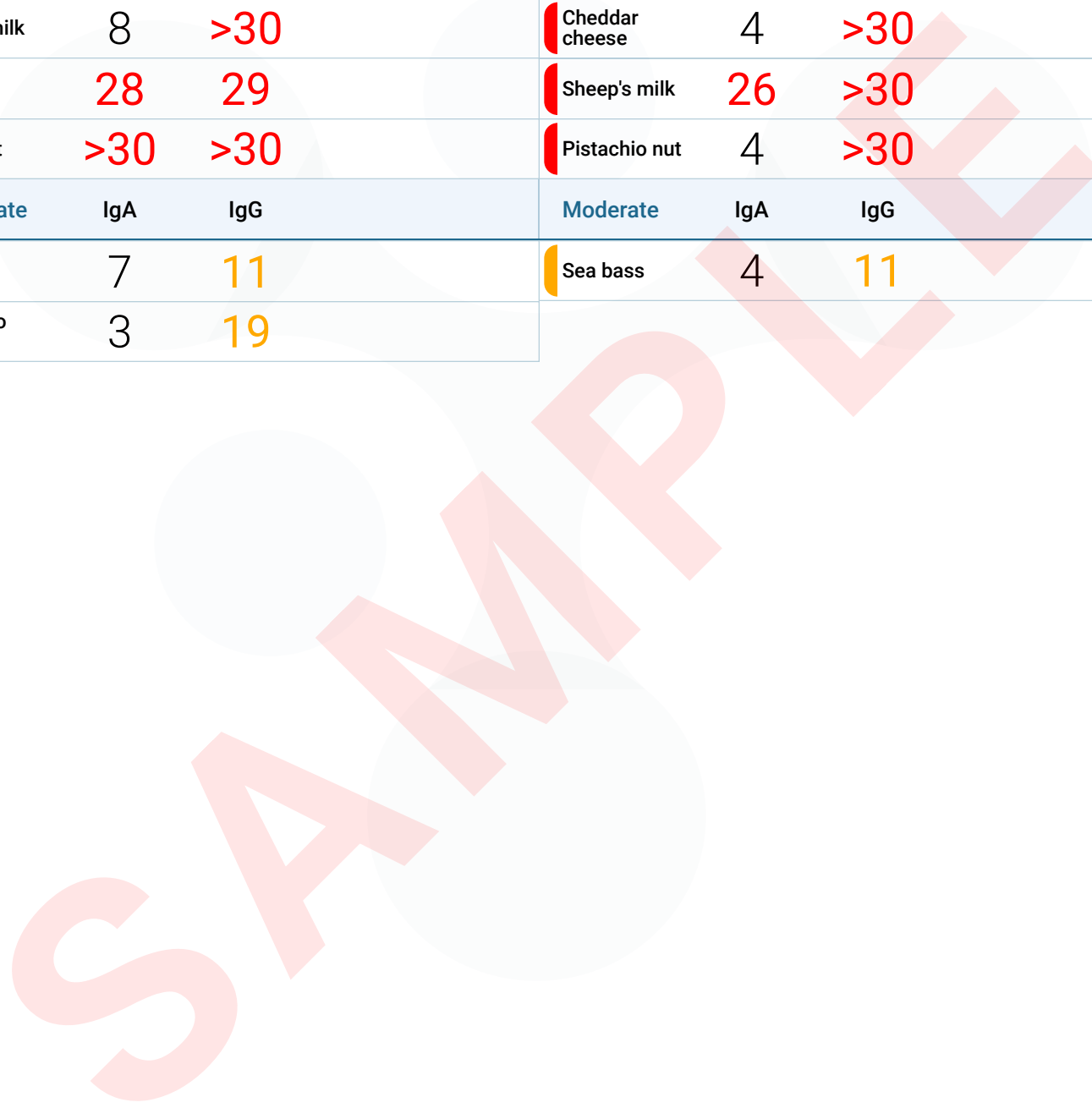
Food Personalization Summary

Non-Reactive Foods 	Category	Reactive Foods 
/	Gluten containing grains	Spelt
Millet	Gluten free grains	/
Cous Cous, Tempeh, Vegan Cheese	Vegan	Tofu
Coriander Seed, Flax Seed, Poppy Seed, Rape Seed, Sunflower Seed	Seeds	/
/	Dairy	Buffalo Milk, Buttermilk, Cheddar Cheese, Kefir, Sheep's Milk, Yoghurt
Duck Meat, Goose Meat, Rabbit, Veal	Meat	/
Alaska Pollock, Anchovy, Carp, Eel, Flounder, Sardine, Sole	Fish	Sea Bass
Crayfish	Shellfish	/
Grapevine Snail, Blue Mussel, Octopus, Pacific Squid, Squid	Mollusks	/
Asparagus, Beet Root, Endive, Leek, Roquette, Savoy Cabbage, Turnip, Vine Leaf, White Radish, Artichoke, Chard, Kale, Shiitake Mushroom, Zucchini	Vegetables	Bamboo Shoots
Eggplant	Nightshades	/
Broad Bean, Chickpea, Mung Beans	Legumes	/
Fig, Guava, Honeydew Melon, Kiwi Fruit, Litchi, Mandarin, Mango, Plum, Capers, Papaya	Fruits	/
Anise, Bay Leaf, Caraway, Cayenne Pepper, Common Thyme, Curry Powder, Hot Paprika Powder, Oregano, Woo-hsiang Powder	Spices	/
Hazelnut, Pine Nut, Sweet Chestnut	Nuts(Tree)	Pistachio Nut
Black Tea, Cane Sugar, Dill, Lemon Grass, Molasses, Oolong Tea, Parsley	Miscellaneous	/

Food Sensitivity Complete

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

High	IgA	IgG	High	IgA	IgG
Tofu	3	>30	Buffalo milk	26	>30
Buttermilk	8	>30	Cheddar cheese	4	>30
Kefir	28	29	Sheep's milk	26	>30
Yoghurt	>30	>30	Pistachio nut	4	>30
Moderate	IgA	IgG	Moderate	IgA	IgG
Spelt	7	11	Sea bass	4	11
Bamboo shoots	3	19			



Food Sensitivity - Summary Comments

Tofu



FOOD DESCRIPTION

Tofu is a high-protein meat substitute made from soybeans, water, and a coagulating agent. Coagulated soy is then pressed into "block" of varying firmness. There are 2 main varieties of tofu- firm and silken. Tofu is well known for its ability to take on the flavor of a dish such as sauce and marinades.

COMMONLY FOUND IN

Tofu is well known for its ability to take on the flavor of a dish such as sauce and marinades. It is commonly used as a vegetarian meat substitute and can be used in a variety of dishes. Silken tofu is sometimes used in desserts or smoothies.

Buffalo milk



FOOD DESCRIPTION

Buffalo milk is the milk of domestic water buffalo. Buffalo milk presents physicochemical features different from that of other ruminant species, such as a higher content of fatty acids and proteins, and slightly higher content of lactose, than that of cow milk.

COMMONLY FOUND IN

Buffalo milk is processed into a large variety of dairy products including cheeses, cream, butter, ghee, and fermented dairy products, the most common being buffalo mozzarella and burrata cheeses and the Indian soft cheese, paneer.

HIDDEN SOURCES

Buffalo milk is more costly than cow milk, thus it is less likely to be found as a milk protein-derived additive compared to cow's milk-derived casein and whey fillers and additives.

PRECAUTION

Buffalo milk proteins share similar homology to cow milk proteins, so cross reactivity may be possible in milk protein sensitive individuals.

Buttermilk



FOOD DESCRIPTION

Buttermilk is a dairy drink, typically derived from cow milk unless otherwise noted. Traditional buttermilk is the liquid left behind after churning butter out of cultured cream. Cultured buttermilk is fermented buttermilk. The tartness of buttermilk is due to acid in the milk, due to lactic acid produced by lactic acid bacteria fermenting the milk sugar, lactose.

COMMONLY FOUND IN

Buttermilk may be found in buttermilk yogurt-based drinks, salad dressings, pancakes, and baked goods

HIDDEN SOURCES

Hidden sources of buttermilk are baked goods that contain powdered buttermilk for its tart and acidic properties.

PRECAUTION

Buttermilk contains milk proteins and is not appropriate for individuals with milk protein allergy or sensitivity.

Food Sensitivity - Summary Comments

Cheddar cheese



FOOD DESCRIPTION

Cheddar cheese is a relatively hard, off-white, or orange if spices such as annatto are added, sharp-tasting cheese.

COMMONLY FOUND IN

Cheddar cheese may be found in processed cheeses, sauces, biscuits, fondue, and pasta and potato dishes.

HIDDEN SOURCES

Hidden sources of cheddar cheese include popcorn, crackers and snack foods that use Cheddar flavorings.

PRECAUTION

Cheddar cheese contains milk proteins and is not appropriate for individuals with milk protein allergy or sensitivity. Cheddar cheese, like other aged cheeses, has a high tyramine and histamine content and may not be tolerated by individuals with tyramine and histamine intolerance.

Kefir



FOOD DESCRIPTION

Kefir (or kephir) is a fermented cow, goat, or sheep milk drink made with a yeast or bacterial fermentation starter of kefir grains.

Sheep's milk



FOOD DESCRIPTION

Sheep's milk (or Ewes' milk) is the milk of domestic sheep. Sheep milk has a higher content of fatty acids and protein, including conjugated linoleic acid (CLA), compared to cow and goat milk.

COMMONLY FOUND IN

Sheep's milk is commonly found in feta, ricotta, Roquefort, Manchego, and pecorino Romano cheeses.

HIDDEN SOURCES

Sheep's milk is more costly than cow milk, thus it is less likely to be found as a milk protein-derived additive compared to cow's milk-derived casein and whey fillers and additives.

PRECAUTION

Sheep milk proteins share similar homology to cow milk proteins, so cross reactivity may be possible in milk protein sensitive individuals.

Food Sensitivity - Summary Comments

Yoghurt



FOOD DESCRIPTION

Yoghurt (or Yogurt) is produced by bacterial fermentation of milk. The bacteria used to make yoghurt are known as yoghurt cultures. The fermentation of lactose by these bacteria produces lactic acid, which acts on milk protein to give yoghurt its texture and characteristic tart flavor.

COMMONLY FOUND IN

Yoghurt is commonly found in dips, dressings, smoothies, and the Indian drink lassi.

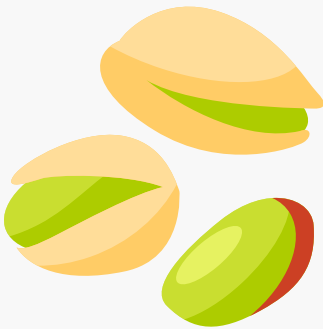
HIDDEN SOURCES

Because of its perishability, yoghurt is not typically used as an additive, filler, or flavoring agent.

PRECAUTION

Yoghurt is not suitable for people with cow milk allergy or sensitivity, these individuals may substitute coconut or almond yoghurt in place of yoghurt derived from cow's milk.

Pistachio nut



FOOD DESCRIPTION

The pistachio, a member of the cashew family, is a small tree originating from Central Asia and the Middle East. The tree produces pistachio seeds that are widely consumed as food. Pistacia vera often is confused with other species in the genus Pistacia that are also known as pistachio.

COMMONLY FOUND IN

Pistachios are commonly found in ice cream, baked goods, nougat, fudge and other desserts, and may be found in stuffings and crusts.

HIDDEN SOURCES

Hidden sources of pistachio include pistachio flavorings and extracts used in ice cream and baked goods.

PRECAUTION

Pistachio is not suitable for individuals with tree nut allergy.

Spelt



FOOD DESCRIPTION

Spelt (or dinkel wheat or hulled wheat) is a species of wheat. As with all wheat species, spelt contains gluten and is unsuitable for people on a gluten free diet.

COMMONLY FOUND IN

Spelt may be found in bread, pasta, pancake and waffle mixes, muffins and baked goods.

HIDDEN SOURCES

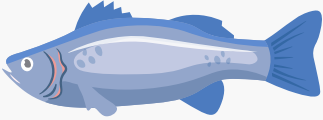
Spelt may be found in bread, pasta, pancake and waffle mixes, muffins and baked goods.

PRECAUTION

Spelt is not suitable for individuals with celiac disease, gluten sensitivity, wheat sensitivity, or wheat allergy.

Food Sensitivity - Summary Comments

Sea bass



FOOD DESCRIPTION

Any of numerous marine bony fishes that are usually smaller and more active than groupers.

Bamboo shoots



FOOD DESCRIPTION

Bamboo shoots are the asparagus-shaped roots (culms) found on the woody bamboo plant. Once bamboo shoots are dug, harvested, peeled, and, if necessary, their cyanide leached out, they are edible. They vary from slender to stout in shape, crisp in texture, white in color, and they taste similar to immature sweet corn.

COMMONLY FOUND IN

Traditionally paired with meat in Asian dishes, bamboo is regarded as invaluable because its "cool" energy balances the "hot" energy of meat.

HIDDEN SOURCES

Bamboo shoots are used in Chinese medicine as a tonic for respiratory disease and treating infections.

PRECAUTION

If the shoot tastes bitter, it contains hydrocyanic acid. To remove hydrocyanic acid from bamboo shoots, boil for 10-minutes and then taste; if not yet sweet, add the shoots to fresh water and repeat the leaching as necessary.

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
■	Spelt	7		11			
Gluten free grains		IgA	Current	IgG	IgA	Previous	IgG
■	Millet	4		6			
Vegan		IgA	Current	IgG	IgA	Previous	IgG
■	Cous Cous	6		4			
■	Tempeh	4		5			
■	Tofu	3		>30			
■	Vegan Cheese	5		4			
Seeds		IgA	Current	IgG	IgA	Previous	IgG
■	Coriander seed	6		5			
■	Flax seed	4		6			
■	Poppy seed	9		4			
■	Rape seed	5		5			
■	Sunflower seed	6		5			
Dairy		IgA	Current	IgG	IgA	Previous	IgG
■	Buffalo milk	26		>30			
■	Buttermilk	8		>30			
■	Cheddar cheese	4		>30			
■	Kefir	28		29			
■	Sheep's milk	26		>30			
■	Yoghurt	>30		>30			
Meat		IgA	Current	IgG	IgA	Previous	IgG
■	Duck meat	4		4			

Food Sensitivity

Food Sensitivity Complete

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

Meat	IgA	Current	IgG	IgA	Previous	IgG
Goose meat	2		4			
Rabbit	2		5			
Veal	3		4			
Fish	IgA	Current	IgG	IgA	Previous	IgG
Alaska pollock	4		5			
Anchovy	5		6			
Carp	3		7			
Eel	4		5			
Flounder	3		4			
Sardine	5		5			
Sea bass	4		11			
Sole	3		4			
Shellfish	IgA	Current	IgG	IgA	Previous	IgG
Crayfish	3		4			
Mollusks	IgA	Current	IgG	IgA	Previous	IgG
Grapevine snail	2		3			
Blue mussel	4		4			
Octopus	5		6			
Pacific squid	3		4			
Squid	3		5			
Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Asparagus	4		3			
Bamboo shoots	3		19			

Food Sensitivity

Food Sensitivity Complete

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

Vegetables	IgA	Current	IgG	IgA	Previous	IgG
Beet root	3		3			
Endive	3		2			
Leek	3		3			
Roquette	3		4			
Savoy cabbage	3		5			
Turnip	3		3			
Vine leaf	3		3			
White radish	3		3			
Artichoke	5		4			
Chard	3		10			
Kale	6		6			
Shiitake mushroom	3		3			
Zucchini	3		4			
Nightshades	IgA	Current	IgG	IgA	Previous	IgG
Eggplant	5		6			
Legumes	IgA	Current	IgG	IgA	Previous	IgG
Broad bean	4		5			
Chickpea	5		5			
Mung beans	4		5			
Fruits	IgA	Current	IgG	IgA	Previous	IgG
Fig	4		4			
Guava	6		4			
Honeydew melon	9		5			

Food Sensitivity

Food Sensitivity Complete

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

Fruits	IgA	Current	IgG	IgA	Previous	IgG
Kiwi fruit	5		4			
Litchi	4		7			
Mandarin	3		4			
Mango	2		3			
Plum	2		3			
Capers	3		4			
Papaya	3		4			
Spices	IgA	Current	IgG	IgA	Previous	IgG
Anise	2		4			
Bay leaf	2		3			
Caraway	4		4			
Cayenne pepper	2		8			
Common thyme	3		4			
Curry powder	2		3			
Hot paprika powder	2		3			
Oregano	2		3			
Woo-hsiang powder	3		4			
Nuts(Tree)	IgA	Current	IgG	IgA	Previous	IgG
Hazelnut	4		5			
Pine nut	5		10			
Pistachio nut	4		>30			
Sweet chestnut	4		6			

Food Sensitivity Complete

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

Miscellaneous	IgA	Current	IgG	IgA	Previous	IgG
Black tea	2		3			
Cane sugar	3		3			
Dill	3		4			
Lemon grass	5		5			
Molasses	2		3			
Oolong tea	2		4			
Parsley	2		5			

SAMPLE

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.

SAMPLE