

TEST NAME: Nordic Food Panel 184 IgG - BLOODSPOT - ENGLISH

| TEST | SCORE | CLASS | TEST | SCORE | CLASS | TEST | SCORE | CLASS | TEST | SCORE | CLASS |
|------------------------------|-------|-------|-----------------------------|-------|-------|------------------------|-------|-------|----------------------------------|-------|-------|
| MEAT & POULTRY | | | VEGETABLES | | | DAIRY & EGG | | | NUTS, SEEDS & OILS | | |
| Beef | 0.125 | 0 | Artichoke | 0.417 | 3 | Blue Cheese | 0.152 | 0 | Almond | 0.148 | 0 |
| Buffalo | 0.162 | 0 | Asparagus | 0.413 | 3 | Casein | 0.313 | 2 | Brazil Nut | 0.196 | 0 |
| Chicken | 0.180 | 0 | Beets | 0.151 | 0 | Cheddar Cheese | 0.208 | 1 | Canola | 0.136 | 0 |
| Duck | 0.160 | 0 | Bell Pepper | 0.243 | 1 | Egg, White | 0.311 | 2 | Cashew | 0.193 | 0 |
| Lamb | 0.123 | 0 | Broccoli | 0.141 | 0 | Egg, Yolk | 0.251 | 1 | Chestnut | 0.180 | 0 |
| Pork | 0.123 | 0 | Brussel Sprouts | 0.315 | 2 | Milk, Cow's | 0.253 | 1 | Chia Seed | 0.187 | 0 |
| Turkey | 0.134 | 0 | Cabbage | 0.413 | 3 | Milk, Goat's | 0.226 | 1 | Cola | 0.142 | 0 |
| Venison | 0.161 | 0 | Carrot | 0.445 | 3 | Milk, Sheep's | 0.185 | 0 | Flaxseed | 0.232 | 1 |
| FISH & SHELLFISH | | | Cauliflower | 0.452 | 3 | Mozzarella Cheese | 0.269 | 1 | Hazelnut | 0.197 | 0 |
| Anchovy | 0.148 | 0 | Celery | 0.152 | 0 | Swiss Cheese | 0.233 | 1 | Hemp | 0.221 | 1 |
| Bass | 0.174 | 0 | Cucumber | 0.428 | 3 | Whey | 0.423 | 3 | Macadamia Nut | 0.167 | 0 |
| Clam | 0.133 | 0 | Eggplant | 0.170 | 0 | Yogurt | 0.270 | 1 | Pecan | 0.162 | 0 |
| Codfish | 0.127 | 0 | Garlic | 0.216 | 1 | FRUITS | | | Pine Nut | 0.326 | 2 |
| Crab | 0.137 | 0 | Green Bean | 0.232 | 1 | Apple | 0.125 | 0 | Pistachio | 0.189 | 0 |
| Flounder | 0.184 | 0 | Kale | 0.128 | 0 | Apricot | 0.148 | 0 | Poppy Seed | 0.185 | 0 |
| Haddock | 0.140 | 0 | Kelp | 0.157 | 0 | Avocado | 0.152 | 0 | Safflower | 0.148 | 0 |
| Halibut | 0.154 | 0 | Lettuce | 0.444 | 3 | Banana | 0.130 | 0 | Sesame | 0.178 | 0 |
| Herring | 0.158 | 0 | Mushroom | 0.149 | 0 | Blackberry | 0.155 | 0 | Sunflower Seed | 0.153 | 0 |
| Lobster | 0.134 | 0 | Okra | 0.167 | 0 | Blueberry | 0.124 | 0 | Walnut | 0.140 | 0 |
| Mackerel | 0.169 | 0 | Olive, Green | 0.125 | 0 | Cantaloupe | 0.473 | 3 | HERBS, SPICES, FLAVORINGS | | |
| Mussel | 0.148 | 0 | Onion | 0.405 | 3 | Cherry | 0.428 | 3 | Basil | 0.137 | 0 |
| Oyster | 0.182 | 0 | Parsnip | 0.264 | 1 | Coconut | 0.168 | 0 | Black Pepper | 0.280 | 1 |
| Perch | 0.176 | 0 | Potato | 0.374 | 2 | Cranberry | 0.141 | 0 | Cilantro | 0.198 | 0 |
| Red Snapper | 0.178 | 0 | Potato, Sweet | 0.244 | 1 | Date | 0.151 | 0 | Cinnamon | 0.162 | 0 |
| Salmon | 0.141 | 0 | Pumpkin | 0.325 | 2 | Fig | 0.196 | 0 | Cloves | 0.293 | 1 |
| Scallop | 0.132 | 0 | Radish | 0.423 | 3 | Grape | 0.141 | 0 | Dill | 0.156 | 0 |
| Shrimp | 0.161 | 0 | Spinach | 0.165 | 0 | Grapefruit | 0.133 | 0 | Fennel Seed | 0.237 | 1 |
| Sole | 0.163 | 0 | Squash | 0.242 | 1 | Honeydew | 0.397 | 2 | Ginger | 0.145 | 0 |
| Squid | 0.186 | 0 | Tomato | 0.452 | 3 | Kiwi | 0.191 | 0 | Ginseng | 0.179 | 0 |
| Swordfish | 0.130 | 0 | Turnip | 0.450 | 3 | Lemon | 0.243 | 1 | Horseradish | 0.345 | 2 |
| Trout | 0.184 | 0 | Zucchini | 0.185 | 0 | Lime | 0.232 | 1 | Licorice | 0.164 | 0 |
| Tuna | 0.131 | 0 | LEGUMES & PULSES | | | Mango | 0.178 | 0 | Mustard | 0.240 | 1 |
| Walleye Pike | 0.161 | 0 | Black Bean | 0.156 | 0 | Orange | 0.274 | 1 | Nutmeg | 0.176 | 0 |
| GRAINS & STARCHES | | | Black-eyed Peas | 0.196 | 0 | Papaya | 0.248 | 1 | Oregano | 0.144 | 0 |
| Amaranth | 0.186 | 0 | Chickpea | 0.176 | 0 | Peach | 0.127 | 0 | Paprika | 0.286 | 1 |
| Arrowroot | 0.147 | 0 | Green Pea | 0.179 | 0 | Pear | 0.128 | 0 | Parsley | 0.173 | 0 |
| Barley | 0.166 | 0 | Kidney Bean | 0.174 | 0 | Pineapple | 0.211 | 1 | Peppermint | 0.187 | 0 |
| Bran | 0.154 | 0 | Lentil | 0.168 | 0 | Plum | 0.151 | 0 | Rosemary | 0.190 | 0 |
| Buckwheat | 0.187 | 0 | Lima Bean | 0.146 | 0 | Raspberry | 0.167 | 0 | Sage | 0.171 | 0 |
| Corn | 0.260 | 1 | Navy Bean | 0.233 | 1 | Rhubarb | 0.151 | 0 | Tarragon | 0.291 | 1 |
| Gluten | 0.174 | 0 | Peanut | 0.134 | 0 | Strawberry | 0.127 | 0 | Thyme | 0.198 | 0 |
| Hops | 0.339 | 2 | Pinto Bean | 0.185 | 0 | Tangerine | 0.464 | 3 | Turmeric | 0.187 | 0 |
| Malt | 0.157 | 0 | Soybean | 0.190 | 0 | Watermelon | 0.291 | 1 | Vanilla Bean | 0.328 | 2 |
| Millet | 0.194 | 0 | BEVERAGES & MISC | | | Black Tea | 0.352 | 2 | | | |
| Oats | 0.140 | 0 | Black Tea | 0.352 | 2 | Carob | 0.179 | 0 | | | |
| Quinoa | 0.184 | 0 | Carob | 0.179 | 0 | Cocoa | 0.136 | 0 | | | |
| Rice | 0.166 | 0 | Cocoa | 0.136 | 0 | Coffee | 0.133 | 0 | | | |
| Rye | 0.237 | 1 | Coffee | 0.133 | 0 | Green Tea | 0.421 | 3 | | | |
| Sorghum | 0.179 | 0 | Green Tea | 0.421 | 3 | Honey | 0.162 | 0 | | | |
| Tapioca | 0.146 | 0 | Yeast, Baker's | 0.258 | 1 | Yeast, Brewer's | 0.300 | 2 | | | |
| Teff | 0.172 | 0 | Yeast, Brewer's | 0.300 | 2 | | | | | | |
| Wheat | 0.199 | 0 | | | | | | | | | |

Reference Range

| | | | |
|---|---|--|---|
| <= 0.199 = CLASS 0 No Sensitivity Detected | 0.200 - 0.299 = CLASS 1 Low Sensitivity Detected | 0.300 - 0.399 = CLASS 2 Moderate Sensitivity Detected | >= 0.400 = CLASS 3 High Sensitivity Detected |
|---|---|--|---|



PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXX

TEST NUMBER: T-NL-XXXXX (XXXXXXXXXX)

COLLECTED: XX/XX/XXXX

PRACTITIONER:

GENDER: XYZ

RECEIVED: XX/XX/XXXX

XXXXXXXXXXXXXXXXXX

AGE: XX

TESTED: XX/XX/XXXX

XXXXXXXXXXXXXXXXXXXXXX

TEST NAME: Nordic Food Panel 184 IgG - BLOODSPOT - ENGLISH

FingerStick IgG 184 Food Panel

>= 0.400 = CLASS 3

HIGH SENSITIVITY DETECTED

| | | | | |
|-------------|-----------|-----------|------------|---------|
| Artichoke | Asparagus | Cabbage | Cantaloupe | Carrot |
| Cauliflower | Cherry | Cucumber | Green Tea | Lettuce |
| Onion | Radish | Tangerine | Tomato | Turnip |
| Whey | | | | |

0.300 - 0.399 = CLASS 2

MODERATE SENSITIVITY DETECTED

| | | | | |
|--------------|-----------------|----------|------------|----------|
| Black Tea | Brussel Sprouts | Casein | Egg, White | Honeydew |
| Hops | Horseradish | Pine Nut | Potato | Pumpkin |
| Vanilla Bean | Yeast, Brewer's | | | |

0.200 - 0.299 = CLASS 1

LOW SENSITIVITY DETECTED

| | | | | |
|-------------------|--------------|----------------|---------------|----------------|
| Bell Pepper | Black Pepper | Cheddar Cheese | Cloves | Corn |
| Egg, Yolk | Fennel Seed | Flaxseed | Garlic | Green Bean |
| Hemp | Lemon | Lime | Milk, Cow's | Milk, Goat's |
| Mozzarella Cheese | Mustard | Navy Bean | Orange | Papaya |
| Paprika | Parsnip | Pineapple | Potato, Sweet | Rye |
| Squash | Swiss Cheese | Tarragon | Watermelon | Yeast, Baker's |
| Yogurt | | | | |

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|---|---|--|---|