



PRECISION POINT DIAGNOSTICS

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P88-DIY Dietary Antigen Test

A Targeted Approach to Wellness



P88 Guide

PATIENT INFO

NAME: **Testing Sample2**
REQUISITION ID: DIY2311080014
DOB: 1/16/1965
SAMPLE DATE: 11/03/2023
RECEIVE DATE: 11/08/2023
DRAFT DATE: 2/26/2024

CLINIC INFO

Testing Clinic
ADDRESS: Testing
TESTING, Sample 11111
PHONE: 1234567890
FAX: 0

Patient Report: Summary

DIETARY ANTIGEN	ALLERGY			SENSITIVITY	
	IgE	IgG4	Immune Tolerance IgG4 > IgE Abs*	IgG	C3d
Almond	LOW	LOW		LOW	LOW
Apple	LOW	MODERATE	YES		LOW
Asparagus	LOW	LOW		LOW	LOW
Aspergillus Mix	LOW	MODERATE	YES		LOW
Avocado	LOW	MODERATE	YES	LOW	MODERATE
Banana	LOW	MODERATE	YES		
Barley	LOW	LOW	YES	LOW	LOW
Beef	LOW	LOW	YES	MODERATE	LOW
Black Pepper	LOW	MODERATE	YES	LOW	LOW
Blueberry	LOW	LOW		LOW	LOW
Brewer's Yeast	LOW	MODERATE	YES		LOW
Broccoli	LOW	MODERATE	YES	LOW	LOW
Cabbage	LOW	MODERATE			
Cacao	LOW	MODERATE	YES	LOW	
Candida	LOW	MODERATE	YES	MODERATE	LOW
Cantaloupe	LOW	LOW		LOW	LOW
Carrot	LOW	LOW			LOW
Casein		LOW	YES	LOW	
Cashew	LOW	LOW	YES		MODERATE
Cauliflower	MODERATE	HIGH		LOW	LOW
Celery	LOW	LOW			LOW
Cherry		LOW			LOW
Chicken		MODERATE	YES		
Cinnamon	HIGH	HIGH			LOW
Clam	LOW	LOW		LOW	LOW
Coconut	LOW	MODERATE	YES		
Codfish	LOW	LOW		LOW	LOW
Coffee	LOW	LOW			LOW
Corn	LOW	LOW		LOW	
Cottonseed		LOW			
Cow's Milk		LOW	YES		LOW
Crab		LOW			
Cucumber	LOW	LOW	YES		
Egg Albumin	LOW	LOW	YES	LOW	LOW
Egg Yolk	LOW	LOW		LOW	LOW
English Walnut	LOW	LOW		LOW	LOW
Flax Seed		LOW			
Flounder	LOW			LOW	

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PATIENT NAME:

Testing Sample2

REQUISITION ID:

DIY2311080014

DRAFT DATE:

2/26/2024

Patient Report: Summary

DIETARY ANTIGEN	ALLERGY			SENSITIVITY	
	IgE	IgG4	Immune Tolerance IgG4 > IgE Abs*	IgG	C3d
Garlic	LOW	LOW	YES		
Ginger	LOW	LOW		LOW	LOW
Gluten	LOW	LOW	YES	LOW	LOW
Goat's Milk	LOW	LOW	YES	HIGH	LOW
Grapefruit	LOW	LOW	YES		
Grapes		LOW			
Green Olive	LOW	MODERATE	YES		
Green Pea	LOW	LOW		LOW	LOW
Green Pepper	LOW				
Halibut	LOW	LOW		LOW	
Honeydew					
Hops	LOW			LOW	
Kidney Bean	LOW	HIGH	YES	LOW	
Lemon		LOW			
Lettuce		LOW	YES		
Lima Bean	LOW	LOW			LOW
Lobster	LOW	LOW			HIGH
Mushroom					LOW
Mustard	LOW	LOW	YES	LOW	
Navy Bean	LOW	HIGH	YES	LOW	
Oat		LOW	YES		
Onion		LOW			
Orange	LOW	LOW	YES		MODERATE
Peach	LOW	LOW			LOW
Peanut	LOW	LOW		LOW	
Pear					
Pecan					
Pineapple					
Plum		LOW		LOW	LOW
Pork	LOW	LOW		LOW	
Rice	LOW	LOW			LOW
Rye	LOW				
Salmon					
Scallops		LOW			MODERATE
Sesame					LOW
Shrimp		LOW			LOW
Soybean	MODERATE	MODERATE		MODERATE	LOW
Spinach	LOW			LOW	
Strawberry	LOW				
String Bean	LOW	HIGH	YES	LOW	LOW
Sweet Potato	LOW	LOW			LOW
Tea				LOW	LOW
Tomato	LOW	LOW	YES		LOW
Tuna	LOW	LOW			LOW
Turkey	LOW	LOW			LOW
Vanilla	LOW	LOW		LOW	
Watermelon	LOW				
White Potato		LOW	YES		LOW
Whole Wheat	LOW	LOW			
Yellow Squash	LOW				LOW

Reference Range	High	Medium	Low	Normal
Increased Prevalence	> 90%	> = 50-90%	> 10-50%	< 10%
Average Prevalence	> 95%	> =75-95%	> 10-75%	< 10%

Reference Range is based on how reactive a person is compared to population distribution.

Increased Prevalence: Foods that more people have a reaction to including dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs.

Average Prevalence: All other foods.

* Immune Tolerance is based upon the absolute (Abs) value of IgG4 compared to the absolute value of IgE.

This is different from percent reactivity which is given in the summary page to easily see which foods are the most reactive. Find absolute values for each food in the references range on the test results between pages 6-12.

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Patient Report: Less Restrictive Diet

Criteria for Less Restrictive Diet Logic

Eliminate: High IgG and/or High IgE foods

Rotate: Moderate IgG with High, Moderate, or Low Complement

Eliminate (IgG4): Based on presence of IgG-4 RD conditions (see Understanding the P88 for more information)

* Anytime gluten is removed, the rotation diet will remove all gluten containing grains regardless of IgE or IgG reactivity.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
<p>These foods produce no immune reaction within your system at this time.</p>	<p>These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.</p>	<p>Remove these foods entirely from your diet.</p>	<p>Remove at Provider's Discretion</p>
<p>Almond Hops Apple Lemon Asparagus Lettuce Aspergillus Mix Lima Bean Avocado Lobster Banana Mushroom Barley Mustard Black Pepper Oat Blueberry Onion Brewer's Yeast Orange Broccoli Peach Cabbage Peanut Cacao Pear Cantaloupe Pecan Carrot Pineapple Casein Plum Cashew Pork Celery Rice Cherry Rye Chicken Salmon Clam Scallops Coconut Sesame Codfish Shrimp Coffee Spinach Corn Strawberry Cottonseed Sweet Potato Cow's Milk Tea Crab Tomato Cucumber Tuna Egg Albumin Turkey Egg Yolk Vanilla English Walnut Watermelon Flax Seed White Potato Flounder Whole Wheat Garlic Yellow Squash Ginger Gluten Grapefruit Grapes Green Olive Green Pea Green Pepper Halibut Honeydew</p>	<p>Beef Candida Soybean</p>	<p>Cinnamon Goat's Milk</p>	<p>Cauliflower Cinnamon Kidney Bean Navy Bean String Bean</p>

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Patient Report: More Restrictive Diet

Criteria for Logic of More Restrictive Diet

Eliminate: High and Moderate IgE and/or IgG

Rotate: Low IgG with High, Moderate or Low Complement

Eliminate (IgG4): Based on presence of IgG-4 RD conditions (see Understanding the P88 for more information)

* Anytime gluten is removed, the rotation diet will remove all gluten containing grains regardless of IgE or IgG reactivity.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Carrot Casein Cashew Celery Cherry Coffee Corn Cottonseed Cow's Milk Crab Cucumber Flax Seed Flounder Garlic Grapefruit Grapes Green Pepper Halibut Honeydew Hops Lemon Lettuce Lima Bean Lobster Mushroom Mustard Oat Onion Orange Peach Peanut Pear Pecan Pineapple Pork Rice Rye Salmon Scallops Sesame Shrimp Spinach Strawberry Sweet Potato	Almond Asparagus Avocado Barley Black Pepper Blueberry Broccoli Cantaloupe Clam Codfish Egg Albumin Egg Yolk English Walnut Ginger Gluten Green Pea Plum String Bean Tea	Beef Candida Cauliflower Cinnamon Goat's Milk Soybean	Apple Aspergillus Mix Avocado Banana Black Pepper Brewer's Yeast Broccoli Cabbage Cacao Candida Cauliflower Chicken Cinnamon Coconut Green Olive Kidney Bean Navy Bean Soybean String Bean

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Patient Report: Immune Index

The Immune Index is a calculation in which IgE, IgG, C3d are added together to show cumulative reactivity. If IgG4 is greater than IgE it blocks the reaction and IgE is not added into cumulative inflammatory formula. This is used to highlight foods that are creating multiple immune reactions.

Rank	DIETARY ANTIGEN	Immune Index
1	Cauliflower	MODERATE
2	Soybean	MODERATE
3	Goat's Milk	MODERATE
4	Avocado	MODERATE
5	Beef	MODERATE
6	Candida	MODERATE
7	Cinnamon	MODERATE
8	String Bean	MODERATE
9	Almond	LOW
10	Asparagus	LOW
11	Barley	LOW
12	Black Pepper	LOW
13	Blueberry	LOW
14	Broccoli	LOW
15	Cantaloupe	LOW
16	Clam	LOW
17	Codfish	LOW
18	Egg Albumin	LOW
19	Egg Yolk	LOW
20	English Walnut	LOW
21	Gluten	LOW
22	Green Pea	LOW
23	Ginger	LOW
24	Lobster	LOW
25	Cashew	LOW
26	Kidney Bean	LOW
27	Navy Bean	LOW
28	Orange	LOW
29	Apple	LOW
30	Aspergillus Mix	LOW
31	Brewer's Yeast	LOW
32	Cacao	LOW
33	Carrot	LOW
34	Celery	LOW
35	Coffee	LOW
36	Corn	LOW
37	Flounder	LOW
38	Halibut	LOW
39	Mustard	LOW
40	Hops	LOW
41	Peach	LOW
42	Peanut	LOW
43	Lima Bean	LOW
44	Plum	LOW

Rank	DIETARY ANTIGEN	Immune Index
45	Pork	LOW
46	Rice	LOW
47	Spinach	LOW
48	Yellow Squash	LOW
49	Sweet Potato	LOW
50	Tea	LOW
51	Tomato	LOW
52	Tuna	LOW
53	Turkey	LOW
54	Vanilla	LOW
55	Scallops	LOW
56	Banana	
57	Cabbage	
58	Cherry	
59	Coconut	
60	Cucumber	
61	Garlic	
62	Grapefruit	
63	Green Olive	
64	Green Pepper	
65	Mushroom	
66	Rye	
67	Sesame	
68	Shrimp	
69	Strawberry	
70	Watermelon	
71	White Potato	
72	Whole Wheat	
73	Casein	
74	Cow's Milk	
75	Chicken	
76	Cottonseed	
77	Crab	
78	Grapes	
79	Honeydew	
80	Flax Seed	
81	Lemon	
82	Lettuce	
83	Oat	
84	Onion	
85	Pear	
86	Pecan	
87	Pineapple	
88	Salmon	

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P88-DIY (IgE/IgG4)

A Targeted Approach to Wellness

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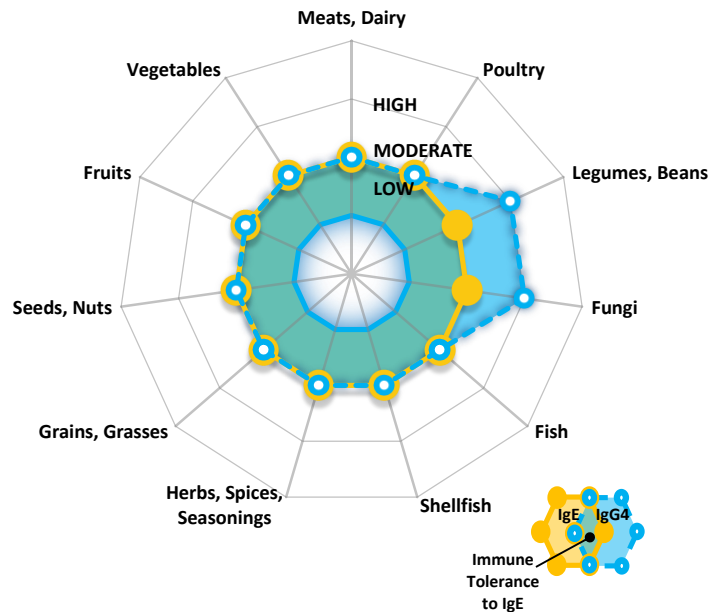
CLINIC INFO

Testing Clinic
 ADDRESS: Testing
 TESTING, Sample 11111
 PHONE: 1234567890
 FAX: 0

Physician Report: IgE/IgG4 Food Allergies

Dietary Antigen Exposure by Food Group

	IgE	IgG4
Meats, Dairy	LOW	LOW
Poultry	LOW	LOW
Legumes, Beans	LOW	MODERATE
Fungi	LOW	MODERATE
Fish	LOW	LOW
Shellfish	LOW	LOW
Herbs, Spices,	LOW	LOW
Grains, Grasses	LOW	LOW
Seeds, Nuts	LOW	LOW
Fruits	LOW	LOW
Vegetables	LOW	LOW



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgE and IgG4 antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgE and IgG4 results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

Immune Tolerance To IgE

In high levels, IgG4 antibodies alone can trigger an immune response within the body. However, data is available that provides support for the notion that IgG4 can serve another specific function of controlling antigen recognition by IgE and consequently regulating anaphylactic reactions and IgE-mediated immunity. IgG4 can act as a blocking agent by preventing IgE from binding to targeted receptor sites and releasing histamine. We refer to this as the Immune Tolerance to IgE.

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PATIENT NAME:

Testing Sample2

REQUISITION ID:

DIY2311080014

DRAFT DATE:

2/26/2024

Physician Report: IgE/IgG4 Food Allergies

Understanding the Key

These results show the quantitative amount of antigen the patient is making in response to individual foods.

Percent Reactivity denotes how reactive the patient is compared to the population in general. For example, if the patient is 95%, they are more reactive than 95 % of the population.

Immune Tolerance denotes that IgG4 is greater than IgE and will block the IgE reaction. That is to say, the patient has gained tolerance to the food.

Patient Results

ANTIGEN	IgE (µg/mL)	RESULT	IgE % Reactivity	IMMUNE TOLERANCE
MEATS, DAIRY				
Beef	1.55	LOW	60%	YES
Casein	0.10		10%	YES
Cow's Milk	0.05		8%	YES
Goat's Milk	0.29	LOW	37%	YES
Pork	0.92	LOW	50%	
POULTRY				
Chicken	0.05		3%	YES
Egg Albumin	12.57	LOW	36%	YES
Egg Yolk	1.31	LOW	63%	
Turkey	1.02	LOW	48%	
LEGUMES, BEANS				
Green Pea	1.40	LOW	64%	
Kidney Bean	0.48	LOW	46%	YES
Lima Bean	0.73	LOW	50%	
Navy Bean	0.48	LOW	15%	YES
Peanut	1.50	LOW	60%	
Soybean	12.48	MODERATE	82%	
String Bean	1.16	LOW	45%	YES
FUNGI				
Aspergillus Mix	0.39	LOW	38%	YES
Brewer's Yeast	0.10	LOW	17%	YES
Candida	0.87	LOW	55%	YES
Mushroom	0.68		6%	
FISH				
Codfish	1.02	LOW	56%	
Flounder	0.68	LOW	45%	
Halibut	0.73	LOW	52%	
Salmon	0.00		0%	
Tuna	0.58	LOW	59%	
SHELLFISH				
Clam	8.22	LOW	24%	
Crab	0.00		0%	
Lobster	0.34	LOW	40%	
Scallops	0.00		0%	
Shrimp	0.00		0%	
HERBS, SPICES, SEASONINGS				
Black Pepper	0.53	LOW	53%	YES
Cinnamon	1.89	HIGH	95%	
Garlic	0.19	LOW	17%	YES
Ginger	0.92	LOW	50%	
Hops	0.58	LOW	38%	
Mustard	0.44	LOW	49%	YES
Vanilla	0.63	LOW	51%	

ANTIGEN	IgG4 (µg/mL)	RESULT	IgG4 % Reactivity
MEATS, DAIRY			
Beef	1.78	LOW	74%
Casein	0.13	LOW	21%
Cow's Milk	0.11	LOW	14%
Goat's Milk	0.39	LOW	45%
Pork	0.55	LOW	54%
POULTRY			
Chicken	1.52	MODERATE	87%
Egg Albumin	18.63	LOW	67%
Egg Yolk	0.51	LOW	22%
Turkey	0.31	LOW	33%
LEGUMES, BEANS			
Green Pea	0.51	LOW	31%
Kidney Bean	9.30	HIGH	96%
Lima Bean	0.61	LOW	62%
Navy Bean	6.49	HIGH	96%
Peanut	0.81	LOW	48%
Soybean	6.95	MODERATE	80%
String Bean	9.34	HIGH	97%
FUNGI			
Aspergillus Mix	0.90	MODERATE	83%
Brewer's Yeast	0.59	MODERATE	81%
Candida	1.60	MODERATE	89%
Mushroom	0.07		2%
FISH			
Codfish	0.55	LOW	59%
Flounder	0.05		2%
Halibut	0.11	LOW	18%
Salmon	0.03		2%
Tuna	0.51	LOW	46%
SHELLFISH			
Clam	3.258	LOW	33%
Crab	0.51	LOW	52%
Lobster	0.27	LOW	45%
Scallops	0.13	LOW	16%
Shrimp	0.09	LOW	27%
HERBS, SPICES, SEASONINGS			
Black Pepper	0.77	MODERATE	85%
Cinnamon	1.34	HIGH	94%
Garlic	0.31	LOW	36%
Ginger	0.21	LOW	20%
Hops	0.00		0%
Mustard	2.59	LOW	18%
Vanilla	0.15	LOW	37%

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PATIENT NAME:

Testing Sample2

REQUISITION ID:

DIY2311080014

DRAFT DATE:

2/26/2024

Physician Report: IgE/IgG4 Food Allergies

Patient Results

ANTIGEN	IgE (µg/mL)	RESULT	IgE % Reactivity	IMMUNE TOLERANCE
GRAINS, GRASSES				
Barley	0.58	LOW	54%	YES
Corn	1.21	LOW	64%	
Gluten	2.90	LOW	30%	YES
Oat	0.05		10%	YES
Rice	0.97	LOW	59%	
Rye	0.48	LOW	40%	
Whole Wheat	0.34	LOW	31%	
SEEDS, NUTS				
Almond	1.45	LOW	53%	
Cacao	0.48	LOW	68%	YES
Cashew	0.87	LOW	54%	YES
Coffee	0.39	LOW	42%	
Cottonseed	0.00		0%	
English Walnut	0.77	LOW	41%	
Flax Seed	0.00		0%	
Pecan	0.00		0%	
Sesame	0.00		0%	
FRUITS				
Apple	0.53	LOW	49%	YES
Avocado	0.58	LOW	23%	YES
Banana	0.48	LOW	52%	YES
Blueberry	0.87	LOW	32%	
Cantaloupe	0.87	LOW	51%	
Cherry	0.00		0%	
Coconut	0.53	LOW	50%	YES
Cucumber	0.10	LOW	19%	YES
Grapefruit	0.10	LOW	13%	YES
Grapes	0.00		0%	
Green Olive	0.29	LOW	34%	YES
Green Pepper	0.39	LOW	49%	
Honeydew	0.00		0%	
Lemon	0.00		0%	
Orange	0.15	LOW	33%	YES
Peach	0.58	LOW	55%	
Pear	0.00		0%	
Pineapple	0.00		0%	
Plum	0.00		0%	
Strawberry	0.58	LOW	35%	
Tomato	0.10	LOW	33%	YES
Watermelon	0.87	LOW	51%	
Yellow Squash	1.21	LOW	14%	
VEGETABLES				
Asparagus	1.06	LOW	48%	
Broccoli	0.73	LOW	40%	YES
Cabbage	0.77	LOW	49%	
Carrot	0.44	LOW	45%	
Cauliflower	1.11	MODERATE	84%	
Celery	0.82	LOW	41%	
Lettuce	0.05		7%	YES
Onion	0.00		0%	
Spinach	0.77	LOW	36%	
Sweet Potato	0.39	LOW	21%	
Tea	0.00		0%	
White Potato	0.15		7%	YES

ANTIGEN	IgG4 (µg/mL)	RESULT	IgG4 % Reactivity
GRAINS, GRASSES			
Barley	0.92	LOW	73%
Corn	0.39	LOW	46%
Gluten	21.63	LOW	34%
Oat	0.09	LOW	31%
Rice	0.29	LOW	31%
Rye	0.00		0%
Whole Wheat	0.29	LOW	33%
SEEDS, NUTS			
Almond	1.08	LOW	60%
Cacao	0.67	MODERATE	86%
Cashew	1.32	LOW	75%
Coffee	0.13	LOW	23%
Cottonseed	0.41	LOW	72%
English Walnut	0.61	LOW	59%
Flax Seed	0.21	LOW	26%
Pecan	0.05		9%
Sesame	0.00		0%
FRUITS			
Apple	0.84	MODERATE	77%
Avocado	1.30	MODERATE	83%
Banana	0.88	MODERATE	83%
Blueberry	0.65	LOW	55%
Cantaloupe	0.55	LOW	60%
Cherry	0.51	LOW	70%
Coconut	0.79	MODERATE	82%
Cucumber	0.23	LOW	63%
Grapefruit	0.15	LOW	40%
Grapes	0.13	LOW	45%
Green Olive	0.55	MODERATE	79%
Green Pepper	0.03		0%
Honeydew	0.03		1%
Lemon	0.07	LOW	34%
Orange	0.25	LOW	60%
Peach	0.23	LOW	47%
Pear	0.00		0%
Pineapple	0.03		9%
Plum	0.17	LOW	55%
Strawberry	0.00		0%
Tomato	0.15	LOW	56%
Watermelon	0.07		10%
Yellow Squash	0.45		9%
VEGETABLES			
Asparagus	0.59	LOW	60%
Broccoli	1.36	MODERATE	86%
Cabbage	0.77	MODERATE	76%
Carrot	0.41	LOW	63%
Cauliflower	0.90	HIGH	91%
Celery	0.41	LOW	41%
Lettuce	0.31	LOW	68%
Onion	0.11	LOW	38%
Spinach	0.05		5%
Sweet Potato	0.29	LOW	26%
Tea	0.01		0%
White Potato	0.23	LOW	26%

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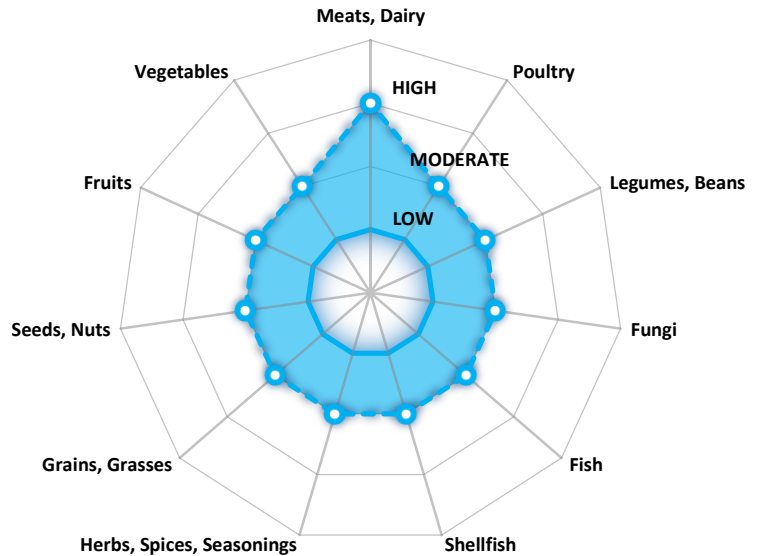
CLINIC INFO

Testing Clinic
ADDRESS: Testing
TESTING, Sample 11111
PHONE: 1234567890
FAX: 0

Physician Report: IgG/C3d Food Sensitivities

Dietary Antigen Exposure by Food Group

	IgG
Meats, Dairy	MODERATE
Poultry	LOW
Legumes, Beans	LOW
Fungi	LOW
Fish	LOW
Shellfish	LOW
Herbs, Spices,	LOW
Grains, Grasses	LOW
Seeds, Nuts	LOW
Fruits	LOW
Vegetables	LOW



Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgG antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgG results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

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Physician Report: IgG/C3d Food Sensitivities

Understanding the Key

These results show the quantitative amount of antigen the patient is making in response to individual foods.

Percent Reactivity denotes how reactive the patient is compared to the population in general. For example, if the patient is 95%, they are more reactive than 95 % of the population.

If a patient has both IgG and C3d the reaction will be 1000 fold or more greater than just having an IgG reaction alone. C3d

Patient Results

ANTIGEN	IgG (µg/mL)	RESULT	IgG % Reactivity
MEATS, DAIRY			
Beef	34.16	MODERATE	83%
Casein	3.29	LOW	38%
Cow's Milk	10.55		6%
Goat's Milk	14.40	HIGH	91%
Pork	11.16	LOW	62%
POULTRY			
Chicken	0.36		10%
Egg Albumin	63.63	LOW	56%
Egg Yolk	3.76	LOW	27%
Turkey	0.36		8%
LEGUMES, BEANS			
Green Pea	4.53	LOW	50%
Kidney Bean	4.22	LOW	54%
Lima Bean	0.36		2%
Navy Bean	1.90	LOW	11%
Peanut	3.14	LOW	34%
Soybean	46.66	MODERATE	89%
String Bean	3.91	LOW	56%
FUNGI			
Aspergillus Mix	3.91		7%
Brewer's Yeast	0.00		0%
Candida	145.73	MODERATE	88%
Mushroom	0.05		0%
FISH			
Codfish	2.83	LOW	49%
Flounder	0.36	LOW	15%
Halibut	1.75	LOW	43%
Salmon	0.00		0%
Tuna	0.21		5%
SHELLFISH			
Clam	15.64	LOW	23%
Crab	0.00		0%
Lobster	0.00		0%
Scallops	0.00		0%
Shrimp	0.00		0%
HERBS, SPICES, SEASONINGS			
Black Pepper	3.45	LOW	29%
Cinnamon	0.00		0%
Garlic	0.00		0%
Ginger	4.22	LOW	35%
Hops	0.82	LOW	18%
Mustard	3.29	LOW	25%
Vanilla	7.61	LOW	57%

ANTIGEN	C3d (µg/mL)	RESULT	C3d % Reactivity
MEATS, DAIRY			
Beef	0.68	LOW	50%
Casein	0.02		5%
Cow's Milk	0.18	LOW	40%
Goat's Milk	0.29	LOW	62%
Pork	0.07		3%
POULTRY			
Chicken	0.06		7%
Egg Albumin	2.75	LOW	55%
Egg Yolk	0.07	LOW	13%
Turkey	0.34	LOW	35%
LEGUMES, BEANS			
Green Pea	0.23	LOW	15%
Kidney Bean	0.04		6%
Lima Bean	0.26	LOW	25%
Navy Bean	0.00		0%
Peanut	0.22		10%
Soybean	5.34	LOW	63%
String Bean	0.21	LOW	42%
FUNGI			
Aspergillus Mix	0.72	LOW	73%
Brewer's Yeast	0.11	LOW	21%
Candida	0.14	LOW	31%
Mushroom	6.82	LOW	19%
FISH			
Codfish	0.22	LOW	31%
Flounder	0.00		0%
Halibut	0.00		0%
Salmon	0.00		0%
Tuna	0.33	LOW	58%
SHELLFISH			
Clam	2.17	LOW	73%
Crab	0.00		0%
Lobster	2.26	HIGH	97%
Scallops	1.46	MODERATE	92%
Shrimp	0.25	LOW	66%
HERBS, SPICES, SEASONINGS			
Black Pepper	0.51	LOW	68%
Cinnamon	0.13	LOW	32%
Garlic	0.00		0%
Ginger	0.24	LOW	22%
Hops	0.00		0%
Mustard	0.00		0%
Vanilla	0.00		0%

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PATIENT NAME:

Testing Sample2

REQUISITION ID:

DIY2311080014

DRAFT DATE:

2/26/2024

Physician Report: IgG/C3d Food Sensitivities

Patient Results

ANTIGEN	IgG (µg/mL)	RESULT	IgG % Reactivity
GRAINS, GRASSES			
Barley	2.37	LOW	27%
Corn	1.75	LOW	33%
Gluten	152.98	LOW	14%
Oat	0.00		0%
Rice	0.00		0%
Rye	0.00		0%
Whole Wheat	0.51		3%
SEEDS, NUTS			
Almond	1.90	LOW	18%
Cacao	2.98	LOW	44%
Cashew	0.00		0%
Coffee	0.67		6%
Cottonseed	0.00		0%
English Walnut	19.03	LOW	63%
Flax Seed	0.00		0%
Pecan	0.00		0%
Sesame	0.00		0%
FRUITS			
Apple	0.21		5%
Avocado	3.45	LOW	38%
Banana	0.00		0%
Blueberry	4.84	LOW	19%
Cantaloupe	2.98	LOW	53%
Cherry	0.00		0%
Coconut	0.00		0%
Cucumber	0.00		0%
Grapefruit	0.00		0%
Grapes	0.00		0%
Green Olive	0.00		0%
Green Pepper	0.00		0%
Honeydew	0.00		0%
Lemon	0.00		0%
Orange	0.00		0%
Peach	0.00		0%
Pear	0.00		0%
Pineapple	0.00		0%
Plum	1.13	LOW	51%
Strawberry	0.00		0%
Tomato	0.00		0%
Watermelon	0.05		0%
Yellow Squash	1.60		4%
VEGETABLES			
Asparagus	2.68	LOW	33%
Broccoli	1.75	LOW	26%
Cabbage	0.00		0%
Carrot	0.00		0%
Cauliflower	0.82	LOW	26%
Celery	0.21		3%
Lettuce	0.00		0%
Onion	0.00		0%
Spinach	1.29	LOW	18%
Sweet Potato	3.45		7%
Tea	2.06	LOW	45%
White Potato	2.98		2%

ANTIGEN	C3d (µg/mL)	RESULT	C3d % Reactivity
GRAINS, GRASSES			
Barley	0.60	LOW	39%
Corn	0.04		1%
Gluten	0.13	LOW	16%
Oat	0.00		0%
Rice	0.06	LOW	12%
Rye	0.00		0%
Whole Wheat	0.00		0%
SEEDS, NUTS			
Almond	0.40	LOW	25%
Cacao	0.05		11%
Cashew	0.99	MODERATE	81%
Coffee	0.52	LOW	34%
Cottonseed	0.00		0%
English Walnut	4.42	LOW	31%
Flax Seed	0.00		0%
Pecan	0.00		0%
Sesame	0.18	LOW	64%
FRUITS			
Apple	0.66	LOW	69%
Avocado	4.95	MODERATE	77%
Banana	0.00		0%
Blueberry	1.99	LOW	29%
Cantaloupe	0.14	LOW	24%
Cherry	0.09	LOW	19%
Coconut	0.02		5%
Cucumber	0.00		0%
Grapefruit	0.00		0%
Grapes	0.00		0%
Green Olive	0.00		0%
Green Pepper	0.01		0%
Honeydew	0.03		4%
Lemon	0.00		0%
Orange	0.42	MODERATE	76%
Peach	0.13	LOW	21%
Pear	0.00		0%
Pineapple	0.00		0%
Plum	0.12	LOW	39%
Strawberry	0.00		0%
Tomato	0.09	LOW	42%
Watermelon	0.00		0%
Yellow Squash	0.64	LOW	13%
VEGETABLES			
Asparagus	0.53	LOW	49%
Broccoli	0.26	LOW	25%
Cabbage	0.02		3%
Carrot	0.39	LOW	55%
Cauliflower	0.09	LOW	13%
Celery	0.21	LOW	27%
Lettuce	0.00		0%
Onion	0.00		0%
Spinach	0.05		7%
Sweet Potato	2.24	LOW	17%
Tea	0.50	LOW	69%
White Potato	4.25	LOW	27%

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Physician Report: Biogenic Compounds List

This table shows grouping of reactions based on IgE, IgG and C3d in categories that are generally considered nonimmunogenic. If many reactions show up in a column, this may provide evidence to consider diets that remove foods that are high in these biogenic compounds, even those not included on this test, because the immune system has a pattern of reacting to foods in this category.

DIETARY ANTIGEN	Oxalates	Amines	Glutamate	Histamine	Lectins	Nitrite	FOD-MAP	Phenol	Salicylates
Almond									
Apple							M	M	
Asparagus									
Avocado							M		
Banana							M		
Barley									
Blueberry									
Broccoli			M						
Cabbage						M			
Casein									
Cashew							M		
Cauliflower							H		
Celery									
Coconut						M			
Coffee									
Corn									
Grapefruit									
Kidney Bean	H			H	H		H		
Lettuce									
Mushroom									
Navy Bean	H			H	H		H		
Onion									
Orange	M								
Peach									
Peanut									
Pear									
Pineapple									
Plum									
Shrimp									
Soybean	M			M			M		
Spinach									
Strawberry									
Tea									
Tomato									
Turkey									
Watermelon									
White Potato									
Whole Wheat									



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