

PATIENT ID:



PATIENT NAME:



DATE OF BIRTH:



REFERRING PHYSICIAN:

TEST METHOD:



FOX

TESTED ANTIGENS:



286

SAMPLED ON:



ANALYZED ON:



7/6/2023

APPROVED ON:

7/6/2023

The internal QC (Plausibility check for GD) was within acceptance range.

ADDITIONAL INFORMATION:

Lab report: Overview of the IgG profile



Highest measured IgG concentration

0 - 9.99 µg/ml



Low IgG level

10 - 19.99 µg/ml



Intermediate IgG level

≥ 20 µg/ml



Highly elevated IgG level

Milk & Egg

Buttermilk	≤ 5.00 µg/ml		Cow's milk Bos d 8 * (Casein)	≤ 5.00 µg/ml	
Camembert	≤ 5.00 µg/ml		Buffalo milk	≤ 5.00 µg/ml	
Emmental	≤ 5.00 µg/ml		Camel milk	≤ 5.00 µg/ml	
Gouda	≤ 5.00 µg/ml		Goat cheese	≤ 5.00 µg/ml	
Cottage cheese	≤ 5.00 µg/ml		Goat milk	≤ 5.00 µg/ml	
Cow's milk	≤ 5.00 µg/ml		Quail egg	≤ 5.00 µg/ml	
Mozzarella	≤ 5.00 µg/ml		Egg white	24.14 µg/ml	
Parmesan	≤ 5.00 µg/ml		Egg yolk	18.37 µg/ml	
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	≤ 5.00 µg/ml		Sheep cheese	≤ 5.00 µg/ml	
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	17.87 µg/ml		Sheep milk	≤ 5.00 µg/ml	

Meat

Duck	≤ 5.00 µg/ml		Chicken	≤ 5.00 µg/ml	
Beef	≤ 5.00 µg/ml		Turkey	≤ 5.00 µg/ml	
Veal	≤ 5.00 µg/ml		Rabbit	≤ 5.00 µg/ml	
Venison	≤ 5.00 µg/ml		Lamb	≤ 5.00 µg/ml	
Goat	≤ 5.00 µg/ml		Ostrich	≤ 5.00 µg/ml	
Stag	≤ 5.00 µg/ml		Pork	≤ 5.00 µg/ml	
Horse	≤ 5.00 µg/ml		Boar	≤ 5.00 µg/ml	

Fish & Seafood

Caviar	≤ 5.00 µg/ml		Trout	≤ 5.00 µg/ml	
Eel	≤ 5.00 µg/ml		Oyster	≤ 5.00 µg/ml	
Crayfish	≤ 5.00 µg/ml		Northern prawn	≤ 5.00 µg/ml	
Cockle	5.95 µg/ml		Scallop	≤ 5.00 µg/ml	
Crab	≤ 5.00 µg/ml		Razor shell clam	≤ 5.00 µg/ml	
Atlantic herring	≤ 5.00 µg/ml		European plaice	≤ 5.00 µg/ml	
Carp	≤ 5.00 µg/ml		Thornback Ray	≤ 5.00 µg/ml	
Anchovy	≤ 5.00 µg/ml		Venus clam	≤ 5.00 µg/ml	
Northern pike	≤ 5.00 µg/ml		Salmon	≤ 5.00 µg/ml	
Atlantic cod	≤ 5.00 µg/ml		European pilchard	≤ 5.00 µg/ml	
Abalone	≤ 5.00 µg/ml		Turbot	≤ 5.00 µg/ml	

Lobster	≤ 5.00 µg/ml	●
Shrimp mix	≤ 5.00 µg/ml	●
Squid	≤ 5.00 µg/ml	●
Monkfish	≤ 5.00 µg/ml	●
Haddock	≤ 5.00 µg/ml	●
Hake	≤ 5.00 µg/ml	●
Common mussel	≤ 5.00 µg/ml	●
Octopus	≤ 5.00 µg/ml	●

Mackerel	≤ 5.00 µg/ml	●
Atlantic redfish	≤ 5.00 µg/ml	●
Sepia	≤ 5.00 µg/ml	●
Sole	≤ 5.00 µg/ml	●
Gilt-head bream	≤ 5.00 µg/ml	●
Tuna	≤ 5.00 µg/ml	●
Swordfish	≤ 5.00 µg/ml	●

Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	●
Oat	≤ 5.00 µg/ml	●
Canola	5.86 µg/ml	●
Hempseed	≤ 5.00 µg/ml	●
Quinoa	≤ 5.00 µg/ml	●
Pumpkin seed	≤ 5.00 µg/ml	●
Buckwheat	≤ 5.00 µg/ml	●
Sunflower	≤ 5.00 µg/ml	●
Barley	≤ 5.00 µg/ml	●
Malt (barley)	≤ 5.00 µg/ml	●
Flaxseed	≤ 5.00 µg/ml	●
Lupine seed	≤ 5.00 µg/ml	●
Rice	≤ 5.00 µg/ml	●
Millet	≤ 5.00 µg/ml	●
Poppyseed	≤ 5.00 µg/ml	●

Pine nut	≤ 5.00 µg/ml	●
Rye	≤ 5.00 µg/ml	●
Sesame	≤ 5.00 µg/ml	●
Wheat	8.79 µg/ml	●
Wheat bran	≤ 5.00 µg/ml	●
Wheat gliadin Tri a Gliadin *	≤ 5.00 µg/ml	●
Wheatgrass	≤ 5.00 µg/ml	●
Gluten wheat	5.39 µg/ml	●
Emmer wheat	≤ 5.00 µg/ml	●
Durum wheat	≤ 5.00 µg/ml	●
Einkorn wheat	16.42 µg/ml	●●
Polish wheat	5.30 µg/ml	●
Spelt	≤ 5.00 µg/ml	●
Corn	≤ 5.00 µg/ml	●

Nuts

Cashew	≤ 5.00 µg/ml	●
Brazil nut	≤ 5.00 µg/ml	●
Pecan nut	≤ 5.00 µg/ml	●
Sweet chestnut	≤ 5.00 µg/ml	●
Coconut milk	≤ 5.00 µg/ml	●
Coconut	≤ 5.00 µg/ml	●
Kola nut	≤ 5.00 µg/ml	●

Hazelnut	≤ 5.00 µg/ml	●
Tigernut	≤ 5.00 µg/ml	●
Walnut	≤ 5.00 µg/ml	●
Macadamia	≤ 5.00 µg/ml	●
Pistachio	≤ 5.00 µg/ml	●
Almond	≤ 5.00 µg/ml	●

* Molecular Antigen Laboratory Director: David Eagerton, Ph.D., F-ABFT | CLIA #: 11D2282920 DISCLAIMER: Better Life Science, LLC is regulated by CLIA to operate a high complexity laboratory in the State of Georgia. This test was developed and validated by Better Life Science as a lab developed test and approval by the US Food and Drug Administration (FDA) is not required. The results of this test should be used in conjunction with the physical assessment of the physician.

Legumes

Peanut	≤ 5.00 µg/ml	●	Green bean	≤ 5.00 µg/ml	●
Chickpea	≤ 5.00 µg/ml	●	Pea	≤ 5.00 µg/ml	●
Soy	≤ 5.00 µg/ml	●	Sugar pea	≤ 5.00 µg/ml	●
Lentil	≤ 5.00 µg/ml	●	Tamarind	≤ 5.00 µg/ml	●
White bean	6.96 µg/ml	●	Mung bean	≤ 5.00 µg/ml	●

Fruits

Kiwi	≤ 5.00 µg/ml	●	Date	≤ 5.00 µg/ml	●
Pineapple	≤ 5.00 µg/ml	●	Physalis	≤ 5.00 µg/ml	●
Papaya	≤ 5.00 µg/ml	●	Apricot	≤ 5.00 µg/ml	●
Lime	≤ 5.00 µg/ml	●	Cherry	≤ 5.00 µg/ml	●
Lemon	≤ 5.00 µg/ml	●	Plum	≤ 5.00 µg/ml	●
Watermelon	≤ 5.00 µg/ml	●	Peach	≤ 5.00 µg/ml	●
Grapefruit	≤ 5.00 µg/ml	●	Nectarine	≤ 5.00 µg/ml	●
Tangerine	≤ 5.00 µg/ml	●	Pomegranate	≤ 5.00 µg/ml	●
Orange	≤ 5.00 µg/ml	●	Pear	≤ 5.00 µg/ml	●
Melon	≤ 5.00 µg/ml	●	Gooseberry	≤ 5.00 µg/ml	●
Fig	≤ 5.00 µg/ml	●	Red currant	≤ 5.00 µg/ml	●
Strawberry	≤ 5.00 µg/ml	●	Blackberry	≤ 5.00 µg/ml	●
Lychee	≤ 5.00 µg/ml	●	Raspberry	≤ 5.00 µg/ml	●
Apple	≤ 5.00 µg/ml	●	Elderberry	≤ 5.00 µg/ml	●
Mango	≤ 5.00 µg/ml	●	Blueberry	≤ 5.00 µg/ml	●
Mulberry	≤ 5.00 µg/ml	●	Cranberry	≤ 5.00 µg/ml	●
Banana	≤ 5.00 µg/ml	●	Grape	≤ 5.00 µg/ml	●
Passion fruit	≤ 5.00 µg/ml	●	Raisin	≤ 5.00 µg/ml	●

Vegetables

Shallot	≤ 5.00 µg/ml	●	Caper	≤ 5.00 µg/ml	●
Onion	≤ 5.00 µg/ml	●	Endive	≤ 5.00 µg/ml	●
Leek	≤ 5.00 µg/ml	●	Radicchio	≤ 5.00 µg/ml	●
Garlic	23.96 µg/ml	●●●	Chicorée	≤ 5.00 µg/ml	●
Chives	≤ 5.00 µg/ml	●	Pumpkin Butternut	≤ 5.00 µg/ml	●
Wild garlic	≤ 5.00 µg/ml	●	Pumpkin Hokkaido	≤ 5.00 µg/ml	●

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Celery Bulb	≤ 5.00 µg/ml	●	Kiwano	≤ 5.00 µg/ml	●
Celery Stalk	≤ 5.00 µg/ml	●	Zucchini	≤ 5.00 µg/ml	●
Horseradish	≤ 5.00 µg/ml	●	Cucumber	≤ 5.00 µg/ml	●
Asparagus	≤ 5.00 µg/ml	●	Artichoke	≤ 5.00 µg/ml	●
Bamboo sprouts	≤ 5.00 µg/ml	●	Carrot	≤ 5.00 µg/ml	●
Chard	≤ 5.00 µg/ml	●	Arugula	≤ 5.00 µg/ml	●
Red beet	≤ 5.00 µg/ml	●	Fennel (bulb)	≤ 5.00 µg/ml	●
Cabbage	≤ 5.00 µg/ml	●	Sweet potato	≤ 5.00 µg/ml	●
Cauliflower	≤ 5.00 µg/ml	●	Watercress	≤ 5.00 µg/ml	●
White cabbage	≤ 5.00 µg/ml	●	Olive	≤ 5.00 µg/ml	●
Brussels sprouts	≤ 5.00 µg/ml	●	Parsnip	≤ 5.00 µg/ml	●
Kohlrabi	≤ 5.00 µg/ml	●	Avocado	≤ 5.00 µg/ml	●
Broccoli	≤ 5.00 µg/ml	●	Radish	≤ 5.00 µg/ml	●
Romanesco	≤ 5.00 µg/ml	●	Eggplant	≤ 5.00 µg/ml	●
Red cabbage	≤ 5.00 µg/ml	●	Potato	≤ 5.00 µg/ml	●
Green cabbage	≤ 5.00 µg/ml	●	Tomato	≤ 5.00 µg/ml	●
Savoy cabbage	≤ 5.00 µg/ml	●	Spinach	≤ 5.00 µg/ml	●
Turnip	≤ 5.00 µg/ml	●	Nettle leaves	≤ 5.00 µg/ml	●
Bok Choy	≤ 5.00 µg/ml	●	Lamb's lettuce	≤ 5.00 µg/ml	●
Chinese cabbage	≤ 5.00 µg/ml	●			

Spices

Dill	≤ 5.00 µg/ml	●	Mint	≤ 5.00 µg/ml	●
Tarragon	≤ 5.00 µg/ml	●	Basil	≤ 5.00 µg/ml	●
Paprika	≤ 5.00 µg/ml	●	Majoram	≤ 5.00 µg/ml	●
Cayenne pepper	≤ 5.00 µg/ml	●	Oregano	≤ 5.00 µg/ml	●
Chili (red)	≤ 5.00 µg/ml	●	Parsley	≤ 5.00 µg/ml	●
Caraway	≤ 5.00 µg/ml	●	Anise	≤ 5.00 µg/ml	●
Cinnamon	≤ 5.00 µg/ml	●	Pepper (black/white/green/red/yellow)	≤ 5.00 µg/ml	●
Curry	≤ 5.00 µg/ml	●	Rosmary	≤ 5.00 µg/ml	●
Coriander	≤ 5.00 µg/ml	●	Sage	≤ 5.00 µg/ml	●
Cumin	≤ 5.00 µg/ml	●	Mustard	≤ 5.00 µg/ml	●
Turmeric	≤ 5.00 µg/ml	●	Clove	≤ 5.00 µg/ml	●
Lemongrass	≤ 5.00 µg/ml	●	Thyme	≤ 5.00 µg/ml	●

Cardamom	≤ 5.00 µg/ml	●	Fenugreek	≤ 5.00 µg/ml	●
Juniper berry	≤ 5.00 µg/ml	●	Vanilla	≤ 5.00 µg/ml	●
Bay leaf	≤ 5.00 µg/ml	●	Ginger	≤ 5.00 µg/ml	●
Nutmeg	≤ 5.00 µg/ml	●			

Edible Mushrooms

White mushroom	≤ 5.00 µg/ml	●	Enoki	≤ 5.00 µg/ml	●
Boletus	≤ 5.00 µg/ml	●	French horn mushroom	≤ 5.00 µg/ml	●
Chanterelle	≤ 5.00 µg/ml	●	Oyster mushroom	≤ 5.00 µg/ml	●

Novel Foods

House cricket	9.82 µg/ml	●	Ginseng	≤ 5.00 µg/ml	●
Baobab	≤ 5.00 µg/ml	●	Guarana	≤ 5.00 µg/ml	●
Aloe	≤ 5.00 µg/ml	●	Almond milk	≤ 5.00 µg/ml	●
Greater burdock root	≤ 5.00 µg/ml	●	Nori	≤ 5.00 µg/ml	●
Aronia	≤ 5.00 µg/ml	●	Chia seed	≤ 5.00 µg/ml	●
Safflower oil	≤ 5.00 µg/ml	●	Yacón root	≤ 5.00 µg/ml	●
Chlorella	≤ 5.00 µg/ml	●	Spirulina	≤ 5.00 µg/ml	●
Ginkgo	≤ 5.00 µg/ml	●	Dandelion root	≤ 5.00 µg/ml	●
Maca root	≤ 5.00 µg/ml	●	Mealworm	≤ 5.00 µg/ml	●
Migratory locust	8.28 µg/ml	●	Wakame	≤ 5.00 µg/ml	●
Tapioca	≤ 5.00 µg/ml	●			

Coffee & Tea

Tea, black	≤ 5.00 µg/ml	●	Chamomile	≤ 5.00 µg/ml	●
Tea, green	≤ 5.00 µg/ml	●	Peppermint	≤ 5.00 µg/ml	●
Coffee	≤ 5.00 µg/ml	●	Moringa	≤ 5.00 µg/ml	●
Hibiscus	≤ 5.00 µg/ml	●	Cocoa	≤ 5.00 µg/ml	●
Jasmine	≤ 5.00 µg/ml	●			

Others

Agar Agar	≤ 5.00 µg/ml	●	Cane sugar	≤ 5.00 µg/ml	●
Honey	≤ 5.00 µg/ml	●	Brewer's yeast	≤ 5.00 µg/ml	●
Aspergillus niger	6.42 µg/ml	●	Elderflower	≤ 5.00 µg/ml	●

Hops ≤ 5.00 µg/ml ●

M-Transglutaminase, meat glue ≤ 5.00 µg/ml ●

Baker's yeast 5.60 µg/ml ●

CCD

Human Lactoferrin ≤ 5.00 µg/ml ●

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FOX – Number of tested food sources:

283



MILK & EGG

17

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk



VEGETABLES

51

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Bok Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy cabbage, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, Asparagus, White cabbage, Wild garlic, Zucchini



MEAT

14

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison



FISH & SEAFOOD

37

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, Anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell clam, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam



SPICES

31

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosemary, Sage, Tarragon, Thyme, Turmeric, Vanilla



CEREALS & SEEDS

29

Amaranth, Barley, Buckwheat, Corn, Durum wheat, Einkorn wheat, Emmer wheat, Hempseed, Flaxseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Canola, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten wheat, Wheat bran, Wheatgrass



EDIBLE MUSHROOMS

6

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom



NUTS

13

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut



NOVEL FOODS

21

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root



LEGUMES

10

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean



COFFEE & TEA

9

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green



FRUITS

36

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon



OTHERS

9

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

Interpretation - Support

Interpretation Summary

Milk & Eggs

Cow's milk

Your IgG level for cow's milk is 17.87 µg/mL.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Egg white

Your IgG level for egg white is 24.14 µg/mL.

Associated food intolerance symptoms after consuming egg white include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Egg yolk

Your IgG level for egg yolk is 18.37 µg/mL.

Associated food intolerance symptoms after consuming egg yolk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg yolks include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, and surimi. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg yolks include soy lecithin (a byproduct of soybean oil). If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Cereals & Seeds

Einkorn

Your IgG level for einkorn is 16.42 µg/mL.

Associated food intolerance symptoms after consuming einkorn include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing einkorn or einkorn flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to einkorn flour include spelt flour, amaranth flour, emmer flour, barley flour, and rice flour.

Vegetables

Garlic

Your IgG level for garlic is 23.96 µg/mL.

Associated food intolerance symptoms after consuming garlic include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea,

headaches, irritability, and nervousness.

Food products and dishes typically containing garlic include pasta dishes, soups, stews, sauces, butters and oils, dips, dressings, and chutneys.

Possible alternatives for garlic include chives, shallot, onion, and lemon zest.

Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.

(The connection between food intake, elevated IgG levels and chronic disorders has been described in peer reviewed publications and case studies. Nonetheless this connection is still debated in the scientific community and a consensus has not been reached thus far.)