Processed At :
D-37/1,TTC MIDC,Turbhe, Navi
Mumbai - 400703

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Thyrocare® Tests you can trust

Corporate office: Thyrocare Technologies Limited, D-37/3, TTC MIDC, Turbhe, Navi Mumbai - 400 703.
022-3090 0000 / 6712 3400 9870666333 wellness@thyrocare.com www.thyrocare.com

REPORT

Patient Name : [redacted]
Referred By : **SELF**
Address [redacted]

Tests Done : **FOOD INTOLERANCE PROFILE**

Report Availability Summary

Note: Please refer to the table below for status of your tests.

1 Ready | **0** Ready with Cancellation | **0** Processing | **0** Cancelled in Lab

TEST DETAILS	REPORT STATUS
FOOD INTOLERANCE PROFILE	Ready

PATIENT REPORT

FOODPRINT®

Food IgG Antibody Test

20/09/2026

Dear 1 3226,

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

1) **Food Groups** – foods are listed according to their respective food group
2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED** **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- ✓ Information about food intolerance and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact CNS on 01353 863279.

Kind regards
Cambridge Nutritional Sciences

555-4-01

Cambridge Nutritional Sciences Ltd, Eden Research Park, Henry Crabb Road, Littleport, Cambridgeshire, United Kingdom, CB6 1SE
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A SUBSIDIARY OF OMEGA DIAGNOSTICS GROUP PLC. AN ISO 9001 AND ISO 13485 CERTIFIED COMPANY

200+
Test Report : Food Groups

FoodPrint®

Patient Name: [redacted]
Patient Number:
Date of Birth: DD/MM/YYYY
Sample Date: [redacted]
Analysis Date: [redacted]
Clinic:

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
<15	Alpha-Lactalbumin	54	Egg White	79	Milk (Cow)
<15	Beta-Lactoglobulin	<15	Egg Yolk	29	Milk (Goat)
20	Casein	<15	Milk (Buffalo)	33	Milk (Sheep)
GRAINS (Gluten-Containing)*					
29	Barley	25	Malt	19	Wheat
<15	Couscous	<15	Oat	<15	Wheat Bran
<15	Durum Wheat	<15	Rye		
<15	Gliadin*	<15	Spelt		
GRAINS (Gluten-Free)					
25	Amaranth	<15	Millet	<15	Rice
<15	Buckwheat	<15	Polenta	<15	Tapioca
23	Corn (Maize)	<15	Quinoa		
FRUIT					
<15	Apple	<15	Guava	<15	Pear
15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	22	Plum
<15	Banana	<15	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Mulberry	<15	Redcurrant
<15	Cherry	<15	Nectarine	<15	Rhubarb
21	Cranberry	<15	Olive	<15	Strawberry
<15	Date	46	Orange	18	Tangerine
<15	Fig	<15	Papaya	20	Watermelon
<15	Grapefruit	<15	Peach		
VEGETABLES					
<15	Artichoke	<15	Carrot	34	Pea
<15	Asparagus	<15	Cauliflower	<15	Potato
<15	Aubergine	32	Celery	19	Radish
<15	Bean (Broad)	<15	Chard	<15	Rocket
<15	Bean (Green)	<15	Chickpea	<15	Shallot
16	Bean (Red Kidney)	<15	Chicory	72	Soya Bean
36	Bean (White Haricot)	<15	Cucumber	17	Spinach
<15	Beetroot	<15	Fennel (Leaf)	<15	Sweet Potato
<15	Broccoli	<15	Leek	<15	Tomato
<15	Brussel Sprout	<15	Lentil	<15	Turnip
<15	Cabbage (Red)	<15	Lettuce	<15	Watercress
<15	Cabbage (White)	<15	Marrow	<15	Yuca
<15	Caper	<15	Onion		

Continued on next page…

Patient Name:	[redacted]	**Sample Date:**	[redacted]
Patient Number:		**Analysis Date:**	[redacted]
Date of Birth:	DD/MM/YYYY	**Clinic:**	

FISH / SEAFOOD

<15	Alga Espaguette	<15	Eel	<15	Razor Clam
<15	Alga Spirulina	<15	Haddock	<15	Salmon
34	Alga Wakame	<15	Hake	<15	Sardine
<15	Anchovy	<15	Herring	<15	Scallop
<15	Barnacle	<15	Lobster	<15	Sea Bream (Gilthead)
<15	Bass	<15	Mackerel	<15	Sea Bream (Red)
<15	Carp	<15	Monkfish	<15	Sole
<15	Caviar	24	Mussel	<15	Squid
18	Clam	<15	Octopus	<15	Swordfish
<15	Cockle	19	Oyster	26	Trout
<15	Cod	<15	Perch	<15	Tuna
15	Crab	<15	Pike	<15	Turbot
<15	Cuttlefish	<15	Plaice	31	Winkle

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	<15	Wild Boar
<15	Horse	<15	Quail		
<15	Lamb	<15	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nettle
<15	Basil	<15	Garlic	<15	Nutmeg
<15	Bayleaf	<15	Ginger	<15	Parsley
<15	Camomile	<15	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	<15	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla

NUTS / SEEDS

63	Almond	16	Hazelnut	<15	Rapeseed
22	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
24	Cashew Nut	19	Peanut	27	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
25	Flax Seed	60	Pistachio	<15	Walnut

MISCELLANEOUS

15	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)
<15	Aloe Vera	<15	Coffee	<15	Tea (Green)
16	Cane Sugar	37	Cola Nut	<15	Transglutaminase
<15	Carob	<15	Honey	<15	Yeast (Baker's)
<15	Chestnut	15	Mushroom	41	Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

200+
Test Report : Order of Reactivity

FoodPrint®

Patient Name:	[redacted]	**Sample Date:**	[redacted]
Patient Number:		**Analysis Date:**	[redacted]
Date of Birth:	DD/MM/YYYY	**Clinic:**	

ELEVATED FOODS (≥30 U/ml)

79	Milk (Cow)	46	Orange	34	Pea
72	Soya Bean	41	Yeast (Brewer's)	33	Milk (Sheep)
63	Almond	37	Cola Nut	32	Celery
60	Pistachio	36	Bean (White Haricot)	31	Winkle
54	Egg White	34	Alga Wakame		

BORDERLINE FOODS (24-29 U/ml)

29	Barley	26	Trout	25	Malt
29	Milk (Goat)	25	Amaranth	24	Cashew Nut
27	Sunflower Seed	25	Flax Seed	24	Mussel

NORMAL FOODS (≤23 U/ml)

23	Corn (Maize)	<15	Asparagus	<15	Cayenne
22	Brazil Nut	<15	Aubergine	<15	Chard
22	Plum	<15	Avocado	<15	Cherry
21	Cranberry	<15	Banana	<15	Chestnut
20	Casein	<15	Barnacle	<15	Chicken
20	Watermelon	<15	Basil	<15	Chickpea
19	Oyster	<15	Bass	<15	Chicory
19	Peanut	<15	Bayleaf	<15	Chilli (Red)
19	Radish	<15	Bean (Broad)	<15	Cinnamon
19	Wheat	<15	Bean (Green)	<15	Clove
18	Clam	<15	Beef	<15	Cockle
18	Tangerine	<15	Beetroot	<15	Cocoa Bean
17	Spinach	<15	Beta-Lactoglobulin	<15	Coconut
16	Bean (Red Kidney)	<15	Blackberry	<15	Cod
16	Cane Sugar	<15	Blackcurrant	<15	Coffee
16	Hazelnut	<15	Blueberry	<15	Coriander (Leaf)
15	Agar Agar	<15	Broccoli	<15	Couscous
15	Apricot	<15	Brussel Sprout	<15	Cucumber
15	Crab	<15	Buckwheat	<15	Cumin
15	Mushroom	<15	Cabbage (Red)	<15	Cuttlefish
<15	Alga Espaguette	<15	Cabbage (White)	<15	Date
<15	Alga Spirulina	<15	Camomile	<15	Dill
<15	Aloe Vera	<15	Caper	<15	Duck
<15	Alpha-Lactalbumin	<15	Carob	<15	Durum Wheat
<15	Anchovy	<15	Carp	<15	Eel
<15	Aniseed	<15	Carrot	<15	Egg Yolk
<15	Apple	<15	Cauliflower	<15	Fennel (Leaf)
<15	Artichoke	<15	Caviar	<15	Fig

Continued on next page…

Patient Name:	[redacted]	**Sample Date:**	[redacted]
Patient Number:		**Analysis Date:**	[redacted]
Date of Birth:	DD/MM/YYYY	**Clinic:**	

NORMAL FOODS ...continued

<15	Garlic	<15	Nettle	<15	Saffron
<15	Ginger	<15	Nutmeg	<15	Sage
<15	Ginkgo	<15	Oat	<15	Salmon
<15	Ginseng	<15	Octopus	<15	Sardine
<15	Gliadin*	<15	Olive	<15	Scallop
<15	Goat	<15	Onion	<15	Sea Bream (Gilthead)
<15	Grapefruit	<15	Ostrich	<15	Sea Bream (Red)
<15	Guava	<15	Ox	<15	Sesame Seed
<15	Haddock	<15	Papaya	<15	Shallot
<15	Hake	<15	Parsley	<15	Sole
<15	Herring	<15	Partridge	<15	Spelt
<15	Honey	<15	Peach	<15	Squid
<15	Hops	<15	Pear	<15	Strawberry
<15	Horse	<15	Peppermint	<15	Sweet Potato
<15	Kiwi	<15	Perch	<15	Swordfish
<15	Lamb	<15	Pike	<15	Tapioca
<15	Leek	<15	Pine Nut	<15	Tarragon
<15	Lemon	<15	Pineapple	<15	Tea (Black)
<15	Lentil	<15	Plaice	<15	Tea (Green)
<15	Lettuce	<15	Polenta	<15	Thyme
<15	Lime	<15	Pomegranate	<15	Tiger Nut
<15	Liquorice	<15	Pork	<15	Tomato
<15	Lobster	<15	Potato	<15	Transglutaminase
<15	Lychee	<15	Quail	<15	Tuna
<15	Macadamia Nut	<15	Quinoa	<15	Turbot
<15	Mackerel	<15	Rabbit	<15	Turkey
<15	Mango	<15	Raisin	<15	Turnip
<15	Marjoram	<15	Rapeseed	<15	Vanilla
<15	Marrow	<15	Raspberry	<15	Veal
<15	Milk (Buffalo)	<15	Razor Clam	<15	Venison
<15	Millet	<15	Redcurrant	<15	Walnut
<15	Mint	<15	Rhubarb	<15	Watercress
<15	Monkfish	<15	Rice	<15	Wheat Bran
<15	Mulberry	<15	Rocket	<15	Wild Boar
<15	Mustard Seed	<15	Rosemary	<15	Yeast (Baker's)
<15	Nectarine	<15	Rye	<15	Yuca

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

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REPORT

Patient Name : [redacted]
Referred By : SELF
Address : [redacted]

Sample Collected on (SCT) : [redacted]
Sample Received on (SRT) : [redacted]
Report Released on (RRT) : [redacted]
Sample Type | Barcode : SERUM | GC230735

Food Intolerance Test Clinical Interpretation

1. Food Intolerance is a food sensitivity test which identifies IgG antibodies based on protein microarray technology. IgG food sensitivity may take up to 72 hours to appear and are more difficult to detect.

2. Food Intolerance is distinct from food allergy which is an IgE mediated response. Please be aware that if you have a classic IgE allergy to food this will not be reflected in your result. Such food must be avoided as priority.

3. Depending upon the antibody level detected, foods are categorised as: ELEVATED, BORDERLINE or NORMAL. Colour-coding of these categories allows 'problem' foods to be easily identified and avoided .

ELEVATED	BORDERLINE	NORMAL
Indicates that a high antibody reaction was detected	Indicates that a moderate antibody reaction was detected	Indicates that a moderate antibody reaction was detected
Substitute with NORMAL (green) foods from the same food group.	Substitute with NORMAL (green) foods from the same food group. Please refer to 'Test Report: Food Groups'.	If you have a known allergy to a specific food that triggers a rapid onset of symptoms (Type I allergy), this food should be avoided.

4. Foods highlighted in red are recommended to be eliminated from diet for at least 3 months.

5. Foods highlighted in Yellow are recommended to be rotated for at least 3 months. To rotate food items, eat them no more than once every 3-4 days.

6. The eliminated foods can be reintroduced after at least 3 months, and only when symptoms have subsided. This should be done gradually, starting with the least elevated food (food with lowest antibody concentration).

7. Please note that all immune related symptoms are not caused by IgG mediated response. Enzyme deficiencies, chemical insensitivity, lactose intolerance, histamine intolerance, inadequate digestion, dysbiosis, intestinal infections, alcohol consumption, excess exercise and effects of drugs or medications, may be the other causes. These will not be diagnosed by this test. Hence, it is recommended to seek professional advice by a healthcare professional or nutritionist before implementing any changes in your diet.

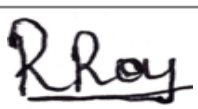
8. Occasionally, few foods show as intolerant, which have not been consumed. This may be due to hidden ingredients in any food product consumed. Hidden ingredients can be beyond food products as well. Common examples are cosmetics, like lipsticks Common examples are cosmetics, like lipsticks and creams, which contain animal fats and proteins, sometimes causing positive reaction.

9. Intolerance to foods not consumed can also be due to cross-reaction between food products having identical protein structures.

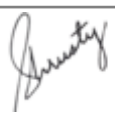
10. Provided for you in this packet is an easy to use patient report guide book for your reference. This booklet includes other important information including the science behind Adverse Reactions to Foods and meal planning tips . The first few days of your new diet may be challenging, and a portion of people eliminating their reactive foods may experience symptoms similar to withdrawal, such as headaches and food cravings. If this occurs, contact your health practitioner; the symptoms may be due to food elimination or may be due to something else.
For More details refer Patient Guidebook available @ https://blob.thyrocare.com/tcblob/FoodPrint-Patient-Guidebook.pdf

Tests Done : FOOD INTOLERANCE PROFILE

Report Remarks : Clinically Tested by: Thyrocare Technologies Ltd



Dr Ranjana Roy
MD(Path)



Dr Shrusty Sonar
MD(Path)

Scan QR to verify(valid for 30 days from release time)

Patient Name	: [redacted]	**Sample Collected on (SCT)**	: [redacted]
Referred By	: SELF	**Sample Received on (SRT)**	: [redacted]
Address	: [redacted]	**Report Released on (RRT)**	: [redacted]
		Sample Type | Barcode	: SERUM | GC230735

Food Intolerance Test Report Essentials

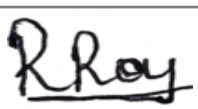
- We are excited that you have taken this positive step towards a healthier life .
- The report enclosed consists of information regarding your immune system's response to certain foods , spices, herbs and condiments.
- Depending on which test(s) were ordered by your practitioner, antibody type IgG is measured using an fusion technology of most advanced MicroArray with the time tested, Enzyme linked Immunosorbent assay, or ELISA.
- In understanding your report, it is helpful to have some background information on what are defined as Adverse Reactions to Foods .
- Under this broad category, we have reactions involving the body's immune system , called immune-mediated reactions, or allergies, and non-immune-mediated or food intolerances. Food intolerances are many.
- A common example is the inability to digest the milk sugar , lactose, known as lactose intolerance. Other types of intolerances include reactions to various food additives.
- The result shows you whether you have developed IgG antibodies to the foodstuffs tested . It is possible in this way to state whether you have a type III food allergy or not.
- Such a reaction is preceded by an affection of the intestine . This means that the intestine has become permeable and that components of foods can penetrate it the wrong way.
- Thus, it is only possible to show many different reactions or to show no reaction at all . It is therefore extremely rare that the persons affected only react to a single foodstuff .
- Your practitioner may want you to follow a different , but similar diet guideline. Please speak with your practitioner about the specific foods he/she would like for you to avoid and/or rotate. You can alter your personalized diet accordingly .
- These suggestions do not constitute or replace professional medical advice.
- You should discuss any dietary changes with your healthcare practitioner before undertaking them , and immediately consult your practitioner if you experience weight loss or other health-related concerns.
- You have already achieved your first step towards a larger goal in health by pursuing food sensitivity testing . Be kind to yourself and take this path in health one rotation day at a time.

Sincerely yours in good health and better tomorrow!

For More details refer Patient Guidebook available @ https://blob.thyrocare.com/tcblob/FoodPrint-Patient-Guidebook.pdf

Tests Done : FOOD INTOLERANCE PROFILE

Report Remarks : Clinically Tested by: Thyrocare Technologies Ltd



Dr Ranjana Roy
MD(Path)

Dr Shrusty Sonar
MD(Path)

Scan QR to verify(valid for 30 days from release time)