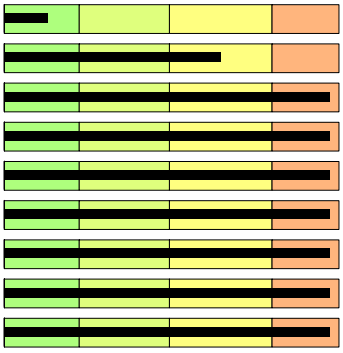
MOSAIC DIAGNOSTICS

IgG Food MAP WITH CANDIDA + YEAST

Requisition #:	9900001	**Practitioner:**	NO PHYSICIAN
Patient Name:	Report Sample	**Date of Collection:**	Dec 1, 2022
Date of Birth:	Mar 9, 1960	**Time of Collection:**	Not Given
Gender:	F	**Report Date:**	Nov 9, 2023

IgG Food MAP (190) - DBS



Dairy
Beta-Lactoglobulin
Casein
Cheddar Cheese
Cow's Milk
Goat's Milk
Mozzarella Cheese
Sheep's Yogurt
Whey
Yogurt

Beans and Peas
Adzuki Bean
Black Bean
Garbanzo Bean
Green Bean
Green Pea
Kidney Bean
Lentil
Lima Bean
Mung Bean
Navy Bean
Pinto Bean
Soybean
Tofu

Fruits
Acai Berry
Apple
Apricot
Banana
Blueberry
Cantaloupe
Cherry
Coconut
Cranberry
Date
Fig
Grape
Grapefruit
Guava
Jackfruit
Kiwi
Lemon
Lychee
Mango
Orange
Papaya
Passion Fruit
Peach
Pear
Pineapple
Plum
Pomegranate
Raspberry
Strawberry
Watermelon

Grains
Amaranth
Barley
Buckwheat
Corn
Gliadin
Malt
Millet
Oat
Quinoa
Rice
Rye

This test was developed, and its performance characteristics determined by Mosaic Diagnostics Laboratory. It has not been cleared or approved by the US Food and Drug Administration.

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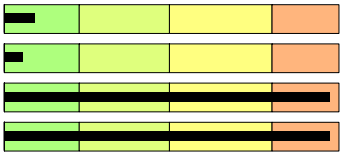
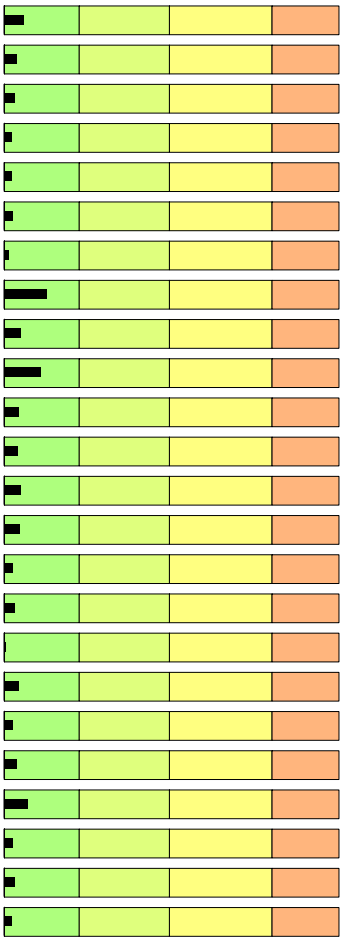
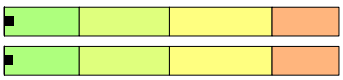
Grains Continued

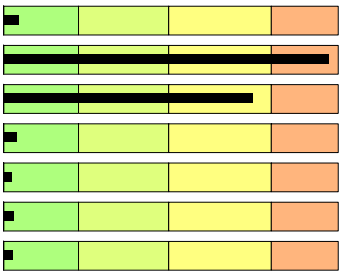


Fish/Seafood

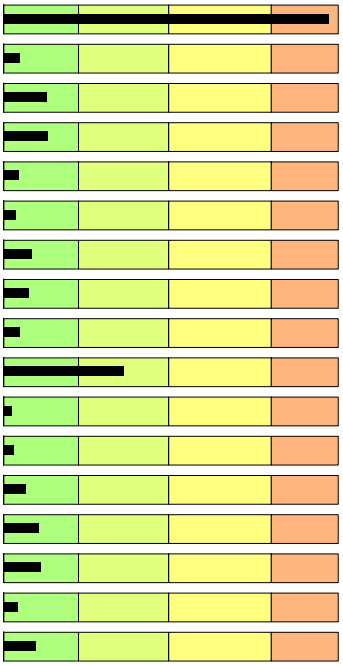


Meat/Fowl

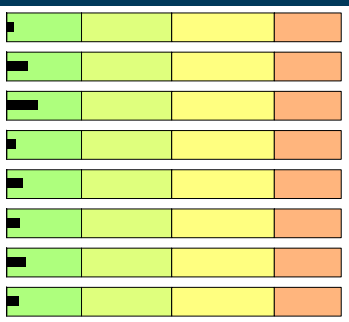




Nuts/Seeds



Vegetables



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IgG Food MAP (190) - DBS

Vegetables Continued

- Broccoli
- Brussel Sprout
- Burdock Root
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chili Pepper
- Cucumber
- Eggplant
- Enoki Mushroom
- Garlic
- Kale
- Leek
- Lettuce
- Lotus Root
- Napa Cabbage
- Olive (Green)
- Onion
- Portabella Mushroom
- Potato
- Pumpkin
- Radish
- Seaweed Kombu Kelp
- Seaweed Nori
- Seaweed Wakame
- Shitake Mushroom
- Spinach
- Sweet Potato
- Tomato
- Yam
- Yellow Squash
- Yuca
- Zucchini

Herbs/Spices

- Basil
- Bay Leaf
- Black Pepper
- Cayenne Pepper
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Dill
- Ginger
- Hops
- Mint
- Miso
- Mustard Seed
- Oregano
- Paprika
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric
- Vanilla Bean

Miscellaneous

- Bromelain
- Cane Sugar
- Cocoa Bean
- Coffee
- Green Tea
- Honey
- Meat Glue
- Oolong Tea

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IgG Food MAP (190) - DBS

Food Reactivity Scale
Not Significant
Low
Moderate
High

Reactivity Summary

High

Almond	Bromelain	Cheddar Cheese
Cow's Milk	Egg White	Gliadin
Goat's Milk	Mozzarella Cheese	Rye
Sheep's Yogurt	Wheat Gluten	Whey
Whole Wheat	Yogurt	

Moderate

Casein	Egg Yolk	Miso
Vanilla Bean		

Low

Coffee	Mustard Seed	Peanut
Pineapple		

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Reactivity Details

Dairy

Antigen Name	Analyte	Scale	Value *	Not Significant
Beta-Lactoglobulin	IgG	Not Significant	2.63	< 4.47
Casein	IgG	Moderate	34.23	< 13.72
Cheddar Cheese	IgG	High	43.84	< 9.14
Cow's Milk	IgG	High	32.65	< 8.86
Goat's Milk	IgG	High	31.83	< 6.13
Mozzarella Cheese	IgG	High	41.75	< 9.91
Sheep's Yogurt	IgG	High	18.57	< 3.79
Whey	IgG	High	26.20	< 4.53
Yogurt	IgG	High	36.90	< 9.25

Beans and Peas

Antigen Name	Analyte	Scale	Value *	Not Significant
Adzuki Bean	IgG	Not Significant	0.80	< 4.47
Black Bean	IgG	Not Significant	0.45	< 4.47
Garbanzo Bean	IgG	Not Significant	1.30	< 4.47
Green Bean	IgG	Not Significant	0.92	< 4.47
Green Pea	IgG	Not Significant	1.08	< 4.47
Kidney Bean	IgG	Not Significant	1.67	< 4.47
Lentil	IgG	Not Significant	1.73	< 4.47
Lima Bean	IgG	Not Significant	2.95	< 4.47
Mung Bean	IgG	Not Significant	0.81	< 4.47
Navy Bean	IgG	Not Significant	1.51	< 4.47
Pinto Bean	IgG	Not Significant	1.04	< 4.47
Soybean	IgG	Not Significant	1.53	< 4.47
Tofu	IgG	Not Significant	0.94	< 4.47

Fruits

Antigen Name	Analyte	Scale	Value *	Not Significant
Acai Berry	IgG	Not Significant	0.88	< 4.47
Apple	IgG	Not Significant	0.41	< 4.47
Apricot	IgG	Not Significant	0.61	< 4.47
Banana	IgG	Not Significant	1.50	< 4.47
Blueberry	IgG	Not Significant	0.53	< 4.47
Cantaloupe	IgG	Not Significant	0.83	< 4.47
Cherry	IgG	Not Significant	1.89	< 4.47
Coconut	IgG	Not Significant	0.44	< 4.47
Cranberry	IgG	Not Significant	0.70	< 4.47
Date	IgG	Not Significant	0.50	< 4.47
Fig	IgG	Not Significant	0.66	< 4.47
Grape	IgG	Not Significant	2.01	< 4.47
Grapefruit	IgG	Not Significant	2.04	< 4.47
Guava	IgG	Not Significant	2.04	< 4.47
Jackfruit	IgG	Not Significant	0.71	< 4.47
Kiwi	IgG	Not Significant	0.98	< 4.47
Lemon	IgG	Not Significant	0.76	< 4.47
Lychee	IgG	Not Significant	0.87	< 4.47
Mango	IgG	Not Significant	0.62	< 4.47
Orange	IgG	Not Significant	0.83	< 4.47
Papaya	IgG	Not Significant	0.77	< 4.47
Passion Fruit	IgG	Not Significant	0.88	< 4.47
Peach	IgG	Not Significant	2.03	< 4.47
Pear	IgG	Not Significant	0.42	< 4.47
Pineapple	IgG	Low	9.73	< 7.19
Plum	IgG	Not Significant	0.55	< 4.47
Pomegranate	IgG	Not Significant	0.91	< 4.47
Raspberry	IgG	Not Significant	0.96	< 4.47
Strawberry	IgG	Not Significant	0.35	< 4.47
Watermelon	IgG	Not Significant	2.15	< 4.47

**** MFI x 1000***

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Grains

Antigen Name	Analyte	Scale	Value *	Not Significant
Amaranth	IgG	Not Significant	0.55	< 4.47
Barley	IgG	Not Significant	1.29	< 4.47
Buckwheat	IgG	Not Significant	1.57	< 4.47
Corn	IgG	Not Significant	0.76	< 4.47
Gliadin	IgG	High	12.62	< 3.83
Malt	IgG	Not Significant	0.56	< 4.47
Millet	IgG	Not Significant	1.75	< 4.47
Oat	IgG	Not Significant	2.58	< 4.47
Quinoa	IgG	Not Significant	0.72	< 4.47
Rice	IgG	Not Significant	0.64	< 4.47
Rye	IgG	High	12.04	< 2.29
Sorghum	IgG	Not Significant	1.85	< 4.47
Teff	IgG	Not Significant	1.09	< 4.47
Wheat Gluten	IgG	High	12.78	< 2.91
Whole Wheat	IgG	High	17.99	< 3.63

Fish/Seafood

Antigen Name	Analyte	Scale	Value *	Not Significant
Abalone	IgG	Not Significant	1.17	< 4.47
Anchovy	IgG	Not Significant	0.77	< 4.47
Bass	IgG	Not Significant	0.64	< 4.47
Bonito	IgG	Not Significant	0.44	< 4.47
Codfish	IgG	Not Significant	0.42	< 4.47
Crab	IgG	Not Significant	0.55	< 4.47
Halibut	IgG	Not Significant	0.29	< 4.47
Jack Mackerel	IgG	Not Significant	2.53	< 4.47
Lobster	IgG	Not Significant	0.98	< 4.47
Octopus	IgG	Not Significant	2.16	< 4.47
Oyster	IgG	Not Significant	0.87	< 4.47
Pacific Mackerel (Sa	IgG	Not Significant	0.81	< 4.47
Pacific Saury	IgG	Not Significant	0.98	< 4.47
Perch	IgG	Not Significant	0.92	< 4.47
Red Snapper	IgG	Not Significant	0.50	< 4.47
Salmon	IgG	Not Significant	0.61	< 4.47
Sardine	IgG	Not Significant	0.10	< 4.47
Scallop	IgG	Not Significant	0.86	< 4.47
Shrimp	IgG	Not Significant	0.53	< 4.47
Small Clam	IgG	Not Significant	0.77	< 4.47
Squid	IgG	Not Significant	1.40	< 4.47
Tilapia	IgG	Not Significant	0.51	< 4.47
Trout	IgG	Not Significant	0.63	< 4.47
Tuna	IgG	Not Significant	0.44	< 4.47

**** MFI x 1000***

Meat/Fowl

Antigen Name	Analyte	Scale	Value *	Not Significant
Beef	IgG	Not Significant	0.58	< 4.47
Chicken	IgG	Not Significant	0.55	< 4.47
Duck	IgG	Not Significant	0.90	< 4.47
Egg White	IgG	High	35.64	< 5.72
Egg Yolk	IgG	Moderate	14.87	< 4.47
Goose	IgG	Not Significant	0.77	< 4.47
Lamb	IgG	Not Significant	0.48	< 4.47
Pork	IgG	Not Significant	0.62	< 4.47
Turkey	IgG	Not Significant	0.57	< 4.47

Nuts/Seeds

Antigen Name	Analyte	Scale	Value *	Not Significant
Almond	IgG	High	9.78	< 1.84
Brazil Nut	IgG	Not Significant	0.98	< 4.47
Cashew	IgG	Not Significant	2.59	< 4.47
Chestnut	IgG	Not Significant	2.66	< 4.47
Chia Seed	IgG	Not Significant	0.92	< 4.47
Flax Seed	IgG	Not Significant	0.71	< 4.47
Hazelnut	IgG	Not Significant	1.67	< 4.47
Hemp Seed	IgG	Not Significant	1.51	< 4.47
Macadamia Nut	IgG	Not Significant	0.97	< 4.47
Peanut	IgG	Low	7.55	< 4.73
Pecan	IgG	Not Significant	0.49	< 4.47
Pine Nut	IgG	Not Significant	0.62	< 4.47
Pistachio	IgG	Not Significant	1.31	< 4.47
Pumpkin Seed	IgG	Not Significant	2.11	< 4.47
Sesame Seed	IgG	Not Significant	2.55	< 2.59
Sunflower Seed	IgG	Not Significant	0.85	< 4.47
Walnut	IgG	Not Significant	1.91	< 4.47

Vegetables

Antigen Name	Analyte	Scale	Value *	Not Significant
Artichoke	IgG	Not Significant	0.47	< 4.47
Asparagus	IgG	Not Significant	1.27	< 4.47
Avocado	IgG	Not Significant	1.87	< 4.47
Bamboo Shoot	IgG	Not Significant	0.53	< 4.47
Bean Sprout	IgG	Not Significant	0.98	< 4.47
Beet	IgG	Not Significant	0.77	< 4.47
Bell Pepper	IgG	Not Significant	1.16	< 4.47
Bitter Gourd	IgG	Not Significant	0.76	< 4.47
Broccoli	IgG	Not Significant	0.97	< 4.47
Brussel Sprout	IgG	Not Significant	1.53	< 4.47
Burdock Root	IgG	Not Significant	0.86	< 4.47
Cabbage	IgG	Not Significant	1.58	< 4.47

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Vegetables(Cont..)

Antigen Name	Analyte	Scale	Value *	Not Significant
Carrot	IgG	Not Significant	1.14	< 4.47
Cauliflower	IgG	Not Significant	1.15	< 4.47
Celery	IgG	Not Significant	1.40	< 4.47
Chili Pepper	IgG	Not Significant	3.33	< 4.47
Cucumber	IgG	Not Significant	0.85	< 4.47
Eggplant	IgG	Not Significant	0.71	< 4.47
Enoki Mushroom	IgG	Not Significant	0.99	< 4.47
Garlic	IgG	Not Significant	1.66	< 4.47
Kale	IgG	Not Significant	1.06	< 4.47
Leek	IgG	Not Significant	0.83	< 4.47
Lettuce	IgG	Not Significant	3.86	< 4.47
Lotus Root	IgG	Not Significant	0.50	< 4.47
Napa Cabbage	IgG	Not Significant	2.17	< 4.47
Olive (Green)	IgG	Not Significant	0.33	< 4.47
Onion	IgG	Not Significant	0.53	< 4.47
Portabella Mushroom	IgG	Not Significant	0.85	< 4.47
Potato	IgG	Not Significant	1.24	< 4.47
Pumpkin	IgG	Not Significant	0.74	< 4.47
Radish	IgG	Not Significant	1.68	< 4.47
Seaweed Kombu Ke	IgG	Not Significant	0.42	< 4.47
Seaweed Nori	IgG	Not Significant	1.78	< 4.47
Seaweed Wakame	IgG	Not Significant	0.73	< 4.47
Shitake Mushroom	IgG	Not Significant	0.61	< 4.47
Spinach	IgG	Not Significant	2.01	< 4.47
Sweet Potato	IgG	Not Significant	0.82	< 4.47
Tomato	IgG	Not Significant	1.60	< 4.47
Yam	IgG	Not Significant	0.74	< 4.47
Yellow Squash	IgG	Not Significant	0.95	< 4.47
Yuca	IgG	Not Significant	1.23	< 4.47
Zucchini	IgG	Not Significant	1.77	< 4.47

Herbs/Spices

Antigen Name	Analyte	Scale	Value *	Not Significant
Basil	IgG	Not Significant	0.50	< 4.47
Bay Leaf	IgG	Not Significant	0.39	< 4.47
Black Pepper	IgG	Not Significant	1.44	< 4.47
Cayenne Pepper	IgG	Not Significant	1.36	< 4.47
Cilantro	IgG	Not Significant	0.92	< 4.47
Cinnamon	IgG	Not Significant	0.59	< 4.47
Cloves	IgG	Not Significant	0.39	< 4.47
Cumin	IgG	Not Significant	0.93	< 4.47
Curry	IgG	Not Significant	0.89	< 4.47
Dill	IgG	Not Significant	1.41	< 4.47
Ginger	IgG	Not Significant	0.66	< 4.47
Hops	IgG	Not Significant	0.58	< 4.47
Mint	IgG	Not Significant	0.36	< 4.47
Miso	IgG	Moderate	4.36	< 2.39
Mustard Seed	IgG	Low	5.68	< 4.47
Oregano	IgG	Not Significant	0.34	< 4.47
Paprika	IgG	Not Significant	1.09	< 4.47
Rosemary	IgG	Not Significant	0.75	< 4.47
Sage	IgG	Not Significant	0.43	< 4.47
Tarragon	IgG	Not Significant	0.53	< 4.47
Thyme	IgG	Not Significant	0.47	< 4.47
Turmeric	IgG	Not Significant	1.93	< 4.47
Vanilla Bean	IgG	Moderate	5.41	< 2.03

Miscellaneous

Antigen Name	Analyte	Scale	Value *	Not Significant
Bromelain	IgG	High	9.86	< 2.71
Cane Sugar	IgG	Not Significant	0.72	< 4.47
Cocoa Bean	IgG	Not Significant	0.53	< 4.47
Coffee	IgG	Low	5.14	< 4.47
Green Tea	IgG	Not Significant	2.81	< 4.47
Honey	IgG	Not Significant	0.79	< 4.47
Meat Glue	IgG	Not Significant	0.81	< 4.47
Oolong Tea	IgG	Not Significant	1.12	< 4.47

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Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods:

A patient's serum or dry blood spot sample is introduced to a protein extract from each of the 190 foods. The test report indicates the level of IgG antibodies to those specific food proteins. If food-specific binding occurs between a food antigen and the patient's IgG antibodies, the result will appear on the graph as low, moderate, or high in relation to a reactivity scale.

Using IgG Food MAP results to build elimination or exclusion diets:

Symptomatic reactions to IgG-reactive foods are difficult to connect with specific foods. A diet eliminating some or all reactive foods may improve symptoms and is not as challenging as a full elimination or elemental diet. As reactive foods are removed from the diet, it is useful to observe any changes in digestion, skin condition, energy level, mood, or pain level.

The IgG Food MAP Test includes two separate reports: the IgG Food MAP report (190 foods) and the IgG Yeast Allergy report (Candida albicans and Saccharomyces cerevisiae yeast).

Because yeasts' primary antigens are rich in glycans, and not suited for the protein-specific assay, they are tested by an ELISA method and results are provided **in a separate report,** which may occasionally be delivered or available in the portal on a different date.

For additional information and references on IgG and dietary intervention, please visit *www.greatplainslaboratory.com,* Select A Test – IgG

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Four Day Rotation Diet – Customized for Report Sample

Congratulations, Report

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

The Mosaic Diagnostics.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load , as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also “unmask” hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

For additional information and references on IgG and dietary intervention, please visit www.greatplainslaboratory.com, Select A Test – IgG

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Four Day Rotation Diet – Customized for Report Sample

Day 1	Day 2	Day 3	Day 4
Dairy			
Beans and Peas			
Black Bean Green Bean Kidney Bean Navy Bean Pinto Bean	Adzuki Bean Mung Bean Soybean Tofu	Lentil Lima Bean	Garbanzo Bean Green Pea
Fruits			
Apple Date Jackfruit Lychee Passion Fruit Pear	Acai Berry Cantaloupe Grapefruit Guava Lemon Orange Pomegranate Watermelon	Apricot Blueberry Cherry Cranberry Fig Grape Kiwi Peach Plum Raspberry Strawberry	Banana Coconut Mango Papaya Pineapple
Grains			
Millet Sorghum Teff	Amaranth Buckwheat Oat Quinoa	Corn	Barley Malt Rice
Fish/Seafood			
Anchovy Codfish Halibut Sardine	Abalone Crab Jack Mackerel Lobster Octopus Oyster Scallop Shrimp Small Clam Squid Tilapia	Perch Red Snapper Salmon Trout	Bass Bonito Pacific Mackerel (Saba) Pacific Saury Tuna

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Meat/Fowl

Beef
Lamb

Chicken
Duck
Goose
Turkey

Pork

Nuts/Seeds

Flax Seed
Pine Nut
Sesame Seed

Chestnut
Hazelnut
Hemp Seed
Pecan
Sunflower Seed
Walnut

Cashew
Chia Seed
Macadamia Nut

Brazil Nut
Peanut
Pistachio
Pumpkin Seed

Vegetables

Broccoli
Brussel Sprout
Cabbage
Cauliflower
Kale
Napa Cabbage
Radish
Sweet Potato
Yam

Artichoke
Beet
Bitter Gourd
Burdock Root
Cucumber
Pumpkin
Seaweed Kombu Kelp
Seaweed Nori
Seaweed Wakame
Spinach
Yellow Squash

Asparagus
Avocado
Bell Pepper
Chili Pepper
Eggplant
Garlic
Leek
Onion
Potato
Tomato

Bamboo Shoot
Bean Sprout
Carrot
Celery
Enoki Mushroom
Lettuce
Lotus Root
Olive (Green)
Portabella Mushroom
Shitake Mushroom

Herbs/Spices

Bay Leaf
Cinnamon
Cloves
Mustard Seed
Tarragon

Black Pepper
Cayenne Pepper
Ginger
Paprika
Turmeric

Basil
Mint
Oregano
Rosemary
Sage
Thyme

Cilantro
Cumin
Curry
Dill
Hops

Miscellaneous

Miscellaneous foods are not rotated. Remove foods with a moderate or high antibody response.

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MOSAIC DIAGNOSTICS

IgG Food MAP
WITH CANDIDA + YEAST

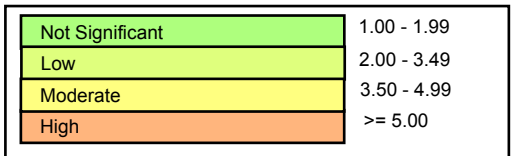
Requisition #:	9900001	**Practitioner:**	NO PHYSICIAN
Patient Name:	Report Sample	**Date of Collection:**	Dec 1, 2022
Date of Birth:	Mar 9, 1960	**Time of Collection:**	Not Given
Gender:	F	**Report Date:**	Nov 9, 2023

IgG Yeasts Allergy Test (2) DBS

Reactivity Summary

Low
Yeast

Moderate
Candida Albicans



The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

This test was developed, and its performance characteristics determined by Mosaic Diagnostics Laboratory. It has not been cleared or approved by the US Food and Drug Administration.

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IgG Yeasts Allergy Test (2) DBS

Comments

High levels of IgG antibodies to Candida, a genus of yeast:

A separate test for IgG antibody to Candida (serum and DBS) is included because of Candida's importance to overall health. IgG antibodies to Candida may be due to current or past infection or intestinal overgrowth. An elevated Candida IgG indicates the immune system has interacted with Candida. Although Candida and related fungal species are normal constituents of GI flora, use of antibiotics, oral contraceptives, chemotherapy, or anti-inflammatory steroids increases the possibility of fungal overgrowth and imbalance of GI flora. Dietary improvements and/or antifungal therapy may lower Candida antibodies and reduce symptoms.