



FOOD SENSITIVITY

Food
For
Thought



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San Carlos, CA 94070

FINAL REPORT DATE:	06-15-2017 19:12	SPECIMEN COLLECTED:	11-30-2015
ACCESSION ID:	1512010000	SPECIMEN RECEIVED:	12-01-2015 00:00

LAST NAME	FIRST NAME	MIDDLE NAME	DATE OF BIRTH	GENDER	PHYSICIAN ID
TESTNAME	PATIENT		1980-10-10	Male	999994

PATIENT	PROVIDER
Name: PATIENT TESTNAME Date of Birth: 1980-10-10 Gender: Male Age: 36 <hr/> Medical Record Number: Telephone #: 1-866-364-0963 Street Address: 1021 HOWARD AVENUE SUITE B City: SAN CARLOS State: CA Zip #: 94070 <hr/> Email: support@vibrant-america.com	Practice Name: Demo Client, MD Provider Name: Demo Client, MD (999994) Street Address: 1021 HOWARD AVENUE City: SAN CARLOS State: CA Zip #: 94070 Telephone #: 1-800-842-7268 Fax #: <hr/> For doctor's reference



Vibrant Wellness is pleased to present to you, Food Sensitivity Testing, to help you make healthy lifestyle and dietary choices in consultation with your physicians and dietitians. It is intended to be used as a tool to encourage a general state of health and well-being.

Vibrant Food Sensitivity is an array of 96 commonly consumed food antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to food antigens.

Interpretation of Report: The test results of antibody levels to the individual proteins are calculated by comparing the average intensity of the individual protein antibody to that of a healthy reference population. Reference ranges have been established using 192 healthy individuals. The results are displayed as Positive, Moderate or Negative. A Positive result indicates that you have an increased IgG/IgA reaction to the food antigen with respect to the reference range. A Moderate result indicates that you have a moderate IgG/IgA reaction to the food antigen with respect to the reference range. A Negative result indicates that you have a low IgG/IgA reaction to the food antigen with respect to the reference range. Vibrant utilizes proprietary Chemiluminescent analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), and total IgA (subclasses 1, 2) antibodies. The classification of Positive to Moderate to Negative denotes the level of IgG and/or IgA antibodies detected through chemiluminescent analysis.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Food Sensitivity offered by Vibrant Wellness is performed by Vibrant America LLC, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrant-wellness.com. By accessing, browsing or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to accept these terms, you shall not access, browse or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your Physician/Dietitian for medication, treatment or life style management. This product is not intended to diagnose, treat, or cure any disease.

Please Note - It is important that you discuss any modifications to your diet, exercise and nutritional supplementation with your physician before making any changes. To schedule an appointment with Vibrant Clinical Dietitians please call: Toll-Free 866-364-0963.

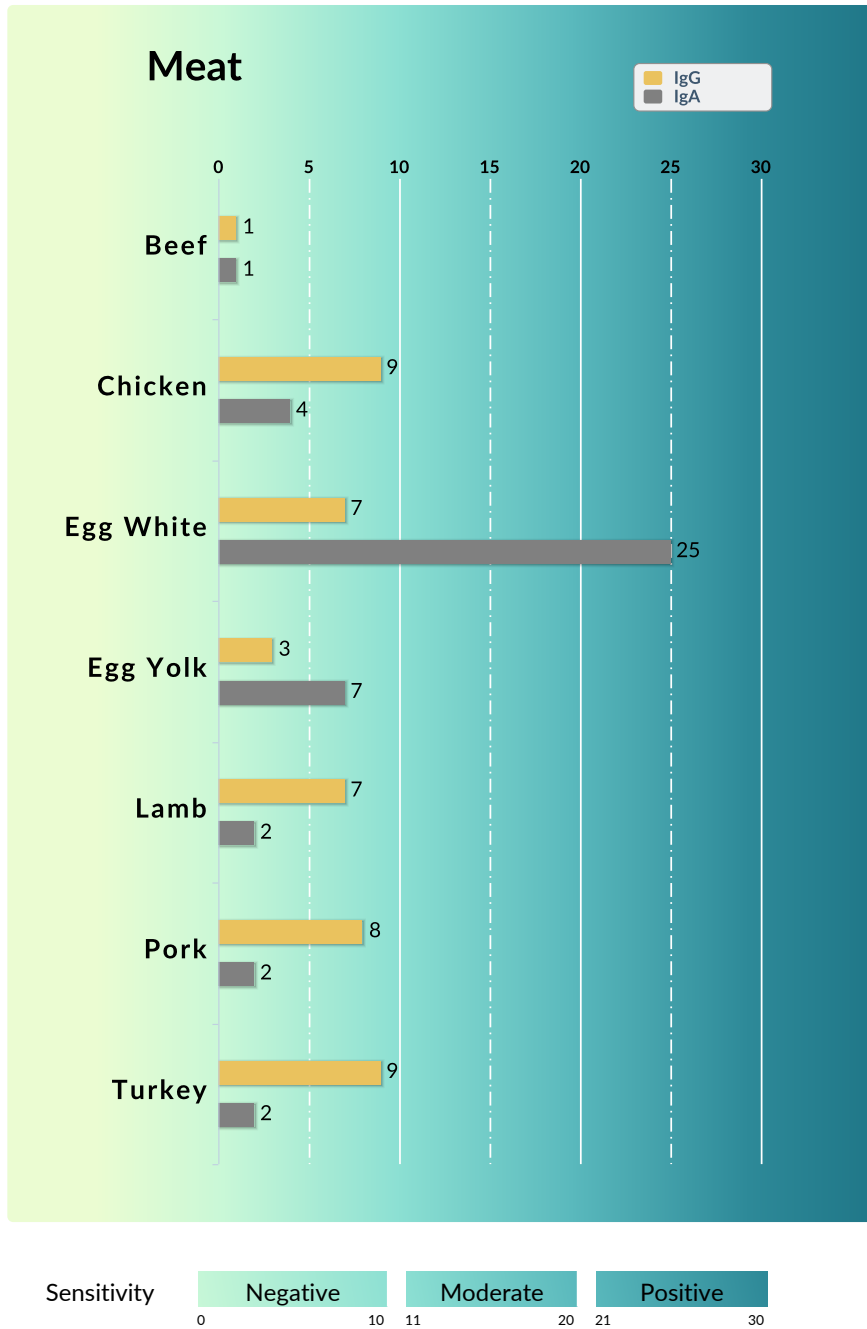
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Positive for IgG: Consider eliminating these foods from your diet in consultation with your physician/dietitian.
 Moderate for IgG: Consider rotation plan/eliminating these foods from your diet in consultation with your physician/dietitian.
 Positive/Moderate for IgA: Consider eliminating these foods from your diet in consultation with your physician/dietitian.

Positive		Moderate		Negative			
IgG	IgA	IgG	IgA				
Fish Tuna Shellfish Shrimp Gluten containing grains Oats	Dairy Cow's Milk Meat Egg White	Dairy Casomorphin Fish Salmon Fruits Cranberry	Fruits Apricot Olive	Dairy			
				Beta-Casein	Goat's Milk	Whey Protein	
				Fish			
				Catfish Mackerel	Codfish Perch	Halibut	Lake Trout
				Mollusks			
				Clam	Oyster	Scallops	
				Shellfish			
				Crab	Lobster		
				Fruits			
				Apple Blueberry Grape Pear Tomato	Avocado Cantaloupe Grapefruit Pineapple Watermelon	Banana Cherry Orange Raspberry	Blackberry Coconut Peach Strawberry
				Gluten containing grains			
				Barley	Malt	Rye	
				Gluten free grains			
				Amaranth	Brown Rice	Buckwheat	Corn
				Legumes			
				Kidney Bean	Navy Bean	Peanut	Soybean
				Meat			
				Beef Pork	Chicken Turkey	Egg Yolk	Lamb
				Miscellaneous			
				Cocoa Vanilla Bean	Coffee Yeast	Hops	Rosemary
Spices							
Black pepper	Cinnamon	Nutmeg					
Nuts(Tree)							
Almond Pecan	Black Walnut	Cashews	English Walnut				
Seeds							
Mustard	Sesame						
Nightshades							
Green Pepper	White Potato						
Vegetables							
Broccoli Celery Green Peas Onion Ginger	Cabbage Cucumber Lettuce Seaweed(Kelp) Sweet Potato	Carrot Garlic Lima Bean Spinach	Cauliflower Green Bean Mushrooms Squash				

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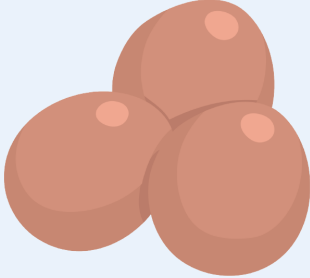
 **MEAT**



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EGG WHITE



Food Description

The clear liquid contained within an egg.

Liquid egg whites, egg substitutes, baked goods, macaroni, pasta, marzipan, marshmallows, nougat, albumin/albumen, dried eggs, powdered eggs, egg salad, eggnog, mayonnaise, meringue, imitation crab meat.

Commonly Found In

Hidden Sources

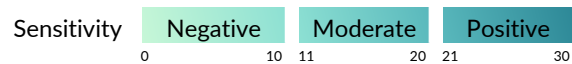
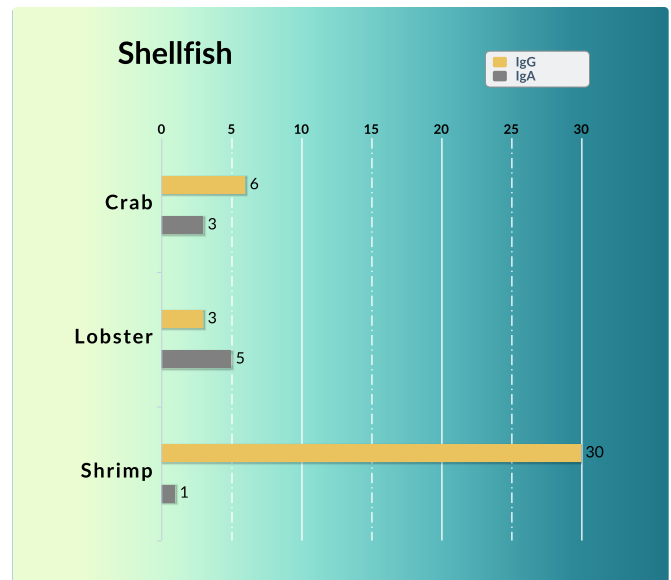
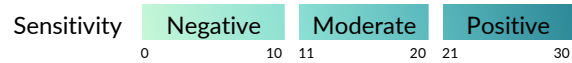
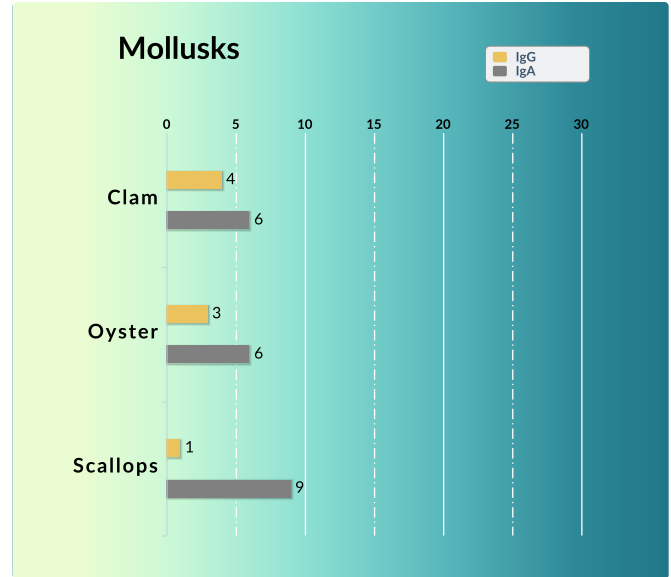
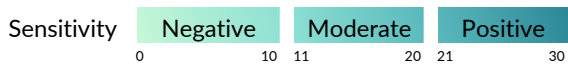
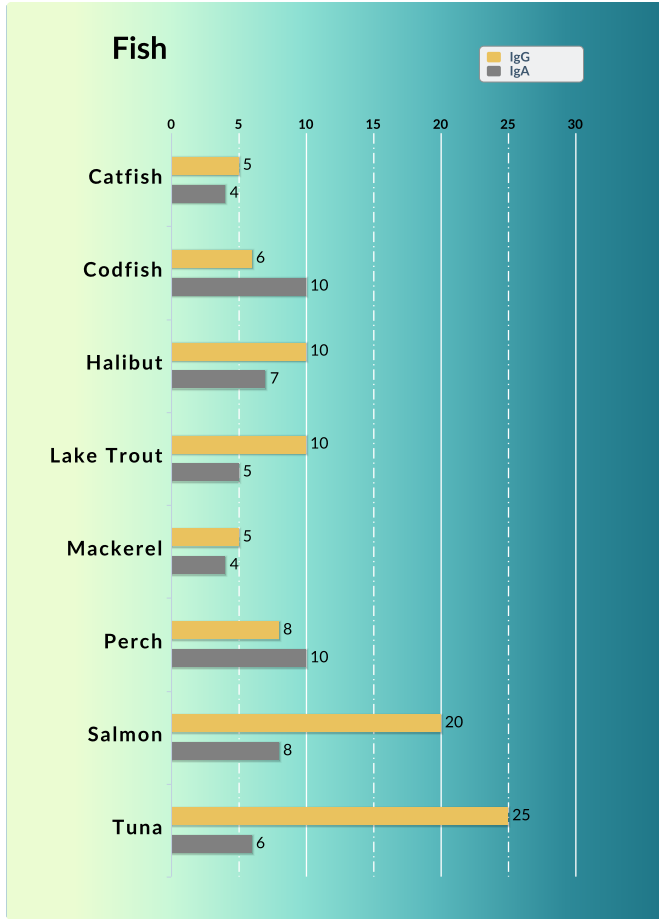
The foam on some specialty coffee drinks, egg substitutes, commercially processed cooked pasta, including ones found in soups; as an egg wash for pretzels before they are dipped on the salt, and an egg wash on fried foods. Albumin (the protein component of egg white) is found in processed foods. Avoid products with the following ingredients: ovalbumin, lecithin.

It is impossible to completely separate the egg white from the yolk.

Precautions

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SEAFOOD



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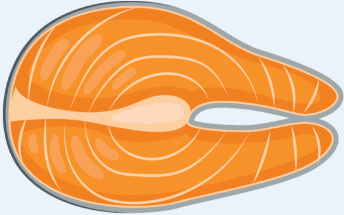
SALMON

Food Description

A common finned fish native to the North Atlantic and Pacific oceans with distinctive pink or red meat.

Salmon, canned salmon, sushi, and fish oil supplements.

Commonly Found In



Hidden Sources

Lox, Nova Lox, salmon roe.

High in omega-3s; often intensively farmed with food sources that are high in pollution, or the farmed salmon itself may contain high levels of PCBs and dioxin.

Precautions

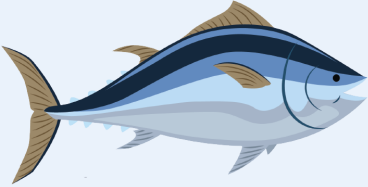
TUNA

Food Description

A popular saltwater fish with either white or pink meat.

Tuna steaks, canned tuna, salads, wraps, sandwiches, casseroles and meal kits.

Commonly Found In



Hidden Sources

Seven varieties of tuna exist.

Considered a high-mercury fish; can contain high levels of histamine.

Precautions


SHRIMP

Food Description

A saltwater or freshwater crustacean with multiple legs and covered by a hard outer shell.

Pasta, salad, Cajun food, mixed seafood dishes, fried shrimp, gumbo, jambalaya, appetizers.

Commonly Found In



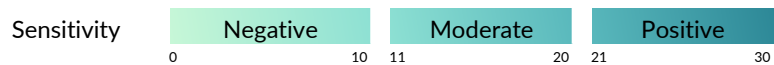
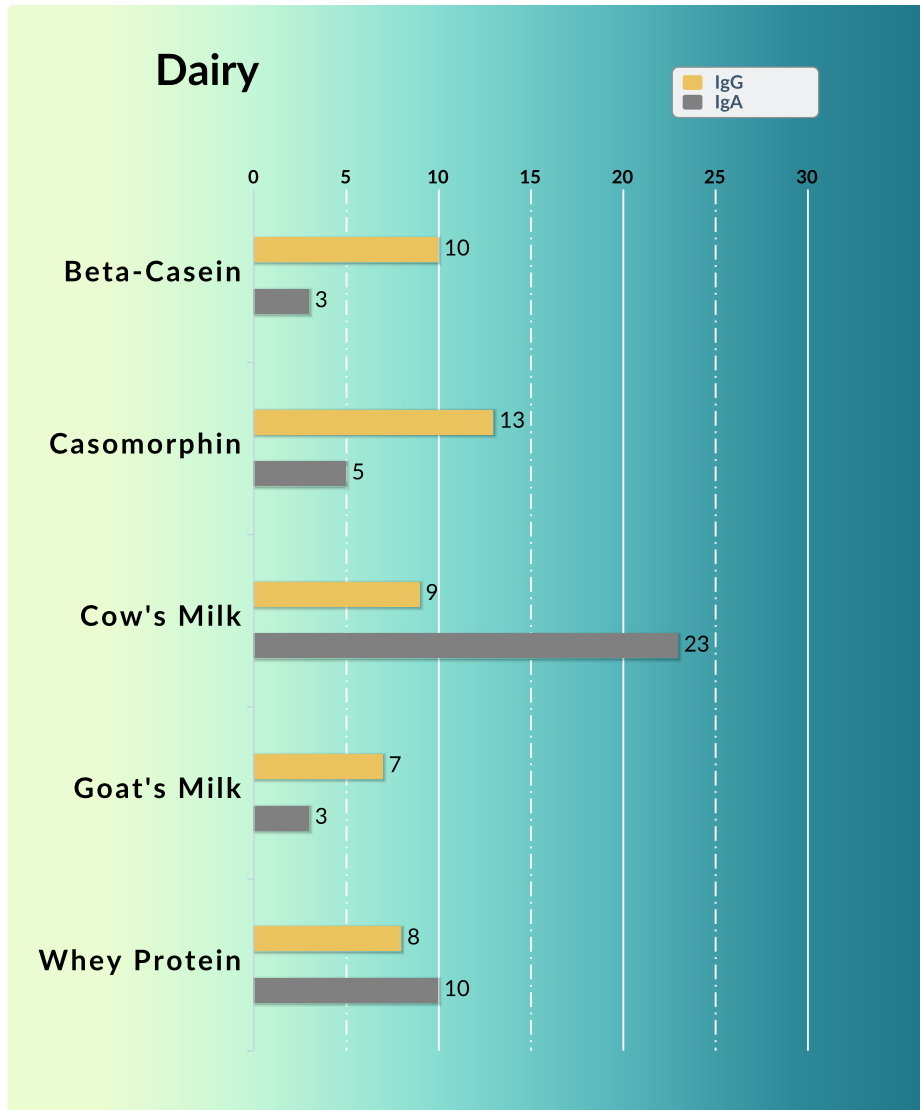
Hidden Sources

Spring rolls, sushi, ceviche, cioppino (fish stew), scampi, paella.

Precautions

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 DAIRY



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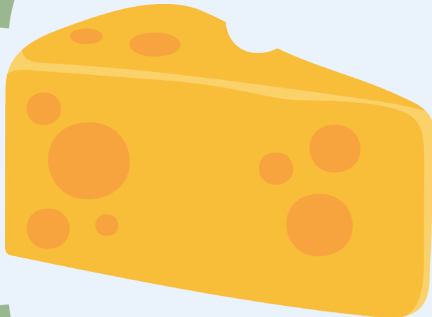
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CASOMORPHIN

Food Description

Casomorphins are peptides derived from the digestion of the milk protein casein.

Butter and butter fat, cheese, including cottage cheese and cheese sauces, cream, including sour cream, custard, milk, including buttermilk, powdered milk, and evaporated milk, yogurt, ice cream, pudding, au gratin dishes and white sauces, baked goods -- bread, cookies, crackers, cakes, cake mix, cereals, chewing gum, chocolate and cream candy, coffee creamers, creamed or scalloped foods, conuts, malted milk, margarine, mashed potatoes, meats - canned and processed, including cold cuts and deli meats, nougat, found in some candy, salad dressings, sherbet, artificial butter or cheese flavor.



Hidden Sources

Casein, caseinates, curd, ghee, hydrolysates, lactalbumin, lactalbumin phosphate, lactose, lactoglobulin, lactoferrin, lactulose, rennet, whey.

Commonly Found In


Precautions

COW'S MILK

Food Description

A whitish liquid containing proteins, fats, lactose, and various vitamins and minerals that is produced by the mammary glands of cows.

Butter and butter fat, cheese, including cottage cheese and cheese sauces, cream, including sour cream, custard, milk, including buttermilk, powdered milk, and evaporated milk, yogurt, ice cream, pudding, au gratin dishes and white sauces, baked goods -- bread, cookies, crackers, cakes, cake mix, cereals, chewing gum, chocolate and cream candy, coffee creamers, creamed or scalloped foods, conuts, malted milk, margarine, mashed potatoes, meats - canned and processed, including cold cuts and deli meats, nougat, found in some candy, salad dressings, sherbet, artificial butter or cheese flavor.



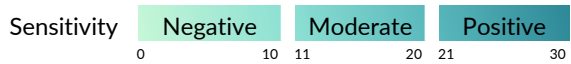
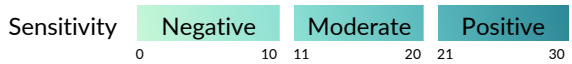
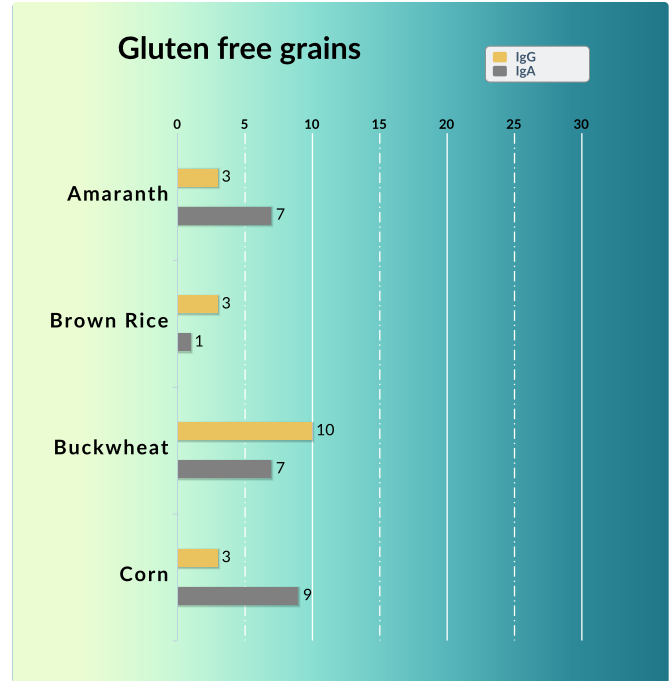
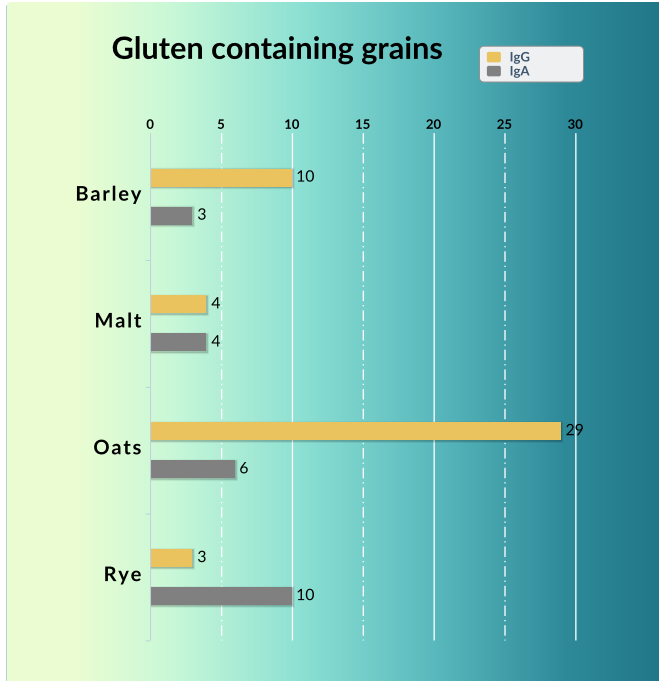
Hidden Sources

Commonly Found In

Precautions

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GRAINS




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OATS



Food Description

A brown or off-white cereal grain.

Oats, cereal, hot cereal, trail mix, granola, granola bars, some alcoholic beverages, baked goods, some flour mixes, rolled oats, porridge, oat bran.

Commonly Found In

Hidden Sources

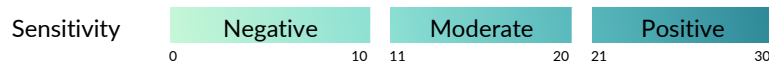
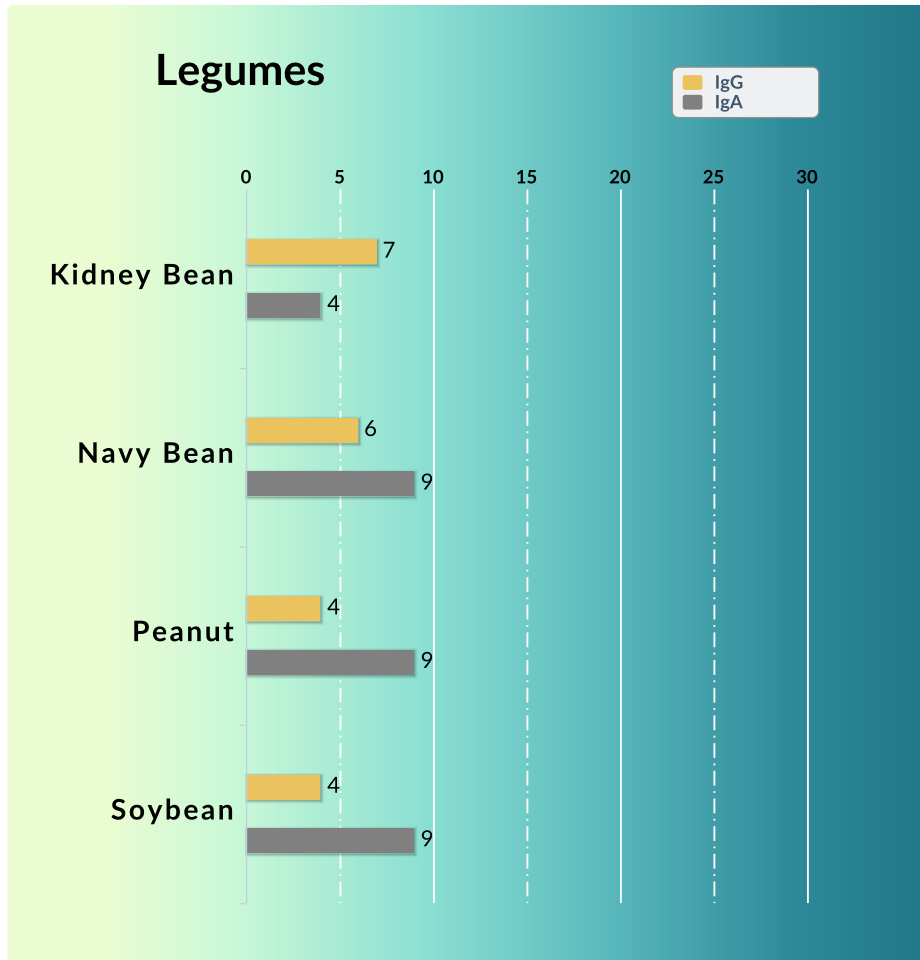
Used as a thickener in soups, oat grass in some natural remedies.

High in B vitamins and manganese; Some varieties of oats are gluten-free, but some contain gluten naturally, while others are cross-contaminated during processing or handling; look for certified gluten-free oats.

Precautions

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 LEGUMES

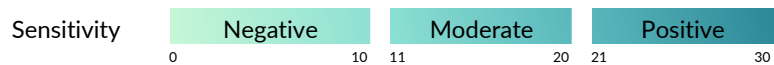
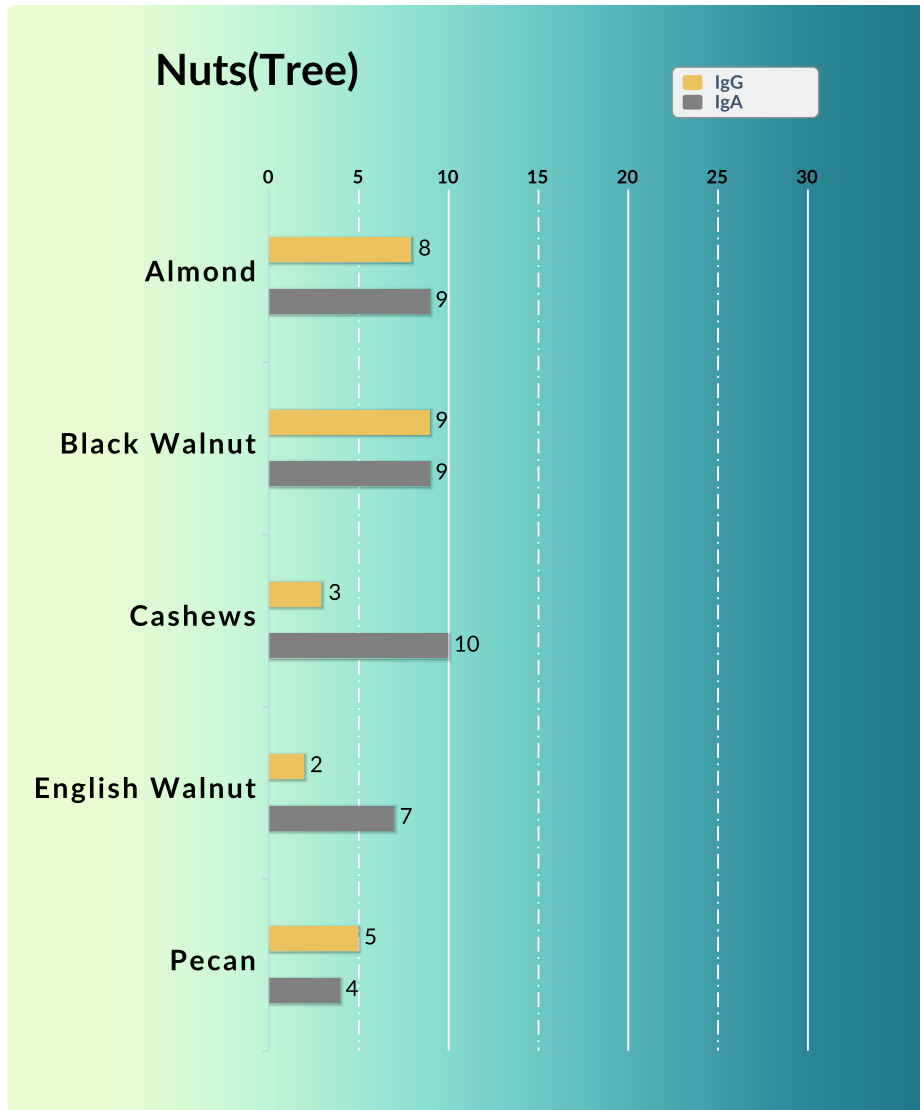


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 NUTS

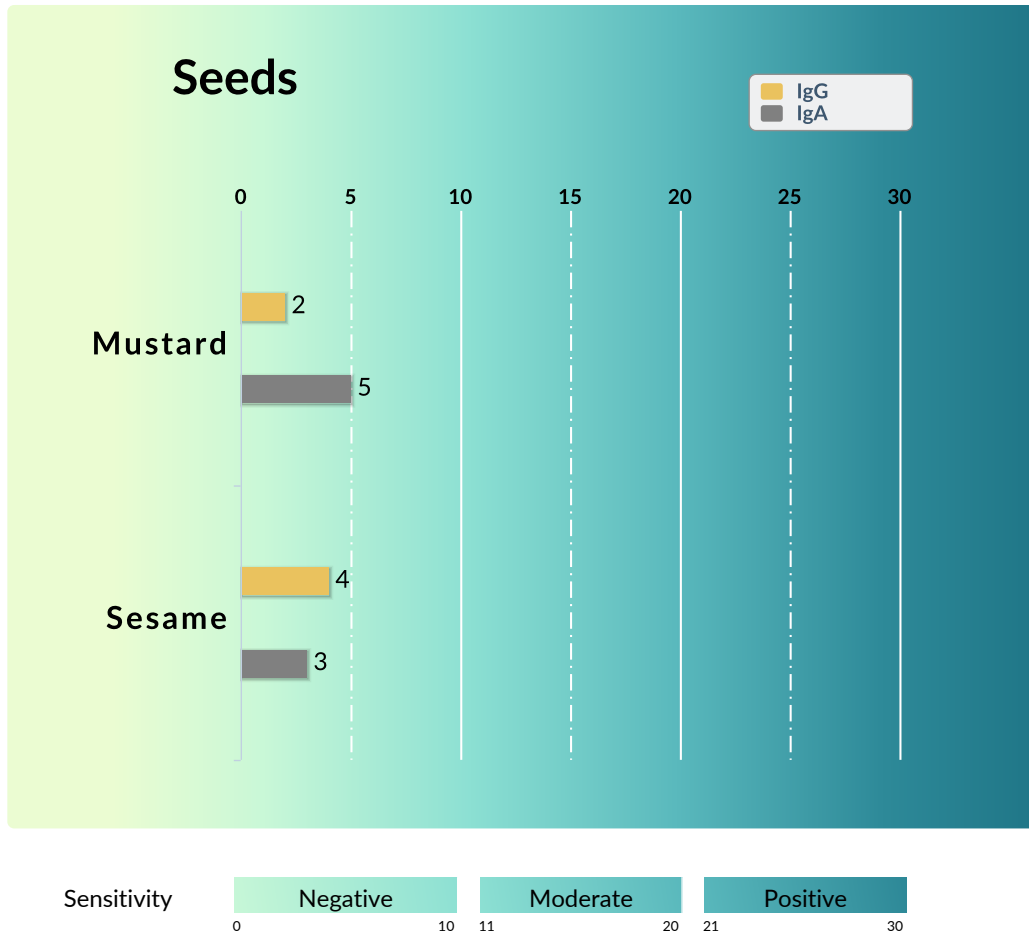


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SEEDS

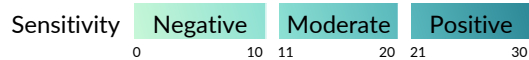
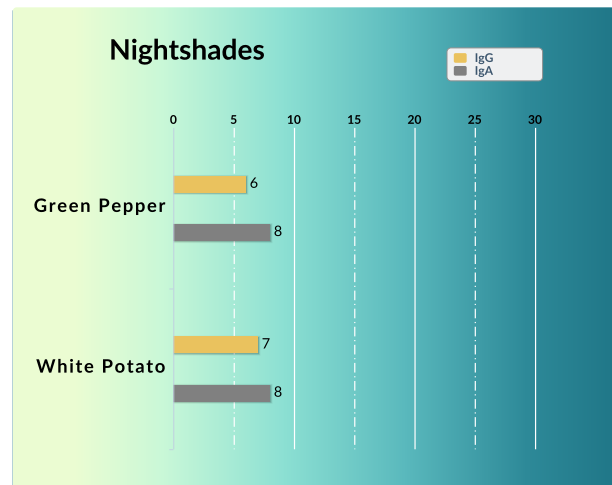
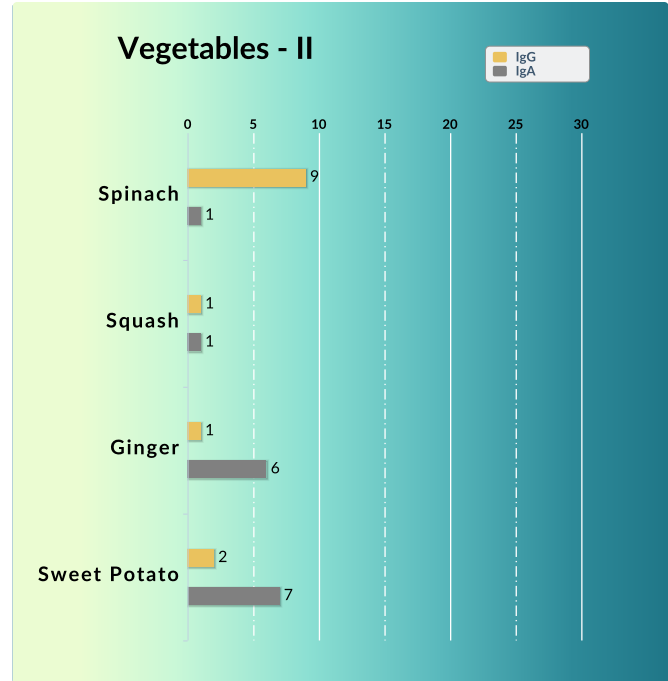
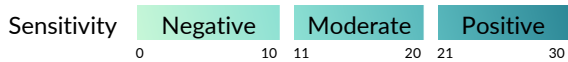
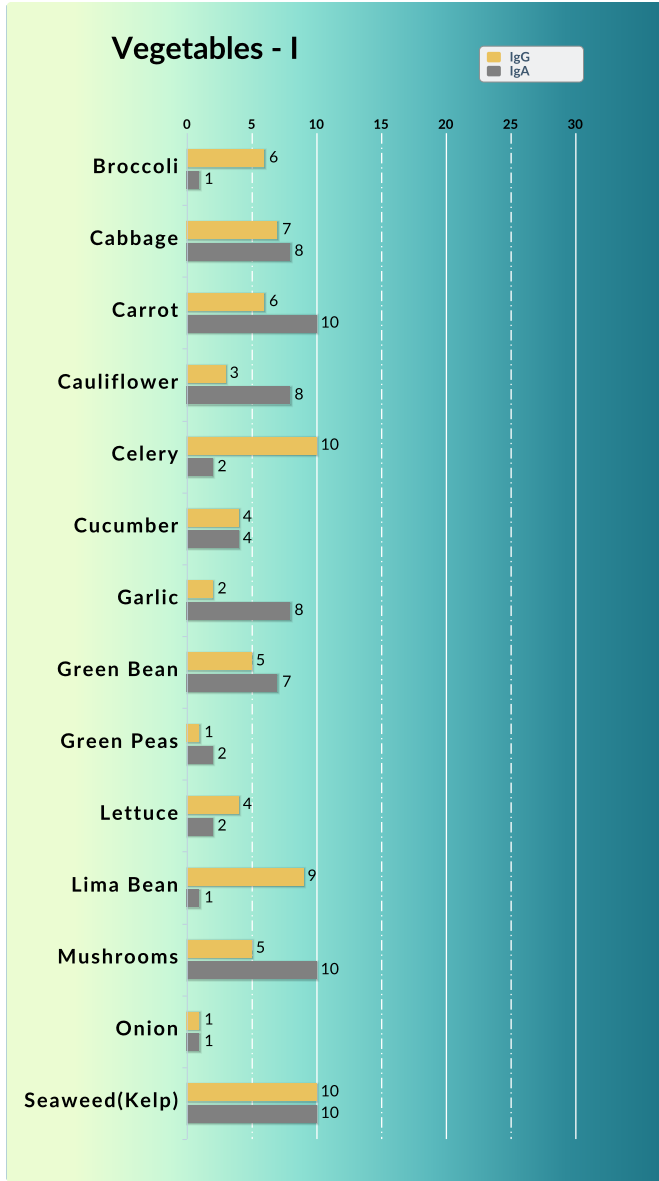


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VEGETABLES

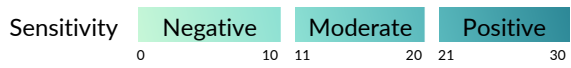
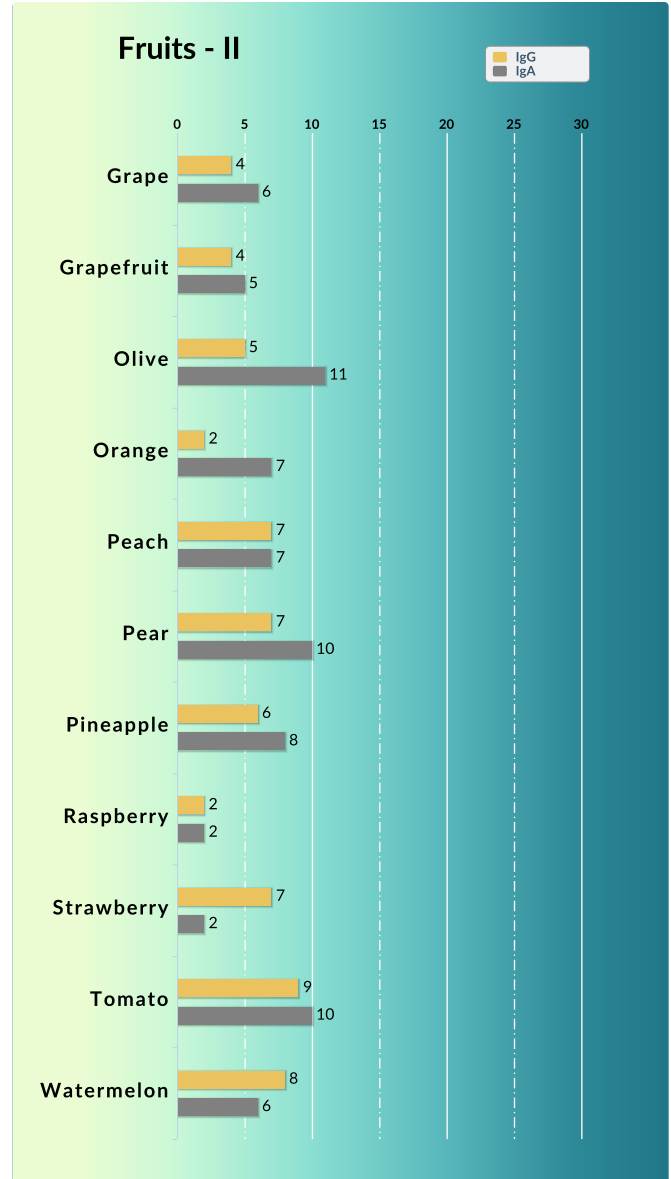
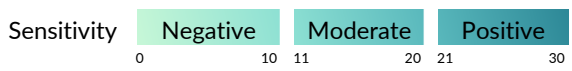
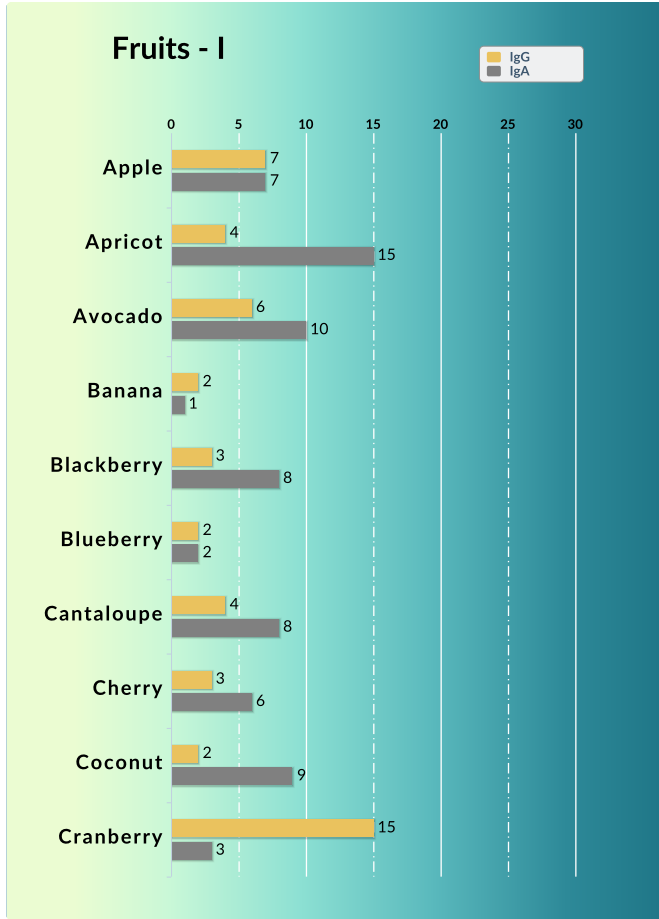


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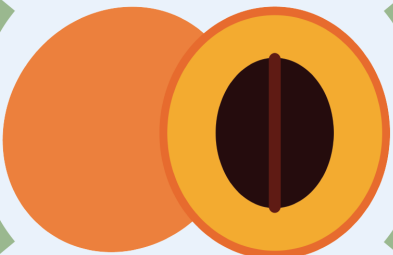
 **FRUITS**



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APRICOT



Food Description

A stone fruit, bright orange in color with a velvety skin and flesh; related to peaches but usually smaller in diameter and not as juicy.

Whole fruit, dried apricot, jams and jellies, trail mix, desserts.

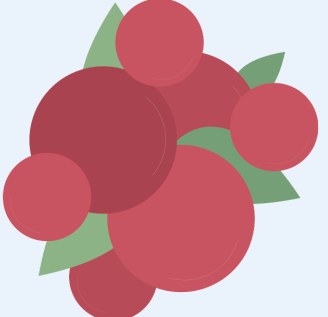
Hidden Sources

Precautions

Commonly Found In

Precautions

CRANBERRY



Food Description

A small round fruit with smooth red skin.

Whole fruit, dried cranberries, cranberry juice, preserves, cranberry sauce, salad topping, some herbal supplements.

Hidden Sources


Cranberries are in the same family as blueberries and wintergreen; cranberries are naturally a very tart fruit when used in food, significant amounts of sugar are often added.

Precautions

Commonly Found In

Precautions

OLIVE



Food Description

The fruit of an olive tree; plump and round with a pit in the center; often they are sold with the pit removed. They have a sweet and creamy texture due to oil content. Variety of color ranging from black, purple, and green.

Whole olives, tapenade, stuffed olives, olive oil (salad dressings, marinades, mayonnaise, desserts), dips, Mexican cuisine, cocktail garnish.

Hidden Sources

Black olives, green olives, pitted olives, Kalamata olives, olive oil.

Precautions

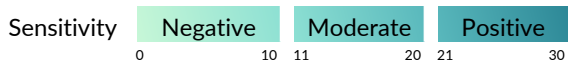
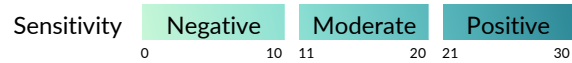
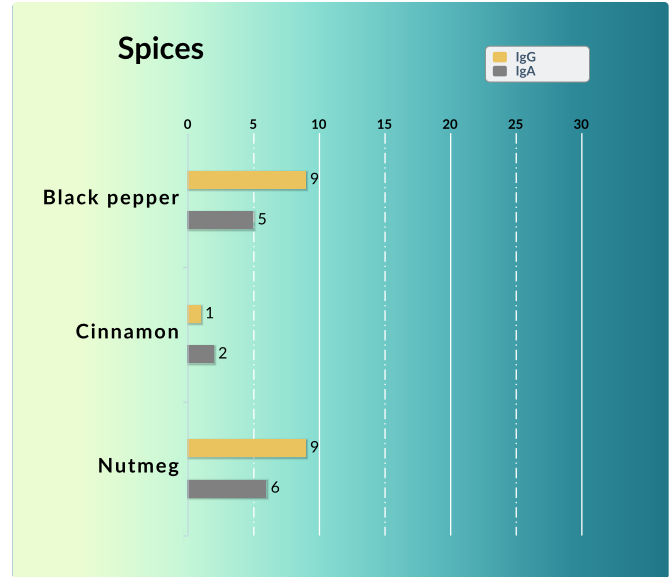
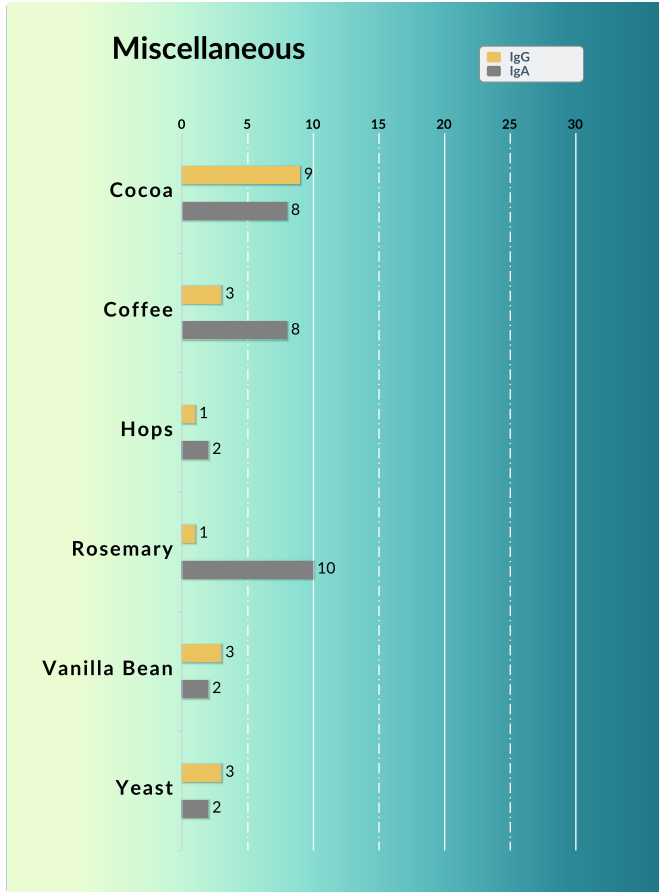
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MISCELLANEOUS



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RISK AND LIMITATIONS

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration.

Quantification of specific IgG and IgA antibodies is not FDA- recognized diagnostic indicator of allergy.

Food Sensitivity testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific antigen due to circumstances beyond Vibrant's control. Vibrant may re-test a sample in order to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions.

Vibrant Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of supplementation or dietary changes.