VibrantWellness

- **PRACTICE NAME:** Demo Client, MD
- **PROVIDER NAME:** Demo Client, MD (999994)
- **ADDRESS:** 1234 TEST AVENUE TEST, CA, 12345

FOOD SENSITIVITY

Food
For
Thought

Final Report Date:	03-07-2019 17:15	Specimen Collected:	04-03-2018 12:44
Accession ID:	1512010000	Specimen Received:	04-04-2018 09:04

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

PATIENT

Name: PATIENT TESTNAME
Date of Birth: 2018-02-23
Gender: Male
Age: 1
Height: 3'1" Weight: 31.0 lbs

Telephone #: 1-866-364-0963
Street Address: 1021 HOWARD AVENUE SUITE B
City: SAN CARLOS
State: CA   Zip #: 94070
Email: fdu@vibrantsci.com

Fasting: FASTING   No. of hours: 12.0
EMR #: V1609100001
Unique Patient #: A123456789

PROVIDER

Practice Name: Demo Client, MD
Provider Name: Demo Client, MD (999994)
Street Address: 1234 TEST AVENUE
City: TEST
State: CA
Zip #: 12345
Telephone #: 1-800-842-7268
Fax #:

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 (Profile 2) is an array of 84 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 reporter based 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.

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.
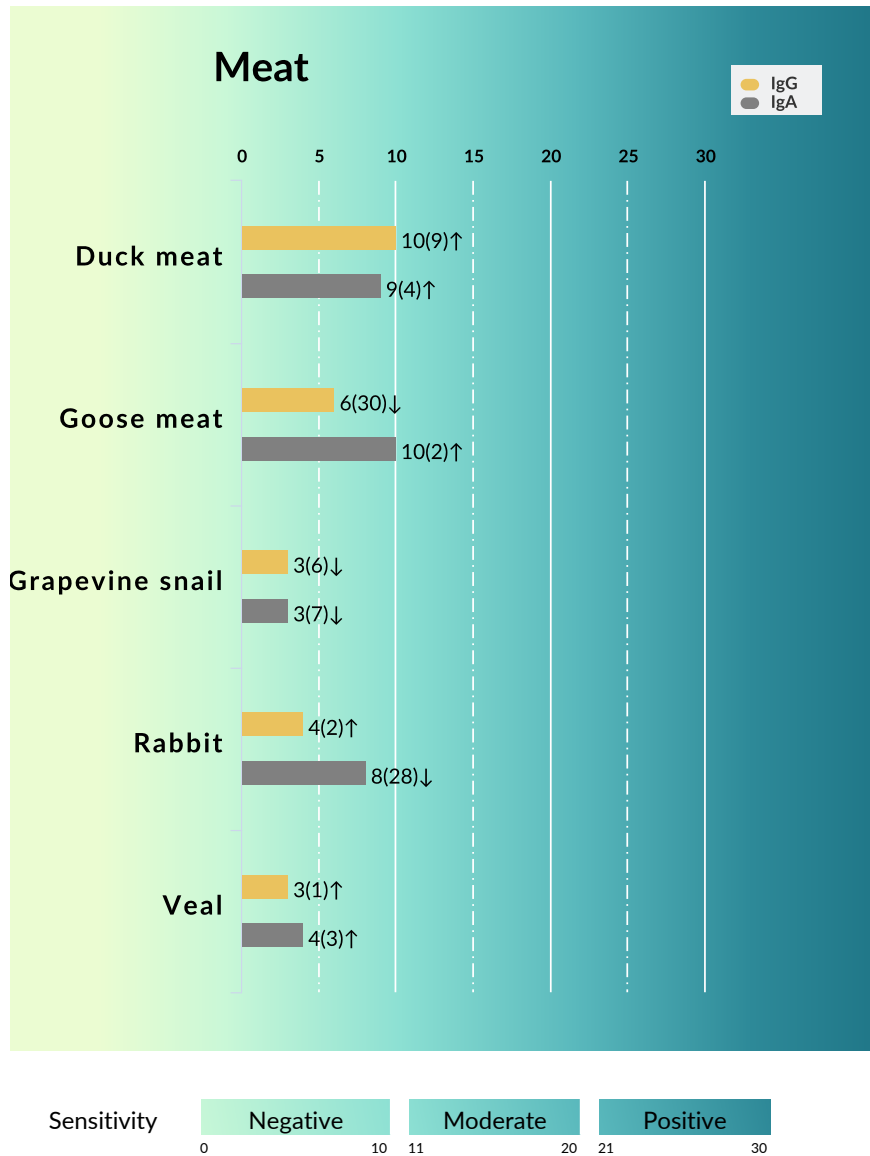
VibrantWellness

1360 Bayport Ave, Ste B. San Carlos, CA 94070
1(866) 364-0963 | support@vibrant-wellness.com | www. vibrant-wellness.com

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

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 **S**ea bass		**Legumes** **B**road bean	**Dairy**			
				Buffalo milk Sheep's milk	Buttermilk Yoghurt	Cheddar cheese	Kefir
				Fish			
				Alaska pollock Flounder	Anchovy Sardine	Carp Sole	Eel
				Fruits			
				Fig Litchi Capers	Guava Mandarin Papaya	Honeydew melon Mango	Kiwi fruit Plum
				Gluten containing grains			
				Spelt			
				Gluten free grains			
				Millet			
				Legumes			
				Chickpea	Mung beans		
				Meat			
				Duck meat Veal	Goose meat	Grapevine snail	Rabbit
				Miscellaneous			
				Black tea Molasses	Cane sugar Oolong tea	Dill Parsley	Lemon grass
				Mollusks			
				Blue mussel	Octopus	Pacific squid	Squid
				Nightshades			
				Eggplant			
				Nuts (Tree)			
				Hazelnut	Pine nut	Pistachio nut	Sweet chestnut
				Seeds			
				Coriander seed Sunflower seed	Flax seed	Poppy seed	Rape seed
				Shellfish			
				Crayfish			
				Spices			
				Anise Common thyme Woo-hsiang powder	Bay leaf Curry powder	Caraway Hot paprika powder	Cayenne pepper Oregano
				Vegan			
				Cous Cous	Tempeh	Tofu	Vegan Cheese
				Vegetables			
				Asparagus Leek Vine leaf Kale	Bamboo shoots Roquette White radish Shiitake mushroom	Beet root Savoy cabbage Artichoke Zucchini	Endive Turnip Chard

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

🥩 MEAT

Meat

Legend: IgG, IgA

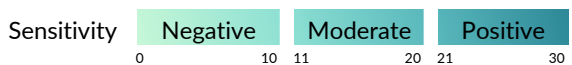| Food	IgG	IgA
Duck meat	10(9)↑	9(4)↑
Goose meat	6(30)↓	10(2)↑
Grapevine snail	3(6)↓	3(7)↓
Rabbit	4(2)↑	8(28)↓
Veal	3(1)↑	4(3)↑

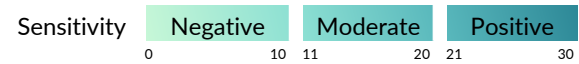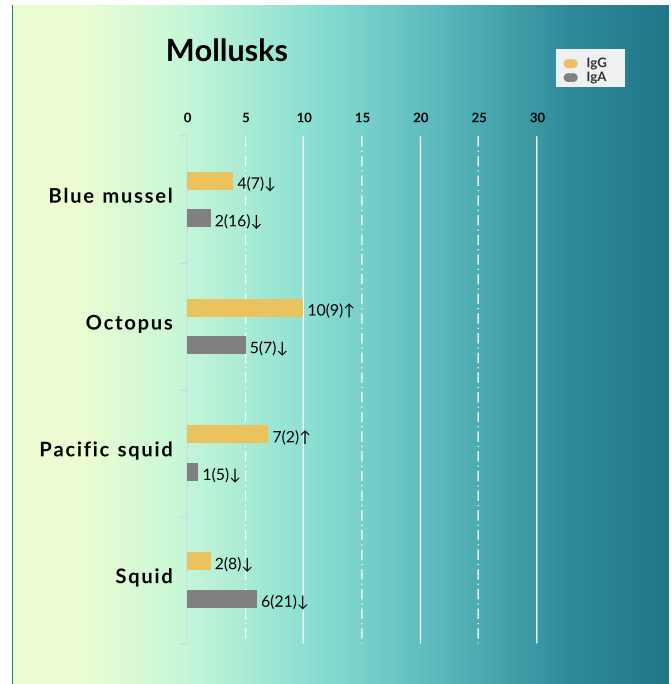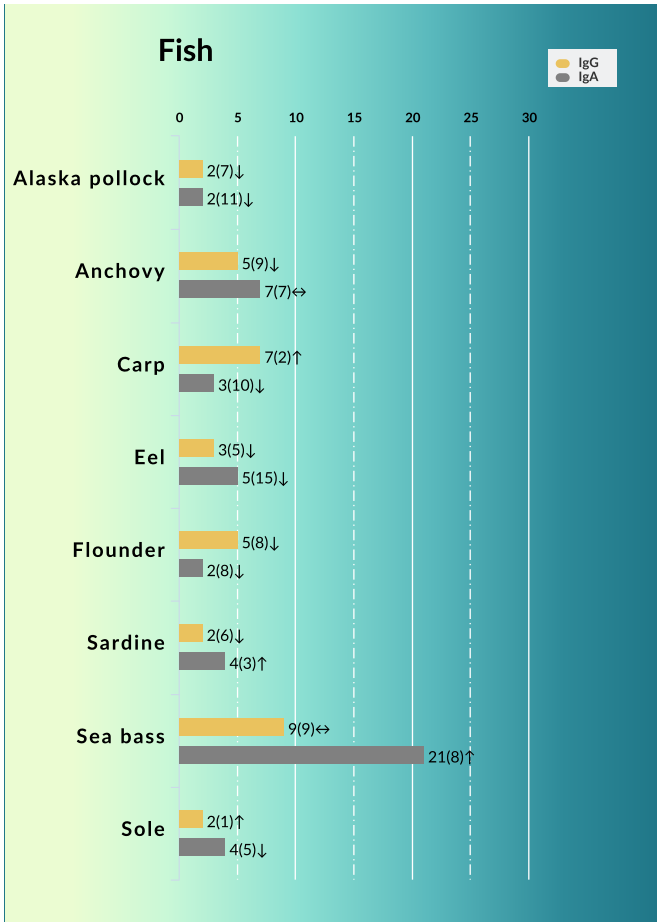Sensitivity:
Negative 0 – 10
Moderate 11 – 20
Positive 21 – 30

The values in parentheses represent previous values tested for this Food antigen.
↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

SEAFISH

Fish

Legend: IgG, IgA

Food	IgG	IgA
Alaska pollock	2(7)↓	2(11)↓
Anchovy	5(9)↓	7(7)↔
Carp	7(2)↑	3(10)↓
Eel	3(5)↓	5(15)↓
Flounder	5(8)↓	2(8)↓
Sardine	2(6)↓	4(3)↑
Sea bass	9(9)↔	21(8)↑
Sole	2(1)↑	4(5)↓

Sensitivity: Negative 0–10, Moderate 11–20, Positive 21–30

Mollusks

Legend: IgG, IgA

Food	IgG	IgA
Blue mussel	4(7)↓	2(16)↓
Octopus	10(9)↑	5(7)↓
Pacific squid	7(2)↑	1(5)↓
Squid	2(8)↓	6(21)↓

Sensitivity: Negative 0–10, Moderate 11–20, Positive 21–30

Shellfish

Legend: IgG, IgA

Food	IgG	IgA
Crayfish	1(14)↓	2(4)↓

Sensitivity: Negative 0–10, Moderate 11–20, Positive 21–30

The values in parentheses represent previous values tested for this Food antigen.

↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

SEA BASS

Food Description
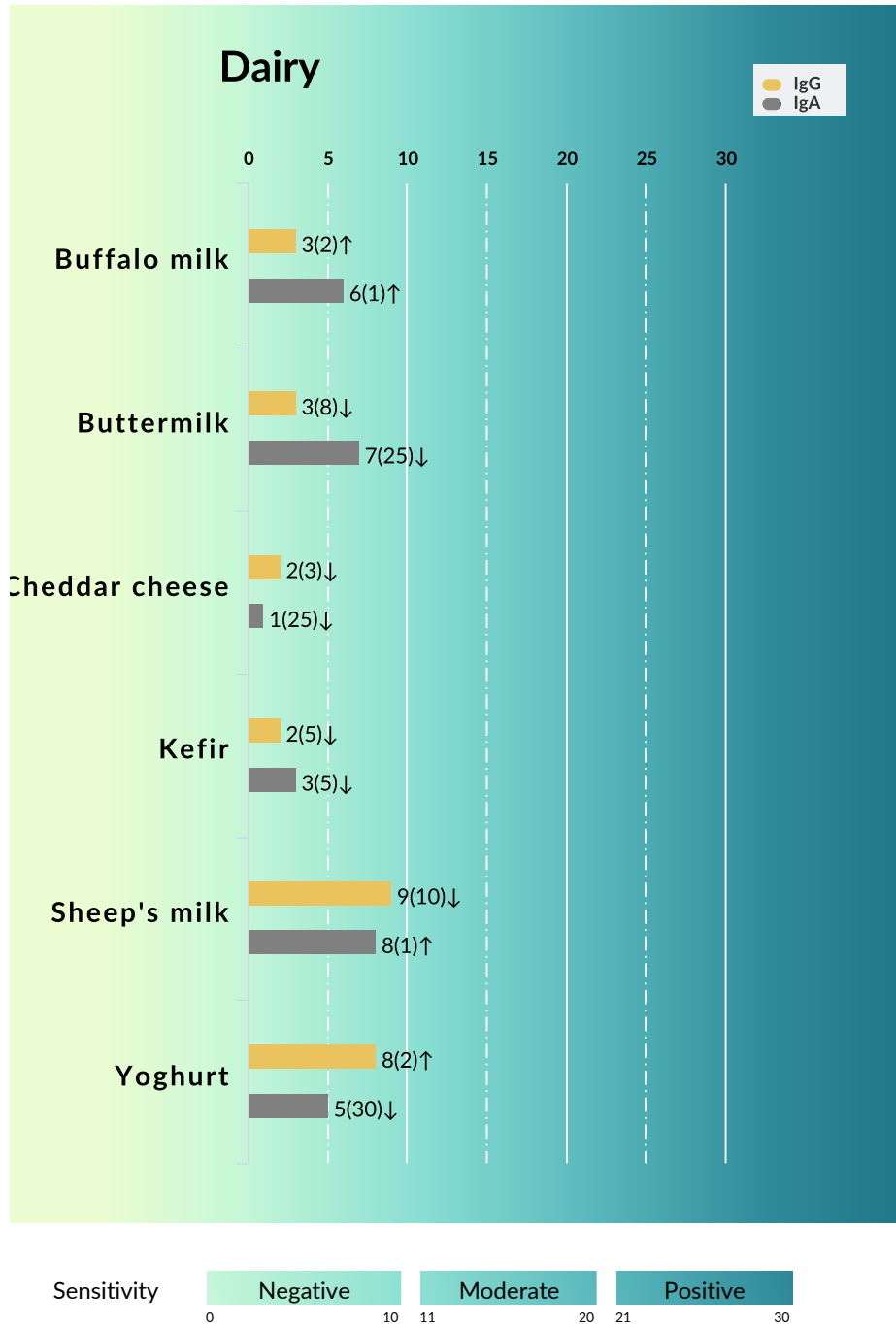Any of numerous marine bony fishes that are usually smaller and more active than groupers.

Hidden Sources

Commonly Found In

Precautions

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

DAIRY

Dairy

IgG
IgA

Buffalo milk	3(2)↑
	6(1)↑
Buttermilk	3(8)↓
	7(25)↓
Cheddar cheese	2(3)↓
	1(25)↓
Kefir	2(5)↓
	3(5)↓
Sheep's milk	9(10)↓
	8(1)↑
Yoghurt	8(2)↑
	5(30)↓

Sensitivity   Negative   Moderate   Positive
0   10   11   20   21   30
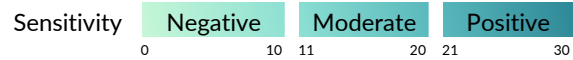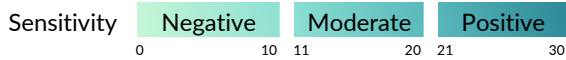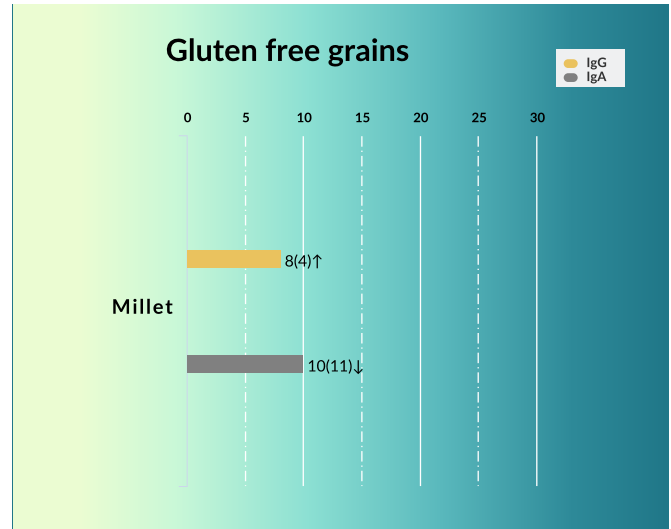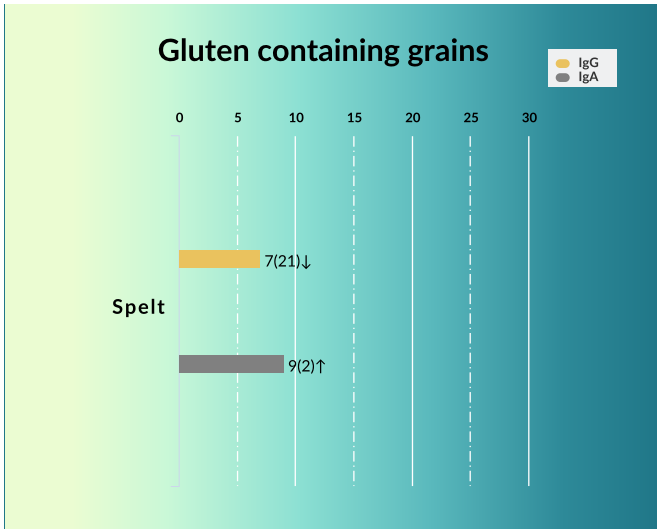
The values in parentheses represent previous values tested for this Food antigen.
↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

GRAINS

Gluten containing grains

IgG
IgA

0   5   10   15   20   25   30

Spelt
7(21)↓
9(2)↑

Sensitivity   Negative   Moderate   Positive
0   10 11   20 21   30

Gluten free grains

IgG
IgA

0   5   10   15   20   25   30

Millet
8(4)↑
10(11)↓

Sensitivity   Negative   Moderate   Positive
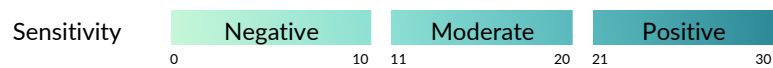0   10 11   20 21   30

The values in parentheses represent previous values tested for this Food antigen.
↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

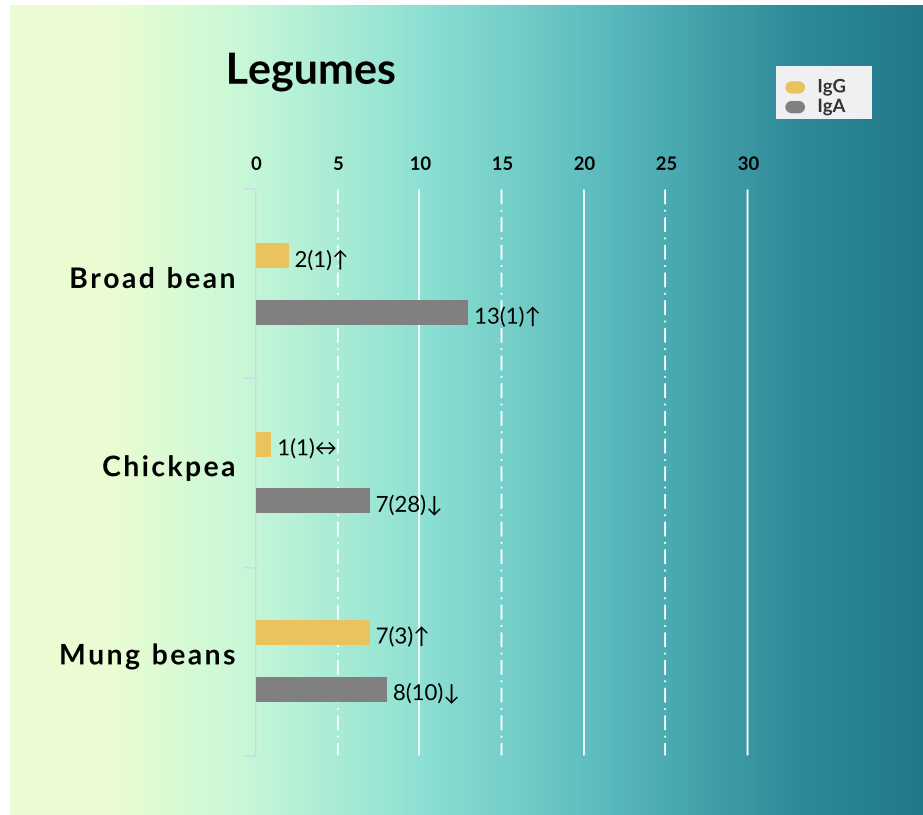| LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

LEGUMES

The values in parentheses represent previous values tested for this Food antigen.

↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

BROAD BEAN

Food Description

Broad (or fava bean or faba bean) is a species of flowering plant in the pea and bean family *Fabaceae*.

Hidden Sources

Hidden sources of fava beans include flava flours and flakes in gluten free flours and gluten free foods.
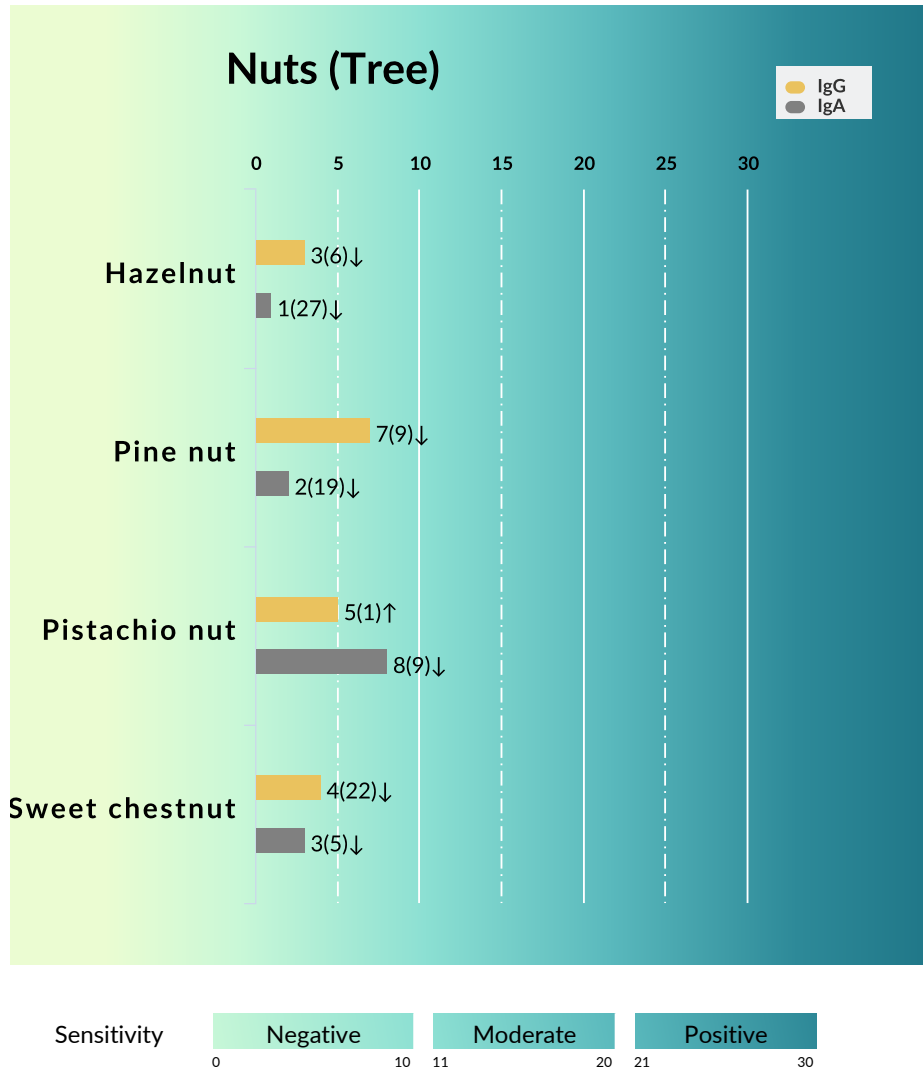
Broad beans can be found in falafel, salads, soups, stews, dips and spreads.

Commonly Found In

Precautions

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

NUTS

The values in parentheses represent previous values tested for this Food antigen.

↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

SEEDS

Seeds

IgG
IgA

Coriander seed	10(1)↑
	6(8)↓
Flax seed	7(4)↑
	6(1)↑
Poppy seed	5(4)↑
	2(24)↓
Rape seed	9(7)↑
	4(5)↓
Sunflower seed	8(19)↓
	8(10)↓

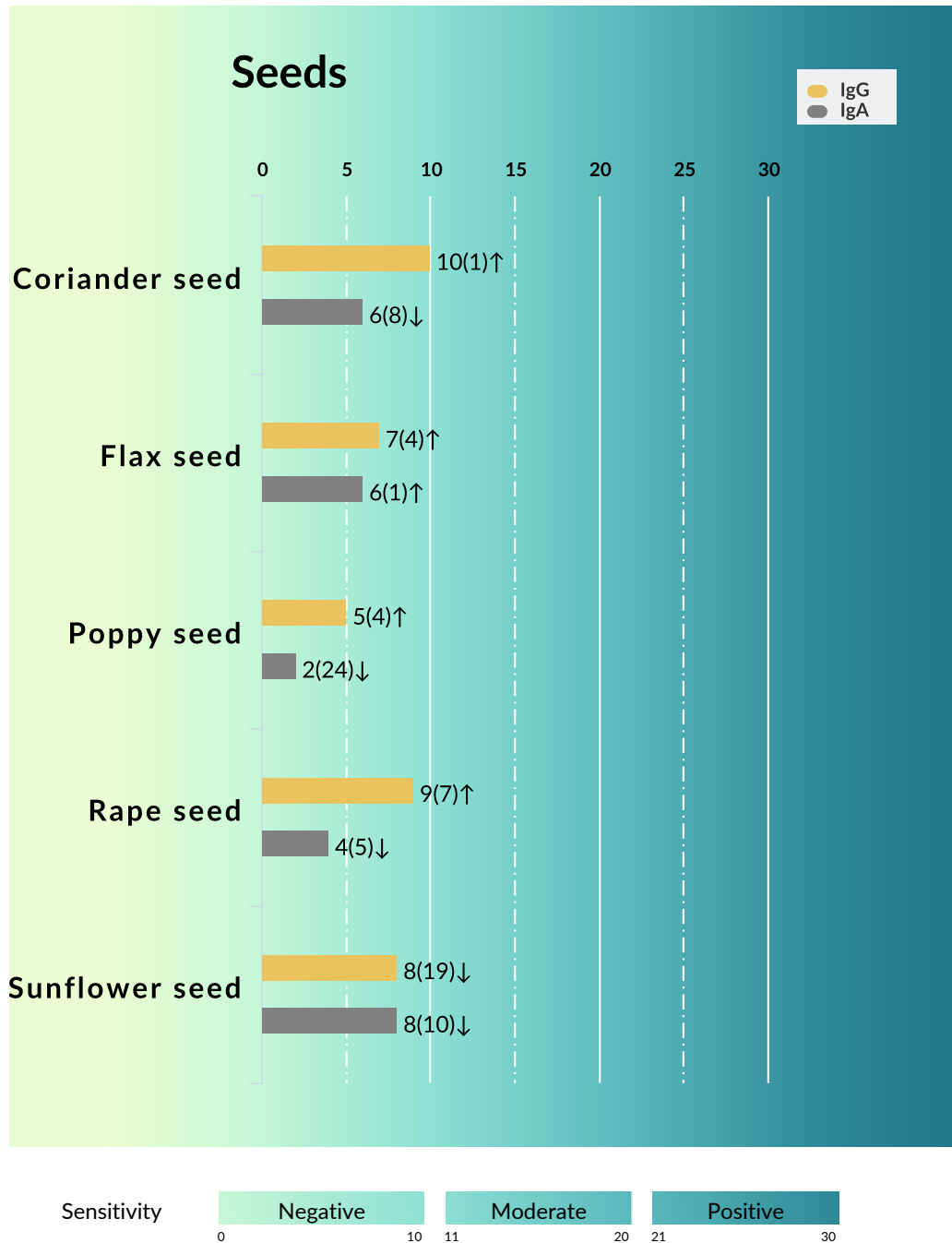Sensitivity | Negative | Moderate | Positive

0 — 10 | 11 — 20 | 21 — 30

The values in parentheses represent previous values tested for this Food antigen.
↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

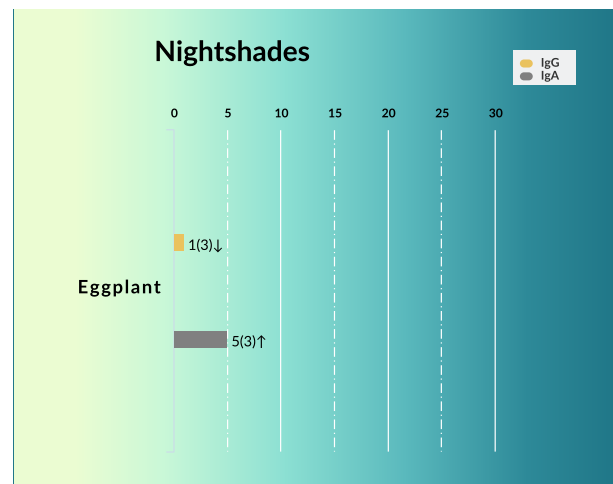| LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

🥬 VEGETABLES
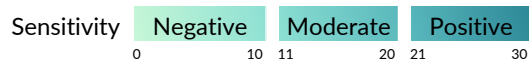
Vegetables - III

Legend: IgG, IgA

	IgG	IgA
Asparagus	7(8)↓	1(16)↓
Bamboo shoots	5(8)↓	2(9)↓
Beet root	8(3)↑	9(6)↑
Endive	7(10)↓	6(19)↓
Leek	3(9)↓	6(9)↓
Roquette	10(6)↑	9(14)↓
Savoy cabbage	1(3)↓	5(2)↑
Turnip	5(6)↓	10(4)↑
Vine leaf	5(7)↓	7(17)↓
White radish	1(6)↓	7(5)↑

Sensitivity: Negative (0-10), Moderate (11-20), Positive (21-30)

Vegetables - IV

Legend: IgG, IgA

	IgG	IgA
Artichoke	2(24)↓	9(5)↑
Chard	10(1)↑	4(1)↑
Kale	3(10)↓	10(7)↑
take mushroom	9(2)↑	4(4)↔
Zucchini	4(3)↑	4(4)↔

Nightshades

Legend: IgG, IgA

	IgG	IgA
Eggplant	1(3)↓	5(3)↑

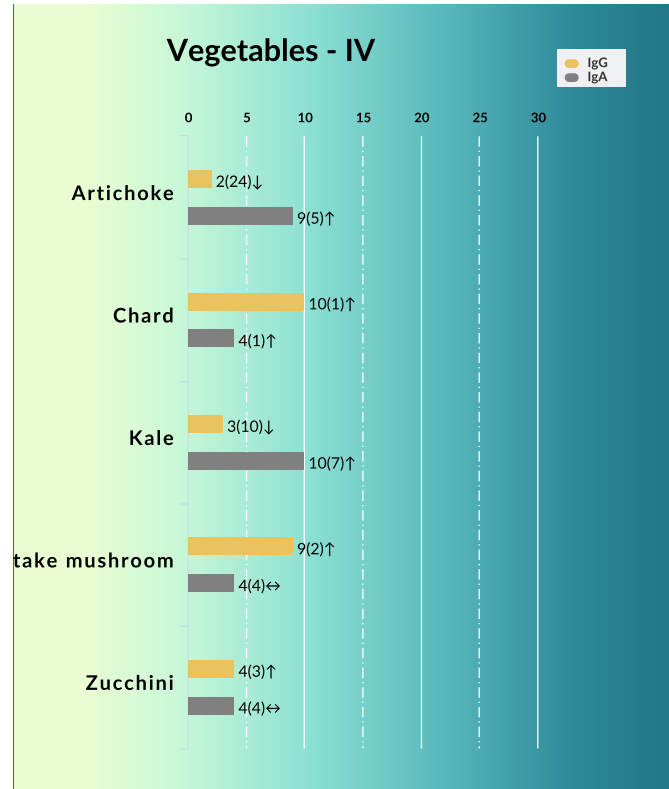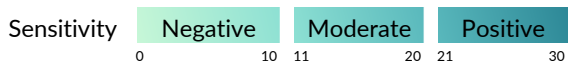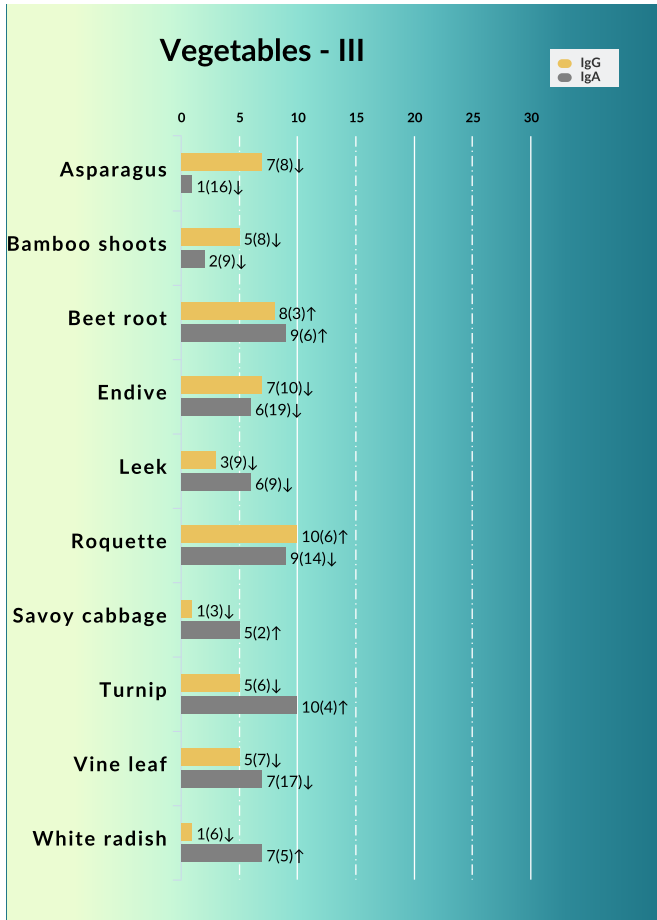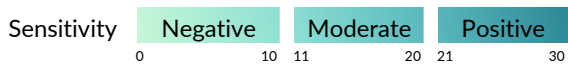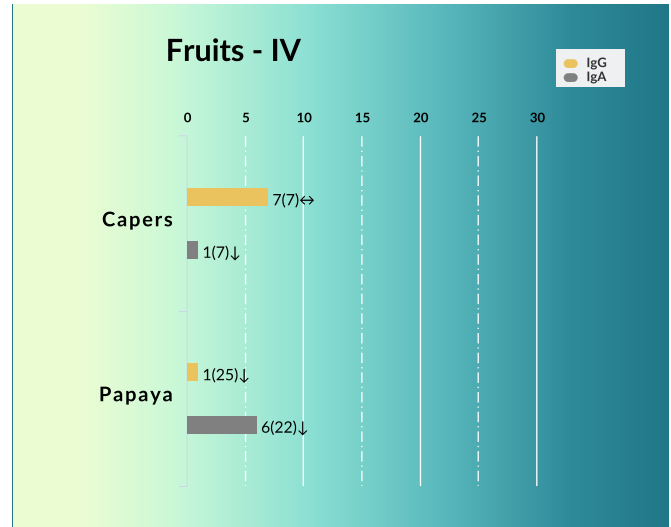Sensitivity: Negative (0-10), Moderate (11-20), Positive (21-30)

The values in parentheses represent previous values tested for this Food antigen.

↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

FRUITS

Fruits - III

IgG
IgA

Fruit	IgG	IgA
Fig	9(21)↓	6(10)↓
Guava	4(1)↑	8(27)↓
Honeydew melon	4(9)↓	2(27)↓
Kiwi fruit	2(4)↓	9(7)↑
Litchi	9(6)↑	5(6)↓
Mandarin	1(22)↓	1(3)↓
Mango	3(9)↓	10(1)↑
Plum	3(24)↓	10(8)↑

Sensitivity: Negative (0–10) Moderate (11–20) Positive (21–30)

Fruits - IV

IgG
IgA

Fruit	IgG	IgA
Capers	7(7)↔	1(7)↓
Papaya	1(25)↓	6(22)↓

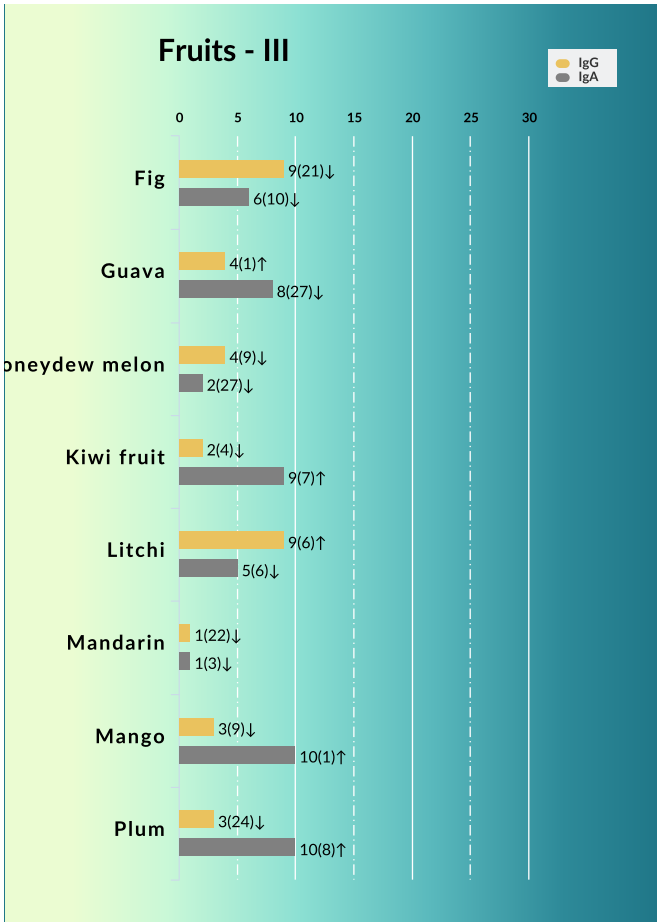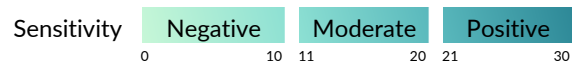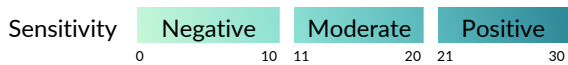Sensitivity: Negative (0–10) Moderate (11–20) Positive (21–30)

The values in parentheses represent previous values tested for this Food antigen.
↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

MISCELLANEOUS

Miscellaneous

Legend: IgG, IgA

Food	IgG	IgA
Black tea	9(1)↑	2(5)↓
Cane sugar	7(9)↓	5(24)↓
Dill	10(2)↑	7(2)↑
Lemon grass	1(25)↓	5(25)↓
Molasses	2(9)↓	3(6)↓
Oolong tea	7(2)↑	2(4)↓
Parsley	4(4)↔	5(3)↑

Spices

Legend: IgG, IgA

Spice	IgG	IgA
Anise	3(8)↓	2(16)↓
Bay leaf	6(10)↓	3(5)↓
Caraway	8(2)↑	3(9)↓
Cayenne pepper	5(6)↓	3(5)↓
Common thyme	2(2)↔	4(2)↑
Curry powder	2(2)↔	9(6)↑
paprika powder	10(2)↑	10(19)↓
Oregano	1(29)↓	10(13)↓
-hsiang powder	8(2)↑	1(21)↓

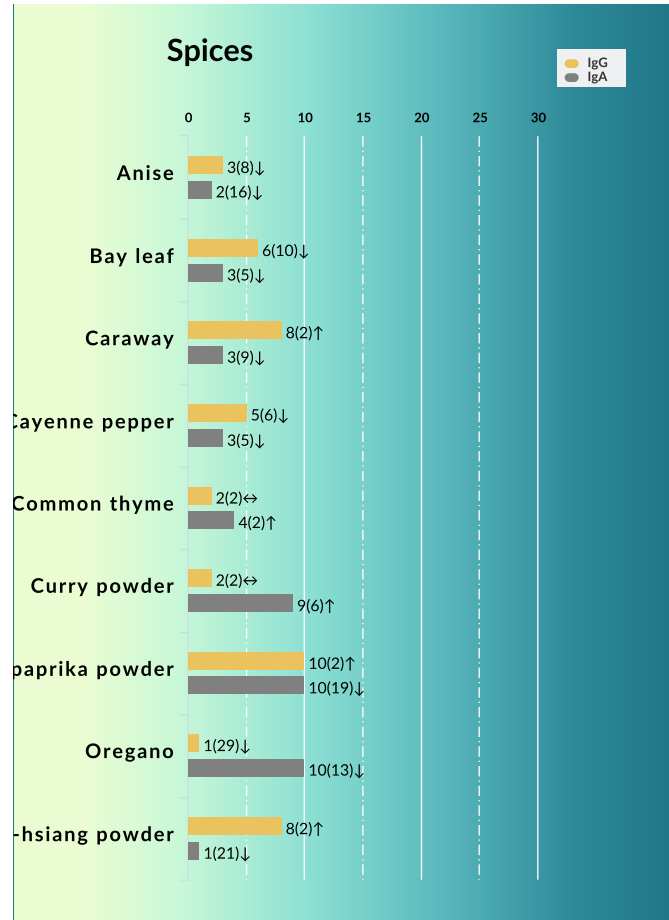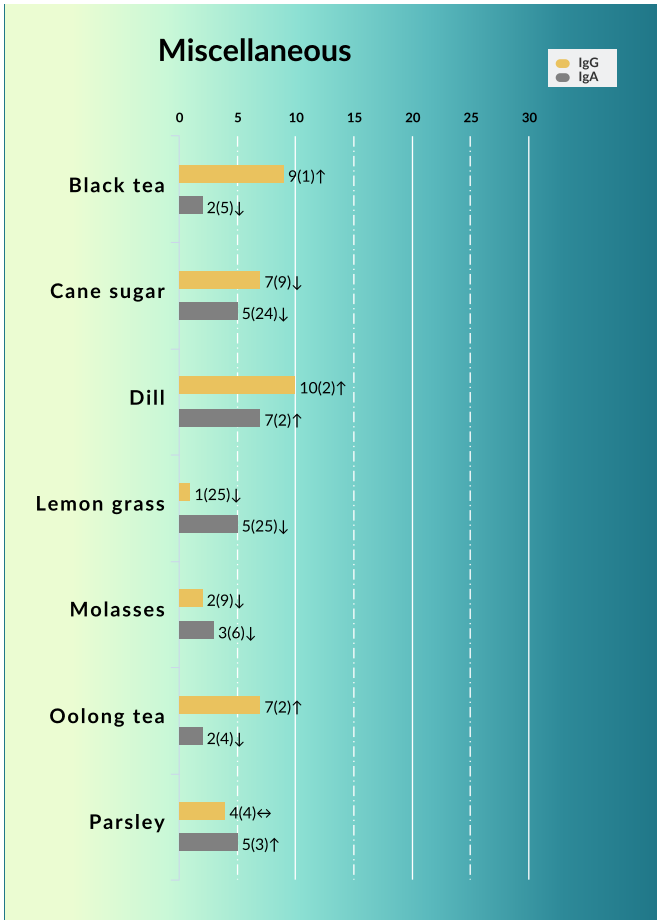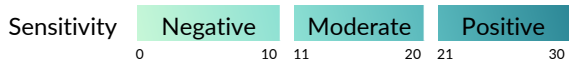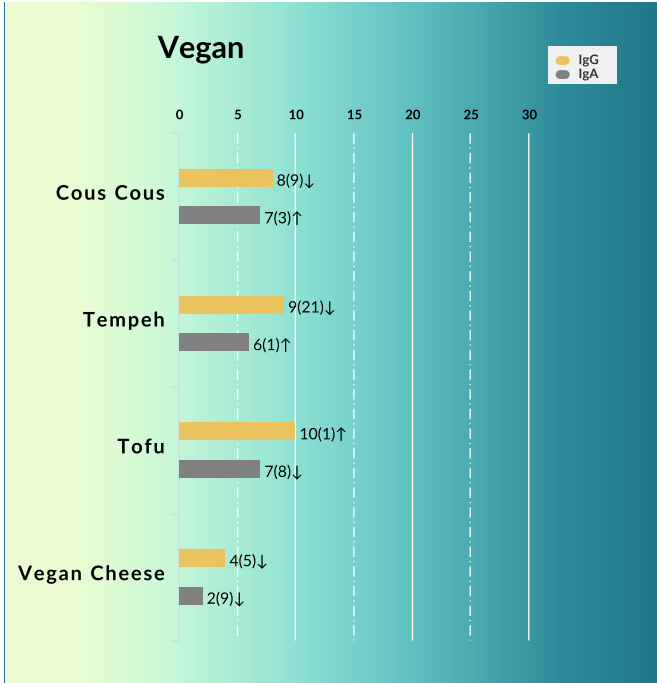Sensitivity: Negative (0–10), Moderate (11–20), Positive (21–30)

The values in parentheses represent previous values tested for this Food antigen.
↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

VibrantWellness

1360 Bayport Ave, Ste B. San Carlos, CA 94070
1(866) 364-0963 | support@vibrant-wellness.com | www. vibrant-wellness.com

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
TESTNAME	PATIENT	MALE	2018-02-23	1512010000	04-03-2018 12:44

VEGAN

Vegan

IgG
IgA

Food	IgG	IgA
Cous Cous	8(9)↓	7(3)↑
Tempeh	9(21)↓	6(1)↑
Tofu	10(1)↑	7(8)↓
Vegan Cheese	4(5)↓	2(9)↓

Sensitivity

Negative	Moderate	Positive
0 10	11 20	21 30

The values in parentheses represent previous values tested for this Food antigen.

↑: Increased sensitivity compared to previous; ↓: decreased sensitivity compared to previous; ↔: Same as previous.

VibrantWellness

1360 Bayport Ave, Ste B. San Carlos, CA 94070
1(866) 364-0963 | support@vibrant-wellness.com | www. vibrant-wellness.com

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 an 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.