

PRACTITIONER

DEMOCR, DEMOCR TEST

2602 S. 24th Street
Phoenix, Arizona 85034

PATIENT

Name: REPORT, SAMPLE

DOB: 11/01/1990

Gender: M

TEST	RESULT			
Array 10-90 - Food Immune Reactivity Screen **	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
DAIRY and EGGS, Modified				
Egg White, cooked		1.16		0.1-1.6
Egg Yolk, cooked	0.31			0.1-1.7
Soft Cheese + Hard Cheese	0.20			0.1-1.7
Yogurt			2.10	0.1-2.0
GRAINS, Raw and Modified				
Rice, white + brown, cooked	0.62			0.1-1.3
Wild Rice, cooked	0.43			0.1-1.3
Wheat + Alpha-Gliadins	0.38			0.2-1.9
BEANS and LEGUMES, Modified				
Black Bean, cooked	0.71			0.3-2.1
Bean Agglutinins			2.58	0.3-1.9
Dark Chocolate + Cocoa	0.60			0.2-1.2
Garbanzo Bean, cooked	0.62			0.2-1.8
Kidney Bean, cooked	0.43			0.3-1.5
Lentil, cooked			2.85	0.3-2.0
Pinto Bean, cooked		2.33		0.4-2.4
Soy Sauce, gluten-free	0.81			0.2-1.9
Tofu	0.60			0.2-1.4
NUTS and SEEDS, Raw and Modified				
Almond, roasted	0.37			0.2-2.0
Cashew	0.93			0.2-1.5
Flax Seed			1.60	0.1-1.3
Mustard Seed	0.57			0.4-1.5
Peanut, roasted	0.61			0.2-1.4
Sesame Oleosin	0.68			0.2-1.6

** For details on the method of cooking, please see specification sheets. All analytes are tested for IgG and IgA combined.

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Mark G. Kartub, M.D., Medical Director

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Sunflower Seeds, roasted	0.87			0.2-1.5
Walnut	0.66			0.3-2.0
VEGETABLES, Raw and Modified				
Asparagus, cooked			2.30	0.1-2.2
Beet, cooked		1.47		0.1-1.5
Bell Pepper	0.53			0.1-1.8
Broccoli	0.48			0.1-1.5
Cabbage, red + green			2.60	0.1-2.5
Canola Oleosin	0.80			0.1-1.9
Carrot	0.66			0.1-2.7
Cauliflower, cooked	0.37			0.1-2.2
Celery	0.59			0.1-2.3
Chili Pepper	0.48			0.1-1.9
Popped Corn		1.38		0.1-1.9
Eggplant, cooked	0.26			0.1-2.1
Garlic	0.31			0.1-2.2
Green Bean, cooked	0.40			0.1-1.5
Lettuce	0.25			0.1-1.5
Mushroom, raw + cooked	0.47			0.1-1.6
Onion + Scallion	0.34			0.1-1.7
Pea, cooked	0.49			0.1-1.5
Potato, white, cooked (fried)	0.44			0.1-1.6
Pumpkin + Squash, cooked	0.36			0.1-1.3
Radish			1.87	0.1-1.7
Spinach + Aquaporin	0.42			0.1-1.5
Tomato Paste	0.51			0.2-2.1
Yam + Sweet Potato, cooked	0.57			0.3-1.9
Zucchini, cooked		1.65		0.3-1.9
FRUIT, Raw and Modified				
Apple	0.44			0.2-1.5

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Avocado	0.64			0.6-2.5
Banana	0.57			0.1-2.3
Blueberry	0.48			0.1-1.6
Cantaloupe + Honeydew Melon	0.32			0.1-1.2
Coconut, meat + water	0.55			0.2-2.0
Grape, red + green	0.49			0.2-1.0
Lemon + Lime	0.66			0.2-1.3
Orange			1.89	0.2-1.7
Peach + Nectarine	0.69			0.2-2.0
Pear	0.44			0.2-2.6
Pineapple	0.31			0.1-1.9
Strawberry		1.85		0.3-2.3
Watermelon	0.53			0.2-1.8
FISH and SEAFOOD, Raw and Modified				
Cod, cooked	0.72			0.2-1.8
Salmon, cooked	0.79			0.2-2.4
Tuna	0.91			0.1-2.7
Tuna, cooked	0.73			0.1-1.3
Whitefish, cooked	0.63			0.1-1.4
Crab + Lobster, cooked			2.79	0.2-2.1
Clam, cooked	0.60			0.1-1.9
Shrimp, cooked		1.75		0.1-2.1
Shrimp Tropomyosin	0.74			0.1-1.6
MEAT, Modified				
Beef, cooked medium	0.73			0.3-1.9
Chicken, cooked	0.52			0.2-1.5
Pork, cooked	0.47			0.1-2.2
Turkey, cooked	0.33			0.1-1.3
Meat Glue			1.39	0.1-1.3

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HERBS, Raw				
Basil	0.69			0.2-1.8
Cilantro	0.73			0.1-1.5
Oregano			2.87	0.4-2.6
Parsley		1.19		0.1-1.3
Rosemary	0.58			0.3-2.2
SPICES, Raw				
Cinnamon	0.60			0.3-1.7
Ginger		1.85		0.1-2.5
Turmeric (Curcumin)	0.69			0.1-1.7
Vanilla	0.58			0.1-2.4
GUMS				
Carrageenan	0.67			0.2-2.0
Xanthan Gum	0.55			0.1-1.7
BREWED BEVERAGES and ADDITIVES				
Honey, raw +processed			1.44	0.1-1.3
Food Coloring	0.85			0.2-1.8

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