3838 Del Amo Blvd, Suite 202
Torrance, CA 90503
P: 310.376.2120 F: 310.598.2120
Donald Simpson MD – Lab Director

Patient:	JOHN SMITH	**Birth:**	1960-01-01	**Accession:**	1234567
Patient #:	123457890	**Age:**	65 years	**Collection Date:**	2025-10-03 07:45:00 AM
Doctor:	CHARLES PEPPER	**Gender:**	Male	**Received Date:**	2025-10-06 11:30:00 AM

Method Overview

Studies demonstrate that certain foods and beverages can trigger immune and inflammatory responses. For each antigen and marker, reactivity values have been scientifically established to classify patient responses as follows:

IgE Response:

- A score of 0 indicates no allergy within Reference Intervals established by CLSI EPC28-A3c and is considered negative.
- Scores above the Reference Interval are considered Positive: from 1 – 6, with 1 being low reactivity and 6 being high.

IgG, IgG4, and C3b/d Responses:

We report responses as within normal limits (WNL), Moderate, or High:

- WNL: Below the response of 84th percentile[1]
- Moderate: Between 84-97.7 percentile
- High: Above 97.7% of the population

Eat 144 Lists

For patients experiencing milder symptoms- it is recommended to avoid foods listed in the red category. Foods in the yellow category may be consumed, rotated, or avoided based on the clinical judgment of the practitioner.

For patients with more severe symptoms- it is advisable to avoid foods from both the red and yellow categories.

Foods that require no restriction are listed in the green category.

Regarding Table Footnotes

The footnotes from the blue table apply to the red, yellow, and green tables because those tables repeat and group the data from the blue table. We itemize the footnotes as **(a)**, **(b)**, **(c)**…etc. For clarity and brevity, the footnotes aren't duplicated below the red, yellow, and green tables.

- Footnote **(a)** addresses the use of recombinant proteins
- Footnotes **(b)** - **(f)** point to an optional section that discusses common allergen groupings based on the relationships between antigens found in the literature. As always, the practitioner may use or ignore this section in part or completely, as decisions for treatment are theirs.
- Footnote **(g)** addresses a literature controversy about the relationship between chicken and egg allergens.

[1] "For example, a data point that falls at the 80th percentile has a value greater than 80 percent of the data points within the dataset" (Eldridge, 2024)

Patient Name: SMITH, JOHN
DOB: 1960-01-01
Accession: 1234567
Physician: PEPPER, CHARLES
Collection Date: 2025-10-03 07:45:00 AM

Red List
Dairy
Milk & Yogurt Cultures(b)
Milk, Cow(b)
Whey, Cow's Milk(b)
Fruit
Banana
Fungi or Mold
Aspergillus
Candida albicans
Mushroom
Grains
Barley(d)
Herbs, Spices, and Sweeteners
Chamomile, Echinacea, Tarragon, Wormwood
Garlic
Honey, Royal Jelly, Bee Venom
Meat
Beef(e)
Bison
Bovine Immunoglobulin(e)
Goat Immunoglobulin(e)
Lamb
Porcine Thyroglobulin(e)
Pork(e)
Venison and Elk
Poultry
Chicken / Game Hen(f)
Egg White(f)
Egg Yolk(f)
Seeds
Mustard
Poppy Seed
Sesame
Vegetables
Squashes, Zucchini

Yellow List
Dairy
Casein, Cow's Milk(b)
Milk, Goat
Fish & Shellfish
Catfish Swai & Tilapia
Clam(c)
Halibut
Fungi or Mold
Yeast, Brewer's and Baker's
Grains
Common Millet
Flaxseed
Gluten(d)
Oats
Rye(d)
Wheat(d)
Herbs, Spices, and Sweeteners
Cinnamon
Ginger
Thyme, Marjoram, Oregano
Legumes, Beans and Pulses
Bean, Fava
Bean, Mung
Fenugreek
Pea, Green / English, Yellow
Peanut
Soybean
Meat
Bovine Serum Albumin(e)
Poultry
Chicken Serum Proteins(f)
Seeds
Hemp Seed
Pumpkin Seeds
Tree Nuts
Almond
Vegetables
Kale

Green List
Additives and Colorings
Blue: FD&C Blue 1, Red 40
Polysorbates and Polyethylene Glycols
Red: FD&C Red 40, Red 3
Beverages
Coffee
Tea, Black
Tea, Green
Fish & Shellfish
Cod
Crab(c)
Flounder
Lobster(c)
Salmon
Sardine
Scallop(c)
Shrimp(c)

Patient Name: SMITH, JOHN
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Green List
Squid(c)
Tuna
Fruit
Apple(a)
Avocado
Blueberry
Cantaloupe
Cherry
Citrus(a)
Goji & Barberry
Grape
Kiwi Fruit(a)
Mulberry, White & Red
Papaya
Peach(a)
Pear(a)
Pineapple
Pineapple Bromelain
Plum(a)
Pomegranate
Pomelo & Citron(a)
Strawberry(a)
Tomato(a)
Watermelon
Fungi or Mold
Mushroom Blend, Immune Supplement
Penicillium chrysogenum mold
Penicillium roqueforti
Grains
Buckwheat
Hominy, Grits, Corn Tortillas / Tamales
Quinoa
Rice
Sorghum
Herbs, Spices, and Sweeteners
Cannabaceae: Hops & Hemp Leaf
Caraway, Coriander, Cilantro, Dill, Parsley
Fennel, Anise seed / Black Licorice
Pepper, Black
Rosemary, Sage, Salvia
Spearmint, Pennyroyal, Basil
Turmeric
Vanilla Bean
Legumes, Beans and Pulses
Bean, Common Dried Navy, Black, White, Kidney

Green List
Bean, Common Green
Bean, Lima
Bean, Lupini
Carob
Chick Pea
Green Pea Protein Powder
Lentils
Mesquite Bean Flour
Meat
Beef Collagen Peptides(e)
Poultry
Duck
Turkey(f)
Seeds
Celery Seed
Chia Seed
Sunflower Seed
Tree Nuts
Brazil Nut
Cashew Nut
Chocolate
Coconut
Hazelnut
Pecan
Pine Nuts
Pistachio
Walnut
Vegetables
Asparagus
Broccoli
Cabbage(a)
Carrot(a)
Cauliflower
Celery(a)
Corn(a)
Cucumber
Eggplant
Lettuce
Olive
Onion
Pepper, Bell(a)
Spinach
Turnip & Radish
White Potato
Yam & Sweet Potato

The Enhanced Allergy/sensitivity Test (EAT144) assesses how 144 of the most commonly ingested foods, additives, and beverages trigger an immune and inflammatory response.

IgE (Immunoglobulin E):

In allergy and asthma, IgE antibodies cause type 1 hypersensitivity reactions that can occur within minutes to hours after exposure to food allergens, respiratory allergens, or insect venoms. During this response, the release of histamines and inflammatory cytokines contributes to symptoms. Symptoms can manifest as itching, sneezing, hives, coughing, difficulty breathing, and, in severe cases, life-threatening anaphylaxis.

IgG4 (Immunoglobulin G, subclass 4):

IgG4 is a subclass of IgG. IgG4 responses are generally protective, inhibiting IgE from releasing histamine, thereby mitigating the symptoms of IgE-mediated reactions. However, highly elevated levels of IgG4 are a marker of past allergy, and prolonged, repeated exposure can cause a host of symptoms and diseases related to the chronic inflammatory response.

IgG (Immunoglobulin G, subclasses 1-3):

IgG works with the adaptive immune system to bind and clear foreign materials from the body. High levels of IgG to specific foods are associated with food sensitivities or intolerances, with delayed inflammation reactions occurring 3-72 hours after ingestion. Inflammation can lead to chronic symptoms, including fatigue, irritable bowel, migraines, skin rashes, and joint aches.

C3b/d (Complement Components C3b and C3d):

C3b and C3d are vital components of the innate immune system, which is responsible for enhancing the ability to clear pathogens and damaged cells, promote inflammation, and attack a pathogen's cell membrane. Higher levels of C3b/d, along with IgG antibodies, can significantly amplify sensitivity reactions and cause various symptoms.

Antigen	IgE	IgG4	IgG	C3b/d
Additives and Colorings				
Blue: FD&C Blue 1, Red 40	(0) Negative	59.9%	51.8%	75.7%
Polysorbates and Polyethylene Glycols	(0) Negative	5.1%	21.3%	46.4%
Red: FD&C Red 40, Red 3	(0) Negative	50.4%	37.7%	51.5%
Beverages				
Coffee	(0) Negative	59.0%	43.7%	65.2%
Tea, Black	(0) Negative	35.0%	0.0%	56.3%
Tea, Green	(0) Negative	46.4%	66.7%	29.3%
Dairy				
Casein, Cow's Milk[(b)]	(0) Negative	84.6%	84.4%	86.2%
Milk & Yogurt Cultures[(b)]	(1) Positive	99.1%	92.2%	92.7%
Milk, Cow[(b)]	(1) Positive	89.9%	62.2%	96.4%
Milk, Goat	(0) Negative	89.8%	36.0%	87.2%
Whey, Cow's Milk[(b)]	(1) Positive	93.7%	94.9%	18.7%
Fish & Shellfish				
Catfish Swai & Tilapia	(0) Negative	86.0%	60.7%	3.9%
Clam[(c)]	(0) Negative	56.9%	22.4%	84.8%
Cod	(0) Negative	64.6%	59.6%	68.7%

Antigen	IgE	IgG4	IgG	C3b/d
Crab[c]	(0) Negative	4.3%	29.1%	83.3%
Flounder	(0) Negative	78.8%	32.2%	22.7%
Halibut	(0) Negative	60.4%	94.6%	60.2%
Lobster[c]	(0) Negative	64.2%	67.8%	5.7%
Salmon	(0) Negative	30.8%	76.9%	16.5%
Sardine	(0) Negative	2.2%	7.0%	56.6%
Scallop[c]	(0) Negative	68.2%	65.6%	4.2%
Shrimp[c]	(0) Negative	67.1%	39.8%	40.8%
Squid[c]	(0) Negative	38.5%	38.2%	77.7%
Tuna	(0) Negative	47.2%	4.7%	10.0%
Fruit				
Apple[a]	(0) Negative	40.9%	1.3%	80.7%
Avocado	(0) Negative	57.7%	22.9%	52.0%
Banana	(0) Negative	38.7%	88.8%	99.0%
Blueberry	(0) Negative	52.9%	43.8%	11.0%
Cantaloupe	(0) Negative	68.5%	72.0%	72.8%
Cherry	(0) Negative	45.8%	42.5%	12.4%
Citrus[a]	(0) Negative	65.9%	67.0%	51.3%
Goji & Barberry	(0) Negative	64.7%	82.4%	68.0%
Grape	(0) Negative	70.9%	9.4%	54.5%
Kiwi Fruit[a]	(0) Negative	73.3%	47.1%	49.4%
Mulberry, White & Red	(0) Negative	3.6%	27.0%	16.6%
Papaya	(0) Negative	51.2%	48.0%	27.0%
Peach[a]	(0) Negative	74.4%	52.7%	23.5%
Pear[a]	(0) Negative	35.0%	78.9%	34.4%
Pineapple	(0) Negative	28.6%	46.6%	29.9%
Pineapple Bromelain	(0) Negative	36.3%	16.7%	57.8%
Plum[a]	(0) Negative	37.2%	8.4%	4.2%
Pomegranate	(0) Negative	33.0%	50.1%	0.4%
Pomelo & Citron[a]	(0) Negative	65.8%	14.8%	12.1%
Strawberry[a]	(0) Negative	3.4%	29.3%	14.8%
Tomato[a]	(0) Negative	79.2%	76.9%	46.2%
Watermelon	(0) Negative	10.5%	81.3%	83.9%
Fungi or Mold				
Aspergillus	(0) Negative	21.2%	97.6%	98.9%
Candida albicans	(0) Negative	99.6%	28.3%	97.1%
Mushroom	(0) Negative	98.6%	73.2%	98.6%
Mushroom Blend, Immune Supplement	(0) Negative	11.9%	64.7%	82.4%
Penicillium chrysogenum mold	(0) Negative	39.3%	46.8%	37.7%
Penicillium roqueforti	(0) Negative	7.3%	53.3%	27.3%
Yeast, Brewer's and Baker's	(0) Negative	92.5%	67.0%	88.8%
Grains				
Barley[d]	(0) Negative	99.8%	65.4%	68.6%

Antigen	IgE	IgG4	IgG	C3b/d
Buckwheat	(0) Negative	72.7%	30.3%	22.8%
Common Millet	(0) Negative	87.1%	42.8%	59.4%
Flaxseed	(0) Negative	93.6%	39.4%	58.1%
Gluten[(d)]	(0) Negative	91.9%	21.3%	4.2%
Hominy, Grits, Corn Tortillas / Tamales	(0) Negative	19.2%	0.7%	17.8%
Oats	(0) Negative	90.6%	37.0%	34.3%
Quinoa	(0) Negative	71.5%	38.2%	1.8%
Rice	(0) Negative	64.5%	76.6%	61.5%
Rye[(d)]	(0) Negative	90.1%	29.2%	31.1%
Sorghum	(0) Negative	57.1%	17.6%	6.6%
Wheat[(d)]	(0) Negative	85.2%	32.9%	56.1%
Herbs, Spices, and Sweeteners				
Cannabaceae: Hops & Hemp Leaf	(0) Negative	1.4%	84.0%	59.9%
Caraway, Coriander, Cilantro, Dill, Parsley	(0) Negative	68.8%	62.2%	51.1%
Chamomile, Echinacea, Tarragon, Wormwood	(0) Negative	62.8%	91.8%	98.4%
Cinnamon	(0) Negative	12.0%	85.5%	74.6%
Fennel, Anise seed / Black Licorice	(0) Negative	81.3%	77.5%	16.1%
Garlic	(0) Negative	99.3%	52.4%	14.1%
Ginger	(0) Negative	89.3%	85.9%	38.0%
Honey, Royal Jelly, Bee Venom	(1) Positive	46.0%	21.4%	71.8%
Pepper, Black	(0) Negative	71.5%	71.2%	4.9%
Rosemary, Sage, Salvia	(0) Negative	77.8%	39.1%	61.1%
Spearmint, Pennyroyal, Basil	(0) Negative	33.3%	64.9%	72.0%
Thyme, Marjoram, Oregano	(0) Negative	95.2%	60.7%	20.5%
Turmeric	(0) Negative	31.3%	13.2%	36.6%
Vanilla Bean	(0) Negative	13.8%	65.5%	41.3%
Legumes, Beans and Pulses				
Bean, Common Dried Navy, Black, White, Kidney	(0) Negative	61.9%	4.5%	27.0%
Bean, Common Green	(0) Negative	31.4%	79.8%	52.5%
Bean, Fava	(0) Negative	90.1%	38.8%	65.6%
Bean, Lima	(0) Negative	60.4%	58.1%	24.7%
Bean, Lupini	(0) Negative	44.6%	58.4%	55.9%
Bean, Mung	(0) Negative	84.1%	74.6%	64.1%
Carob	(0) Negative	61.5%	46.7%	9.7%
Chick Pea	(0) Negative	56.7%	15.0%	8.7%
Fenugreek	(0) Negative	86.1%	67.1%	77.2%
Green Pea Protein Powder	(0) Negative	72.5%	6.8%	15.8%
Lentils	(0) Negative	10.1%	7.8%	5.8%
Mesquite Bean Flour	(0) Negative	39.3%	62.2%	57.9%
Pea, Green / English, Yellow	(0) Negative	84.5%	81.0%	48.6%
Peanut	(0) Negative	87.1%	74.0%	59.1%
Soybean	(0) Negative	86.7%	71.0%	51.3%
Meat				

Antigen	IgE	IgG4	IgG	C3b/d
Beef[e]	(4) Positive	86.5%	91.8%	36.7%
Beef Collagen Peptides[e]	(0) Negative	53.2%	77.9%	21.4%
Bison	(3) Positive	86.2%	90.3%	29.2%
Bovine Immunoglobulin[e]	(6) Positive	97.8%	98.3%	98.1%
Bovine Serum Albumin[e]	(0) Negative	92.7%	71.5%	25.6%
Goat Immunoglobulin[e]	(5) Positive	91.1%	88.8%	91.2%
Lamb	(1) Positive	82.8%	11.4%	59.4%
Porcine Thyroglobulin[e]	(4) Positive	96.3%	43.0%	81.4%
Pork[e]	(2) Positive	90.4%	92.9%	25.4%
Venison and Elk	(2) Positive	87.4%	92.2%	17.9%
Poultry				
Chicken / Game Hen[f]	(1) Positive	94.0%	66.5%	77.4%
Chicken Serum Proteins[f]	(0) Negative	92.3%	84.9%	58.5%
Duck	(0) Negative	56.5%	30.7%	81.5%
Egg White[f]	(0) Negative	98.2%	54.3%	46.3%
Egg Yolk[f]	(1) Positive	26.5%	53.4%	9.2%
Turkey[f]	(0) Negative	71.5%	71.1%	42.2%
Seeds				
Celery Seed	(0) Negative	68.6%	56.3%	57.3%
Chia Seed	(0) Negative	62.2%	15.5%	25.7%
Hemp Seed	(0) Negative	95.9%	51.4%	8.1%
Mustard	(0) Negative	99.1%	13.4%	61.8%
Poppy Seed	(0) Negative	98.7%	90.8%	89.0%
Pumpkin Seeds	(0) Negative	84.9%	61.1%	47.6%
Sesame	(0) Negative	98.0%	87.4%	62.0%
Sunflower Seed	(0) Negative	67.0%	42.1%	61.0%
Tree Nuts				
Almond	(0) Negative	84.3%	50.7%	6.7%
Brazil Nut	(0) Negative	51.1%	16.3%	52.2%
Cashew Nut	(0) Negative	33.8%	68.4%	43.0%
Chocolate	(0) Negative	22.2%	4.4%	53.1%
Coconut	(0) Negative	36.7%	32.5%	23.7%
Hazelnut	(0) Negative	65.4%	78.9%	77.4%
Pecan	(0) Negative	79.6%	84.1%	9.6%
Pine Nuts	(0) Negative	0.1%	65.6%	28.5%
Pistachio	(0) Negative	54.9%	67.3%	8.5%
Walnut	(0) Negative	83.2%	24.9%	11.1%
Vegetables				
Asparagus	(0) Negative	68.1%	83.3%	29.6%
Broccoli	(0) Negative	46.0%	29.8%	20.5%
Cabbage[a]	(0) Negative	0.1%	4.5%	70.9%
Carrot[a]	(0) Negative	27.6%	26.7%	50.3%
Cauliflower	(0) Negative	10.6%	57.3%	24.9%

Antigen	IgE	IgG4	IgG	C3b/d
Celery[(a)]	(0) Negative	25.3%	50.2%	24.8%
Corn[(a)]	(0) Negative	39.8%	34.6%	48.3%
Cucumber	(0) Negative	60.7%	47.6%	10.3%
Eggplant	(0) Negative	15.7%	42.9%	27.1%
Kale	(0) Negative	22.1%	89.1%	38.5%
Lettuce	(0) Negative	53.7%	26.7%	68.8%
Olive	(0) Negative	0.9%	26.2%	1.7%
Onion	(0) Negative	41.8%	4.7%	66.2%
Pepper, Bell[(a)]	(0) Negative	39.1%	36.0%	62.0%
Spinach	(0) Negative	39.3%	83.3%	4.1%
Squashes, Zucchini	(1) Positive	88.7%	56.9%	23.1%
Turnip & Radish	(0) Negative	56.8%	68.7%	83.2%
White Potato	(0) Negative	36.3%	21.0%	44.8%
Yam & Sweet Potato	(0) Negative	56.5%	9.0%	16.7%

(a) For these foods marked with **(a)**, we measure the recombinant proteins as well as the whole food to ensure there are no false negatives reported.

(b) For more detailed information, see the **Dairy** section in **Guide for Result Interpretation**

(c) For more detailed information, see the **Fish and Shellfish** section in Guide for Result Interpretation

(d) For more detailed information, see the **Grains**, section in **Guide for Result Interpretation**

(e) For more detailed information, see the **Meat**, section in **Guide for Result Interpretation**

(f) For more detailed information, see the **Poultry**, section in **Guide for Result Interpretation**

(g) There are possible cross-reactions with chicken albumin and egg yolk and chicken. In primary "true" poultry meat allergy, which is relatively rare, Gal d 7-10 muscle proteins and hemoglobin are implicated. In the more common secondary poultry meat allergy, also called bird-egg syndrome, cross-sensitization to Gal d 5 / serum albumin / alpha-livetin, which is present in all poultry meat, serum, and egg yolks, is responsible for the reaction. It is partially inactivated by thorough cooking. **An early reference** for Gal d 5: Szépfalusi Z, Ebner C, Pandjaitan R, Orlicek F, Scheiner O, Boltz-Nitulescu G, Kraft D, Ebner H. Egg yolk alpha-livetin (chicken serum albumin) is a cross-reactive allergen in the bird-egg syndrome. J Allergy Clin Immunol. 1994 May;93(5):932-42. doi: 10.1016/0091-6749(94)90388-3. PMID: 8182236. A second egg yolk antigen, Gal d 6 / YGP42 / vitellin, is found only in yolks, is not correlated with meat, and is not inactivated by heating: Gal d 6 Is the Second Allergen Characterized by Egg Yolk Alvaro Amo, Rosa Rodríguez-Pérez, Juan Blanco, Julian Villota, Sonsoles Juste, Ignacio Moneo, and María Luisa Caballero Journal of Agricultural and Food Chemistry 2010 58 (12), 7453-7457 DOI: 10.1021/jf101403h **A more recent review of the matter:** Wanniang, N., Codreanu-Morel, F., Kuehn, A. et al. Poultry Meat allergy: a Review of Allergens and Clinical Phenotypes. Curr Treat Options Allergy 9, 187–203 (2022). https://doi.org/10.1007/s40521-022-00309-2

Guide for Result Interpretation

Some foods contain multiple antigens, and the same antigen may exist across different foods.

Dairy

- If **"Casein, Cow's Milk"** shows reactivity, then the practitioner may recommend that the patient also avoid **"Milk, Cow",** and **"Milk & Yogurt Cultures"** because milk products contain casein.
- If **"Milk & Yogurt Cultures"** shows reactivity, then the practitioner may recommend that the patient also avoid **"Lacto-fermented vegetables"** due to similar microorganisms in Lacto-fermented foods.
- If **"Milk, Cow"** shows reactivity, then the practitioner may recommend that the patient also avoid **"Milk & Yogurt Cultures"** because yogurt and other cultured milk products contain milk.
- If **"Whey, Cow's Milk"** shows reactivity, then the practitioner may recommend that the patient also avoid **"Milk, Cow"** and **"Milk & Yogurt Cultures"** because milk products contain whey proteins.

Fish and Shellfish

- If **"Clam"**, **"Scallop"** or **"Squid"** shows reactivity, then the practitioner may recommend that the patient also avoid **"Mollusk Shellfish (clams, oysters, mussels, scallops, squid, octopus, snails)"** because these shellfish contain similar allergenic proteins, including tropomyosin.
- If **"Crab"**, **"Lobster"**, or **"Shrimp"** show reactivity, then the practitioner may recommend that the patient also avoid **"Crustacean Shellfish (crab, lobster, crayfish, shrimp, prawn)"** because these shellfish contain similar allergenic proteins, including tropomyosin.

Grains

- If **"Gluten"** shows reactivity, then the practitioner may recommend that the patient also avoid "**Gluten / Seitan / Wheat Meat"**, **"Wheat"**, **"Barley"**, and **"Rye"** as these three grains contain significant levels of gluten.

Meat

- If **"Beef Collagen Peptides"**, **"Bovine Immunoglobulin"**, or **"Bovine Serum Albumin"** show reactivity, then the practitioner may recommend that the patient also avoid **"Beef"** as beef contains these antigens.
- If **"Goat Immunoglobulin"** shows reactivity, then the patient should also avoid **"Goat"** because goat meat contains immunoglobulin.
- If **"Porcine Thyroglobulin"** shows reactivity, then the practitioner may recommend that the patient also avoid **"Pork"** because **"Porcine Thyroglobulin"** carries high levels of a major pork allergen.

Poultry

- If **"Egg White"** or **"Egg Yolk"** shows reactivity, then the practitioner may recommend that the patient also avoid **"Eggs"** because eggs are composed of both.

Environmental

Environmental responses help highlight allergies that may mimic or exacerbate other conditions.

Antigen	IgE
Animals	
Canine Albumin	(0) Negative
Canine Dander	(0) Negative
Cockroach, Mixed	(0) Negative
Dust Mites	(0) Negative
Feline Albumin	(4) Positive
Feline Dander	(2) Positive
Miscellaneous	
Latex	(0) Negative
Pollen	
Birch, White	(0) Negative
Mugwort, Common	(0) Negative
Ragweed, Giant	(0) Negative
Timothy & Orchard Grass	(0) Negative

Animals

We provide these because allergic reactions to home environment allergens can often be mistaken for dietary triggers.

- Cat and dog albumin reactions may be simply pet allergies, or cross-reactions to all meat and dairy.
- Dust mite allergies strongly correlate with cross-reactions to crustacean shellfish.

Pollen

We provide several pollen results because reactions to these specific pollens highly correlate with other allergies, such as Oral Allergy Syndromes (OAS) or Pollen-Food Syndrome (PFS).

The list of specific foods is extensive. Please Reference:

- https://foodallergycanada.ca/wp-content/uploads/OAS-PFAS-chart-2022.pdf
- https://www.aaaai.org/Aaaai/media/Media-Library-PDFs/Tools%20for%20the%20Public/Conditions%20Library/Library%20-%20Allergies/OAS-table_revised.pdf
- https://www.allergyuk.org/wp-content/uploads/2022/03/Oral-Allergy-Syndrome-v5.pdf