



# FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline

Prepared for:

**Sample Report**

Accession:

Practitioner:

Test Date:

Suggested Retest:

Guideline Prepared:



13500 Linden Ave North  
Seattle, WA 98133  
[www.usbiotek.com](http://www.usbiotek.com)

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# Sample Report

US BioTek Laboratories Rotation Diet Guideline

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## Congratulations!

We are excited that you have taken this positive step towards a healthier life.

The report enclosed consists of information regarding your immune system's response to certain foods, spices, herbs and/or inhalants. Depending on which test(s) were ordered by your practitioner, three antibody types, IgA, IgE<sup>1</sup>, and IgG are measured using an Enzyme linked Immunosorbent assay, or ELISA.

In understanding your report it is helpful to have some background information on what are defined as Adverse Reactions to Foods. Under this broad category we have reactions involving the body's immune system, called immune-mediated reactions, or allergies, and non-immune-mediated reactions, or food intolerances. Food intolerances are many. A common example is the inability to digest the milk sugar, lactose, known as lactose intolerance. Other types of intolerances include reactions to various food additives.

A food allergy is defined as a reaction mediated by the body's immune system. These immune reactions are divided into IgE-mediated and non-IgE-mediated reactions. The latter of which may involve antibodies other than IgE.

IgE-mediated reactions are fairly rapid in onset and a temporal relationship can usually be drawn between exposure to a specific food and onset of the reaction. Non-IgE-mediated reactions, on the other hand, may be more variable in onset, becoming evident hours or days after exposure to a food, creating a less well defined temporal relationship. The symptoms produced as a result of specific antibody production to any particular food vary in type and quality from person to person and may affect how we function and/or feel.

On the rotation diet guideline attached, based on the test ordered by your practitioner, all foods to which you scored Class IV and greater for IgA and/or IgG antibody analysis have been eliminated. The guideline includes the foods to which you scored Class 0 to Class III. These foods are rotated throughout a 4-day cycle by their food families (groups of foods that are biologically or botanically related). Depending on the severity of your symptoms and your medical history, your practitioner may advise you to avoid foods that are included in the rotation plan (i.e.: foods to which you scored Class III or lower).

All foods to which you scored Class I and greater for IgE antibody analysis have also been eliminated from the guideline. This test does not identify anaphylaxis. Reaction Class 0 for any food item that carries a personal history of anaphylaxis does not justify re-introduction of the food item, as re-exposure may prove fatal.

The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle. The idea behind rotation-style eating is not to consume the same food more than once every four days and no foods of the same family more than once every two days. You may move any food through days 1 to 4 as long as members of the same family are not consumed on consecutive days, and any particular food is not consumed more than once every four days. Rotation-style eating is designed to encourage diversification of the diet. Your practitioner may want you to follow a different, but similar diet guideline. Please speak with your practitioner about the specific foods he/she would like for you to avoid and/or rotate. You can alter your personalized diet accordingly. This is but one suggested rotation schedule. Other yet similar schedules may involve a 7-day plan and/or limit any particular food family to one day of the rotation cycle vs. two. These suggestions do not constitute or replace professional medical advice. You should discuss any dietary changes with your healthcare practitioner before undertaking them, and immediately consult your practitioner if you experience weight loss or other health-related concerns.

Provided for you in this packet is an easy to read food family booklet for your reference. This booklet includes other important information including the science behind Adverse Reactions to Foods and meal planning tips.

The first few days of your new diet may be challenging, and a portion of people eliminating their reactive foods may experience symptoms similar to withdrawal, such as headaches and food cravings. If this occurs, contact your practitioner; the symptoms may be due to food elimination or may be due to something else.

You have already achieved your first step towards a larger goal in health by pursuing food sensitivity testing. Be kind to yourself and take this path in health one rotation day at a time.

Sincerely yours in good health!

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<sup>1</sup>IgE antibody testing and results are not available through the Aller-Check test kit.

**Physician:**  
**Patient:** Sample Report  
**Accession #:**  
**Sex:** F **Age:** 28  
**Date of Birth:**  
**Collected:**

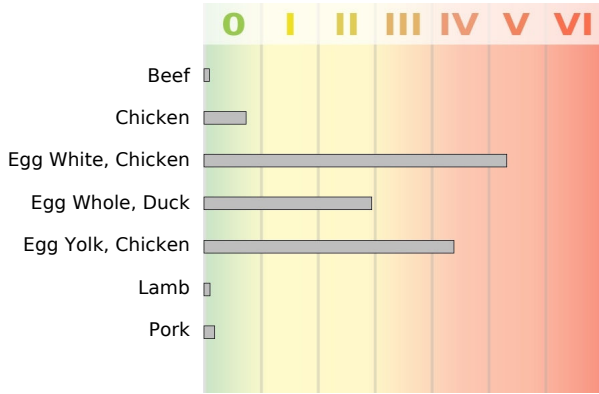
IgG 

**Received:**

**Completed:**

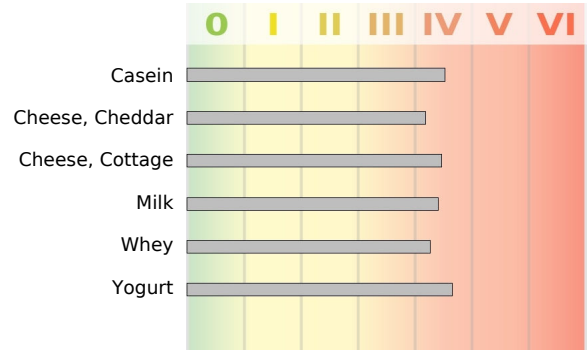
CLIA #: 50D0965661 © US BioTek Laboratories

**Meat/Fowl**

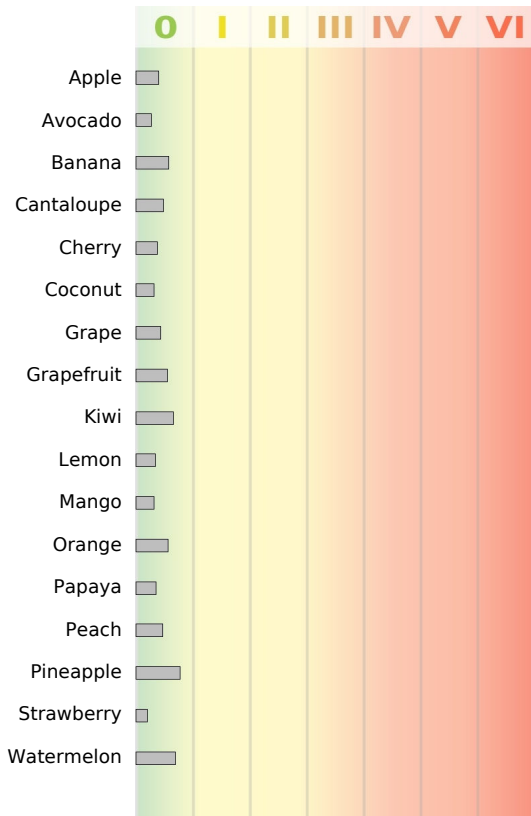


**Dairy**

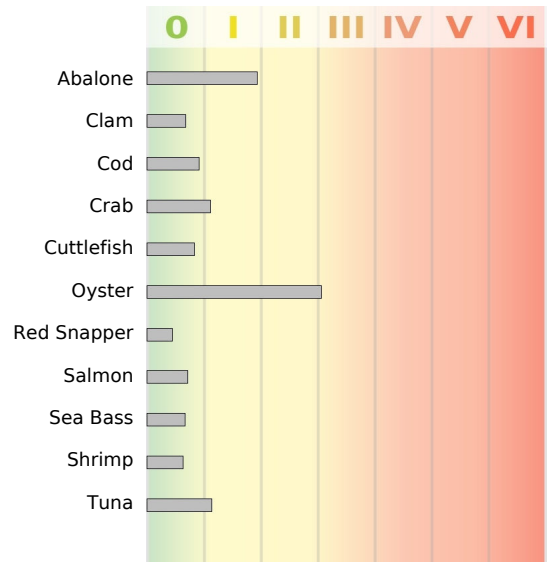
*Bovine-derived unless specified*



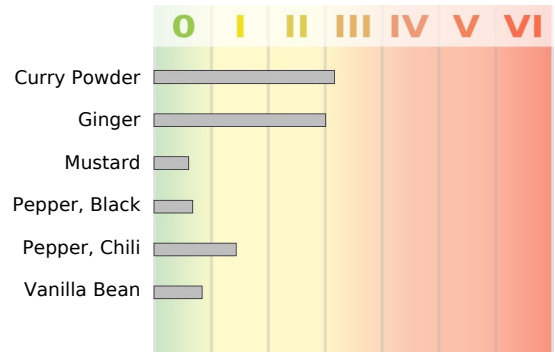
**Fruits**



**Fish/Crustacea/Mollusk**



**Spices**



**Reaction Class**



This test does not identify anaphylaxis. Low allergen-IgG cannot justify secondary exposure to food suspect of inducing anaphylaxis as it may prove fatal. This test is not intended to diagnose, treat, cure, or prevent any disease or replace the medical advice and/or treatment obtained from a qualified healthcare practitioner. US BioTek's proprietary ELISA analysis is a semi-quantitative assessment for specific Total IgG (subclasses 1, 2, 3, 4) and IgE antibodies. The classification of 0 to VI denotes the level of IgG, IgA, and/or IgE antibodies detected through spectrophotometric analysis. US BioTek Laboratories has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration. IgG and IgA antibodies may be associated with Delayed-Onset Hypersensitivity Reactions. IgE antibodies may be associated with Immediate-Onset Hypersensitivity Reactions. The antigens in this panel are subject to changes without prior notice. Reference ranges are periodically updated.

**Physician:**  
**Patient:** Sample Report  
**Accession #:**  
**Sex:** F **Age:** 28  
**Date of Birth:**  
**Collected:**

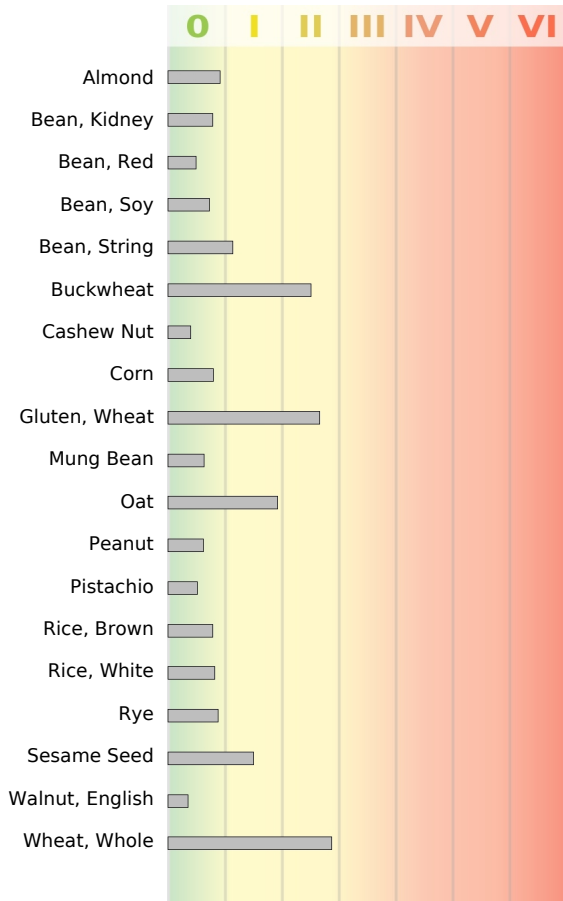
IgG 

**Received:**

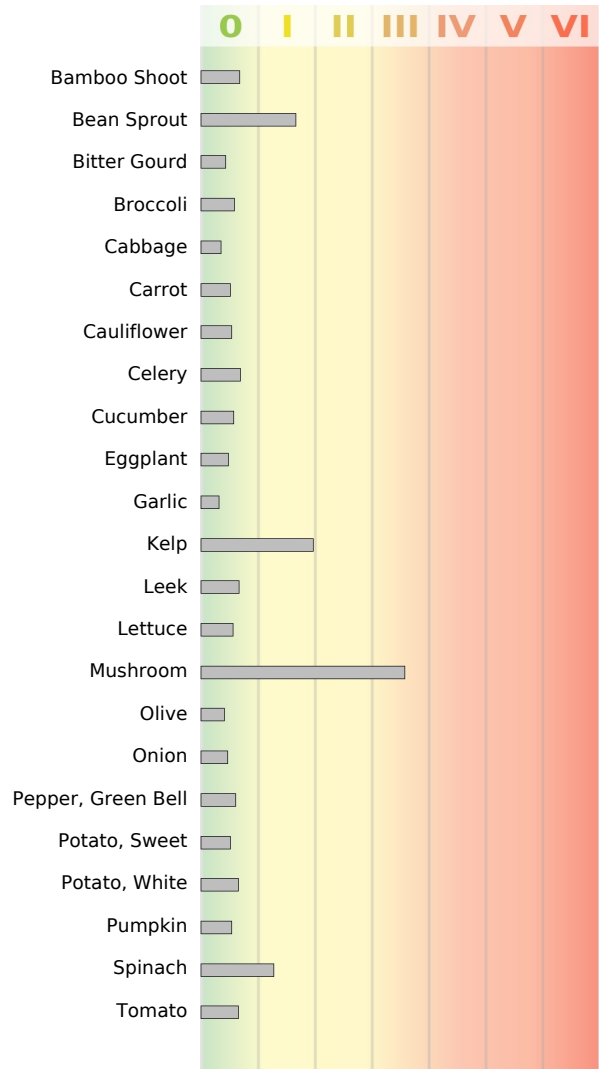
**Completed:**

CLIA #: 50D0965661 © US BioTek Laboratories

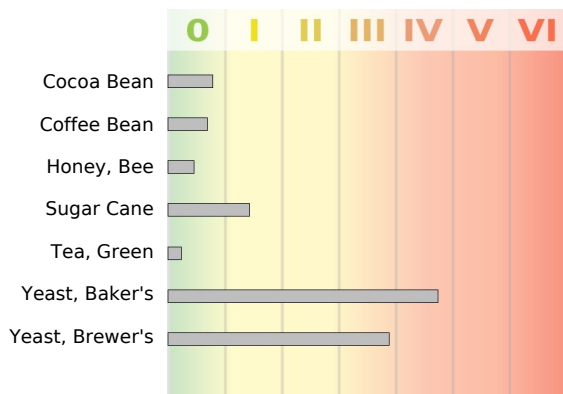
**Grains/Legumes/Nuts**



**Vegetables**



**Misc**



**Reaction Class**



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# Sample Report

US BioTek Laboratories Rotation Diet Guideline

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## Report Summary

These foods are omitted from the 4-day rotation guideline:

<b>Class IV and greater IgA/IgG Reactive Foods</b>	Baker's Yeast, Casein, Cheddar Cheese, Chicken Egg White, Chicken Egg Yolk, Cottage Cheese, Milk, Whey, Yogurt
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<b>Class I and greater IgE Reactive Foods</b>	<i>(not tested)</i>
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These foods are included in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

<b>Class III IgA/IgG Reactive Foods</b>	Brewer's Yeast, Curry Powder, Ginger, Mushroom, Oyster
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This report does not assess for anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

IgE antibody testing and results are not available through the Aller-Check test kit.

# Sample Report

US BioTek Laboratories Rotation Diet Guideline

## Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class IV and greater for IgA and/or IgG antibody analysis and Class I and greater for IgE antibody analysis, as identified on your Food-Specific Antibody Assessment graph.

The foods listed are allocated into 4 separate days based on food families, where no particular food item is eaten more than once every 4 days. This is not a mandatory food menu. Pick, choose and improvise as you like for a nutritionally balanced and varied diet.

	Day 1	Day 2	Day 3	Day 4
<b>Fish, Crustacea, Mollusk</b>	Shrimp	Abalone, Cod, Oyster, Red Snapper, Sea Bass, Tuna	Crab	Clam, Cuttlefish, Salmon
<b>Fruits</b>	Apple, Cantaloupe, Kiwi, Papaya, Strawberry, Watermelon	Coconut, Grape, Orange	Banana, Cherry, Peach, Pineapple	Grapefruit, Lemon, Mango
<b>Grains, Legumes, Nuts</b>	Brown Rice, English Walnut, Rye, Sesame Seed, Wheat Gluten, Whole Wheat	Bean Sprout, Mung Bean, Peanut, Pistachio	Almond, Buckwheat, Corn, Oat, White Rice	Cashew Nut, Kidney Bean, Red Bean, Soy Bean, String Bean
<b>Herbs</b>			Green Tea	
<b>Meat, Fowl</b>	Chicken, Duck Egg Whole, Lamb	Pork	Beef	
<b>Miscellaneous</b>	Cocoa Bean		Bee Honey, Brewer's Yeast, Coffee Bean, Sugar Cane	
<b>Spices</b>	Black Pepper, Curry Powder, Vanilla Bean		Chili Pepper, Ginger	Mustard
<b>Vegetables</b>	Avocado, Bamboo Shoot, Bitter Gourd, Cucumber, Green Bell Pepper, Kelp, Leek, Olive, Sweet Potato, White Potato	Cauliflower, Celery, Spinach	Eggplant, Garlic, Mushroom, Onion, Pumpkin, Tomato	Broccoli, Cabbage, Carrot, Lettuce







## Notes

A series of horizontal dotted lines for writing notes.



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