PRECISION POINT
DIAGNOSTICS

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P88-DIY Dietary Antigen Test

A Targeted Approach to Wellness

P88 Guide

SUMMARY | 1/2

DIETARY ANTIGEN	ALLERGY					SENSITIVITY			
	IgE	IgE Percent	IgG4	IgG4 Percent	Immune Tolerance IgG4 > IgE Abs*	IgG	IgG Percent	C3d	C3d Percent
Almond	LOW	53%	LOW	52%		LOW	29%	HIGH	98%
Apple	LOW	51%	LOW	12%		LOW	64%	LOW	40%
Asparagus	LOW	23%	LOW	49%	YES	MODERATE	82%	MODERATE	90%
Aspergillus Mix		2%		0%		MODERATE	82%	HIGH	95%
Avocado		0%		0%			0%		1%
Banana	LOW	48%	MODERATE	83%	YES	HIGH	95%	MODERATE	91%
Barley	LOW	59%	MODERATE	92%	YES		11%	LOW	49%
Beef	LOW	54%	LOW	67%			0%	LOW	70%
Black Pepper	LOW	32%	MODERATE	82%	YES	MODERATE	91%	LOW	71%
Blueberry		0%	HIGH	95%		MODERATE	81%	LOW	55%
Brewer's Yeast		0%		0%		HIGH	99%		0%
Broccoli	LOW	12%	MODERATE	90%	YES	HIGH	99%	LOW	62%
Cabbage		0%	LOW	25%			0%		4%
Cacao	LOW	55%		0%		HIGH	96%	LOW	55%
Candida	MODERATE	76%		0%		HIGH	90%	LOW	63%
Cantaloupe		0%		6%	YES		2%	LOW	25%
Carrot	LOW	29%	MODERATE	81%	YES	LOW	30%	MODERATE	87%
Casein	LOW	50%	LOW	68%	YES	HIGH	97%	LOW	38%
Cashew	LOW	41%	LOW	40%			0%	HIGH	99%
Cauliflower		0%	HIGH	97%			0%		0%
Celery		0%	LOW	13%			0%		0%
Cherry		2%	HIGH	98%	YES	MODERATE	85%	LOW	50%
Chicken		0%	LOW	69%			0%	LOW	14%
Cinnamon		0%		0%		MODERATE	87%		0%
Clam	MODERATE	92%	LOW	52%		HIGH	97%	HIGH	98%
Coconut	LOW	57%		0%		LOW	36%	HIGH	97%
Codfish		2%	HIGH	>99%	YES	MODERATE	84%	MODERATE	94%
Coffee	LOW	11%	MODERATE	92%	YES	HIGH	97%	MODERATE	85%
Corn	LOW	32%	LOW	35%			1%	MODERATE	81%
Cottonseed		0%	HIGH	96%		LOW	50%	LOW	44%
Cow's Milk	LOW	70%	MODERATE	75%	YES	MODERATE	87%	LOW	70%
Crab		0%	LOW	37%			0%		0%
Cucumber		0%		0%			0%	MODERATE	75%
Egg Albumin	HIGH	92%	LOW	73%	YES		8%	HIGH	95%
Egg Yolk		8%	HIGH	94%	YES	LOW	72%	MODERATE	80%
English Walnut		0%	HIGH	>99%		MODERATE	92%	MODERATE	92%
Flax Seed		0%	HIGH	98%		LOW	52%		0%
Flounder		0%	HIGH	98%		MODERATE	86%		0%

SUMMARY | 2/2

DIETARY ANTIGEN	ALLERGY					SENSITIVITY			
	IgE	IgE Percent	IgG4	IgG4 Percent	Immune Tolerance IgG4 > IgE Abs*	IgG	IgG Percent	C3d	C3d Percent
Garlic		0%	HIGH	98%		LOW	55%	MODERATE	76%
Ginger		3%	HIGH	99%	YES	MODERATE	93%	LOW	71%
Gluten	HIGH	90%		0%			1%	HIGH	95%
Goat's Milk	MODERATE	88%	HIGH	98%	YES	HIGH	98%	HIGH	98%
Grapefruit		9%	LOW	56%	YES	LOW	29%	LOW	63%
Grapes		8%	HIGH	96%	YES	MODERATE	78%		0%
Green Olive		3%	HIGH	98%	YES	LOW	30%		0%
Green Pea		5%	LOW	57%	YES	LOW	54%		0%
Green Pepper		0%	HIGH	94%			0%		0%
Halibut		0%	HIGH	>99%		LOW	37%		0%
Honeydew		0%		0%		HIGH	97%		0%
Hops		0%		0%		LOW	16%		0%
Kidney Bean	LOW	30%	MODERATE	82%	YES	MODERATE	74%	MODERATE	92%
Lemon		0%		0%			0%	MODERATE	80%
Lettuce	LOW	36%	HIGH	95%	YES	LOW	15%		0%
Lima Bean	LOW	32%	HIGH	96%	YES		0%	MODERATE	94%
Lobster	MODERATE	76%		0%			0%		0%
Mushroom		5%		0%			0%		2%
Mustard	LOW	67%	HIGH	95%	YES	LOW	20%		0%
Navy Bean	MODERATE	82%	HIGH	98%	YES	LOW	72%	MODERATE	84%
Oat	LOW	45%		0%		MODERATE	88%		0%
Onion	LOW	22%		0%			0%		0%
Orange	LOW	30%	HIGH	91%	YES	LOW	52%		0%
Peach		0%		0%			0%		0%
Peanut		2%	MODERATE	80%	YES	LOW	66%		0%
Pear		0%		0%			0%		0%
Pecan		0%	HIGH	98%		HIGH	95%		0%
Pineapple		0%		0%			0%		0%
Plum	LOW	39%		0%			0%		0%
Pork		0%	HIGH	>99%		MODERATE	86%	MODERATE	88%
Rice		0%	LOW	47%		MODERATE	80%	MODERATE	80%
Rye	LOW	36%		0%		MODERATE	83%		0%
Salmon		0%	HIGH	>99%			0%		0%
Scallops	MODERATE	85%		0%			0%		0%
Sesame		0%		0%		MODERATE	75%		0%
Shrimp	LOW	16%		0%			0%	HIGH	93%
Soybean		0%		0%	YES		0%	LOW	50%
Spinach	LOW	21%	HIGH	97%	YES	LOW	16%	MODERATE	93%
Strawberry		0%		0%		LOW	16%		0%
String Bean		0%	HIGH	96%			7%		0%
Sweet Potato		0%	HIGH	97%			0%		1%
Tea		0%		0%		HIGH	97%		0%
Tomato		0%	LOW	45%			0%		0%
Tuna	MODERATE	86%	HIGH	>99%	YES	LOW	39%		0%
Turkey		0%	LOW	70%			0%		0%
Vanilla		0%		0%		MODERATE	75%		0%
Watermelon		0%		0%			0%	LOW	25%
White Potato		0%	HIGH	99%			0%	LOW	14%
Whole Wheat		0%	HIGH	92%			0%	LOW	17%
Yellow Squash		0%	MODERATE	79%			0%		0%

Immune Tolerance is based upon the absolute (Abs) value of IgG4 compared to the absolute value of IgE. This is different from percent reactivity which is given in the summary page to easily see which foods are the most reactive. Find absolute values for each food in the references range on the test results between pages 8-14.

LESS RESTRICTIVE DIET

The Less Restrictive Diet removes foods with high levels of reactivity for IgE and IgG. The Less Restrictive Diet rotates foods with moderate IgG reactivity where levels of C3d are also present due to increased inflammatory potential.

High IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. The red "Remove at Providers Discretion" column reflects only IgG4 immunogenicity. Refer to the *Understanding The P88 Dietary Antigen Test Physician's Guide* for an expanded list of conditions associated with IgG4-RDs.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Almond	Asparagus	Aspergillus Mix	Blueberry
Apple	Black Pepper	Banana	Cauliflower
Avocado	Cow's Milk	Barley	Cherry
Beef	Kidney Bean	Brewer's Yeast	Codfish
Cabbage	Rice	Broccoli	Cottonseed
Cantaloupe		Cacao	Egg Yolk
Carrot		Candida	English Walnut
Cashew		Casein	Flax Seed
Celery		Clam	Flounder
Chicken		Coffee	Garlic
Cinnamon		Egg Albumin	Ginger
Coconut		Gluten	Grapes
Corn		Goat's Milk	Green Olive
Crab		Honeydew	Green Pepper
Cucumber		Pecan	Halibut
Grapefruit		Rye	Lettuce
Green Pea		Tea	Lima Bean
Hops		Whole Wheat	Mustard
Lemon			Navy Bean
Lobster			Orange
Mushroom			Pork
Oat			Salmon
Onion			Spinach
Peach			String Bean
Peanut			Sweet Potato
Pear			Tuna
Pineapple			White Potato
Plum			
Scallops			
Sesame			
Shrimp			
Soybean			
Strawberry			
Tomato			
Turkey			
Vanilla			
Watermelon			
Yellow Squash			

MORE RESTRICTIVE DIET

The More Restrictive Diet removes foods with high and moderate levels of IgE, IgG, and complement (C3d). Additionally, low IgG reactivity with any positive complement response are rotated because C3d has the potential to amplify an IgG reaction 1000-10,000-fold.

High and moderate IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. The red "Remove at Provider's Discretion" column reflects only IgG4 immunogenicity. Refer to the *Understanding The P88 Dietary Antigen Test Physician's Guide* for an expanded list of conditions associated with IgG4-RDs.

NO LIMITATION	ROTATE	ELIMINATE		ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.		Remove at Provider's Discretion
Avocado	Apple	Almond	Sesame	Cauliflower
Beef	Grapefruit	Asparagus	Shrimp	Cottonseed
Cabbage		Aspergillus Mix	Spinach	Flax Seed
Cantaloupe		Banana	Tea	Green Olive
Celery		Barley	Tuna	Green Pepper
Chicken		Black Pepper	Vanilla	Halibut
Crab		Blueberry	Whole Wheat	Lettuce
Green Pea		Brewer's Yeast		Mustard
Hops		Broccoli		Orange
Mushroom		Cacao		Peanut
Onion		Candida		Salmon
Peach		Carrot		String Bean
Pear		Casein		Sweet Potato
Pineapple		Cashew		White Potato
Plum		Cherry		Yellow Squash
Soybean		Cinnamon		
Strawberry		Clam		
Tomato		Coconut		
Turkey		Codfish		
Watermelon		Coffee		
		Corn		
		Cow's Milk		
		Cucumber		
		Egg Albumin		
		Egg Yolk		
		English Walnut		
		Flounder		
		Garlic		
		Ginger		
		Gluten		
		Goat's Milk		
		Grapes		
		Honeydew		
		Kidney Bean		
		Lemon		
		Lima Bean		
		Lobster		
		Navy Bean		
		Oat		
		Pecan		
		Pork		
		Rice		
		Rye		
		Scallops		

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.

IMMUNE INDEX

The P88 is the only dietary antigen test to categorize overall reactivity of foods by adjusting for immunogenicity across four independent markers: IgE, IgG4, total IgG, and C3d (complement). Our immunogenicity-adjusted algorithm, known here as the Immune Index, emphasizes C3d, and de-emphasizes IgG4. This specialized calculation generates its own rank of most-to-least reactive foods and allows for consideration of increased flexibility towards IgG4 reactive foods in the absence of IgG4-RDs.

Concurrently, the red "Remove at Providers Discretion" columns on pp. 3 and 4 reflect only IgG4 immunogenicity. Refer to pp. 4-5 in our *Understanding The P88 Dietary Antigen Test Physician's* Guide, for an expanded list of conditions associated with IgG4-RDs.

Rank	DIETARY ANTIGEN	Immune Index
1	Goat's Milk	HIGH
2	Clam	HIGH
3	Banana	MODERATE
4	Candida	MODERATE
5	Coffee	MODERATE
6	Navy Bean	MODERATE
7	Almond	MODERATE
8	Asparagus	MODERATE
9	Broccoli	MODERATE
10	Cacao	MODERATE
11	Coconut	MODERATE
12	Egg Albumin	MODERATE
13	Gluten	MODERATE
14	Kidney Bean	MODERATE
15	Spinach	MODERATE
16	Casein	MODERATE
17	Aspergillus Mix	MODERATE
18	Black Pepper	MODERATE
19	Carrot	MODERATE
20	Codfish	MODERATE
21	English Walnut	MODERATE
22	Pork	MODERATE
23	Cow's Milk	MODERATE
24	Apple	LOW
25	Cashew	LOW
26	Blueberry	LOW
27	Cherry	LOW
28	Egg Yolk	LOW
29	Garlic	LOW
30	Ginger	LOW
31	Lima Bean	LOW
32	Rice	LOW
33	Shrimp	LOW
34	Tuna	LOW
35	Corn	LOW
36	Cottonseed	LOW
37	Lettuce	LOW
38	Mustard	LOW
39	Oat	LOW
40	Orange	LOW
41	Pecan	LOW
42	Rye	LOW
43	Barley	LOW
44	Beef	LOW

Rank	DIETARY ANTIGEN	Immune Index
45	Brewer's Yeast	LOW
46	Flounder	LOW
47	Grapefruit	LOW
48	Grapes	LOW
49	Honeydew	LOW
50	Tea	LOW
51	Cinnamon	LOW
52	Cucumber	LOW
53	Green Olive	LOW
54	Halibut	LOW
55	Flax Seed	LOW
56	Lemon	LOW
57	Lobster	LOW
58	Scallops	LOW
59	Sesame	LOW
60	Vanilla	LOW
61	White Potato	LOW
62	Whole Wheat	LOW
63	Cantaloupe	
64	Chicken	
65	Green Pea	
66	Onion	
67	Hops	
68	Peanut	
69	Plum	
70	Soybean	
71	Strawberry	
72	Watermelon	
73	Cauliflower	
74	Green Pepper	
75	Salmon	
76	String Bean	
77	Sweet Potato	
78	Avocado	
79	Cabbage	
80	Celery	
81	Crab	
82	Mushroom	
83	Peach	
84	Pear	
85	Pineapple	
86	Yellow Squash	
87	Tomato	
88	Turkey	

BIOGENIC COMPOUNDS

This table recognizes the dynamics of symptom-eliciting compounds as potential, non-immune-response-driven, explanations for perturbances, irritations and allergy-mimicking reactions. Reactive foods that also populate for these compounds can identify additional patterns of food reactions that are not mediated by IgE or IgG. For example, several reactions in a category may signal an intolerance not previously considered, or may confirm observed symptomologies and metabolic disturbances, thus prompting a dietary source review for those and similar-acting compounds. This illustration reminds of the myriad of reasons why biological systems respond to food (and other environmental) triggers.

DIETARY ANTIGEN	Oxalates	Amines	Glutamate	Histamine	Lectins	Nitrite	FOD-MAP	Phenol	Salicylates
Almond		H							H
Apple									
Asparagus							M		
Avocado									
Banana							H		
Barley							M		
Blueberry	H								
Broccoli			H						
Cabbage									
Casein				H					
Cashew							H		
Cauliflower							H		
Celery									
Coconut						H			
Coffee	H								
Corn			M						
Grapefruit									
Kidney Bean	M			M	M		M		
Lettuce						H			
Mushroom									
Navy Bean	H			H	H		H		
Onion									
Orange	H								
Peach									
Peanut					M			M	
Pear									
Pineapple									
Plum									
Shrimp				H					
Soybean									
Spinach	H					H			
Strawberry									
Tea	H								
Tomato									
Turkey									
Watermelon									
White Potato					H				
Whole Wheat	H						H		

P88-DIY Dietary Antigen Test

A Targeted Approach to Wellness

| PATIENT INFO |
|---|
| NAME: **Sample Patient** |
| REQUISITION ID: DPA213230010 |

CLINIC INFO
Research And Development
ADDRESS: 135 Sample Lane
Sample City, SS 10115
PHONE: (678)736-6388
FAX: (770)674-1715

IgE/IgG4 Food Allergies

Dietary Antigen Exposure by Food Group

	IgE	IgG4
Meats, Dairy	LOW	MODERATE
Poultry	MODERATE	MODERATE
Legumes, Beans	LOW	MODERATE
Fungi	LOW	LOW
Fish	LOW	HIGH
Shellfish	MODERATE	LOW
Herbs, Spices,	LOW	MODERATE
Grains, Grasses	LOW	LOW
Seeds, Nuts	LOW	MODERATE
Fruits	LOW	MODERATE
Vegetables	LOW	MODERATE
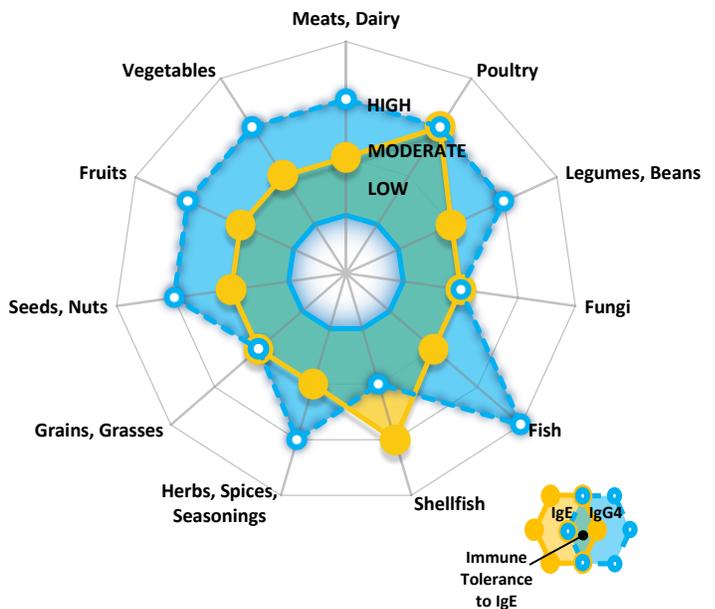
Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgE and IgG4 antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summatio n of the IgE and IgG4 results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) fr om the diet has been shown to reduce the severity of symptoms associated with food allergies.

Immune Tolerance To IgE

In high levels, IgG4 antibodies alone can trigger an immune response within the body. However, data is available that provid es support for the notion that IgG4 can serve another specific function of controlling antigen recognition by IgE and consequently regulatin g anaphylactic reactions and IgE-mediated immunity. IgG4 can act as a blocking agent by preventing IgE from binding to targeted receptor sites and releasing histamine. We refer to this as the Immune Tolerance to IgE.

IgE/IgG4 Food Allergies

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgE

The IgE antibody response is the most commonly known food allergy response. This response usually occurs immediately and can create severe symptoms such as swelling, hives, itching, and - in some cases - anaphylaxis. Even though IgE reactions are immediate, the allergic potential of food-based allergens can remain in your system 1-2 days after ingestion, extending the presence of symptoms during this duration. IgE reactions can be permanent or they may improve with the elimination diet and gut treatment. IgE reactions stimulate the release of histamine in the body.

IgG4

IgG4, which is a subclass of IgG, is a distinct antibody in the immune system. IgG4 total antibody is important in relation to IgE because this antibody acts as a blocking agent for an IgE reaction. When the IgG4 reaction is greater than the IgE reaction for a particular antigen, IgG4 blocks the IgE antibodies from binding to the receptor sites and releasing histamine, thereby reducing severity of the symptoms associated with the IgE reaction. This is referred to as the blocking potential. IgG4 carries its own clinical relevance in high levels and may mediate several conditions and diseases.

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE		ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
MEATS, DAIRY						**MEATS, DAIRY**			
Beef	1.50	LOW	<0.24 µg/ml			Beef	1.47	LOW	<0.21 µg/ml
Casein	0.55	LOW	<0.05 µg/ml	YES		Casein	9.45	LOW	<0.1 µg/ml
Cow's Milk	2.18	LOW	<0.13 µg/ml	YES		Cow's Milk	12.63	MODERATE	<0.13 µg/ml
Goat's Milk	2.12	MODERATE	<0.18 µg/ml	YES		Goat's Milk	6.95	HIGH	<0.11 µg/ml
Pork	0.00		<0.13 µg/ml			Pork	12.22	HIGH	<0.09 µg/ml
POULTRY						**POULTRY**			
Chicken	0.00		<0.17 µg/ml			Chicken	1.30	LOW	<0.15 µg/ml
Egg Albumin	24.05	HIGH	<5.14 µg/ml	YES		Egg Albumin	25.23	LOW	<9.13 µg/ml
Egg Yolk	0.09		<0.15 µg/ml	YES		Egg Yolk	15.33	HIGH	<0.25 µg/ml
Turkey	0.00		<0.15 µg/ml			Turkey	1.10	LOW	<0.15 µg/ml
LEGUMES, BEANS						**LEGUMES, BEANS**			
Green Pea	0.07		<0.19 µg/ml	YES		Green Pea	0.82	LOW	<0.15 µg/ml
Kidney Bean	0.20	LOW	<0.1 µg/ml	YES		Kidney Bean	2.99	MODERATE	<0.07 µg/ml
Lima Bean	0.38	LOW	<0.16 µg/ml	YES		Lima Bean	1.68	HIGH	<0.08 µg/ml
Navy Bean	2.89	MODERATE	<0.42 µg/ml	YES		Navy Bean	12.58	HIGH	<0.13 µg/ml
Peanut	0.11		<0.28 µg/ml	YES		Peanut	2.36	MODERATE	<0.24 µg/ml
Soybean	0.10		<8.96 µg/ml	YES		Soybean	2.04		<4.75 µg/ml
String Bean	0.00		<0.79 µg/ml			String Bean	6.98	HIGH	<0.14 µg/ml
FUNGI						**FUNGI**			
Aspergillus Mix	0.06		<0.13 µg/ml			Aspergillus Mix	0.00		<0.08 µg/ml
Brewer's Yeast	0.00		<0.1 µg/ml			Brewer's Yeast	0.00		<0.12 µg/ml
Candida	1.60	MODERATE	<0.25 µg/ml			Candida	0.00		<0.15 µg/ml
Mushroom	0.32		<0.68 µg/ml			Mushroom	0.00		<0.33 µg/ml
FISH						**FISH**			
Codfish	0.09		<0.19 µg/ml	YES		Codfish	32.75	HIGH	<0.09 µg/ml
Flounder	0.00		<0.24 µg/ml			Flounder	5.74	HIGH	<0.1 µg/ml
Halibut	0.00		<0.2 µg/ml			Halibut	5.14	HIGH	<0.07 µg/ml
Salmon	0.00		<0.07 µg/ml			Salmon	18.71	HIGH	<0.07 µg/ml
Tuna	2.07	MODERATE	<0.11 µg/ml	YES		Tuna	9.33	HIGH	<0.11 µg/ml

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IgE/IgG4 Food Allergies

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE		ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
SHELLFISH						**SHELLFISH**			
Clam	19.521	MODERATE	<3.71 µg/ml			Clam	4.101	LOW	<1.99 µg/ml
Crab	0.00		<0.12 µg/ml			Crab	0.68	LOW	<0.18 µg/ml
Lobster	1.14	MODERATE	<0.15 µg/ml			Lobster	0.00		<0.11 µg/ml
Scallops	2.76	MODERATE	<0.1 µg/ml			Scallops	0.00		<0.11 µg/ml
Shrimp	0.12	LOW	<0.09 µg/ml			Shrimp	0.00		<0.06 µg/ml
HERBS, SPICES, SEASONINGS						**HERBS, SPICES, SEASONINGS**			
Black Pepper	0.27	LOW	<0.04 µg/ml	YES		Black Pepper	1.36	MODERATE	<0.09 µg/ml
Cinnamon	0.00		<0.11 µg/ml			Cinnamon	0.00		<0.09 µg/ml
Garlic	0.00		<0.06 µg/ml			Garlic	9.89	HIGH	<0.14 µg/ml
Ginger	0.04		<0.12 µg/ml	YES		Ginger	8.99	HIGH	<0.11 µg/ml
Hops	0.03		<0.17 µg/ml			Hops	0.00		<0.14 µg/ml
Mustard	0.79	LOW	<0.09 µg/ml	YES		Mustard	2.61	HIGH	<0.16 µg/ml
Vanilla	0.00		<0.08 µg/ml			Vanilla	0.00		<0.08 µg/ml
GRAINS, GRASSES						**GRAINS, GRASSES**			
Barley	0.52	LOW	<0.08 µg/ml	YES		Barley	2.36	MODERATE	<0.12 µg/ml
Corn	0.55	LOW	<0.14 µg/ml			Corn	0.35	LOW	<0.11 µg/ml
Gluten	18.38	HIGH	<2.69 µg/ml			Gluten	0.84		<10.01 µg/ml
Oat	0.26	LOW	<0.06 µg/ml			Oat	0.00		<0.04 µg/ml
Rice	0.00		<0.08 µg/ml			Rice	0.41	LOW	<0.07 µg/ml
Rye	0.48	LOW	<0.08 µg/ml			Rye	0.00		<0.07 µg/ml
Whole Wheat	0.00		<0.12 µg/ml			Whole Wheat	1.60	HIGH	<0.09 µg/ml
SEEDS, NUTS						**SEEDS, NUTS**			
Almond	1.13	LOW	<0.22 µg/ml			Almond	1.01	LOW	<0.3 µg/ml
Cacao	0.42	LOW	<0.06 µg/ml			Cacao	0.00		<0.05 µg/ml
Cashew	0.57	LOW	<0.16 µg/ml			Cashew	0.49	LOW	<0.09 µg/ml
Coffee	0.10	LOW	<0.1 µg/ml	YES		Coffee	1.77	MODERATE	<0.07 µg/ml
Cottonseed	0.00		<0.2 µg/ml			Cottonseed	3.21	HIGH	<0.18 µg/ml
English Walnut	0.00		<0.19 µg/ml			English Walnut	6.25	HIGH	<0.1 µg/ml
Flax Seed	0.00		<0.13 µg/ml			Flax Seed	7.17	HIGH	<0.23 µg/ml
Pecan	0.00		<0.11 µg/ml			Pecan	5.87	HIGH	<0.1 µg/ml
Sesame	0.00		<0.04 µg/ml			Sesame	0.00		<0.05 µg/ml
FRUITS						**FRUITS**			
Apple	0.59	LOW	<0.08 µg/ml			Apple	0.11	LOW	<0.11 µg/ml
Avocado	0.00		<0.36 µg/ml			Avocado	0.00		<0.19 µg/ml
Banana	0.43	LOW	<0.06 µg/ml	YES		Banana	1.51	MODERATE	<0.13 µg/ml
Blueberry	0.00		<0.13 µg/ml			Blueberry	2.83	HIGH	<0.14 µg/ml
Cantaloupe	0.00		<0.12 µg/ml	YES		Cantaloupe	0.05		<0.11 µg/ml
Cherry	0.03		<0.15 µg/ml	YES		Cherry	8.75	HIGH	<0.1 µg/ml
Coconut	0.82	LOW	<0.09 µg/ml			Coconut	0.00		<0.2 µg/ml
Cucumber	0.00		<0.09 µg/ml			Cucumber	0.00		<0.09 µg/ml
Grapefruit	0.07		<0.09 µg/ml	YES		Grapefruit	0.57	LOW	<0.09 µg/ml
Grapes	0.07		<0.09 µg/ml	YES		Grapes	3.86	HIGH	<0.09 µg/ml
Green Olive	0.05		<0.14 µg/ml	YES		Green Olive	5.11	HIGH	<0.16 µg/ml
Green Pepper	0.00		<0.1 µg/ml			Green Pepper	1.74	HIGH	<0.06 µg/ml
Honeydew	0.00		<0.16 µg/ml			Honeydew	0.00		<0.07 µg/ml
Lemon	0.00		<0.12 µg/ml			Lemon	0.00		<0.05 µg/ml
Orange	0.22	LOW	<0.05 µg/ml	YES		Orange	1.49	HIGH	<0.09 µg/ml
Peach	0.00		<0.09 µg/ml			Peach	0.00		<0.14 µg/ml
Pear	0.00		<0.1 µg/ml			Pear	0.00		<0.1 µg/ml
Pineapple	0.00		<0.09 µg/ml			Pineapple	0.00		<0.04 µg/ml
Plum	0.36	LOW	<0.09 µg/ml			Plum	0.00		<0.1 µg/ml
Strawberry	0.00		<0.11 µg/ml			Strawberry	0.00		<0.09 µg/ml
Tomato	0.00		<0.04 µg/ml			Tomato	0.27	LOW	<0.12 µg/ml
Watermelon	0.00		<0.07 µg/ml			Watermelon	0.00		<0.08 µg/ml
Yellow Squash	0.00		<2.3 µg/ml			Yellow Squash	9.67	MODERATE	<1.16 µg/ml

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.

Lab Director: Steven Lobel, PhD
Analysis performed by Dunwoody Labs Inc. DBA, Precision Point Diagnostics

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CLIA ID: 11D1101209

IgE/IgG4 Food Allergies

Patient Results

ANTIGEN	RESULT	IgE (µg/mL)	REF. RANGE	IMMUNE TOLERANCE
VEGETABLES				
Asparagus	0.31	LOW	<0.12 µg/ml	YES
Broccoli	0.11	LOW	<0.1 µg/ml	YES
Cabbage	0.00		<1.88 µg/ml	
Carrot	0.23	LOW	<0.11 µg/ml	YES
Cauliflower	0.00		<0.04 µg/ml	
Celery	0.00		<0.15 µg/ml	
Lettuce	0.39	LOW	<0.08 µg/ml	YES
Onion	0.13	LOW	<0.07 µg/ml	
Spinach	0.22	LOW	<0.1 µg/ml	YES
Sweet Potato	0.00		<0.24 µg/ml	
Tea	0.00		<0.08 µg/ml	
White Potato	0.00		<0.3 µg/ml	

ANTIGEN	RESULT	IgG4 (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	0.54	LOW	<0.09 µg/ml
Broccoli	2.63	MODERATE	<0.18 µg/ml
Cabbage	1.66	LOW	<0.62 µg/ml
Carrot	1.03	MODERATE	<0.06 µg/ml
Cauliflower	9.42	HIGH	<0.08 µg/ml
Celery	0.11	LOW	<0.07 µg/ml
Lettuce	1.63	HIGH	<0.1 µg/ml
Onion	0.00		<0.06 µg/ml
Spinach	2.85	HIGH	<0.05 µg/ml
Sweet Potato	3.23	HIGH	<0.07 µg/ml
Tea	0.00		<0.06 µg/ml
White Potato	6.25	HIGH	<0.17 µg/ml

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PRECISION POINT DIAGNOSTICS

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P88-DIY Dietary Antigen

A Targeted Approach to Wellness

| PATIENT INFO |
|---|
| NAME: **Sample Patient** |
| REQUISITION ID: DPA213230010 |

CLINIC INFO
Research And Development
ADDRESS: 135 Sample Lane
Sample City, SS 10115
PHONE: (678)736-6388
FAX: (770)674-1715

IgG/C3d Food Sensitivities

Dietary Antigen Exposure by Food Group

Food Group	IgG
Meats, Dairy	MODERATE
Poultry	LOW
Legumes, Beans	LOW
Fungi	MODERATE
Fish	LOW
Shellfish	LOW
Herbs, Spices,	MODERATE
Grains, Grasses	LOW
Seeds, Nuts	MODERATE
Fruits	LOW
Vegetables	LOW
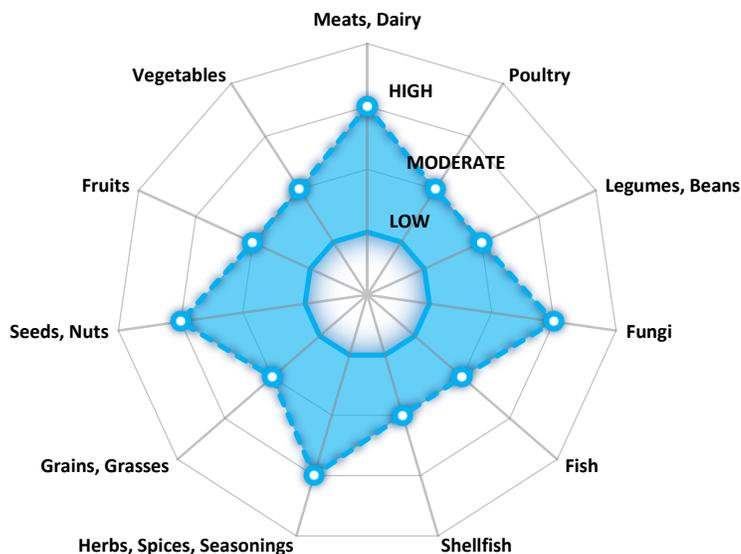
Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgG antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summati on of the IgG results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from th e diet has been shown to reduce the severity of symptoms associated with food allergies.

IgG/C3d Food Sensitivities

Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

IgG

The IgG antibody response creates sensitivity to a particular food. Symptoms may be less severe than with IgE allergic reaction and can manifest anywhere from 3-72 hours after exposure. IgG reactions create inflammation that makes many pathologies worse. The delayed response makes sensitivities difficult to identify without a diagnostic test. Sensitivities can improve with treatment and improved gut health.

C3d

C3d is a complement antigen and an activator of our complement cascade system. Reaction to the specified food will worsen if C3d activation is present along with an IgG antibody response. The C3 protein attaches to the antigen and amplifies the IgG response, increasing the inflammatory potential of IgG titer. Complement is not dependent on exposure or antibody presence, and represents innate immune function.

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE	ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
MEATS, DAIRY				**MEATS, DAIRY**			
Beef	0.00		<3.24 µg/ml	Beef	2.49	LOW	<0.08 µg/ml
Casein	122.82	HIGH	<0.94 µg/ml	Casein	0.30	LOW	<0.05 µg/ml
Cow's Milk	153.37	MODERATE	<59.06 µg/ml	Cow's Milk	2.71	LOW	<0.05 µg/ml
Goat's Milk	65.35	HIGH	<0.71 µg/ml	Goat's Milk	3.16	HIGH	<0.04 µg/ml
Pork	15.60	MODERATE	<6.5 µg/ml	Pork	1.42	MODERATE	<0.2 µg/ml
POULTRY				**POULTRY**			
Chicken	0.00		<0.39 µg/ml	Chicken	0.08	LOW	<0.05 µg/ml
Egg Albumin	15.11		<17.03 µg/ml	Egg Albumin	3.61	HIGH	<0.4 µg/ml
Egg Yolk	9.93	LOW	<1.12 µg/ml	Egg Yolk	3.16	MODERATE	<0.07 µg/ml
Turkey	0.00		<0.25 µg/ml	Turkey	0.00		<0.03 µg/ml
LEGUMES, BEANS				**LEGUMES, BEANS**			
Green Pea	3.22	LOW	<0.58 µg/ml	Green Pea	0.00		<0.04 µg/ml
Kidney Bean	8.20	MODERATE	<0.8 µg/ml	Kidney Bean	0.75	MODERATE	<0.04 µg/ml
Lima Bean	0.00		<0.89 µg/ml	Lima Bean	1.20	MODERATE	<0.06 µg/ml
Navy Bean	11.97	LOW	<1.84 µg/ml	Navy Bean	0.97	MODERATE	<0.06 µg/ml
Peanut	5.50	LOW	<1.08 µg/ml	Peanut	0.00		<0.14 µg/ml
Soybean	0.00		<15.25 µg/ml	Soybean	13.26	LOW	<6.21 µg/ml
String Bean	0.73		<1.36 µg/ml	String Bean	0.00		<0.05 µg/ml
FUNGI				**FUNGI**			
Aspergillus Mix	128.38	MODERATE	<9.01 µg/ml	Aspergillus Mix	1.59	HIGH	<0.03 µg/ml
Brewer's Yeast	106.23	HIGH	<0.58 µg/ml	Brewer's Yeast	0.00		<0.02 µg/ml
Candida	229.23	HIGH	<8.28 µg/ml	Candida	0.47	LOW	<0.05 µg/ml
Mushroom	5.10		<18.67 µg/ml	Mushroom	1.31		<2.85 µg/ml
FISH				**FISH**			
Codfish	6.06	MODERATE	<0.3 µg/ml	Codfish	0.86	MODERATE	<0.03 µg/ml
Flounder	8.11	MODERATE	<0.29 µg/ml	Flounder	0.00		<0.05 µg/ml
Halibut	0.61	LOW	<0.22 µg/ml	Halibut	0.00		<0.05 µg/ml
Salmon	0.00		<0.23 µg/ml	Salmon	0.00		<0.03 µg/ml
Tuna	1.07	LOW	<0.34 µg/ml	Tuna	0.00		<0.04 µg/ml

Lab Director: Steven Lobel, PhD
Analysis performed by Dunwoody Labs Inc. DBA, Precision Point Diagnostics

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CLIA ID: 11D1101209

IgG/C3d Food Sensitivities

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE	ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
SHELLFISH				**SHELLFISH**			
Clam	41.38	HIGH	<8.14 µg/ml	Clam	5.80	HIGH	<0.22 µg/ml
Crab	0.00		<0.32 µg/ml	Crab	0.00		<0.06 µg/ml
Lobster	0.00		<0.22 µg/ml	Lobster	0.00		<0.03 µg/ml
Scallops	0.00		<0.24 µg/ml	Scallops	0.00		<0.04 µg/ml
Shrimp	0.00		<0.39 µg/ml	Shrimp	0.92	HIGH	<0.04 µg/ml
HERBS, SPICES, SEASONINGS				**HERBS, SPICES, SEASONINGS**			
Black Pepper	61.03	MODERATE	<3.97 µg/ml	Black Pepper	0.47	LOW	<0.05 µg/ml
Cinnamon	12.20	MODERATE	<0.65 µg/ml	Cinnamon	0.00		<0.02 µg/ml
Garlic	1.52	LOW	<0.26 µg/ml	Garlic	0.47	MODERATE	<0.04 µg/ml
Ginger	55.32	MODERATE	<2.81 µg/ml	Ginger	0.75	LOW	<0.07 µg/ml
Hops	0.61	LOW	<0.45 µg/ml	Hops	0.00		<0.04 µg/ml
Mustard	0.95	LOW	<0.58 µg/ml	Mustard	0.00		<0.02 µg/ml
Vanilla	27.30	MODERATE	<1.47 µg/ml	Vanilla	0.00		<0.03 µg/ml
GRAINS, GRASSES				**GRAINS, GRASSES**			
Barley	0.95		<1.12 µg/ml	Barley	0.19	LOW	<0.05 µg/ml
Corn	0.04		<0.31 µg/ml	Corn	0.47	MODERATE	<0.05 µg/ml
Gluten	32.11		<226.86 µg/ml	Gluten	2.38	HIGH	<0.09 µg/ml
Oat	3.00	MODERATE	<0.18 µg/ml	Oat	0.00		<0.02 µg/ml
Rice	2.88	MODERATE	<0.23 µg/ml	Rice	0.41	MODERATE	<0.03 µg/ml
Rye	5.61	MODERATE	<0.3 µg/ml	Rye	0.00		<0.03 µg/ml
Whole Wheat	0.00		<0.57 µg/ml	Whole Wheat	0.08	LOW	<0.05 µg/ml
SEEDS, NUTS				**SEEDS, NUTS**			
Almond	1.98	LOW	<1.18 µg/ml	Almond	7.82	HIGH	<0.12 µg/ml
Cacao	65.92	HIGH	<1.13 µg/ml	Cacao	0.19	LOW	<0.03 µg/ml
Cashew	0.00		<0.43 µg/ml	Cashew	3.39	HIGH	<0.12 µg/ml
Coffee	83.52	HIGH	<1.96 µg/ml	Coffee	1.31	MODERATE	<0.12 µg/ml
Cottonseed	2.54	LOW	<0.55 µg/ml	Cottonseed	0.19	LOW	<0.04 µg/ml
English Walnut	26.62	MODERATE	<6.24 µg/ml	English Walnut	4.56	MODERATE	<0.64 µg/ml
Flax Seed	3.00	LOW	<0.37 µg/ml	Flax Seed	0.00		<0.05 µg/ml
Pecan	6.06	HIGH	<0.27 µg/ml	Pecan	0.00		<0.05 µg/ml
Sesame	9.02	MODERATE	<0.38 µg/ml	Sesame	0.00		<0.03 µg/ml
FRUITS				**FRUITS**			
Apple	2.20	LOW	<0.45 µg/ml	Apple	0.19	LOW	<0.05 µg/ml
Avocado	3.91		<8.97 µg/ml	Avocado	0.30		<1.19 µg/ml
Banana	16.63	HIGH	<0.18 µg/ml	Banana	0.80	MODERATE	<0.02 µg/ml
Blueberry	7.77	MODERATE	<1.39 µg/ml	Blueberry	0.30	LOW	<0.06 µg/ml
Cantaloupe	0.16		<0.28 µg/ml	Cantaloupe	0.08	LOW	<0.04 µg/ml
Cherry	3.68	MODERATE	<0.42 µg/ml	Cherry	0.19	LOW	<0.03 µg/ml
Coconut	1.41	LOW	<0.41 µg/ml	Coconut	2.32	HIGH	<0.05 µg/ml
Cucumber	0.00		<0.17 µg/ml	Cucumber	0.24	MODERATE	<0.01 µg/ml
Grapefruit	0.39	LOW	<0.16 µg/ml	Grapefruit	0.13	LOW	<0.02 µg/ml
Grapes	2.10	MODERATE	<0.24 µg/ml	Grapes	0.00		<0.02 µg/ml
Green Olive	0.95	LOW	<0.26 µg/ml	Green Olive	0.00		<0.05 µg/ml
Green Pepper	0.00		<0.17 µg/ml	Green Pepper	0.00		<0.02 µg/ml
Honeydew	10.00	HIGH	<0.23 µg/ml	Honeydew	0.00		<0.03 µg/ml
Lemon	0.00		<0.26 µg/ml	Lemon	0.36	MODERATE	<0.03 µg/ml
Orange	1.75	LOW	<0.2 µg/ml	Orange	0.00		<0.06 µg/ml
Peach	0.00		<0.26 µg/ml	Peach	0.00		<0.03 µg/ml
Pear	0.00		<0.29 µg/ml	Pear	0.00		<0.03 µg/ml
Pineapple	0.00		<0.13 µg/ml	Pineapple	0.00		<0.03 µg/ml
Plum	0.00		<0.2 µg/ml	Plum	0.00		<0.05 µg/ml
Strawberry	0.16	LOW	<0.14 µg/ml	Strawberry	0.00		<0.03 µg/ml
Tomato	0.00		<0.13 µg/ml	Tomato	0.00		<0.02 µg/ml
Watermelon	0.00		<0.17 µg/ml	Watermelon	0.13	LOW	<0.04 µg/ml
Yellow Squash	0.39		<6.07 µg/ml	Yellow Squash	0.75		<2.13 µg/ml

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IgG/C3d Food Sensitivities

Patient Results

ANTIGEN	RESULT	IgG (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	16.74	MODERATE	<0.83 µg/ml
Broccoli	21.62	HIGH	<0.64 µg/ml
Cabbage	0.00		<2.71 µg/ml
Carrot	0.84	LOW	<0.25 µg/ml
Cauliflower	0.00		<0.18 µg/ml
Celery	0.00		<0.31 µg/ml
Lettuce	0.50	LOW	<0.41 µg/ml
Onion	0.00		<0.11 µg/ml
Spinach	0.84	LOW	<0.65 µg/ml
Sweet Potato	0.95		<5.98 µg/ml
Tea	18.78	HIGH	<0.48 µg/ml
White Potato	2.66		<9.73 µg/ml

ANTIGEN	RESULT	C3d (µg/mL)	REF. RANGE
VEGETABLES			
Asparagus	0.97	MODERATE	<0.03 µg/ml
Broccoli	0.52	LOW	<0.07 µg/ml
Cabbage	1.14		<1.9 µg/ml
Carrot	0.52	MODERATE	<0.05 µg/ml
Cauliflower	0.00		<0.03 µg/ml
Celery	0.00		<0.05 µg/ml
Lettuce	0.00		<0.05 µg/ml
Onion	0.00		<0.03 µg/ml
Spinach	1.09	MODERATE	<0.03 µg/ml
Sweet Potato	0.41		<0.92 µg/ml
Tea	0.00		<0.01 µg/ml
White Potato	1.65	LOW	<1.55 µg/ml

P88 Guide

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Lab Director: Steven Lobel, PhD
Analysis performed by Dunwoody Labs Inc. DBA, Precision Point Diagnostics

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