

SAMPLE ID

FST990100 · IGG-220

SAMPLE COLLECTION

July 15, 2026

TEST DATE

July 17, 2026

REPORT RELEASE

August 6, 2026

IgG 220+

Food Sensitivity Report.

ELEVATED

21

foods · ≥ 40 U/mL

BORDERLINE

13

foods · 32–39 U/mL

EXPECTED RANGE

187

foods · < 32 U/mL

A quantitative assessment of IgG antibody response across **221 foods**.



PREPARED FOR

Jordan Sample

Female · DOB April 12, 1985

PRACTITIONER

Dr. Morgan Ellis, ND
9000

SAMPLE TYPE

Dried Blood Spot
(DBS)

The complete food index, ordered by reactivity.

Every food tested on the IgG-220 panel — 34 reactive results listed first, followed by 187 normal-range foods descending by IgG level.

■ 21
ELEVATED

■ 13
BORDERLINE

■ 187
WITHIN RANGE

U/mL

IGG LEVEL THRESHOLDS

■ NORMAL
below 32 U/mL

■ BORDERLINE
32 – 39 U/mL

■ ELEVATED
40 and above U/mL

COMPLETE FOOD INDEX · 1 OF 2

U/mL

Gliadin	92	Cinnamon	34	Garlic	27	Shallot	23
Milk (Cow)	78	Papaya	34	■ Razor Clam	27	■ Barnacle	22
Mussel	74	Spelt	34	■ Sea Bream (Gilthead)	27	■ Flax Seed	22
Wheat	71	Walnut	34	■ Anchovy	26	■ Ginseng	22
Soy Bean	69	Lamb	33	■ Caper	26	■ Macadamia Nut	22
Yeast (Baker's)	66	Potato	32	■ Casein	26	■ Peach	22
Egg White	64	■ Mackerel	31	■ Chard	26	■ Quail	22
Oyster	62	■ Tapioca	31	■ Clove	26	■ Caviar	21
Almond	61	■ Turnip	31	■ Grapefruit	26	■ Cherry	21
Durum Wheat	58	■ Bean (White Haricot)	30	■ Lime	26	■ Cucumber	21
Mustard Seed	57	■ Broccoli	30	■ Orange	26	■ Hazelnut	21
Pineapple	55	■ Millet	30	■ Watercress	26	■ Lettuce	21
Tomato	53	■ Partridge	30	■ Amaranth	25	■ Perch	21
Clam	51	■ Buckwheat	29	■ Asparagus	25	■ Raisin	21
Banana	49	■ Carp	29	■ Cranberry	25	■ Tarragon	21
Cashew Nut	47	■ Chilli (Red)	29	■ Duck	25	■ Turkey	21
Beef	45	■ Milk (Sheep)	29	■ Lobster	25	■ Yuca	21
Eggplant	44	■ Rhubarb	29	■ Malt	25	■ Apricot	20
Rye	44	■ Thyme	29	■ Blueberry	24	■ Chamomile	20
Ginger	43	■ Chicken	28	■ Carrot	24	■ Mushroom	20
Kiwi	42	■ Nutmeg	28	■ Goat	24	■ Spirulina	20
Yeast (Brewer's)	39	■ Pistachio	28	■ Milk (Buffalo)	24	■ Transglutaminase	20
Barley	38	■ Sesame Seed	28	■ Anise	23	■ Wild Boar	20
Scallop	38	■ Strawberry	28	■ Bass	23	■ Beta-Lactoglobulin	19
Mango	37	■ Wakame (Seaweed)	28	■ Chicory	23	■ Chestnut	19
Milk (Goat)	36	■ Agar	27	■ Corn (Maize)	23	■ Marjoram	19
Peanut	35	■ Couscous	27	■ Lemon	23	■ Nettle	19
Veal	35	■ Fennel (Leaf)	27	■ Pea	23		

COMPLETE FOOD INDEX · 2 OF 2

U/ML

■ Olive	19	■ Wheat Bran	17	■ Mint	15	■ Horse	<15
■ Peppercorn (Black/...	19	■ Aloe Vera	16	■ Monkfish	15	■ Leek	<15
■ Pike	19	■ Apple	16	■ Polenta	15	■ Licorice	<15
■ Pomegranate	19	■ Arugula	16	■ Quinoa	15	■ Octopus	<15
■ Sole	19	■ Bean (Broad)	16	■ Sea Bream (Red)	15	■ Onion	<15
■ Alpha-Lactalbumin	18	■ Cocoa Bean	16	■ Tangerine	15	■ Ostrich	<15
■ Cabbage (Savoy/Wh...	18	■ Cola Nut	16	■ Tuna	15	■ Parsley	<15
■ Crab	18	■ Eel	16	■ Artichoke	<15	■ Pepper (Green/Red/...	<15
■ Cuttlefish	18	■ Honey	16	■ Basil	<15	■ Plaice	<15
■ Grape (Black/Red/...	18	■ Lentil	16	■ Bayleaf	<15	■ Pork	<15
■ Haddock	18	■ Mulberry	16	■ Bean (Green)	<15	■ Radish	<15
■ Lychee	18	■ Periwinkle	16	■ Blackcurrant	<15	■ Red Currant	<15
■ Melon (Galia/Honey...	18	■ Pine Nut	16	■ Brazil Nut	<15	■ Rice	<15
■ Oat	18	■ Rapeseed	16	■ Cane Sugar	<15	■ Rosemary	<15
■ Ox	18	■ Raspberry	16	■ Carob	<15	■ Saffron	<15
■ Peppermint	18	■ Salmon	16	■ Cayenne	<15	■ Sage	<15
■ Plum	18	■ Squid	16	■ Celery	<15	■ Spinach	<15
■ Shrimp/Prawn	18	■ Sunflower Seed	16	■ Cilantro	<15	■ Squash (Butternut/C...	<15
■ Venison	18	■ Avocado	15	■ Cockle (Saltwater Cl...	<15	■ Sweet Potato	<15
■ Blackberry	17	■ Bean (Red Kidney)	15	■ Coconut	<15	■ Swordfish	<15
■ Brussels Sprout	17	■ Beet	15	■ Coffee	<15	■ Tea (Green)	<15
■ Ginkgo	17	■ Cabbage (Red)	15	■ Cumin	<15	■ Tiger Nut	<15
■ Herring	17	■ Cauliflower	15	■ Curry (Mixed Spices)	<15	■ Turbot	<15
■ Nectarine	17	■ Chickpea	15	■ Date	<15	■ Vanilla	<15
■ Pear	17	■ Cod	15	■ Dill	<15	■ Watermelon	<15
■ Sardine	17	■ Egg Yolk	15	■ Fig	<15	■ Zucchini	<15
■ Tea (Black)	17	■ Espaguettes (Spaghe...	15	■ Guava	<15		
■ Trout	17	■ Hake	15	■ Hops	<15		

Reactivity by food family.

All reactive foods, organised by food group, are presented here.

FOOD GROUPS	9	FOODS	221
ELEVATED	21	BORDERLINE	13

ELEVATED · ≥ 40 BORDERLINE · 32-39 NORMAL · < 32 VALUES IN U/ML

Dairy & Eggp.05



Grains & Cerealsp.06



Nuts & Seedsp.07



Fruitsp.08



Vegetablesp.09



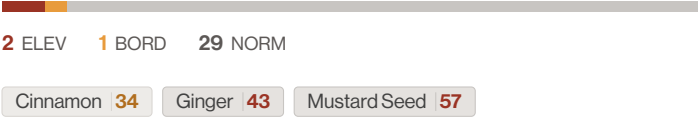
Seafoodp.10



Meat & Poultryp.11



Herbs & Spicesp.12



Other Foods & Beveragesp.13





JORDAN SAMPLE · SID FST990100

Dairy & Egg

9 FOODS TESTED | 2 ELEVATED ≥ 40 | 1 BORDERLINE 32-39 | 6 NORMAL < 32

TOP REACTIVE FOOD
Milk (Cow)
78 U/ML

KEY FACTS · CLINICAL CONTEXT

REACTIVE ITEMS NOTED

The elevated and borderline dairy and egg items above account for this group's IgG response; the remaining items in the group tested in range.

MILK PROTEINS

Casein is cow milk's largest protein, but whey and serum albumins can also react — so milk may read higher than casein alone. This measures protein reactivity, not lactose intolerance (a separate, non-immune enzyme issue).

CROSS-REACTIVITY

Cow, goat and sheep milks share about 85% of their protein structure, so their reactivity tends to overlap and often tracks together.

COOKING CHANGES EGG

Egg-white reactivity is greatest raw or lightly cooked; thorough cooking denatures the proteins, so well-cooked egg is often better tolerated.

FOOD STATUS · ALPHABETICAL

U / M L

Alpha-Lactalbumin	18	Casein	26	Egg Yolk	15	Milk (Cow)	78	Milk (Sheep)	29
Beta-Lactoglobulin	19	Egg White	64	Milk (Buffalo)	24	Milk (Goat)	36		

SUBSTITUTIONS

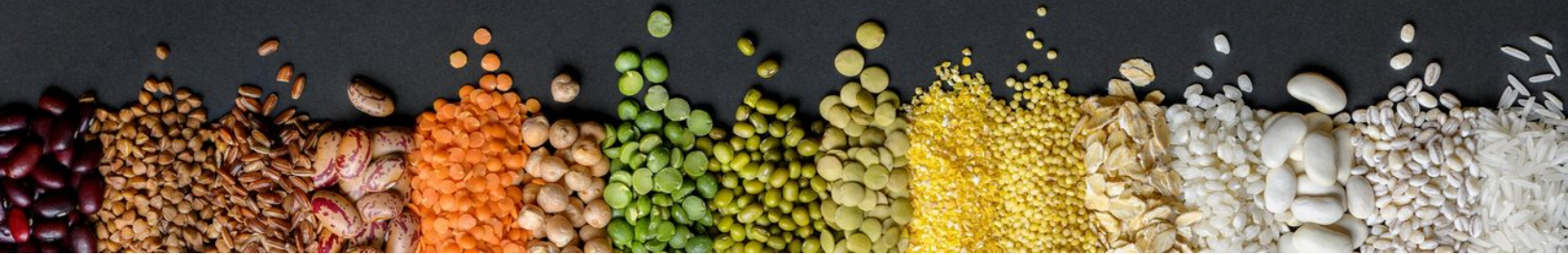
Milk (Cow) (78)	Oat · coconut milk
Egg White (64)	Aquafaba · flax egg
Milk (Goat) (36)	Oat · coconut milk

HIDDEN ON LABELS

EGG	albumin	ovalbumin	ovomucin	ovovitellin	lysozyme	
	globulin	livetin				
DAIRY	milk	milk powder	milk solids	buttermilk	cream	ghee
	butter	casein	whey	goat milk	chèvre	feta (goat)

CROSS-REACTIVITY

FOODS	CROSS-REACTIVITY NOTE
01 Cow · goat · sheep milk	These three milks are about 85% similar in protein structure, so reactivity tends to overlap within this cluster.
02 Goat · sheep milk	Where cow-dairy reactivity is present, goat and sheep proteins often track alongside it.
03 Buffalo milk	Buffalo milk carries a more distinct protein structure, so it is less likely to overlap with the cow cluster.



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Grains & Cereals

TOP REACTIVE FOOD

Gliadin

18 FOODS TESTED | 4 ELEVATED ≥ 40 | 2 BORDERLINE 32-39 | 12 NORMAL < 32

92 U/ML

KEY FACTS · CLINICAL CONTEXT

ONE GLUTEN DRIVER

When gliadin, wheat and other wheat-family grains rise together, this usually reflects one shared wheat-gluten pattern rather than several separate sensitivities.

WHEAT-FAMILY OVERLAP

Wheat, spelt, kamut, semolina and couscous all carry gliadin, so they tend to track together as one family.

GLUTEN-FREE TRAPS

Gluten-free eating often leans on packaged products that concentrate rice and corn, so several grain responses can reflect repeated exposure rather than several new sensitivities.

CELIAC FOLLOW-UP

A gliadin IgG result is not a Celiac diagnosis, but Celiac screening is a separate test and is most accurate while gluten is still in the diet.

FOOD STATUS · ALPHABETICAL

U/ML

Amaranth	25	Corn (Maize)	23	Gliadin	92	Oat	18	Rice	<15	Tapioca	31
Barley	38	Couscous	27	Malt	25	Polenta	15	Rye	44	Wheat	71
Buckwheat	29	Durum Wheat	58	Millet	30	Quinoa	15	Spelt	34	Wheat Bran	17

SUBSTITUTIONS

Gliadin (92)

Wheat (71)

Rye (44)

Barley (38)

Spelt (34)

Quinoa · buckwheat · amaranth · sorghum

Buckwheat · sorghum · millet flour

Buckwheat · sorghum

Buckwheat · sorghum · millet

Buckwheat · sorghum · millet

HIDDEN ON LABELS

OTHER GRAINS

WHEAT FAMILY

barley	barley malt	malt extract	malt vinegar
pearled barley	rye flour	pumpkin seed	rye bread
durum	Triticum durum	durum semolina	pasta wheat
gluten	vital wheat gluten	seitan	wheat protein
hydrolysed wheat protein	spelt flour	spelt berries	
wheat flour	wheat starch	wheat bran	wheat germ
semolina	triticale	triticum	farro

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Wheat (71) (elevated) · Gliadin (92) (elevated)	Gliadin is the alcohol-soluble fraction of wheat gluten, and Gliadin measures it, so wheat tracks with it.
02 Wheat (71) (elevated) · Rye (44) (elevated)	Wheat and rye share ≈60% secalin/gliadin homology, so a wheat reaction usually extends to rye.
03 Gliadin (92) (elevated) · Rye (44) (elevated)	Rye's secalin shares homology with gliadin, so a Gliadin reaction usually extends to rye.



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Nuts & Seeds

TOP REACTIVE FOOD

Almond

61 U/ML

15 FOODS TESTED | 2 ELEVATED ≥ 40 | 2 BORDERLINE 32-39 | 11 NORMAL < 32

KEY FACTS · CLINICAL CONTEXT

CASHEW & PISTACHIO

Cashew and pistachio share the Anacardiaceae family and similar proteins, so they often co-react and their results tend to track together.

HAZELNUT & WALNUT

Hazelnut and walnut share related storage proteins, so reactivity can spill across them and they are often read alongside one another.

SUNFLOWER OIL HIDES

Sunflower oil is common in commercial baked goods, crackers and hummus, so exposure often stays high even when whole seeds are absent from the diet.

PEANUT IS A LEGUME

Peanut belongs to the legume family, not the tree nuts, so its result stands on its own and is not predicted by cashew or hazelnut.

FOOD STATUS · ALPHABETICAL

U/ML

Almond	61	Coconut	<15	Macadamia Nut	22	Pistachio	28	Sunflower Seed	16
Brazil Nut	<15	Flax Seed	22	Peanut	35	Rapeseed	16	Tiger Nut	<15
Cashew Nut	47	Hazelnut	21	Pine Nut	16	Sesame Seed	28	Walnut	34

SUBSTITUTIONS

Almond (61)

Cashew Nut (47)

Peanut (35)

Walnut (34)

Macadamia · pumpkin seed

Pumpkin seed · pecan

Sunflower

macadamia

HIDDEN ON LABELS

TREE NUTS

almond almond flour almond milk almond butter
marzipan praline (almond) cashew cashew butter
cashew milk cashew cheese walnut black walnut
walnut oil

LEGUMES

peanut groundnut peanut butter peanut oil arachis oil

CROSS-REACTIVITY

FOODS

STRUCTURAL SIMILARITY

01	Hazelnut (21) (normal) · Almond (61) (elevated)	Hazelnut and almond both carry PR-10 birch-pollen-related proteins, which may drive cross-reactivity.
02	Almond (61) (elevated) Peach (22) (normal — monitor)	Both are Rosaceae carrying PR-10 birch-pollen-related proteins, so almond and peach tend to react together.
03	Almond (61) (elevated) Apple (16) (normal — monitor)	Almond and apple are Rosaceae sharing PR-10 birch-pollen-related proteins, and the two usually co-react.



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Fruits

37 FOODS TESTED | 3 ELEVATED ≥ 40 | 2 BORDERLINE 32-39 | 32 NORMAL < 32

TOP REACTIVE FOOD
Pineapple
55 U/ML

KEY FACTS · CLINICAL CONTEXT

STONE-FRUIT FAMILY

Plum, peach, apricot, cherry and nectarine are Prunus fruits sharing PR-10 proteins, so they often react as a group.

POLLEN CROSS-REACTIVITY

PR-10 fruits mirror birch pollen, and orange and watermelon overlap with grass pollens, so oral itch often flares during the matching pollen season.

RAW VS COOKED

Most reactivity comes from raw fruit, since PR-10 proteins are heat-sensitive; cooking denatures them, so well-cooked or canned forms are frequently better tolerated.

NOT FRUCTOSE INTOLERANCE

Bloating or loose stool after fruit is often fructose malabsorption, which this IgG panel does not measure, so fructose load may be relevant separately.

FOOD STATUS · ALPHABETICAL

U / ML

Apple	16	Cranberry	25	Lime	26	Papaya	34	Red Currant	<15
Apricot	20	Date	<15	Lychee	18	Peach	22	Rhubarb	29
Avocado	15	Fig	<15	Mango	37	Pear	17	Strawberry	28
Banana	49	Grape (Black/Red/White)	18	Melon (Galia/Honeydew)	18	Pineapple	55	Tangerine	15
Blackberry	17	Grapefruit	26	Mulberry	16	Plum	18	Watermelon	<15
Blackcurrant	<15	Guava	<15	Nectarine	17	Pomegranate	19		
Blueberry	24	Kiwi	42	Olive	19	Raisin	21		
Cherry	21	Lemon	23	Orange	26	Raspberry	16		

SUBSTITUTIONS

HIDDEN ON LABELS

Pineapple (55)

Discuss alternatives with your practitioner

Banana (49)

Discuss alternatives with your practitioner

Kiwi (42)

Strawberry

Mango (37)

Discuss alternatives with your practitioner

OTHER FRUITS

banana banana flour kiwi kiwifruit kiwi extract
actinidin kiwi juice mango mango juice mango puree
mango pickle amchur papaya papain papaya extract
green papaya pineapple bromelain

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Banana (49) (elevated) · Kiwi (42) (elevated)	As members of the latex-fruit syndrome cluster sharing chitinases, banana and kiwi generally co-react.
02 Kiwi (42) (elevated) · Pineapple (55) (elevated)	Kiwi and pineapple share the actinidin and bromelain proteases, so a reaction to one often reaches the other.
03 Banana (49) (elevated) Avocado (15) (normal — monitor)	Hev b 6 chitinase, part of latex-fruit syndrome, links banana and avocado, so they typically flag together.



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Vegetables

40 FOODS TESTED | 3 ELEVATED ≥ 40 | 1 BORDERLINE 32-39 | 36 NORMAL < 32

TOP REACTIVE FOOD

Soy Bean

69 U/ML

KEY FACTS · CLINICAL CONTEXT

REACTIVE ITEMS NOTED

The elevated and borderline vegetables above account for this group's IgG response; the remaining vegetables tested in range.

IN-RANGE BASE

The in-range vegetables remain a broad base for fibre and micronutrients across an eating plan.

NIGHTSHADES

Tomato, potato, pepper and eggplant can trigger joint or gut symptoms non-immunely, which IgG does not flag, so persistent symptoms may point beyond this panel.

FODMAPS

Onion, garlic, broccoli and cauliflower ferment in the lower gut and can cause bloating; this is non-IgG, so it tends to track with portion size and preparation rather than reactivity.

FOOD STATUS · ALPHABETICAL

U / ML

Artichoke	<15	Broccoli	30	Chard	26	Lettuce	21	Spinach	<15
Arugula	16	Brussels Sprout	17	Chickpea	15	Onion	<15	Squash (Butternut/Carnival)	<15
Asparagus	25	Cabbage (Red)	15	Chicory	23	Pea	23	Sweet Potato	<15
Bean (Broad)	16	Cabbage (Savoy/White)	18	Cucumber	21	Pepper (Green/Red/Yellow)	<15	Tomato	53
Bean (Green)	<15	Caper	26	Eggplant	44	Potato	32	Turnip	31
Bean (Red Kidney)	15	Carrot	24	Fennel (Leaf)	27	Radish	<15	Watercress	26
Bean (White Haricot)	30	Cauliflower	15	Leek	<15	Shallot	23	Yuca	21
Beet	15	Celery	<15	Lentil	16	Soy Bean	69	Zucchini	<15

SUBSTITUTIONS

HIDDEN ON LABELS

Soy Bean (69)

Tomato (53)

Eggplant (44)

Potato (32)

Hemp · rice protein

Roasted red pepper · pumpkin

Zucchini · mushroom

cauliflower mash

NIGHTSHADES

eggplant aubergine brinjal eggplant powder
baba ganoush potato potato starch
modified food starch (potato) tomato tomato paste
tomato sauce ketchup passata sun-dried tomato

LEGUMES

soy soya tofu tempeh edamame soy protein TVP
soy lecithin

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Tomato (53) (elevated) Eggplant (44) (elevated)	As Solanaceae carrying profilin, tomato and eggplant may trip the same response, though it varies by patient.
02 Tomato (53) (elevated) Potato (32) (borderline)	Tomato and potato are nightshades sharing profilin proteins, which can cross-react in some patients.
03 Potato (32) (borderline) Eggplant (44) (elevated)	As Solanaceae carrying profilin, potato and eggplant may trip the same response, though it varies by patient.



JORDAN SAMPLE · SID FST990100

Seafood

TOP REACTIVE FOOD

Mussel

40 FOODS TESTED | 3 ELEVATED ≥ 40 | 1 BORDERLINE 32-39 | 36 NORMAL < 32

74 U/ML

KEY FACTS · CLINICAL CONTEXT

REACTIVE ITEMS NOTED

The elevated and borderline seafoods above account for this group's IgG response; the remaining seafoods tested in range.

HISTAMINE, NOT IGG

Symptoms from tuna, mackerel, sardine and anchovy alongside in-range results often reflect histamine, which is more about freshness and storage than IgG reactivity.

MOLLUSKS VS CRUSTACEANS

Mollusks like clams, mussels and oysters are biologically distinct from crustaceans and reactivity rarely crosses, so a reaction to one does not predict the other.

COOKING HELPS LITTLE

Fish parvalbumin is heat-stable, so grilling, baking or frying does little to lower IgG reactivity where a fish is genuinely flagged and symptomatic.

FOOD STATUS · ALPHABETICAL

U / ML

Anchovy	26	Crab	18	Mackerel	31	Plaice	<15	Sole	19
Barnacle	22	Cuttlefish	18	Monkfish	15	Razor Clam	27	Spirulina	20
Bass	23	Eel	16	Mussel	74	Salmon	16	Squid	16
Carp	29	Espaguette (Spaghetti Algae)	15	Octopus	<15	Sardine	17	Swordfish	<15
Caviar	21	Haddock	18	Oyster	62	Scallop	38	Trout	17
Clam	51	Hake	15	Perch	21	Sea Bream (Gilthead)	27	Tuna	15
Cockle (Saltwater Clam)	<15	Herring	17	Periwinkle	16	Sea Bream (Red)	15	Turbot	<15
Cod	15	Lobster	25	Pike	19	Shrimp/Prawn	18	Wakame (Seaweed)	28

SUBSTITUTIONS

HIDDEN ON LABELS

Mussel (74)	Discuss alternatives with your practitioner
Oyster (62)	Discuss alternatives with your practitioner
Clam (51)	Discuss alternatives with your practitioner
Scallop (38)	Prawn · langoustine

MOLLUSKS	mussel	mussel extract	oyster	oyster sauce
	oyster extract			

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Mussel (74) (elevated) · Oyster (62) (elevated)	Mussel and oyster are bivalve mollusks running on tropomyosin/paramyosin, so they generally react together.
02 Mussel (74) (elevated) · Clam (51) (elevated)	As bivalves with shared tropomyosin/paramyosin, mussel and clam typically co-react.
03 Clam (51) (elevated) · Oyster (62) (elevated)	Clam and oyster are bivalves built on the same tropomyosin/paramyosin, and a reaction to one usually reaches the other.



JORDAN SAMPLE · SID FST990100

Meat & Poultry

TOP REACTIVE FOOD

Beef

15 FOODS TESTED | 1 ELEVATED ≥ 40 | 2 BORDERLINE 32-39 | 12 NORMAL < 32

45 U / M L

KEY FACTS · CLINICAL CONTEXT

OX = BEEF

Ox and beef are the same mature species, so the panel effectively reads one food and an ox response generally implies beef reads the same way too.

RUMINANT PATTERN

A reactive ox alongside lamb or sheep milk often reflects one shared ruminant-protein response, so these results tend to be read together rather than as separate foods.

VEAL = OX TOO

Veal is young ox sharing the same muscle proteins, so an in-range veal number does not necessarily clear it while ox reads reactive.

GOAT MEAT ≠ GOAT MILK

Muscle and milk proteins are immunologically distinct, so a goat-milk result says little about goat meat and each stands on its own value.

FOOD STATUS · ALPHABETICAL

U / M L

Beef	45	Duck	25	Horse	<15	Ostrich	<15	Partridge	30	Quail	22	Veal	35	Wild Boar	20
Chicken	28	Goat	24	Lamb	33	Ox	18	Pork	<15	Turkey	21	Venison	18		

SUBSTITUTIONS

Beef (45)

Veal (35)

Lamb (33)

Bison · venison · pork

Bison · venison

Goat (meat) · duck

HIDDEN ON LABELS

BEEF

beef ground beef beef stock beef gelatin beef tallow
bone broth (beef) veal veal stock veal demi-glace calf
lamb mutton lamb stock merguez gyro
biryani (lamb)

LAMB

CROSS-REACTIVITY

FOODS

STRUCTURAL SIMILARITY

- Beef (45) (elevated) · Veal (35) (borderline)
Veal is simply young beef — the same species — so an antibody to one recognises the other almost every time.
- Beef (45) (elevated) · Lamb (33) (borderline)
Beef and lamb share Bovidae-family BSA (bovine serum albumin), so the red meats co-react.
- Beef (45) (elevated)
Ox (18) (normal — monitor)
Beef and ox are the same animal at different ages, so co-reaction is all but certain.



JORDAN SAMPLE · SID FST990100

Herbs & Spices

TOP REACTIVE FOOD

Mustard Seed

32 FOODS TESTED | 2 ELEVATED ≥ 40 | 1 BORDERLINE 32-39 | 29 NORMAL < 32

57 U/ML

KEY FACTS · CLINICAL CONTEXT

REACTIVE ITEMS NOTED

The elevated and borderline botanicals above account for this group's IgG response; the remaining herbs and spices tested in range.

SUPPLEMENT, NOT FOOD

A reactive botanical in someone who rarely eats that herb almost always traces to a capsule or tincture rather than the diet, so the supplement stack is the usual source.

CONTAINED REACTIVITY

Botanicals such as ginkgo share little meaningful cross-reactivity with culinary herbs, so a reaction tends to stay contained to the specific plant rather than spreading across seasonings.

POLLEN CROSS-REACTIVITY

Coriander, garlic, pepper and parsley can cross-react with mugwort pollen, causing seasonal oral itch; well-cooked forms are often tolerated even when raw ones are not.

FOOD STATUS · ALPHABETICAL

U/ML

Anise	23	Cinnamon	34	Ginkgo	17	Nettle	19	Sage	<15
Basil	<15	Clove	26	Ginseng	22	Nutmeg	28	Tarragon	21
Bayleaf	<15	Cumin	<15	Hops	<15	Parsley	<15	Thyme	29
Cayenne	<15	Curry (Mixed Spices)	<15	Licorice	<15	Peppercorn (Black/White)	19	Vanilla	<15
Chamomile	20	Dill	<15	Marjoram	19	Peppermint	18		
Chilli (Red)	29	Garlic	27	Mint	15	Rosemary	<15		
Cilantro	<15	Ginger	43	Mustard Seed	57	Saffron	<15		

SUBSTITUTIONS

Mustard Seed (57)

Ginger (43)

Cinnamon (34)

Horseradish · cumin

Galangal · cardamom

Cardamom · nutmeg

HIDDEN ON LABELS

SPICES

cinnamon cassia Ceylon cinnamon ginger
ground ginger ginger paste mustard mustard seed
Dijon yellow mustard wholegrain mustard

CROSS-REACTIVITY

FOODS

CROSS-REACTIVITY NOTE

01 Ginkgo

Ginkgo is botanically isolated from the culinary herbs and spices, so it shares no documented cross-reactor with them on this panel.

02 Coriander · garlic · pepper · parsley

Mugwort-pollen cross-reactivity (celery-mugwort-spice syndrome) can produce mouth-itch with these seasonings.

03 Ginger · turmeric

Within the Apiaceae spices, ginger and turmeric sit in a separate family, so they rarely overlap with the coriander/parsley group.

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Other Foods & Beverages

15 FOODS TESTED | 1 ELEVATED ≥ 40 | 1 BORDERLINE 32-39 | 13 NORMAL < 32

TOP REACTIVE FOOD
Yeast (Baker's)
66 U/ML

KEY FACTS · CLINICAL CONTEXT

SAME-SPECIES YEAST

Baker's and brewer's yeast are the same organism, so a reaction to either indicates both are reactive and they tend to move together.

HIDDEN YEAST SOURCES

Brewer's yeast can read reactive without any beer intake, which points to a dietary source such as nutritional yeast, marmite, sourdough or savoury packaged foods.

NOT THE BEAN ITSELF

Coffee, cacao and tea symptoms often reflect caffeine, tannins, acidity, mould or added dairy and soy lecithin rather than the bean, so preparation and additives are frequently the driver.

SULFITES

Sulfites in wine, dried fruit and packaged foods are a non-immune trigger this panel does not measure, so reactions that cluster here can be consistent with sulfite sensitivity rather than IgG.

FOOD STATUS · ALPHABETICAL

U / M L

Agar	27	Carob	<15	Coffee	<15	Mushroom	20	Transglutaminase	20
Aloe Vera	16	Chestnut	19	Cola Nut	16	Tea (Black)	17	Yeast (Baker's)	66
Cane Sugar	<15	Cocoa Bean	16	Honey	16	Tea (Green)	<15	Yeast (Brewer's)	39

SUBSTITUTIONS

Yeast (Baker's) (66)

Yeast (Brewer's) (39)

Sourdough starter · baking soda + acid

Wine · spirits · cider · sourdough

HIDDEN ON LABELS

YEAST

baker's yeast	active dry yeast	instant yeast	fresh yeast
brewer's yeast	beer (lager, ale, stout)	yeast extract	
marmite	vegemite	nutritional yeast	autolyzed yeast

CROSS-REACTIVITY

FOODS

CROSS-REACTIVITY NOTE

01 Yeast (Baker's) · Yeast (Brewer's)

Baker's and brewer's yeast are the same organism cultivated differently, so their responses commonly track together.

02 Wine · spirits · cider

Wine, spirits and cider are made without brewer's yeast, so they sit apart from beer on this axis.

03 Sourdough

Sourdough is leavened with wild yeast rather than brewer's yeast, and is often better tolerated where brewer's yeast is reactive.

Patient guide

How food reactions work, and how these panel results are generally approached with a practitioner. This page covers the two questions practitioners are asked most.

TOPIC

Understanding food reactions

'Food allergy', 'sensitivity', and 'intolerance' are often used interchangeably but describe very different mechanisms - some immune-driven, others not.

IGE ALLERGY

IgE antibodies drive classical allergic reactions - rashes, sneezing, swelling, difficulty breathing, anaphylactic shock. Symptoms appear within seconds to minutes (peanuts, shellfish, etc.). A known IgE allergy is typically managed by strict avoidance under medical guidance, and that stays the case even when this IgG test reads normal.

IGG FOOD SENSITIVITY (THIS TEST)

IgG antibodies gradually bind food proteins, forming immune complexes that circulate in the bloodstream and may deposit in tissues, causing chronic inflammation. Symptoms are delayed - hours to days - and may include IBS, headaches, fatigue, eczema, joint pain, weight issues, and chronic rhinitis. In practice, foods flagged here are often reintroduced after a 3-4 month elimination once symptoms settle.

NON-IMMUNE FOOD INTOLERANCE

Not immune-mediated. Stems from chemical additives or enzyme deficiencies - examples include lactose intolerance, histamine intolerance, and reactions to MSG or amines (red wine, chocolate). This test does not detect them.

TOPIC

Interpreting your results

How to read the IgG-220 panel, and how these findings are generally approached with a practitioner.

REFERENCE RANGES

Elevated (≥ 40 U/mL) marks the most strongly reactive foods, which are commonly removed for about 12 weeks under a practitioner's guidance. Borderline (32-39 U/mL) is moderately reactive; these foods are often reduced or rotated rather than fully removed. Normal (< 32 U/mL) shows little IgG reactivity here. A known IgE allergy sits outside this test and is managed by avoidance regardless of the IgG result.

THE ELIMINATION-AND-REINTRODUCTION APPROACH

A common approach removes the elevated foods for about 12 weeks, drawing substitutes from the same group that read normal. Hidden sources on labels (whey, casein, gluten, etc.) can carry the same protein, which is worth being aware of. Reintroduction is then typically done gradually, one food at a time, as the practitioner directs. Your practitioner tailors any dietary changes to your history and symptoms.

PARALLEL NON-IGG TRIGGERS

IgG is only one mechanism. Symptoms can also run through pathways this panel doesn't capture: histamine (aged cheese, fermented foods, wine, processed meats), FODMAPs (onion, garlic, wheat, legumes), salicylates, sulphites (dried fruit, wine), and lectins (raw or undercooked legumes and grains), plus IgE allergies and coeliac disease. Where symptoms persist despite a clean panel, a practitioner may look into these separately.

RE-TESTING

Practitioners often re-test the panel around six months after the elimination-and-reintroduction phase to gauge how the IgG response has changed, with the timing decided alongside your progress.