

SAMPLE ID

DEMO-01 · IGG-VEG-150

SAMPLE COLLECTION

July 15, 2026

TEST DATE

July 17, 2026

REPORT RELEASE

August 6, 2026

IgG 150 · Vegan

Food Sensitivity Report.

ELEVATED

15

foods · ≥ 30 U/mL

BORDERLINE

10

foods · 24–29 U/mL

EXPECTED RANGE

125

foods · < 24 U/mL

A quantitative assessment of IgG antibody response across **150 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-150 Vegan panel — 25 reactive results listed first, followed by 125 normal-range foods descending by IgG level.

15
ELEVATED

10
BORDERLINE

125
WITHIN RANGE

U/mL

IGG LEVEL THRESHOLDS

■ NORMAL
below 24 U/mL

■ BORDERLINE
24 – 29 U/mL

■ ELEVATED
30 and above U/mL

COMPLETE FOOD INDEX · 1 OF 2 U/mL

Gliadin	68	Spelt	27	■ Tea, green	22	■ Endive	19
Wheat	57	Green bean	26	■ Thyme	22	■ Garlic	19
Soybean	52	Bell pepper, red	25	■ Zucchini	22	■ Mushroom	19
Yeast, baker's	49	Hazelnut	25	■ Ginkgo	21	■ Papaya	19
Almond	47	Eggplant	24	■ Kamut	21	■ Radish	19
Peanut	44	Kiwi	24	■ Oregano	21	■ Allspice	18
Mustard seed	43	■ Asparagus	23	■ Pear	21	■ Bay leaf	18
Rye	41	■ Blueberry	23	■ Pomegranate	21	■ Blackcurrant	18
Banana	39	■ Cabbage, white	23	■ Tarragon	21	■ Chocolate (cacao)	18
Tomato	38	■ Chamomile	23	■ Turnip	21	■ Cumin	18
Pineapple	36	■ Cola nut	23	■ Basil	20	■ Grapefruit	18
Cashew	35	■ Sesame seed	23	■ Cauliflower	20	■ Malt	18
Potato	33	■ Vinegar, white	23	■ Celery	20	■ Maple syrup	18
Ginger	32	■ Coriander	22	■ Fig	20	■ Marjoram	18
Orange	31	■ Nectarine	22	■ Mango	20	■ Pea	18
Barley	29	■ Parsley	22	■ Paprika	20	■ Saffron	18
Yeast, brewer's	29	■ Pecan	22	■ Peach	20	■ Blackberry	17
Strawberry	28	■ Pumpkin seed	22	■ Watercress	20	■ Carob	17
Black pepper	27	■ Sorghum	22	■ Watermelon	20		

COMPLETE FOOD INDEX · 2 OF 2

U/ML

■ Cherry	17	■ Cabbage, savoy	15	■ Chilli	<15	■ Mint	<15
■ Chestnut	17	■ Couscous	15	■ Chive	<15	■ Nutmeg	<15
■ Cucumber	17	■ Kale	15	■ Cinnamon	<15	■ Oat	<15
■ Fennel	17	■ Rhubarb	15	■ Coconut	<15	■ Olive, black	<15
■ Raspberry	17	■ Tangerine	15	■ Coffee	<15	■ Onion	<15
■ Rice	17	■ Agave	<15	■ Corn (maize)	<15	■ Pine nut	<15
■ Spinach	17	■ Anise	<15	■ Cranberry	<15	■ Pistachio	<15
■ Sunflower seed	17	■ Apple	<15	■ Date	<15	■ Plum	<15
■ Tea, rooibos	17	■ Artichoke	<15	■ Dill	<15	■ Quinoa	<15
■ Amaranth	16	■ Avocado	<15	■ Fenugreek	<15	■ Red currant	<15
■ Beetroot	16	■ Black-eyed pea	<15	■ Grape	<15	■ Rosemary	<15
■ Broccoli	16	■ Brazil nut	<15	■ Hops	<15	■ Sage	<15
■ Carrot	16	■ Brussels sprout	<15	■ Kidney bean	<15	■ Semolina	<15
■ Clove	16	■ Buckwheat	<15	■ Leek	<15	■ Sweet potato	<15
■ Lettuce	16	■ Cane sugar	<15	■ Lemon	<15	■ Tea, black	<15
■ Melon	16	■ Cardamom	<15	■ Lentil	<15	■ Vanilla	<15
■ Apricot	15	■ Cayenne	<15	■ Lime	<15	■ Walnut	<15
■ Bell pepper, green	15	■ Chickpea	<15	■ Macadamia	<15	■ White currant	<15
■ Bok choy	15	■ Chicory	<15	■ Millet	<15		

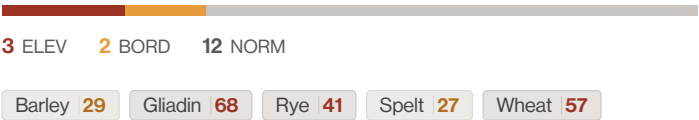
Reactivity by food family.

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

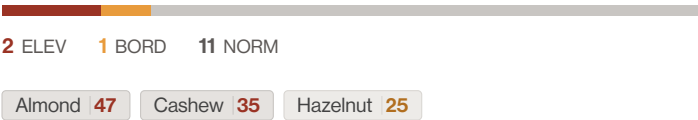
FOOD GROUPS	6	FOODS	150
ELEVATED	15	BORDERLINE	10

ELEVATED · ≥ 30 BORDERLINE · 24-29 NORMAL · < 24 VALUES IN U/ML

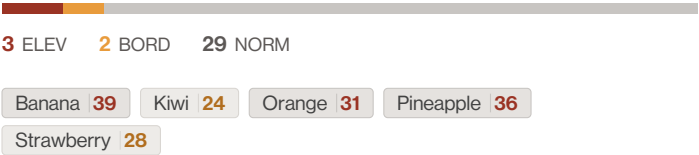
Grains & Cerealsp.05



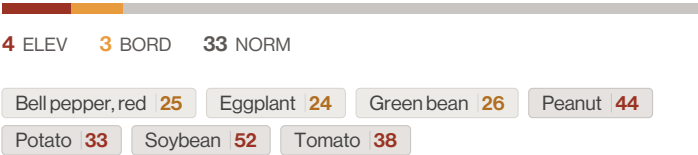
Nuts & Seedsp.06



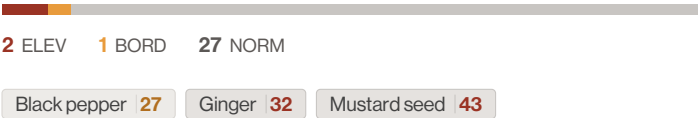
Fruitsp.07



Vegetablesp.08

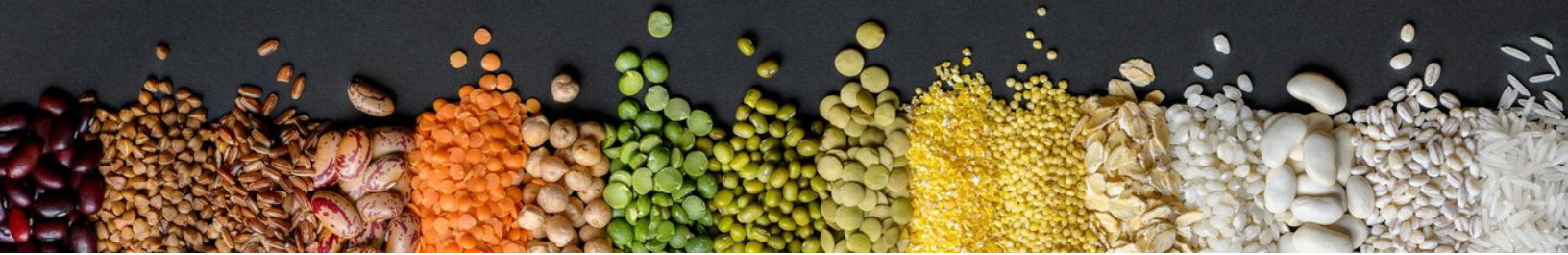


Herbs & Spicesp.09



Other Foods & Beveragesp.10





JORDAN SAMPLE · SID DEMO-01

Grains & Cereals

17 FOODS TESTED | 3 ELEVATED ≥ 30 | 2 BORDERLINE 24-29 | 12 NORMAL < 24

TOP REACTIVE FOOD

Gliadin
68 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	16	Corn (maize)	<15	Kamut	21	Oat	<15	Rye	41	Spelt	27
Barley	29	Couscous	15	Malt	18	Quinoa	<15	Semolina	<15	Wheat	57
Buckwheat	<15	Gliadin	68	Millet	<15	Rice	17	Sorghum	22		

SUBSTITUTIONS

Gliadin (68)

Quinoa · buckwheat · amaranth · sorghum

Wheat (57)

Buckwheat · sorghum · millet flour

Rye (41)

Buckwheat · sorghum

Barley (29)

Buckwheat · sorghum · millet

Spelt (27)

Buckwheat · sorghum · millet

HIDDEN ON LABELS

OTHER GRAINS

barley barley malt malt extract malt vinegar
pearled barley rye flour pumpernickel rye bread

WHEAT FAMILY

gluten vital wheat gluten seitan wheat protein
hydrolysed wheat protein spelt flour spelt berries
wheat flour wheat starch wheat bran wheat germ
durum semolina triticale triticum farro

CROSS-REACTIVITY

FOODS

STRUCTURAL SIMILARITY

01	Wheat (57) (elevated) · Gliadin (68) (elevated)	Gliadin is the alcohol-soluble fraction of wheat gluten, and Gliadin measures it, so wheat tracks with it.
02	Wheat (57) (elevated) · Rye (41) (elevated)	Wheat and rye share ≈60% secalin/gliadin homology, so a wheat reaction usually extends to rye.
03	Gliadin (68) (elevated) · Rye (41) (elevated)	Rye's secalin shares homology with gliadin, so a Gliadin reaction usually extends to rye.



JORDAN SAMPLE · SID DEMO-01

Nuts & Seeds

TOP REACTIVE FOOD

Almond

47 U/ML

14 FOODS TESTED | 2 ELEVATED ≥ 30 | 1 BORDERLINE 24-29 | 11 NORMAL < 24

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	47	Cashew	35	Coconut	<15	Macadamia	<15	Pine nut	<15	Pumpkin seed	22	Sunflower seed	17
Brazil nut	<15	Chestnut	17	Hazelnut	25	Pecan	22	Pistachio	<15	Sesame seed	23	Walnut	<15

SUBSTITUTIONS

Almond (47)
Cashew (35)
Hazelnut (25)

Macadamia · pumpkin seed
Pumpkin seed · pecan
macadamia

HIDDEN ON LABELS

TREE NUTS
almond almond flour almond milk almond butter
marzipan praline (almond) cashew cashew butter
cashew milk cashew cheese hazelnut filbert
praline (hazelnut) gianduia Nutella-style spread

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Hazelnut (25) (borderline) Almond (47) (elevated)	Hazelnut and almond both carry PR-10 birch-pollen-related proteins, which may drive cross-reactivity.
02 Cashew (35) (elevated) Pistachio (0) (normal — monitor)	Cashew and pistachio are Anacardiaceae sharing a similar seed-storage protein, so they can co-react.
03 Cashew (35) (elevated) Mango (20) (normal — monitor)	Cashew and mango are both Anacardiaceae and share allergen structure, so they often co-react.



JORDAN SAMPLE · SID DEMO-01

Fruits

TOP REACTIVE FOOD

Banana

34 FOODS TESTED | 3 ELEVATED ≥ 30 | 2 BORDERLINE 24-29 | 29 NORMAL < 24

39 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 / M L

Apple	<15	Blackcurrent	18	Fig	20	Lime	<15	Orange	31	Plum	<15	Strawberry	28
Apricot	15	Blueberry	23	Grape	<15	Mango	20	Papaya	19	Pomegranate	21	Tangerine	15
Avocado	<15	Cherry	17	Grapefruit	18	Melon	16	Peach	20	Raspberry	17	Watermelon	20
Banana	39	Cranberry	<15	Kiwi	24	Nectarine	22	Pear	21	Red currant	<15	White currant	<15
Blackberry	17	Date	<15	Lemon	<15	Olive, black	<15	Pineapple	36	Rhubarb	15		

SUBSTITUTIONS

HIDDEN ON LABELS

Banana (39)	Mango · papaya
Pineapple (36)	mango
Orange (31)	Berries · apple · pear
Strawberry (28)	Discuss alternatives with your practitioner
Kiwi (24)	Discuss alternatives with your practitioner

OTHER FRUITS	banana	banana flour	kiwi	kiwifruit	kiwi extract
	actinidin	kiwi juice	pineapple	bromelain	
CITRUS	orange	orange juice	orange zest	orange oil	
	marmalade				
BERRIES	strawberry	strawberry flavour			

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Banana (39) (elevated) · Kiwi (24) (borderline)	As members of the latex-fruit syndrome cluster sharing chitinases, banana and kiwi generally co-react.
02 Kiwi (24) (borderline) Pineapple (36) (elevated)	Kiwi and pineapple share the actinidin and bromelain proteases, so a reaction to one often reaches the other.
03 Orange (31) (elevated) Tangerine (15) (normal — monitor)	Orange and tangerine are Citrus-genus fruits sharing profilin proteins, so they usually react together.



JORDAN SAMPLE · SID DEMO-01

Vegetables

40 FOODS TESTED | 4 ELEVATED ≥ 30 | 3 BORDERLINE 24-29 | 33 NORMAL < 24

TOP REACTIVE FOOD
Soybean
52 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	Bok choy	15	Cauliflower	20	Endive	19	Leek	<15	Peanut	44	Tomato	38
Asparagus	23	Broccoli	16	Celery	20	Fennel	17	Lentil	<15	Potato	33	Turnip	21
Beetroot	16	Brussels sprout	<15	Chickpea	<15	Garlic	19	Lettuce	16	Radish	19	Watercress	20
Bell pepper, green	15	Cabbage, savoy	15	Chicory	<15	Green bean	26	Mushroom	19	Soybean	52	Zucchini	22
Bell pepper, red	25	Cabbage, white	23	Cucumber	17	Kale	15	Onion	<15	Spinach	17		
Black-eyed pea	<15	Carrot	16	Eggplant	24	Kidney bean	<15	Pea	18	Sweet potato	<15		

SUBSTITUTIONS

HIDDEN ON LABELS

- Soybean (52)

Peanut (44)

Tomato (38)

Potato (33)

Green bean (26)

Bell pepper, red (25)

Eggplant (24)
- Hemp · rice protein

Sunflower

Roasted red pepper · pumpkin

cauliflower mash

Asparagus · snap pea

carrot

Zucchini · mushroom

- NIGHTSHADES

red pepper paprika (sweet) capsicum 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

green bean string bean haricot vert peanut

groundnut peanut butter peanut oil arachis oil soy

soya tofu tempeh edamame soy protein TVP

soy lecithin miso natto

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Tomato (38) (elevated) · Potato (33) (elevated)	Tomato and potato are nightshades sharing profilin proteins, which can cross-react in some patients.
02 Tomato (38) (elevated) Eggplant (24) (borderline)	As Solanaceae carrying profilin, tomato and eggplant may trip the same response, though it varies by patient.
03 Potato (33) (elevated) Eggplant (24) (borderline)	As Solanaceae carrying profilin, potato and eggplant may trip the same response, though it varies by patient.



JORDAN SAMPLE · SID DEMO-01

Herbs & Spices

TOP REACTIVE FOOD

Mustard seed

43 U/ML

30 FOODS TESTED | 2 ELEVATED ≥ 30 | 1 BORDERLINE 24-29 | 27 NORMAL < 24

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

Allspice	18	Black pepper	27	Chilli	<15	Coriander	22	Ginger	32	Mustard seed	43	Parsley	22	Tarragon	21
Anise	<15	Cardamom	<15	Chive	<15	Cumin	18	Ginkgo	21	Nutmeg	<15	Rosemary	<15	Thyme	22
Basil	20	Cayenne	<15	Cinnamon	<15	Dill	<15	Marjoram	18	Oregano	21	Saffron	18		
Bay leaf	18	Chamomile	23	Clove	16	Fenugreek	<15	Mint	<15	Paprika	20	Sage	<15		

SUBSTITUTIONS

Mustard seed (43)

Ginger (32)

Black pepper (27)

Horseradish · cumin

Galangal · cardamom

White pepper · cayenne

HIDDEN ON LABELS

SPICES

black pepper white pepper peppercorn ginger
ground ginger ginger paste mustard mustard seed
Dijon yellow mustard wholegrain mustard

CROSS-REACTIVITY

FOODS

01 Ginkgo

CROSS-REACTIVITY NOTE

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.

JORDAN SAMPLE · SID DEMO-01

Other Foods & Beverages

15 FOODS TESTED | 1 ELEVATED ≥ 30 | 1 BORDERLINE 24-29 | 13 NORMAL < 24

TOP REACTIVE FOOD

Yeast, baker's

49 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/ML

Agave	<15	Chocolate (cacao)	18	Hops	<15	Tea, green	22	Vinegar, white	23
Cane sugar	<15	Coffee	<15	Maple syrup	18	Tea, rooibos	17	Yeast, baker's	49
Carob	17	Cola nut	23	Tea, black	<15	Vanilla	<15	Yeast, brewer's	29

SUBSTITUTIONS

Yeast, baker's (49)

Yeast, brewer's (29)

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

- 01 Yeast, baker's (49) (elevated)
Yeast, brewer's (29) (borderline)

STRUCTURAL SIMILARITY

Baker's and brewer's yeast are the same species grown differently, so a reaction to one all but guarantees the other.

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-150 Vegan 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.