

# Food Sensitivity

## PATIENT

NAME: DEMO REPORT GENDER: Male  
DATE OF BIRTH: 07/05/1998 AGE: 22

ACCESSION ID: 2012090004  
SPECIMEN COLLECTION TIME: 12-08-2020 17:34  
SPECIMEN RECEIVED TIME: 12-09-2020 11:37  
FINAL REPORT TIME: 12-22-2020 14:13  
FASTING: FASTING

## PROVIDER

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**Vibrant Wellness** is pleased to present to you, Food Sensitivity Testing, to help you make healthy lifestyle and dietary choices in consultation with your physicians and dietitians. It is intended to be used as a tool to encourage a general state of health and well-being.

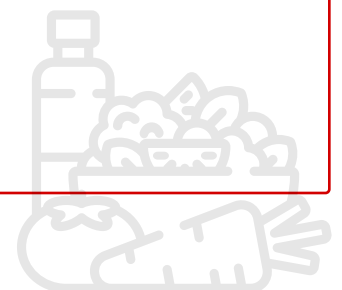
**Vibrant Food Sensitivity** is an array of commonly consumed food antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG, IgA, C3D and IgG4 reactivity to food antigens.

**Interpretation of Report:** The test results of antibody levels to the individual proteins are calculated by comparing the average intensity of the individual protein antibody to that of a healthy reference population. Reference ranges have been established using 192 healthy individuals. The reactivity to the antigens are displayed as High (RED), Moderate (YELLOW) or Negative (BLANK-NO COLOR). A high reactivity result indicates that you have an increased antibody/C3D levels to the food antigen with respect to the reference range. A Moderate result indicates that you have a moderate antibody/C3D reactivity level to the food antigen with respect to the reference range. A Negative result indicates that you have reactivity to the food antigen with respect to the reference range. Vibrant utilizes proprietary reporter-based analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), and total IgA (subclasses 1, 2) antibodies C3D and IgG4 alone. The classification of High to Moderate to Negative denotes the level of antibodies detected.

The first page of the report includes a summary of the foods with high and moderate reactivity. In the complete detailed report the previous result for the same food is indicated next to the current result in brackets to see how the reactivity has changed since the last time the individual was tested. The cell is colored based on the level of reactivity seen High (RED), Moderate (YELLOW) or Negative (BLANK-NO COLOR).

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Food Sensitivity offered by Vibrant Wellness is performed by Vibrant America LLC, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at [www.vibrantwellness.com](http://www.vibrantwellness.com). By accessing, browsing or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to accept these terms, you shall not access, browse or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your Physician/Dietitian for medication, treatment or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Please Note - It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your physician before making any changes. Pediatric reference ranges have not been established for this test.



# Food Sensitivity - Summary

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
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## High Sensitivity

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Amaranth	9 (0)	4 (2)	<0 (10)	24 (5)	Goose meat	9 (7)	6 (1)	2 (5)	21 (9)
Mackerel	28 (3)	6 (1)	9 (9)	2 (2)	Mustard	8 (2)	29 (2)	8 (4)	7 (10)
Pacific squid	8 (7)	29 (0)	6 (2)	5 (5)	Portabella Mushroom	<0 (5)	27 (5)	5 (<0)	8 (6)
Rape seed	28 (18)	4 (8)	4 (8)	1 (1)	Squid	4 (8)	23 (0)	2 (9)	2 (1)

## Moderate Sensitivity

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Black Beans	<0 (8)	9 (3)	17 (9)	1 (5)	Black-eye Peas	6 (1)	5 (8)	12 (5)	10 (<0)
Cassava	10 (1)	5 (4)	4 (4)	14 (7)	Green Tea	9 (8)	3 (3)	20 (8)	4 (3)
Kale	10 (7)	8 (1)	8 (9)	11 (2)	Lemon	1 (8)	1 (8)	14 (6)	4 (5)
Pear	9 (6)	14 (8)	6 (6)	6 (8)					



# Food Sensitivity - Detailed report

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## Dairy

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Beta-Casein	5 (2)	4 (8)	7 (<0)	9 (3)	Buffalo milk	1 (6)	3 (6)	7 (3)	<0 (6)
Buttermilk	0 (7)	6 (9)	5 (12)	<0 (10)	Casomorphin	4 (8)	7 (7)	7 (15)	10 (4)
Cheddar cheese	8 (6)	10 (3)	4 (3)	4 (7)	Cow's Milk	1 (10)	3 (1)	7 (3)	<0 (3)
Goat's Milk	2 (3)	10 (9)	8 (4)	8 (1)	Kefir	6 (0)	6 (7)	4 (4)	<0 (3)
Sheep's milk	3 (4)	0 (5)	6 (9)	9 (9)	Whey Protein	8 (6)	0 (3)	6 (5)	9 (6)
Yoghurt	9 (3)	6 (2)	10 (6)	10 (3)					

## Fish

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Alaska pollock	0 (10)	1 (0)	7 (2)	9 (3)	Anchovy	3 (6)	0 (8)	4 (1)	1 (9)
Carp	4 (10)	2 (1)	<0 (3)	1 (10)	Catfish	4 (7)	10 (1)	7 (<0)	6 (7)
Codfish	5 (4)	5 (7)	1 (1)	10 (5)	Eel	10 (2)	10 (9)	3 (10)	<0 (6)
Flounder	9 (1)	6 (3)	10 (20)	7 (4)	Halibut	8 (9)	5 (7)	9 (7)	5 (6)
Lake Trout	2 (3)	2 (10)	2 (2)	2 (2)	Mackerel	28 (3)	6 (1)	9 (9)	2 (2)
Perch	0 (8)	1 (5)	2 (7)	3 (10)	Salmon	8 (8)	4 (1)	8 (1)	10 (1)
Sardine	10 (9)	7 (6)	<0 (8)	5 (4)	Sea bass	10 (0)	3 (5)	7 (3)	6 (4)
Sole	4 (5)	6 (2)	7 (3)	1 (2)	Tuna	9 (4)	6 (6)	6 (2)	<0 (2)

## Mollusks

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Blue mussel	8 (2)	0 (5)	10 (2)	6 (7)	Clam	10 (9)	0 (9)	7 (4)	7 (8)
Octopus	6 (7)	9 (8)	4 (10)	10 (9)	Oyster	9 (8)	10 (5)	7 (8)	<0 (3)
Pacific squid	8 (7)	29 (0)	6 (2)	5 (5)	Scallops	3 (7)	6 (5)	6 (1)	6 (1)
Squid	4 (8)	23 (0)	2 (9)	2 (1)					

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## Shellfish

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Crab	2 (9)	0 (8)	3 (4)	5 (1)	Crayfish	10 (5)	7 (5)	5 (1)	8 (6)
Lobster	4 (10)	10 (0)	<0 (9)	7 (3)	Shrimp	6 (10)	7 (0)	8 (<0)	5 (<0)

## Fruits

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Apple	5 (2)	6 (8)	1 (9)	8 (5)	Apricot	9 (8)	0 (10)	<0 (8)	3 (2)
Avocado	2 (5)	2 (4)	10 (9)	7 (4)	Banana	1 (8)	4 (7)	1 (26)	<0 (8)
Blackberry	10 (2)	6 (9)	6 (22)	8 (4)	Blueberry	10 (5)	6 (3)	7 (9)	8 (7)
Cantaloupe	8 (6)	2 (9)	3 (2)	1 (1)	Capers	5 (9)	0 (1)	2 (9)	9 (1)
Cherry	9 (4)	7 (2)	2 (6)	7 (7)	Coconut	4 (8)	1 (2)	1 (6)	9 (4)
Cranberry	8 (0)	8 (5)	8 (2)	3 (1)	Fig	8 (8)	2 (2)	2 (6)	<0 (9)
Grape	8 (1)	6 (7)	5 (6)	<0 (16)	Grapefruit	8 (0)	8 (3)	6 (3)	8 (8)
Guava	0 (2)	3 (8)	7 (7)	2 (1)	Honeydew melon	4 (5)	3 (8)	10 (3)	3 (1)
Kiwi fruit	0 (4)	9 (3)	8 (7)	10 (8)	Lemon	1 (8)	1 (8)	14 (6)	4 (5)
Litchi	2 (3)	7 (0)	1 (1)	9 (1)	Mandarin	9 (1)	1 (3)	10 (10)	2 (8)
Mango	4 (2)	1 (3)	5 (1)	9 (10)	Olive	2 (5)	5 (2)	2 (10)	4 (4)
Orange	10 (0)	6 (8)	10 (4)	8 (9)	Papaya	5 (10)	5 (1)	7 (<0)	5 (4)
Peach	0 (4)	1 (10)	3 (2)	6 (9)	Pear	9 (6)	14 (8)	6 (6)	6 (8)
Pineapple	5 (6)	6 (8)	10 (8)	8 (9)	Plum	10 (3)	1 (6)	<0 (4)	8 (10)
Raspberry	2 (3)	6 (8)	6 (10)	<0 (2)	Strawberry	8 (9)	4 (4)	8 (5)	6 (4)
Tomato	0 (5)	7 (1)	2 (3)	2 (2)	Watermelon	9 (4)	5 (7)	1 (5)	3 (5)

## Gluten containing grains

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Barley	0 (4)	4 (0)	9 (7)	5 (8)	Malt	1 (8)	4 (9)	9 (6)	2 (2)
Rye	9 (1)	10 (8)	8 (<0)	6 (7)	Spelt	9 (0)	2 (10)	5 (4)	1 (6)

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## Gluten free grains

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Amaranth	9 (0)	4 (2)	<0 (10)	24 (5)	Brown Rice	2 (10)	2 (9)	7 (5)	4 (<0)
Buckwheat	1 (10)	9 (0)	9 (2)	<0 (9)	Corn	9 (3)	8 (0)	8 (3)	6 (1)
Millet	8 (10)	9 (4)	9 (4)	7 (4)	Oats	5 (7)	6 (4)	4 (7)	10 (8)

## Legumes

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Black Beans	<0 (8)	9 (3)	17 (9)	1 (5)	Black-eye Peas	6 (1)	5 (8)	12 (5)	10 (<0)
Broad bean	9 (2)	1 (0)	4 (2)	8 (7)	Chickpea	2 (7)	10 (7)	2 (4)	8 (6)
Kidney Bean	2 (7)	7 (6)	7 (5)	7 (7)	Lentils	<0 (<0)	2 (23)	6 (5)	8 (<0)
Mung beans	10 (10)	3 (4)	2 (2)	9 (1)	Navy Bean	9 (9)	1 (2)	7 (7)	10 (4)
Peanut	9 (6)	6 (7)	6 (6)	1 (4)	Pinto Beans	8 (5)	8 (1)	4 (1)	2 (4)
Soybean	6 (8)	1 (3)	<0 (10)	3 (3)					

## Meat

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Beef	3 (8)	0 (2)	5 (3)	7 (1)	Chicken	3 (0)	6 (9)	6 (2)	5 (2)
Duck meat	1 (2)	10 (1)	10 (5)	4 (1)	Egg White	3 (0)	2 (7)	<0 (7)	7 (10)
Egg Yolk	5 (1)	5 (4)	5 (6)	5 (7)	Goose meat	9 (7)	6 (1)	2 (5)	21 (9)
Grapevine snail	7 (0)	6 (2)	8 (6)	8 (7)	Lamb	0 (6)	2 (8)	3 (10)	4 (4)
Pork	10 (5)	0 (1)	8 (1)	2 (5)	Rabbit	6 (8)	8 (10)	2 (5)	<0 (1)
Turkey	6 (9)	5 (8)	<0 (2)	5 (3)	Veal	3 (1)	0 (8)	<0 (5)	<0 (2)

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## Miscellaneous

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Agave	4 (<0)	9 (4)	3 (3)	8 (8)	Black tea	4 (9)	9 (8)	4 (1)	5 (4)
Cane sugar	1 (9)	3 (3)	8 (24)	9 (<0)	Cilantro	1 (5)	9 (10)	7 (6)	8 (2)
Cocoa	7 (0)	1 (1)	3 (4)	5 (9)	Coffee	8 (3)	2 (6)	7 (4)	5 (4)
Dill	6 (4)	3 (9)	7 (<0)	5 (5)	Espresso	2 (10)	7 (10)	2 (10)	10 (5)
Green Tea	9 (8)	3 (3)	20 (8)	4 (3)	Hops	2 (9)	6 (8)	6 (<0)	7 (5)
Lemon grass	3 (5)	0 (6)	7 (1)	5 (5)	Molasses	10 (8)	4 (7)	4 (5)	8 (7)
Oolong tea	5 (5)	9 (1)	10 (10)	1 (4)	Parsley	6 (9)	7 (5)	6 (6)	<0 (7)
Rosemary	2 (2)	2 (7)	7 (7)	2 (10)	Vanilla Bean	8 (3)	10 (1)	2 (4)	7 (4)
Yeast	3 (2)	9 (1)	5 (5)	6 (10)					

## Spices

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Anise	8 (10)	0 (2)	4 (<0)	9 (8)	Bay leaf	1 (3)	9 (10)	8 (3)	2 (9)
Black pepper	4 (6)	4 (7)	8 (5)	4 (<0)	Caraway	7 (1)	0 (3)	<0 (<0)	8 (7)
Cayenne pepper	6 (4)	7 (1)	6 (1)	9 (7)	Cinnamon	0 (4)	2 (3)	8 (4)	2 (10)
Common thyme	1 (2)	10 (3)	4 (3)	2 (8)	Cumin	7 (2)	2 (10)	5 (4)	10 (7)
Curry powder	0 (4)	4 (10)	4 (10)	7 (3)	Habanero pepper	7 (10)	3 (2)	1 (2)	1 (9)
Hot paprika powder	2 (4)	3 (11)	8 (9)	10 (1)	Jalapeno pepper	5 (7)	6 (5)	8 (5)	10 (7)
Nutmeg	7 (8)	6 (6)	3 (10)	6 (10)	Oregano	10 (1)	2 (3)	5 (3)	8 (5)
Turmeric	7 (2)	9 (6)	1 (6)	<0 (<0)	Woo-hsiang powder	7 (4)	4 (0)	9 (6)	6 (4)

## Nuts(Tree)

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Almond	2 (2)	7 (27)	6 (<0)	7 (7)	Black Walnut	3 (6)	9 (7)	10 (2)	9 (10)
Brazilnut	7 (3)	7 (9)	3 (10)	6 (<0)	Cashews	7 (6)	1 (3)	6 (3)	5 (1)
English Walnut	5 (8)	5 (9)	7 (2)	3 (2)	Macadamia Nut	9 (7)	9 (6)	1 (2)	2 (1)
Pecan	6 (7)	3 (3)	10 (10)	5 (7)					

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## Seeds

Blank Cell - Low ● High Risk ● Moderate - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Chia	5 (5)	5 (1)	10 (9)	4 (9)	Coriander seed	5 (9)	4 (2)	7 (<0)	10 (<0)
Flax seed	8 (3)	2 (6)	5 (6)	3 (6)	Hemp	8 (4)	3 (25)	7 (8)	5 (6)
Mustard	8 (2)	29 (2)	8 (4)	7 (10)	Poppy seed	6 (1)	7 (4)	5 (5)	2 (1)
Rape seed	28 (18)	4 (8)	4 (8)	1 (1)	Sesame	4 (6)	0 (0)	6 (3)	10 (4)
Sunflower seed	4 (3)	6 (6)	5 (8)	<0 (<0)					

## Nightshades

Blank Cell - Low ● High Risk ● Moderate - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Eggplant	3 (9)	9 (7)	1 (2)	6 (7)	Green Pepper	6 (0)	9 (1)	7 (9)	6 (8)
White Potato	8 (7)	7 (2)	9 (8)	8 (1)					

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## Vegetables

Blank Cell - Low ● High Risk ● Moderate - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Acorn Squash	10 (<0)	2 (6)	<0 (3)	2 (1)	Artichoke	1 (9)	7 (3)	<0 (2)	6 (3)
Arugula	1 (2)	8 (0)	8 (3)	8 (6)	Asparagus	0 (10)	3 (1)	9 (6)	1 (4)
Bamboo shoots	8 (3)	1 (0)	6 (7)	4 (2)	Beet root	6 (7)	9 (6)	1 (2)	5 (<0)
Broccoli	0 (0)	8 (5)	<0 (4)	8 (8)	Butternut Squash	4 (<0)	3 (7)	2 (6)	1 (1)
Carrot	9 (6)	4 (24)	5 (7)	4 (5)	Cauliflower	4 (0)	5 (4)	9 (8)	2 (3)
Celery	1 (9)	2 (9)	4 (6)	7 (6)	Chard	2 (1)	2 (4)	9 (<0)	2 (9)
Cucumber	9 (7)	6 (2)	9 (10)	6 (1)	Endive	2 (6)	8 (0)	8 (7)	4 (24)
Garlic	9 (2)	5 (2)	2 (1)	5 (5)	Ginger	4 (4)	7 (8)	5 (6)	5 (4)
Green Bean	2 (3)	8 (2)	4 (30)	10 (1)	Green Peas	7 (17)	2 (8)	<0 (9)	6 (10)
Green cabbage	10 (4)	1 (1)	7 (6)	10 (5)	Green onion/Scallions	5 (4)	6 (3)	2 (8)	8 (5)
Kale	10 (7)	8 (1)	8 (9)	11 (2)	Leek	1 (0)	4 (1)	5 (1)	5 (<0)
Lima Bean	8 (9)	2 (7)	1 (7)	3 (2)	Parsnip	<0 (3)	9 (3)	5 (9)	9 (4)
Portabella Mushroom	<0 (5)	27 (5)	5 (<0)	8 (6)	Purple Potato	3 (1)	2 (4)	4 (2)	5 (8)
Romaine lettuce	6 (6)	8 (2)	3 (3)	10 (9)	Savoy cabbage	4 (1)	4 (10)	<0 (1)	5 (8)
Seaweed(Kelp)	3 (7)	3 (0)	6 (9)	10 (1)	Shallots	4 (3)	9 (<0)	6 (1)	2 (1)
Shiitake Mushroom	7 (10)	0 (2)	9 (4)	6 (10)	Spaghetti Squash	3 (2)	<0 (10)	4 (6)	4 (<0)
Spinach	7 (1)	1 (10)	4 (3)	7 (4)	Sweet Potato	10 (4)	0 (9)	7 (8)	3 (10)
Turnip	8 (2)	4 (6)	5 (8)	3 (1)	Vine leaf	6 (8)	2 (1)	<0 (6)	8 (3)
White mushrooms	1 (1)	1 (5)	8 (4)	9 (<0)	White onion	9 (10)	3 (3)	<0 (<0)	10 (8)
White radish	5 (19)	6 (0)	6 (8)	<0 (<0)	Yellow squash	9 (1)	7 (8)	4 (6)	10 (23)
Zucchini	5 (3)	1 (4)	9 (2)	7 (2)					

## Nuts (Tree)

Blank Cell - Low ● High Risk ● Moderate - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Hazelnut	7 (0)	5 (9)	8 (10)	6 (2)	Pine nut	3 (6)	8 (0)	8 (3)	1 (<0)
Pistachio nut	6 (8)	10 (10)	1 (2)	2 (5)	Sweet chestnut	4 (8)	4 (8)	8 (3)	8 (1)



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## Vegan

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Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Cous Cous	4 (3)	0 (5)	6 (7)	6 (9)	Tempeh	7 (7)	9 (6)	8 (9)	9 (<0)
Tofu	7 (10)	9 (10)	2 (3)	3 (3)	Vegan Cheese	2 (0)	0 (0)	1 (3)	2 (10)

## Gluten free alternative starches

Blank Cell - Low    ● High Risk    ● Moderate    - Not Ordered or N/A

Food Name	IgA	IgG	IgG4	C3D	Food Name	IgE	IgA	IgG4	C3D
Arrowroot	1 (9)	10 (4)	8 (7)	4 (3)	Cassava	10 (1)	5 (4)	4 (4)	14 (7)
Tapioca	2 (8)	10 (17)	7 (6)	8 (6)	Taro Root	3 (1)	7 (8)	1 (7)	10 (10)
Tiger nut	9 (7)	7 (7)	4 (7)	3 (10)					

### MACKEREL

**Food Description**  
A coastal saltwater fish with vertical stripes.

**Commonly Found In**  
Fast-food chains, labeled mackerel and some fish oil-based supplements.

**Hidden Sources**  
Approximately 21 species of mackerel are known to exist. The following are not true mackerel but contain the word mackerel in their names: Barbel mackerel, Blue fish, Mackerel sculpin, Mackerel whitefish, Mackerel scad, Mackerel shark, Mackerel shark, Mackerel tail sculpin.

**Precautions**  
High in Omega 3s.

# Food Sensitivity - Detailed report

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
REPORT	DEMO	MALE	1998-07-05	2012090004	12-08-2020 17:34

## LEMON



**Food Description**

A bright yellow, oblong fruit with a bumpy, slightly textured skin. It is a natural acid, lemon juice is an all-natural preservative for the food after it is harvested.

Whole fruit, lemon juice, lemonade, lemon meringue, lemon curd, lemon popovers, lemon filling, variety of supplements, dried as a garnish on fish or meat dishes, used as a salad dressing, preserves (jams, marmalade, fruit, vegetable muls and salsas), Amargolimit.

Source: 1. Foodsource.com

**Commonly Found In**

**Hidden Sources**

Lemon juice is used in a variety of ways, from the sweetening of drinks to the addition of flavor to marinades and dressings. It is also used in a variety of ways.

**Precautions**

Lemons are high in acid, which can cause heartburn or stomach pain. They are also high in potassium, which can be a concern for people with kidney disease.

## PEAR



**Food Description**

A pale yellow or green pome fruit with a round shape that becomes narrower toward the stalk. Flesh is juicy, sweet and white in color.

Whole fruit, juice or nectar, fruit salads, cocktails.

**Commonly Found In**

**Hidden Sources**

**Precautions**

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## AMARANTH



**Food Description**  
A gluten free grain from one of the 700 species of the flowering Amaranthaceae plant family.

Gluten free grain, cereal, and medicinal grains, quinoa-like, alternative flour/grain.

**Commonly Found In**

**Hidden Sources**  
Quinoa (a mixture of extracted and used in industrial)

**Precautions**

## MUSTARD



**Food Description**  
Mustard seeds are cabbage family members. They come in black (B), red, brown (B), and white (B) forms.

Most commonly used to make the mustard condiment, yellow mustard. Dijon mustard uses mustard. Common in pickles and salad dressings.

**Commonly Found In**

**Hidden Sources**  
Mustard, etc. (B)

**Precautions**

## Goose Meat



**Food Description**  
Goose meat is the flesh from the goose (bird). Goose meat be cooked in the same way as cooking other types of poultry

**Commonly Found In**


**Hidden Sources**

**Precautions**

# Food Sensitivity - Detailed report

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## PACIFIC SQUID



**Food Description**

Pacific squid is less than a foot in size, with a long tapered body and triangular tail fins, these ten-armed mollusks are also known as calamari.

Pacific squid is the most common species of squid found along Washington's coast.

**Hidden Sources**


Hidden sources of squid may include fish oil, fish broth, and fish sauce.

Squid oil may contain pesticide residues and environmental contaminants.

**Commonly Found In**

**Precautions**

## SQUID



**Food Description**

An elongated, fast-swimming mollusk with ten arms and are typically able to change color.

**Hidden Sources**

**Commonly Found In**

**Precautions**

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## RAPE SEEDS

**Food Description**

Rapeseed is a bright-yellow flowering member of the family Brassicaceae, cultivated mainly for its oil-rich seed.

**Hidden Sources**

Hidden sources of rapeseed include canola oil, and non-food sources such as lipsticks, candles, lubricants, and biodiesel fuel.

Rapeseed is the third-largest source of vegetable oil in the world.

**Commonly Found In**

Research is ongoing on the safety of oils with a high erucic acid content, such as mustard oil and rapeseed oil. The manufacturing process of canola oil removes some of the erucic acid, creating 'low erucic acid rapeseed oil.'

**Precautions**

## KALE

**Food Description**

Kale is a leafy green vegetable with characteristic leaves that curl on the edges. There are different varieties of kale, so width and shade of leaves can vary.

**Hidden Sources**

Kale is a widely used ingredient in salads, soups, dips, omelets, side dishes. As it's known for myriad of health benefits it is a common ingredient in smoothies and "green drinks". Kale leaf is often used as a garnish.

**Commonly Found In**

**Precautions**

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## CASSAVA

### Food Description

Cassava is a woody shrub cultivated as an annual crop in tropical and subtropical regions and is popular for its tuberous roots, from which, cassava flour, breads, tapioca are derived. Cassava flour is gluten, grain, and nut free.

Cassava can be boiled and consumed as whole starch. Cassava flour has become a popular "grain free" alternative starch. Cassava flour tortillas and cassava flour chips are available. Many gluten free beers are made from cassava wort.

### Hidden Sources

As cassava is a very popular gluten free alternative starch, always read ingredient lists on any gluten free alternative product such as bread, crackers, tortillas, pre-mixed baking powders.

Cassava is a high carbohydrate food choice. Cassava is often referred to as "yuca", but it is important to know that Cassava and Yucca are two distinctly different root vegetables and are not one in the same. Tapioca flour is derived from Cassava flour through a process of washing and pulping. Cassava flour, however contains much more fiber than tapioca which gives it better baking properties.

### Commonly Found In

### Precautions

## BLACK BEANS

### Food Description

Black beans are classified as legumes and look exactly as named; they are black in color. They contain key vitamins and minerals that are known to benefit human health. We tend to think of dark colored fruits and vegetables as our best sources of phytonutrients, but black beans also fall under this category. The black bean is also a good source of resistant starch, which is beneficial for short chain fatty acid (SCFA) production.

A native of Latin America, black beans are common in Latin cuisine. You can often find the bean in bean salads, soups, rice & beans, or served as a side dish.

### Hidden Sources

With all of today's dietary restrictions, this bean has some non-traditional uses, such as in making black bean hummus or black bean brownies.

One of the biggest issues surrounding all legumes, including black beans, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

### Commonly Found In

### Precautions

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## BLACK-EYE PEAS

### Food Description

Black-eye peas, also called black-eyed beans and souther, are a subspecies of the cowpea. They are good sources of calcium, folate, iron, potassium and fiber. Named for its appearance, black-eye peas are pale in color with a prominent black spot.

### Hidden Sources

One of the biggest issues surrounding all legumes, including black-eye peas, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

### Commonly Found In

Black-eyed peas are common additions to stews, soups, curries and salads. They can also be used as a side dish or they can be mashed into a dip.

### Precautions

## GREEN TEA

### Food Description

Green tea is made from Camellia sinensis leaves. It is shown to improve blood flow and lower cholesterol.

### Hidden Sources

Moderate consumption is regarded safe. However, there are reports of liver toxicity in humans after consuming high doses of green tea extract dietary supplement.

### Commonly Found In

### Precautions

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration.

Quantification of specific IgG and IgA antibodies is not an FDA- recognized diagnostic indicator of allergy.

Food Sensitivity testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific antigen due to circumstances beyond Vibrant's control. Vibrant may re-test a sample in order to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

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