Diagnostic Solutions laboratory

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CLIA# 11D-2097795 Medical Director – Diane Farhi, MD

IgG™ FOOD EXPLORER

Patient ID:
20250101-0000
Patient Name:
Ima Sample
Date of Birth:
01/01/2000
Sample ID:

QR-Code:

Analyzed on:
4/23/2025
Tested Antigens:
287
Test method:
FOX

Referring Physician:

Additional Information:

The internal QC (Plausibility check for GD) was within acceptance range.

Lab report: Overview of the IgG profile

MILK & EGG	●●●	VEGETABLES	●
MEAT	●	SPICES	●●
FISH & SEAFOOD	●	EDIBLE MUSHROOMS	●
CEREALS & SEEDS	●●●	NOVEL FOODS	●●
NUTS	●●●	COFFEE & TEA	●●
LEGUMES	●	OTHERS	●●
FRUITS	●		

Highest measured IgG concentration

0 - 9.99 µg/ml	10 - 19.99 µg/ml	≥ 20 µg/ml
●	●●	●●●
Low IgG level	Low IgG level	Low IgG level

The assays performance characteristics were determined by Diagnostic Solutions Laboratory.

* Molecular Antigen
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Milk & Egg

Buttermilk	10.41 µg/ml	Cow's milk Bos d 8 * (Casein)	< 5.00 µg/ml
Camembert	< 5.00 µg/ml	Buffalo milk	< 5.00 µg/ml
Emmental	< 5.00 µg/ml	Camel milk	< 5.00 µg/ml
Gouda	< 5.00 µg/ml	Goat cheese	< 5.00 µg/ml
Cottage cheese	< 5.00 µg/ml	Goat milk	5.31 µg/ml
Cow's milk	< 5.00 µg/ml	Quail egg	< 5.00 µg/ml
Mozzarella	10.30 µg/ml	Egg white	37.99 µg/ml
Parmesan	< 5.00 µg/ml	Egg yolk	5.81 µg/ml
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	< 5.00 µg/ml	Sheep cheese	< 5.00 µg/ml
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	18.53 µg/ml	Sheep milk	5.66 µg/ml

Meat

Duck	< 5.00 µg/ml	Chicken	< 5.00 µg/ml
Beef	< 5.00 µg/ml	Turkey	< 5.00 µg/ml
Veal	< 5.00 µg/ml	Rabbit	< 5.00 µg/ml
Venison	< 5.00 µg/ml	Lamb	< 5.00 µg/ml
Goat	< 5.00 µg/ml	Ostrich	< 5.00 µg/ml
Stag	< 5.00 µg/ml	Pork	< 5.00 µg/ml
Horse	< 5.00 µg/ml	Boar	< 5.00 µg/ml

Fish & Seafood

Caviar	< 5.00 µg/ml	Trout	< 5.00 µg/ml
Eel	< 5.00 µg/ml	Oyster	< 5.00 µg/ml
Crayfish	< 5.00 µg/ml	Northern prawn	< 5.00 µg/ml
Cockle	< 5.00 µg/ml	Scallop	< 5.00 µg/ml
Crab	< 5.00 µg/ml	Razor shell clam	< 5.00 µg/ml
Atlantic herring	< 5.00 µg/ml	European plaice	< 5.00 µg/ml
Carp	< 5.00 µg/ml	Thornback Ray	< 5.00 µg/ml
Anchovy	< 5.00 µg/ml	Venus clam	< 5.00 µg/ml
Northern pike	< 5.00 µg/ml	Salmon	< 5.00 µg/ml
Atlantic cod	< 5.00 µg/ml	European pilchard	< 5.00 µg/ml

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Abalone	< 5.00 µg/ml	Turbot	< 5.00 µg/ml
Lobster	< 5.00 µg/ml	Mackerel	< 5.00 µg/ml
Shrimp mix	< 5.00 µg/ml	Atlantic redfish	< 5.00 µg/ml
Squid	< 5.00 µg/ml	Sepia	< 5.00 µg/ml
Monkfish	< 5.00 µg/ml	Sole	< 5.00 µg/ml
Haddock	< 5.00 µg/ml	Gilt-head bream	< 5.00 µg/ml
Hake	< 5.00 µg/ml	Tuna	< 5.00 µg/ml
Common mussel	< 5.00 µg/ml	Swordfish	< 5.00 µg/ml
Octopus	< 5.00 µg/ml		

Cereals & Seeds

Amaranth	< 5.00 µg/ml	Pine nut	< 5.00 µg/ml
Oat	< 5.00 µg/ml	Rye	< 5.00 µg/ml
Canola	35.71 µg/ml	Sesame	< 5.00 µg/ml
Hempseed	< 5.00 µg/ml	Wheat	5.25 µg/ml
Quinoa	< 5.00 µg/ml	Wheat bran	6.28 µg/ml
Pumpkin seed	< 5.00 µg/ml	Wheat gliadin Tri a Gliadin *	< 5.00 µg/ml
Buckwheat	< 5.00 µg/ml	Wheatgrass	< 5.00 µg/ml
Sunflower	< 5.00 µg/ml	Gluten wheat	< 5.00 µg/ml
Barley	< 5.00 µg/ml	Emmer wheat	< 5.00 µg/ml
Malt (barley)	5.74 µg/ml	Durum wheat	< 5.00 µg/ml
Flaxseed	22.69 µg/ml	Einkorn wheat	7.53 µg/ml
Lupine seed	< 5.00 µg/ml	Polish wheat	< 5.00 µg/ml
Rice	< 5.00 µg/ml	Spelt	< 5.00 µg/ml
Millet	< 5.00 µg/ml	Corn	< 5.00 µg/ml
Poppyseed	< 5.00 µg/ml		

Nuts

Cashew	41.72 µg/ml	Hazelnut	< 5.00 µg/ml
Brazil nut	< 5.00 µg/ml	Tigernut	< 5.00 µg/ml
Pecan nut	< 5.00 µg/ml	Walnut	< 5.00 µg/ml
Sweet chestnut	< 5.00 µg/ml	Macadamia	< 5.00 µg/ml
Coconut milk	< 5.00 µg/ml	Pistachio	26.01 µg/ml
Coconut	< 5.00 µg/ml	Almond	< 5.00 µg/ml
Kola nut	5.73 µg/ml		

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Legumes

Peanut	< 5.00 µg/ml	Green bean	9.63 µg/ml
Chickpea	< 5.00 µg/ml	Pea	< 5.00 µg/ml
Soy	< 5.00 µg/ml	Sugar pea	< 5.00 µg/ml
Lentil	< 5.00 µg/ml	Tamarind	< 5.00 µg/ml
White bean	< 5.00 µg/ml	Mung bean	< 5.00 µg/ml

Fruits

Kiwi	< 5.00 µg/ml	Date	< 5.00 µg/ml
Pineapple	< 5.00 µg/ml	Physalis	< 5.00 µg/ml
Papaya	< 5.00 µg/ml	Apricot	< 5.00 µg/ml
Lime	< 5.00 µg/ml	Cherry	< 5.00 µg/ml
Lemon	6.01 µg/ml	Plum	< 5.00 µg/ml
Watermelon	< 5.00 µg/ml	Peach	< 5.00 µg/ml
Grapefruit	< 5.00 µg/ml	Nectarine	< 5.00 µg/ml
Tangerine	< 5.00 µg/ml	Pomegranate	< 5.00 µg/ml
Orange	< 5.00 µg/ml	Pear	< 5.00 µg/ml
Melon	< 5.00 µg/ml	Gooseberry	< 5.00 µg/ml
Fig	< 5.00 µg/ml	Red currant	< 5.00 µg/ml
Strawberry	< 5.00 µg/ml	Blackberry	5.63 µg/ml
Lychee	< 5.00 µg/ml	Raspberry	< 5.00 µg/ml
Apple	5.12 µg/ml	Elderberry	< 5.00 µg/ml
Mango	< 5.00 µg/ml	Blueberry	< 5.00 µg/ml
Mulberry	< 5.00 µg/ml	Cranberry	< 5.00 µg/ml
Banana	< 5.00 µg/ml	Grape	< 5.00 µg/ml
Passion fruit	< 5.00 µg/ml	Raisin	< 5.00 µg/ml

Vegetables

Shallot	< 5.00 µg/ml	Caper	< 5.00 µg/ml
Onion	< 5.00 µg/ml	Endive	< 5.00 µg/ml
Leek	< 5.00 µg/ml	Radicchio	< 5.00 µg/ml
Garlic	7.97 µg/ml	Chicorée	< 5.00 µg/ml
Chives	< 5.00 µg/ml	Pumpkin Butternut	< 5.00 µg/ml
Wild garlic	< 5.00 µg/ml	Pumpkin Hokkaido	< 5.00 µg/ml

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Celery Bulb	< 5.00 µg/ml	Kiwano	< 5.00 µg/ml
Celery Stalk	< 5.00 µg/ml	Zucchini	< 5.00 µg/ml
Horseradish	< 5.00 µg/ml	Cucumber	< 5.00 µg/ml
Asparagus	< 5.00 µg/ml	Artichoke	< 5.00 µg/ml
Bamboo sprouts	< 5.00 µg/ml	Carrot	< 5.00 µg/ml
Chard	< 5.00 µg/ml	Arugula	< 5.00 µg/ml
Red beet	< 5.00 µg/ml	Fennel (bulb)	< 5.00 µg/ml
Cabbage	5.54 µg/ml	Sweet potato	< 5.00 µg/ml
Cauliflower	< 5.00 µg/ml	Watercress	< 5.00 µg/ml
White cabbage	< 5.00 µg/ml	Olive	< 5.00 µg/ml
Brussels sprouts	< 5.00 µg/ml	Parsnip	< 5.00 µg/ml
Kohlrabi	< 5.00 µg/ml	Avocado	< 5.00 µg/ml
Broccoli	< 5.00 µg/ml	Radish	< 5.00 µg/ml
Romanesco	< 5.00 µg/ml	Eggplant	< 5.00 µg/ml
Red cabbage	< 5.00 µg/ml	Potato	< 5.00 µg/ml
Green cabbage	< 5.00 µg/ml	Tomato	< 5.00 µg/ml
Savoy cabbage	< 5.00 µg/ml	Spinach	< 5.00 µg/ml
Turnip	< 5.00 µg/ml	Nettle leaves	< 5.00 µg/ml
Bok Choy	< 5.00 µg/ml	Lamb's lettuce	< 5.00 µg/ml
Chinese cabbage	< 5.00 µg/ml		

Spices

Dill	< 5.00 µg/ml	Mint	< 5.00 µg/ml
Tarragon	< 5.00 µg/ml	Basil	< 5.00 µg/ml
Paprika	< 5.00 µg/ml	Majoram	< 5.00 µg/ml
Cayenne pepper	< 5.00 µg/ml	Oregano	< 5.00 µg/ml
Chili (red)	< 5.00 µg/ml	Parsley	< 5.00 µg/ml
Caraway	< 5.00 µg/ml	Anise	< 5.00 µg/ml
Cinnamon	< 5.00 µg/ml	Pepper (black/white/green/red/yellow)	18.38 µg/ml
Curry	< 5.00 µg/ml	Rosmary	< 5.00 µg/ml
Coriander	< 5.00 µg/ml	Sage	< 5.00 µg/ml
Cumin	< 5.00 µg/ml	Mustard	6.45 µg/ml
Turmeric	9.72 µg/ml	Clove	< 5.00 µg/ml
Lemongrass	< 5.00 µg/ml	Thyme	5.01 µg/ml

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Cardamom	< 5.00 µg/ml	Fenugreek	< 5.00 µg/ml
Juniper berry	< 5.00 µg/ml	Vanilla	< 5.00 µg/ml
Bay leaf	< 5.00 µg/ml	Ginger	< 5.00 µg/ml
Nutmeg	< 5.00 µg/ml		

Edible Mushrooms

White mushroom	< 5.00 µg/ml	Enoki	< 5.00 µg/ml
Boletus	< 5.00 µg/ml	French horn mushroom	< 5.00 µg/ml
Chanterelle	9.90 µg/ml	Oyster mushroom	< 5.00 µg/ml

Novel Foods

House cricket	12.88 µg/ml	Ginseng	< 5.00 µg/ml
Baobab	5.74 µg/ml	Guarana	< 5.00 µg/ml
Aloe	< 5.00 µg/ml	Almond milk	< 5.00 µg/ml
Greater burdock root	< 5.00 µg/ml	Nori	< 5.00 µg/ml
Aronia	< 5.00 µg/ml	Chia seed	< 5.00 µg/ml
Safflower oil	< 5.00 µg/ml	Yacón root	< 5.00 µg/ml
Chlorella	5.89 µg/ml	Spirulina	< 5.00 µg/ml
Ginkgo	5.26 µg/ml	Dandelion root	< 5.00 µg/ml
Maca root	< 5.00 µg/ml	Mealworm	< 5.00 µg/ml
Migratory locust	< 5.00 µg/ml	Wakame	< 5.00 µg/ml
Tapioca	< 5.00 µg/ml		

Coffee & Tea

Tea, black	< 5.00 µg/ml	Chamomile	10.87 µg/ml
Tea, green	< 5.00 µg/ml	Peppermint	< 5.00 µg/ml
Coffee	< 5.00 µg/ml	Moringa	< 5.00 µg/ml
Hibiscus	< 5.00 µg/ml	Cocoa	< 5.00 µg/ml
Jasmine	< 5.00 µg/ml		

Others

Agar Agar	< 5.00 µg/ml	Cane sugar	< 5.00 µg/ml
Honey	< 5.00 µg/ml	Brewer's yeast	< 5.00 µg/ml
Aspergillus niger	12.05 µg/ml	Elderflower	< 5.00 µg/ml

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Hops	< 5.00 µg/ml	M-Transglutaminase, meat glue	< 5.00 µg/ml
Baker's yeast	< 5.00 µg/ml		

CCD

Human Lactoferrin	< 5.00 µg/ml

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Number of tested food sources 283

MILK & EGG 17
Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk

MEAT 14
Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison

FISH & SEAFOOD 37
Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, Anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell clam, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam

CEREALS & SEEDS 29
Amaranth, Barley, Buckwheat, Corn, Durum wheat, Einkorn wheat, Emmer wheat, Hempseed, Flaxseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Canola, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten wheat, Wheat bran, Wheatgrass

NUTS 13
Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut

LEGUMES 10
Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean

FRUITS 36
Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon

VEGETABLES 51
Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Bok Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy cabbage, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, Asparagus, White cabbage, Wild garlic, Zucchini

SPICES 31
Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosmary, Sage, Tarragon, Thyme, Turmeric, Vanilla

EDIBLE MUSHROOMS 6
Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom

NOVEL FOODS 21
Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root

COFFEE & TEA 9
Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green

OTHERS 9
Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

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Interpretation Summary

Associated food intolerance symptoms after consuming the culprit food include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Milk & Eggs

Buttermilk

Your IgG level for buttermilk is 10.41 µg/ml.

Food products and dishes typically containing buttermilk include biscuits, cakes, mashed potatoes, soups, fried chicken, hamburger buns, cornbread, ranch dressing, smoothies, pancakes, ice cream, and cream cheese.

Possible alternatives (non-dairy) for buttermilk include soy-based options such as a combination of soy milk and acid (e.g., lemon juice or vinegar), vegan sour cream and water, or unsweetened plant milk (e.g., coconut, almond, or cashew) and acid (e.g., lemon juice or vinegar).

Cow's milk

Your IgG level for cow's milk is 18.53 µg/ml.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Egg white

Your IgG level for egg white is 37.99 µg/ml.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovamucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Mozzarella

Your IgG level for mozzarella is 10.30 µg/ml.

Food products and dishes typically containing mozzarella include pizza, lasagna, caprese salads, and fruit salads.

Possible alternatives (non-dairy) for mozzarella cheese are vegan cheese substitutes based on cashew nuts or rice milk.

Cereals & Seeds

Line seed

Your IgG level for line seed is 22.69 µg/ml.

Food products and dishes typically containing line seeds include whole line seed oil, whole grain breads, crackers, cereals, pasta, energy bars, and meatless meat products.

Possible alternatives to line seeds include chia seeds, hemp seeds, and lupine seeds.

Canola

Your IgG level for canola is 35.71 µg/ml.

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Food products and dishes typically containing canola include canola oil.

Possible alternatives for canola oil include olive oil, avocado oil, and pumpkin seed oil.

Nuts

Cashew

Your IgG level for cashew is 41.72 µg/ml.

Food products and dishes typically containing cashews include pesto, cakes, muesli, confectionary, ice cream, and chocolate. Indian, Chinese, and Thai cuisine frequently uses cashews in their dishes.

Possible alternatives for cashews include pine nuts, almonds, walnuts, and hazelnuts. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for cashew butter.

Pistachio

Your IgG level for pistachio is 26.01 µg/ml.

Food products and dishes typically containing pistachios include ice cream, confectionary (e.g., marzipan, Turkish baklava), and chocolate.

Possible alternatives for pistachios include pine nuts, almonds, hazelnuts, and cashews.

Spices

Pepper (black/white/green/red/yellow)

Your IgG level for pepper is 18.38 µg/ml.

Food products and dishes using pepper as a flavoring agent include soups, stocks, sauces, marinades, and stews. Pepper is often used as a dry rub for meats, poultry, and fish before roasting or cooking.

Possible alternatives for pepper include cumin, coriander seeds, mustard seeds, and nutmeg.

Novel Foods

House cricket

Your IgG level for house cricket is 12.88 µg/ml.

Crickets are edible insects high in protein and many other nutrients, and are consumed as snacks in several African and Southeast Asian countries.

Possible alternatives for crickets are other edible insects such as grasshoppers and mealworms.

Coffee & Tea

Chamomile

Your IgG level for chamomile is 10.87 µg/ml.

Drinks typically containing chamomile include chamomile tea.

Possible alternatives for chamomile include Valerian root, lavender, lemon balm, passionflower, and Magnolia bark.

Other

Aspergillus niger (black mold)

Your IgG level for aspergillus niger (black mold) is 12.05 µg/ml.

Associated symptoms after consumping or exposure to aspergillus niger include fever, coughing, worsening of asthma symptoms, wheezing, shortness of breath, and fatigue.

Aspergillus niger grows on foods like breads, vegetables, dried fruits, and nuts, as well as in composts, organic waste bins, potting soil, and behind wallpaper and old upholstery.

It is nearly impossible to completely avoid exposure to aspergillus niger. Intolerant patients should check the foods they are consuming for any signs of mold and stay away from places where they are likely to encounter mold, for example construction sites and compost piles.

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Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.

(The connection between food intake, elevated IgG levels and chronic disorders has been described in peer reviewed publications and case studies. Nonetheless this connection is still debated in the scientific community and a consensus has not been reached thus far.)