



**Healthcare Professional**  
DR TEST BRLHEMATOLOGY  
3680 GILMORE WAY BURNABY BC  
V1V 1V1 CAN

Sample type: SERUM  
Accession No: 2025\_981400019  
Date of Collection: 2025/02/03  
Date of Report: 2025/02/04  
Date of Receipt: 2025/02/03

# IgG Food Sensitivity Test Individual Summary Report

**LifeLabs FST™ Enhanced+**

**Patient: Sample 3 846283**

Date of Birth: 2001/01/01 • Age: 24 • Accession No: 2025\_981400019

Address: UNK

Phone:

## YOUR PERSONAL RESULTS



**159**

**Normal**  
Food Specific IgG

**15**

**Borderline**  
Food Specific IgG

**37**

**Elevated**  
Food Specific IgG



Scan the QR code or visit <https://go.lifelabs.com/FSTPatientGuide> to access the **Patient Guidebook** to help you to interpret the results obtained from your **LifeLabs FST**.

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## Result Status

Results are reported in µg/mL. The ranges assigned to individual antigens are based on a statistical analysis of a Canadian population. Ranges vary for each antigen; ranges are provided beside each antigen for your reference.

### ● Normal

Your result falls below the reference range, this is a normal result.

### ● Borderline

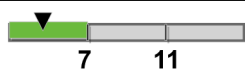

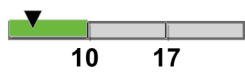

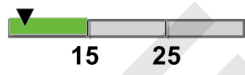
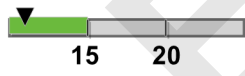
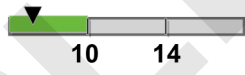

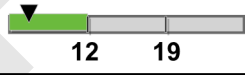
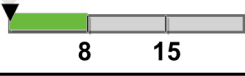
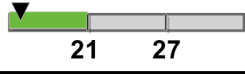
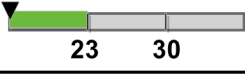
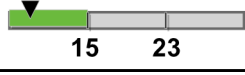
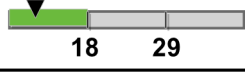
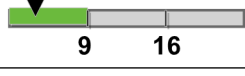
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### ● Elevated

Your result exceeds the lower limit to be categorized as elevated.

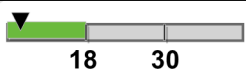
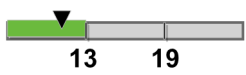

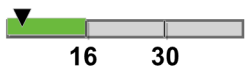


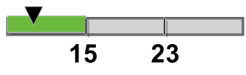

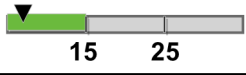
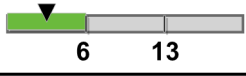
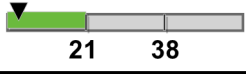

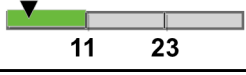
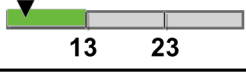
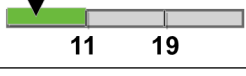


## Fish and Seafood

| Type of Food   |   | µg/mL IgG   |
|----------------|---|---|
| Anchovy        | 3 |  7 11    |
| Barnacle       | 3 |  13 23   |
| Carp           | 3 |  10 17   |
| Cod            | 3 |  10 17  |
| Crab           | 3 |  15 25 |
| Crayfish       | 3 |  15 20 |
| Flounder       | 3 |  10 14 |
| Gilthead bream | 3 |  12 16 |
| Haddock        | 3 |  12 19 |
| Herring        | 2 |  8 15  |
| Lobster        | 3 |  21 27 |
| Mackerel       | 2 |  23 30 |
| Monkfish       | 4 |  15 23 |
| Mussels        | 6 |  18 29 |
| Ocean perch    | 3 |  9 16  |



## Fish and Seafood

| Type of Food     |   | µg/mL IgG   |
|------------------|---|---|
| Octopus          | 3 |  18 30   |
| Oysters          | 9 |  13 19   |
| Pike             | 3 |  13 23   |
| Pollock          | 3 |  16 30  |
| Salmon           | 3 |  8 15  |
| Sardine          | 2 |  11 19 |
| Scallop          | 5 |  15 23 |
| Sea bass         | 3 |  12 21 |
| Shrimp, prawn    | 3 |  15 25 |
| Squid/cuttlefish | 3 |  6 13  |
| Swai fish        | 3 |  21 38 |
| Trout            | 3 |  8 13  |
| Tuna             | 3 |  11 23 |
| Turbut           | 3 |  13 23 |
| Zander           | 4 |  11 19 |



### Meat

| Type of Food |    | µg/mL IgG |
|--------------|----|-----------|
| Beef         | 5  | 11 21     |
| Chicken      | 3  | 18 26     |
| Duck         | 3  | 8 13      |
| Goat         | 12 | 18 25     |
| Goose        | 3  | 11 19     |
| Lamb         | 3  | 14 22     |
| Ostrich meat | 3  | 9 18      |
| Pork         | 11 | 10 18     |
| Rabbit/hare  | 2  | 9 15      |
| Roe deer     | 3  | 17 27     |
| Turkey       | 2  | 10 25     |
| Veal         | 38 | 11 26     |
| Wild boar    | 16 | 18 28     |



### Eggs

| Type of Food |   | µg/mL IgG |
|--------------|---|-----------|
| Egg white    | 3 | 17 42     |
| Egg yolk     | 4 | 30 43     |
| Quail eggs   | 3 | 14 28     |



### Milk Products

| Type of Food    |     | µg/mL IgG |
|-----------------|-----|-----------|
| Cow's milk      | 41  | 37 60     |
| Fermented dairy | 104 | 26 53     |
| Goat dairy      | 15  | 22 36     |
| Rennet          | 3   | 27 42     |
| Ricotta         | 86  | 20 43     |
| Sheep dairy     | 10  | 27 42     |



### Mushrooms

| Type of Food     |    | µg/mL IgG |
|------------------|----|-----------|
| Chanterelle      | 4  | 16 28     |
| Meadow mushrooms | 4  | 11 20     |
| Oyster mushrooms | 6  | 10 14     |
| Porcini mushroom | 7  | 16 24     |
| Shiitake         | 13 | 17 28     |



## Vegetables

| Type of Food       |     | µg/mL IgG |
|--------------------|-----|-----------|
| Artichoke          | 19  | 11 22     |
| Arugula            | 4   | 8 12      |
| Asparagus          | 29  | 9 15      |
| Beetroot           | 7   | 10 16     |
| Bok Choi           | 7   | 26 36     |
| Broccoli           | 32  | 11 17     |
| Brussels sprouts   | 176 | 13 25     |
| Butterhead lettuce | 3   | 7 12      |
| Carrots            | 98  | 17 29     |
| Cauliflower        | 61  | 12 17     |
| Celeriac           | 104 | 18 30     |
| Celery             | 26  | 17 22     |
| Chard              | 2   | 11 15     |
| Chili              | 5   | 18 26     |
| Cucumber           | 7   | 18 23     |
| Eggplant           | 6   | 17 25     |
| Endive             | 12  | 11 18     |
| Fennel             | 49  | 11 17     |
| Iceberg lettuce    | 11  | 12 18     |
| Kohlrabi           | 119 | 12 22     |



## Vegetables

| Type of Food   |     | µg/mL IgG |
|----------------|-----|-----------|
| Lamb's lettuce | 13  | 20 28     |
| Leek           | 3   | 9 16      |
| Olive          | 3   | 10 15     |
| Onion          | 7   | 24 30     |
| Parsnip        | 75  | 17 24     |
| Potato         | 10  | 9 15      |
| Pumpkin        | 148 | 11 17     |
| Radish         | 95  | 8 15      |
| Red cabbage    | 23  | 13 19     |
| Savoy cabbage  | 19  | 9 16      |
| Spinach        | 16  | 15 20     |
| Sweet pepper   | 7   | 15 20     |
| Sweet potato   | 5   | 13 19     |
| Tomato         | 3   | 9 16      |
| White cabbage  | 121 | 12 18     |
| Zucchini       | 10  | 13 24     |



### Fruits

| Type of Food |     | µg/mL IgG |
|--------------|-----|-----------|
| Apple        | 3   | 7 10      |
| Apricot      | 9   | 7 10      |
| Avocado      | 3   | 9 14      |
| Banana       | 3   | 21 27     |
| Blackberry   | 3   | 6 11      |
| Blueberry    | 7   | 8 13      |
| Cherry       | 75  | 15 21     |
| Cranberry    | 3   | 10 17     |
| Currant      | 2   | 11 18     |
| Date         | 14  | 8 11      |
| Fig          | 10  | 8 24      |
| Grape        | 6   | 16 23     |
| Grapefruit   | 13  | 13 21     |
| Guava        | 5   | 6 10      |
| Kiwi         | 26  | 25 31     |
| Lemon        | 2   | 8 13      |
| Lime         | 123 | 9 15      |
| Lychee       | 5   | 18 27     |



### Fruits

| Type of Food |    | µg/mL IgG |
|--------------|----|-----------|
| Mandarin     | 78 | 13 19     |
| Mango        | 3  | 6 10      |
| Mulberry     | 3  | 14 24     |
| Nectarine    | 20 | 7 10      |
| Orange       | 16 | 14 24     |
| Papaya       | 3  | 8 13      |
| Peach        | 35 | 12 17     |
| Pear         | 3  | 7 11      |
| Pineapple    | 38 | 23 33     |
| Plum         | 37 | 8 14      |
| Pomegranate  | 26 | 28 47     |
| Raspberry    | 3  | 15 26     |
| Rhubarb      | 3  | 6 12      |
| Strawberry   | 2  | 12 18     |
| Watermelon   | 62 | 20 37     |



## Spices and Herbs

| Type of Food |     | µg/mL IgG |
|--------------|-----|-----------|
| Basil        | 3   | 8 13      |
| Bay leaf     | 4   | 10 15     |
| Black cumin  | 3   | 13 23     |
| Capers       | 3   | 10 13     |
| Caraway      | 4   | 8 13      |
| Cardamom     | 3   | 10 16     |
| Chive        | 3   | 12 17     |
| Cinnamon     | 4   | 10 15     |
| Clove        | 3   | 9 15      |
| Coriander    | 3   | 11 17     |
| Cumin        | 8   | 15 22     |
| Curry        | 3   | 21 32     |
| Garden cress | 102 | 34 67     |
| Garlic       | 14  | 26 32     |
| Ginger       | 4   | 30 40     |
| Horseradish  | 14  | 32 38     |
| Marjoram     | 3   | 15 23     |
| Mustard seed | 3   | 15 21     |
| Nutmeg       | 3   | 10 15     |



## Spices and Herbs

| Type of Food  |    | µg/mL IgG |
|---------------|----|-----------|
| Oregano       | 3  | 10 16     |
| Paprika       | 40 | 21 32     |
| Parsley       | 18 | 8 10      |
| Pepper, black | 20 | 36 65     |
| Rosemary      | 4  | 12 15     |
| Saffron       | 28 | 9 15      |
| Sage          | 13 | 38 54     |
| Thyme         | 3  | 7 10      |
| Vanilla       | 30 | 35 58     |



### Seeds, Legumes and Nuts

| Type of Food  | µg/mL IgG |       |
|---------------|-----------|-------|
| Almond        | 4         | 31 45 |
| Brazil nut    | 8         | 18 34 |
| Broad bean    | 37        | 14 22 |
| Cashew        | 3         | 12 21 |
| Chia seeds    | 3         | 10 17 |
| Chickpeas     | 20        | 26 32 |
| Cocoa bean    | 5         | 8 17  |
| Coconut       | 3         | 9 13  |
| Flax          | 3         | 18 27 |
| Green bean    | 23        | 39 47 |
| Hazelnut      | 3         | 25 38 |
| Kidney bean   | 3         | 15 25 |
| Lentil        | 13        | 22 32 |
| Macadamia nut | 11        | 42 50 |
| Mung bean     | 3         | 8 13  |
| Pea           | 14        | 15 29 |
| Peanut        | 6         | 27 36 |



### Seeds, Legumes and Nuts

| Type of Food    | µg/mL IgG |       |
|-----------------|-----------|-------|
| Pine nut        | 18        | 8 13  |
| Pistachio       | 3         | 17 27 |
| Poppy seeds     | 3         | 16 21 |
| Pumpkin seeds   | 5         | 19 26 |
| Sesame          | 4         | 20 25 |
| Soybean         | 23        | 8 16  |
| Sunflower seeds | 8         | 18 26 |
| Sweet chestnut  | 106       | 20 31 |
| Walnut          | 2         | 8 15  |
| White beans     | 3         | 19 29 |



### Gluten-Free Grains

| Type of Food | µg/mL IgG |       |
|--------------|-----------|-------|
| Amaranth     | 3         | 7 10  |
| Buckwheat    | 3         | 7 12  |
| Cassava      | 17        | 13 23 |
| Corn         | 42        | 24 30 |
| Lupini bean  | 15        | 23 42 |
| Millet       | 26        | 25 42 |
| Oats         | 7         | 23 31 |
| Quinoa       | 6         | 26 33 |
| Rice         | 8         | 24 29 |
| Teff         | 26        | 36 50 |



### Grains Containing Gluten

| Type of Food | µg/mL IgG |       |
|--------------|-----------|-------|
| Barley       | 4         | 10 17 |
| Gluten       | 7         | 35 49 |
| Rye          | 5         | 16 25 |
| Spelt        | 3         | 15 23 |
| Wheat        | 6         | 34 46 |



### Miscellaneous

| Type of Food      | µg/mL IgG |       |
|-------------------|-----------|-------|
| Aspergillus niger | 10        | 25 37 |
| Black tea         | 3         | 11 15 |
| Camomile          | 4         | 12 21 |
| Candida albicans  | 96        | 45 56 |
| Cane sugar        | 3         | 12 19 |
| Carob bean        | 3         | 16 26 |
| Coffee            | 9         | 19 24 |
| Ginkgo biloba     | 3         | 15 25 |
| Green tea         | 4         | 9 16  |
| Guar flour        | 6         | 25 36 |
| Honey             | 14        | 25 38 |
| Nori              | 12        | 40 71 |
| Peppermint        | 9         | 15 22 |
| Wakame            | 17        | 16 26 |
| Yeast             | 23        | 21 30 |



## Order by Reactivity Report

### ● Elevated

|                  |                 |              |                  |
|------------------|-----------------|--------------|------------------|
| Asparagus        | Broad bean      | Broccoli     | Brussels sprouts |
| Candida albicans | Carrots         | Cauliflower  | Celeriac         |
| Celery           | Cherry          | Corn         | Date             |
| Fennel           | Fermented dairy | Garden cress | Kohlrabi         |
| Lime             | Mandarin        | Nectarine    | Paprika          |
| Parsley          | Parsnip         | Peach        | Pine nut         |
| Pineapple        | Plum            | Pumpkin      | Radish           |
| Red cabbage      | Ricotta         | Saffron      | Savoy cabbage    |
| Soybean          | Sweet chestnut  | Veal         | Watermelon       |
| White cabbage    |                 |              |                  |

### ● Borderline

|         |           |            |            |
|---------|-----------|------------|------------|
| Apricot | Artichoke | Cassava    | Cow's milk |
| Endive  | Fig       | Grapefruit | Kiwi       |
| Millet  | Orange    | Pork       | Potato     |
| Spinach | Wakame    | Yeast      |            |

### ● Normal

|            |                    |             |            |
|------------|--------------------|-------------|------------|
| Almond     | Amaranth           | Anchovy     | Apple      |
| Arugula    | Aspergillus niger  | Avocado     | Banana     |
| Barley     | Barnacle           | Basil       | Bay leaf   |
| Beef       | Beetroot           | Black cumin | Black tea  |
| Blackberry | Blueberry          | Bok Choi    | Brazil nut |
| Buckwheat  | Butterhead lettuce | Camomile    | Cane sugar |
| Capers     | Caraway            | Cardamom    | Carob bean |
| Carp       | Cashew             | Chanterelle | Chard      |

|                  |                  |                |                  |
|------------------|------------------|----------------|------------------|
| Chia seeds       | Chicken          | Chickpeas      | Chili            |
| Chive            | Cinnamon         | Clove          | Cocoa bean       |
| Coconut          | Cod              | Coffee         | Coriander        |
| Crab             | Cranberry        | Crayfish       | Cucumber         |
| Cumin            | Currant          | Curry          | Duck             |
| Egg white        | Egg yolk         | Eggplant       | Flax             |
| Flounder         | Garlic           | Gilthead bream | Ginger           |
| Ginkgo biloba    | Gluten           | Goat           | Goat dairy       |
| Goose            | Grape            | Green bean     | Green tea        |
| Guar flour       | Guava            | Haddock        | Hazelnut         |
| Herring          | Honey            | Horseradish    | Iceberg lettuce  |
| Kidney bean      | Lamb             | Lamb's lettuce | Leek             |
| Lemon            | Lentil           | Lobster        | Lupini bean      |
| Lychee           | Macadamia nut    | Mackerel       | Mango            |
| Marjoram         | Meadow mushrooms | Monkfish       | Mulberry         |
| Mung bean        | Mussels          | Mustard seed   | Nori             |
| Nutmeg           | Oats             | Ocean perch    | Octopus          |
| Olive            | Onion            | Oregano        | Ostrich meat     |
| Oyster mushrooms | Oysters          | Papaya         | Pea              |
| Peanut           | Pear             | Pepper, black  | Peppermint       |
| Pike             | Pistachio        | Pollock        | Pomegranate      |
| Poppy seeds      | Porcini mushroom | Pumpkin seeds  | Quail eggs       |
| Quinoa           | Rabbit/hare      | Raspberry      | Rennet           |
| Rhubarb          | Rice             | Roe deer       | Rosemary         |
| Rye              | Sage             | Salmon         | Sardine          |
| Scallop          | Sea bass         | Sesame         | Sheep dairy      |
| Shiitake         | Shrimp, prawn    | Spelt          | Squid/cuttlefish |

|              |                 |           |              |
|--------------|-----------------|-----------|--------------|
| Strawberry   | Sunflower seeds | Swai fish | Sweet pepper |
| Sweet potato | Teff            | Thyme     | Tomato       |
| Trout        | Tuna            | Turbut    | Turkey       |
| Vanilla      | Walnut          | Wheat     | White beans  |
| Wild boar    | Zander          | Zucchini  |              |

SAMPLE REPORT

## Interpretation

IgG FOOD REACTIONS are food sensitivities, rather than true IgE food allergies. IgE food allergies are immediate reactions, usually occurring within minutes or hours of consuming a food, and may include serious reactions like hives, difficulty breathing and anaphylaxis. In contrast, an IgG food sensitivity is a delayed reaction that occurs hours to days after the food is consumed. When a reactive food is consumed, the IgG antibody forms a complex with the food antigen. Normally, the body is able to eliminate these antibody-antigen complexes, but with excess antigen, small complexes tend to deposit in blood vessel walls where they can cause tissue injury via the release of inflammatory mediators. [Immunobiology 5th ed Janeway CA Jr et al. New York: Garland Science: 2001] Over time, this tissue injury may contribute to the development of a variety of health conditions. Research has shown that elimination of IgG reactive foods from the diet improves both irritable bowel syndrome and migraine headaches. [Gut 2004;53, Cephalalgia 2010;30, Revista Alergia Mexico. 2007;54(5)]. Eliminating IgG reactive foods has also been reported to help with eczema, mood disturbances, weight gain, and other digestive disturbances [Nutr Clin Pract. 2010;25(2)].

IgG NORMAL REACTIONS: A normal reaction to a food antigen may indicate lack of recent exposure to that food. Therefore, under circumstances of complete avoidance, it is impossible to determine whether the food(s) avoided would elicit a reaction if consumed recently. **IMPORTANT:** a normal reaction to a specific food does not mean it can be safely consumed by someone who has previously had a serious reaction to that specific food. Serious reactions to foods (anaphylactic reactions, hives) are mediated by IgE antibodies, not IgG. Therefore, a normal IgG reaction to a known food allergen is NOT an indication that the tested food is safe to consume.

**PATIENT HAS A REACTION TO ONE OR MORE FOOD ANTIGENS NOT CONSUMED REGULARLY:** It is possible to have elevated IgG to foods not recently consumed, or to foods that have been specifically avoided (i.e. due to serious previous IgE reaction). Elevated IgG in this circumstance may be due to panallergen reactions [refer to LifeLabs FST Food Sensitivities and Cross-Reactions document], or to an abundance of the IgG4 subtype antibody, which acts on mast cells and may have a protective effect for IgE reactions and antibodies may remain in circulation for 18 months even with no exposure [Mullin].

**REACTION TO MORE THAN ONE DAIRY FOOD:** a borderline or elevated reaction to more than one Dairy food is present. Dairy foods come from animals in the Bovidae family and include: alpha-lactalbumin, beta-lactoglobulin, caseins, cheeses, cottage cheese, cow's milk, goat milk, whey proteins, and yogurt. Because a reaction to more than one food in this family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Dairy or Bovidae families.

**LOW TO MODERATE REACTIONS:** One or more foods is borderline or elevated. Depending on how frequently a low or moderately reactive food is consumed, elimination from the diet may result in clinical improvement. The treating clinician must consider patient history and diet when deciding which foods to eliminate.

**CANDIDA IS BORDERLINE OR ELEVATED:** According to research by Lewith et al., elevated IgG antibodies to Candida are suggestive of fungal-related illness [J Alt Comp Med. 2007;13(10):1129-33]. Although IgG reactivity to Candida does not necessarily correlate with Candida burden, it does suggest that the individual is experiencing an immunological response to Candida. Reducing the burden of Candida in the gut may help to reduce the immunologic response.

**SEVERAL LIPID TRANSFER PROTEIN CONTAINING FOODS ARE ELEVATED:** Lipid transfer proteins (LTPs) are heat and acid stable, and therefore retain potential allergenicity after cooking or upon ingestion. Foods that have documented cross-reactivity via LTPs include: apple, celery, corn/maize, grape, hazelnut, kiwi, legumes, lettuce, peach, peanut, rice, soy, sunflower, and walnut. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross-reactions.

**SEVERAL BIRCH POLLEN PROFILIN CONTAINING FOODS ARE ELEVATED:** Profilins are small proteins in the plant cell cytoplasm that play a significant role in sensitizing individuals to pollens. Profilins are responsible for Oral Allergy Syndrome, a condition that results in burning or tingling in the mouth when cross-reactive foods are consumed. Different pollens are associated with specific foods. Foods that contain BIRCH POLLEN PROFILIN include: almond, apple, celery, cherry, hazelnut, kiwi, peach, peanut, pear, plum, potato, and soy. A reaction to several of these foods may indicate general reactivity to BIRCH POLLEN PROFILIN rather than reactivity to specific food antigens or families. Refer to the LifeLabs Food Sensitivities and Cross-Reactions document for more information on cross-reactions.

**SEED STORAGE PROTEIN-CONTAINING FOOD(S) ARE ELEVATED:** Seed storage proteins are heat and acid stable, and therefore retain their potential allergenicity after cooking or upon ingestion. The three categories of seed storage proteins are based on sedimentation rates: 2S, 7/8S and 11S. The 2S category includes: Brazil nut, buckwheat, canola, chickpea, mustard, peanut, pistachio, poppy seed, sesame seed, sunflower, and walnut. The 7/8S category includes: lentil, pea, peanut, soy and walnut, and the 11S category contains: cashew, chickpea, hazelnut, peanut, pistachio, and soy. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross-reactions.

**CARBOHYDRATE CROSS-REACTIVE DETERMINANTS:** When there are many reactive fruits, vegetables and grains, carbohydrate cross-reactive determinants should be considered. (CCDs) are the carbohydrate portion of glycoproteins known to induce antibody production. CCDs are most commonly found in glycoproteins of plants and invertebrates (insects). Exposure to grass pollens appears to be a common cause of IgE reactions to CCDs. When significant IgG reactions to multiple fruits, vegetables and grains are present, it is possible that CCDs are responsible as the antibody-CCD interaction is very similar for both IgE and IgG. Reactions to carbohydrate cross-reactive determinants are generally thought to have little or no clinical significance. Nevertheless, the possibility that there is a clinically relevant reaction to one or more of these foods cannot be completely ruled out. Particular attention should be paid to wheat and related grains (Grass Family) when assessing clinical significance.

**SEVERAL MUGWORT PROFILIN CONTAINING FOODS ARE ELEVATED:** Profilins are small proteins in the plant cell cytoplasm that play a significant role in sensitizing individuals to pollens. Profilins are responsible for Oral Allergy Syndrome, a condition that results in burning or tingling in the mouth when cross-reactive foods are consumed. Different pollens are associated with specific foods. Foods that contain MUGWORT PROFILIN include: anise, broccoli, cabbage, caraway, carrots, cauliflower, celery, coriander, fennel, mango, parsley, and members of the Liliaceae, Rosaceae and Solanaceae families. A reaction to several of these foods may indicate general reactivity to MUGWORT PROFILIN rather than reactivity to specific food antigens or families. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross-reactions.

**SEVERAL RAGWEED/TIMOTHY CONTAINING FOODS ARE ELEVATED:** Profilins are small proteins in the plant cell cytoplasm that play a significant role in sensitizing individuals to pollens. Profilins are responsible for Oral Allergy Syndrome, a condition that results in burning or tingling in the mouth when cross-reactive foods are consumed. Different pollens are associated with specific foods. Foods that contain TIMOTHY OR RAGWEED PROFILIN include: banana, cucumber, melon, orange, tomato, watermelon and zucchini squash. A reaction to several of these foods may indicate general reactivity to TIMOTHY OR RAGWEED PROFILIN rather than reactivity to specific food antigens or families. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross-reactions.

**REACTION TO MORE THAN ONE LEGUME/PEA FAMILY FOOD:** a borderline or elevated reaction to one or more foods from the Legume/Pea (Fabaceae) family occurred. Food groups in this family include: beans, carob, lentils, peas, soybeans and peanuts. Because a reaction to more than one food in this family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods within a specific group. For example, within the bean group are: anasazi, Barloti (cranberry)beans, common, kidney, lima, mung, navy, pink, pinto, shell, string (green), white, and yellow beans. Fava beans(broadbeans) are part of the bean group, but are less closely related to common garden beans. Within the pea group are: astragalus, black-eyed peas, chickpeas, Crowder peas, green peas, split yellow peas, and purple-hull peas. Medicinal plants in this family include: acacia, alfalfa, astragalus, fenugreek, licorice, scotch broom, senna, sweet clover and tolu balsam. A reaction to one food in the pea group may increase the likelihood of a reaction to other peas. If reactions occur in multiple groups, it may be advisable to avoid other foods in the Legume/Pea family.

**REACTION TO MORE THAN ONE MEMBER OF THE CARROT FAMILY:** a borderline or elevated reaction to more than one food from the the Carrot (Apiaceae) family is present. Foods in this family include: anise, caraway, carrot, celeriac(celery root), celery, celery seed, celeriac, chervil, cilantro (coriander), cumin, dill, fennel, ferula gum, kummel, parsley, parsnip, samphire, sweet cicily and water celery. Medicinal plants include: dong quai and sumbul. Because a reaction to more than one food in the Carrot family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Carrot family.

**REACTION TO MORE THAN ONE GOURD FAMILY FOOD:** a borderline or elevated reaction to more than one food from the Gourd (Cucurbitaceae) family is present. The curbitaceae family includes the genres: cucumis, citrullus, and cucurbita. The Cucumis genus includes: cucumber, bitter melon, cantaloupe, casaba melon, crenshaw melon, galia, hali melon, honeydew melon, horned melon, muskmelon, persian melon, Piel de Sapo, sugar melon and winter melon. The Cucurbita genus includes the following squash: acorn, butternut, gem, pattypan, pumpkin, red kuri, spaghetti, summer, winter, yellow crookneck, yellow summer, and zucchini squash, plus cucurbita maxa and kabocha. The only significant food in the genus Citrullus is watermelon. Because a reaction to more than one food in this family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Gourd family.

**REACTION TO MORE THAN ONE MUSTARD FAMILY FOOD:** a borderline or elevated reaction to more than one food from the Mustard (Brassicaceae) family is present. Foods in this family include: bok choy, broccoflower (green cauliflower, Romanesco broccoli), broccoli, brussels sprouts, cabbage (red, white, Savoy), canola, cauliflower, collard greens, horseradish, kale, kohlrabi, mustard, mustard greens, radish, rutabaga, turnip, turnip greens, wasabi and watercress. Because a reaction to more than one food in this family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Mustard family.

**REACTION TO MORE THAN ONE PRUNUS GENUS FOOD:** a borderline or elevated reaction to more than one food from the Prunus genus of the Rose (Rosaceae) family is present. Foods in the Prunus genus include: almond, apricot, cherry, nectarine, peach, plum and prune. Because a reaction to more than one food in this genus occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the the Prunus genus, and possibly foods in the Maloideae and Rosoideae subfamilies as well.

**REACTION TO MORE THAN ONE ROSE FAMILY FOOD:** an elevated reaction to more than one subfamily of the Rosaceae family occurred. The three subfamilies are Maloideae, Prunoideae and Rosoideae. Almond, apricot, cherry, nectarine, peach, plum and prune are part of the subfamily Prunoideae. Apples, quince, loquat and pear are part of the subfamily Maloideae. Blackberry, boysenberry, loganberry, raspberry, rose hip, strawberry, and youngberry are members of the Rosoideae subfamily. Because more than one subfamily had reactive foods, it may be advisable to avoid all foods from the Rosaceae (Rose) family, particularly if the reaction is clinically significant.



Scan the QR code or visit <https://go.lifelabs.com/FSTCrossReactivity> to access the **Cross-Reactivity Summary** to help you to interpret the results obtained from your LifeLabs FST.

## Understanding the reference ranges

Each antigen has its own unique reference interval. These were derived by studying many samples across a broad population. A threshold is given that represents the threshold between 'normal' result, borderline or elevated. These are illustrated as coloured bars with the numerical values in black. These were determined by examining the results across a Canadian population. A borderline or elevated reaction does not mean that any patient is assured to have symptoms, but that there is a level of reaction that is higher than what is typical in the population. The relevance to any individual, or illness must be understood in the context of each patient. Your ordering clinician will be able to provide further information on your individual situation.