



Healthcare Professional
NATUROPATHIC DR
5678 DOCTOR DR
SURREY BC
A1A 1A1

Sample type: SERUM
Accession No: 2025_308420001
Date of Collection: 2025/02/23
Date of Report: 2025/02/23
Date of Receipt: 2025/02/23

IgG Food Sensitivity Test Individual Summary Report

LifeLabs FST™ Enhanced+

Patient: FENH FSTBCSMOKE1

Date of Birth: 1995/01/01 • Age: 30 • Accession No: 2025_308420001

Address: UNK

Phone:

YOUR PERSONAL RESULTS



191

Normal
Food Specific IgG

10

Borderline
Food Specific IgG

10

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**.

E: ContractServices@lifelabs.com | P: 1-866-370-5227 | F: 1-866-370-5223 | www.rmalab.com

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

Your result is moderately elevated, but remains below the lower limit to be classified as elevated.

Elevated

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

Fish and Seafood

Type of Food		µg/mL IgG
Anchovy	3	711
Barnacle	3	1323
Carp	2	1017
Cod	2	1017
Crab	3	1525
Crayfish	3	1520
Flounder	3	1014
Gilthead bream	3	1216
Haddock	2	1219
Herring	2	815
Lobster	3	2127
Mackerel	2	2330
Monkfish	3	1523
Mussels	3	1829
Ocean perch	3	916

Fish and Seafood

Type of Food		µg/mL IgG
Octopus	3	1830
Oysters	3	1319
Pike	2	1323
Pollock	3	1630
Salmon	3	815
Sardine	2	1119
Scallop	4	1523
Sea bass	3	1221
Shrimp, prawn	3	1525
Squid/cuttlefish	3	613
Swai fish	2	2138
Trout	3	813
Tuna	3	1123
Turbut	2	1323
Zander	2	1119



Meat

Type of Food		µg/mL IgG
Beef	28	
Chicken	3	
Duck	3	
Goat	3	
Goose	2	
Lamb	3	
Ostrich meat	3	
Pork	3	
Rabbit/hare	2	
Venison	3	
Turkey	2	
Veal	5	
Wild boar	2	



Eggs

Type of Food		µg/mL IgG
Egg white	130	
Egg yolk	41	
Quail eggs	25	



Milk Products

Type of Food		µg/mL IgG
Cow's milk	206	
Fermented dairy	197	
Goat dairy	20	
Rennet cheeses	39	
Ricotta	174	
Sheep dairy	37	



Mushrooms

Type of Food		µg/mL IgG
Chanterelle	3	
Meadow mushrooms	3	
Oyster mushrooms	2	
Porcini mushroom	3	
Shiitake	3	



Vegetables

Type of Food		$\mu\text{g/mL IgG}$
Artichoke	13	
Arugula	3	
Asparagus	11	
Beetroot	2	
Bok Choi	2	
Broccoli	3	
Brussels sprouts	4	
Butterhead lettuce	2	
Carrots	8	
Cauliflower	2	
Celeriac	5	
Celery	4	
Chard	2	
Chili	5	
Cucumber	3	
Eggplant	2	
Endive	3	
Fennel	5	
Iceberg lettuce	3	
Kohlrabi	3	



Vegetables

Type of Food		$\mu\text{g/mL IgG}$
Lamb's lettuce	3	
Leek	3	
Olive	2	
Onion	2	
Parsnip	7	
Potato	7	
Pumpkin	5	
Radish	3	
Red cabbage	3	
Savoy cabbage	2	
Spinach	3	
Sweet pepper	3	
Sweet potato	3	
Tomato	3	
White cabbage	6	
Zucchini	2	



Fruits

Type of Food		$\mu\text{g/mL IgG}$
Apple	2	
Apricot	2	
Avocado	3	
Banana	14	
Blackberry	3	
Blueberry	3	
Cherry	4	
Cranberry	2	
Currant	2	
Date	3	
Fig	3	
Grape	3	
Grapefruit	3	
Guava	2	
Kiwi	3	
Lemon	2	
Lime	9	
Lychee	3	



Fruits

Type of Food		$\mu\text{g/mL IgG}$
Mandarin	5	
Mango	2	
Mulberry	2	
Nectarine	3	
Orange	3	
Papaya	2	
Peach	3	
Pear	2	
Pineapple	143	
Plum	2	
Pomegranate	8	
Raspberry	2	
Rhubarb	3	
Strawberry	2	
Watermelon	6	



Spices and Herbs

Type of Food		µg/mL IgG
Basil	3	8 13
Bay leaf	3	10 15
Black cumin	3	13 23
Capers	2	10 13
Caraway	2	8 13
Cardamom	3	10 16
Chive	3	12 17
Cinnamon	5	10 15
Clove	3	9 15
Coriander	3	11 17
Cumin	3	15 22
Curry	17	21 32
Garden cress	6	34 67
Garlic	3	26 32
Ginger	42	30 40
Horseradish	2	32 38
Marjoram	3	15 23
Mustard seed	32	15 21
Nutmeg	2	10 15

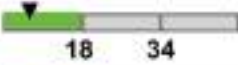
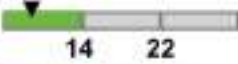
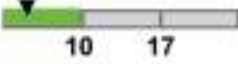
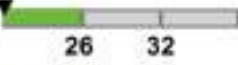
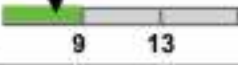
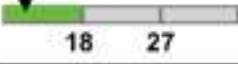
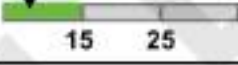
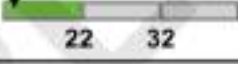
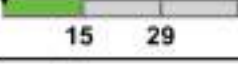
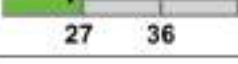


Spices and Herbs

Type of Food		µg/mL IgG
Oregano	3	10 16
Paprika	8	21 32
Parsley	4	8 10
Pepper, black	7	36 65
Rosemary	3	12 15
Saffron	2	9 15
Sage	15	38 54
Thyme	3	7 10
Vanilla	3	35 58

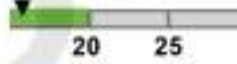
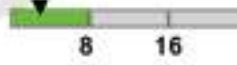
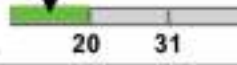
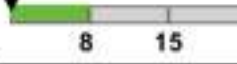


Seeds, Legumes and Nuts

Type of Food	$\mu\text{g/mL IgG}$	
Almond	88	
Brazil nut	6	
Broad bean	5	
Cashew	15	
Chia seeds	3	
Chickpeas	2	
Cocoa bean	5	
Coconut	6	
Flax	5	
Green bean	33	
Hazelnut	9	
Kidney bean	5	
Lentil	3	
Macadamia nut	5	
Mung bean	2	
Pea	2	
Peanut	23	



Seeds, Legumes and Nuts

Type of Food	$\mu\text{g/mL IgG}$	
Pine nut	3	
Pistachio	15	
Poppy seeds	5	
Pumpkin seeds	3	
Sesame	3	
Soybean	3	
Sunflower seeds	3	
Sweet chestnut	10	
Walnut	2	
White beans	2	



Gluten-Free Grains

Type of Food		µg/mL IgG
Amaranth	3	
Buckwheat	3	
Cassava	3	
Corn	26	
Lupini bean	3	
Millet	4	
Oats	4	
Quinoa	3	
Rice	8	
Teff	5	



Grains Containing Gluten

Type of Food		µg/mL IgG
Barley	3	
Gluten	132	
Rye	6	
Spelt	11	
Wheat	39	



Miscellaneous

Type of Food		µg/mL IgG
Aspergillus niger	5	
Black tea	3	
Camomile	3	
Candida albicans	8	
Cane sugar	2	
Carob bean	3	
Coffee	3	
Ginkgo biloba	2	
Green tea	5	
Guar flour	5	
Honey	3	
Nori	2	
Peppermint	4	
Wakame	3	
Yeast	2	

Reactivity Report Summary

● Elevated

Cow's milk 206	Fermented dairy 197	Ricotta 174	Pineapple 143
Gluten 132	Egg white 130	Almond 88	Ginger 42
Mustard seed 32	Beef 28		

● Borderline

Egg yolk 41	Rennet cheeses 39	Wheat 39	Sheep dairy 37
Corn 28	Quail eggs 25	Cashew 15	Artichoke 13
Asparagus 11	Lime 9		

● Normal

Green bean 33	Peanut 23	Curry 17	Pistachio 15
Sage 15	Cashew 15	Banana 14	Spelt 11
Sweet Chestnut 10	Hazelnut 9	Lime 9	Carrots 8
Paprika 8	Pomegranate 8	Rice 8	Candida albicans 8
Parsnip 7	Black pepper 7	Potato 7	Rye 6
Watermelon 6	White cabbage 6	Garden cress 6	Brazil nut 6
Coconut 6	Poppy seed 6	Celeriac 5	Cherry 5
Chili 5	Cinnamon 5	Aspergillus niger 5	Fennel 5
Flax 5	Green tea 5	Guar flour 5	Macadamia nut 5
Mandarin 5	Pumpkin 5	Teff 5	Veal 5
Cocoa bean 5	Brussels sprouts 4	Celery 4	Scallop 4
Arugula 3	Barnacle 3	Carp 3	Chanterelle 3
Chicken 3	Duck 3	Goat 3	Crayfish 3
Flounder 3	Gilthead bream 3	Amaranth 3	Lupini 3
Wheat 3	Porcini mushroom 3	Sea bass 3	Shrimp 3
Prawn 3	Lobster 3	Mussels 3	

Squid/cuttlefish 3	Ocean perch 3	Shiitake 3	Ostrich 3
Pork 3	Lamb's lettuce 3	Red cabbage 3	Leek 3
Octopus 3	Radish 3	Oats 3	Cassava 3
Millet 3	Venison 3	Pollock 3	Tuna 3
Lamb 3	Trout 3	Anchovy 3	Lentil 3
Lupini bean 3	Carob 3	Quinoa 3	Honey 3
Camomile 3	Coffee 3	Buckwheat 3	Chia seeds 3
Wakami 3	Barley 3	Lentil 3	Black tea 3
Honey 3	Pumpkin seeds 3	Sesame 3	Sunflower 3
Pine nuts 3	Marjoram 3	Vanilla 3	Soy 3
Thyme 3	Garlic 3	Cumin 3	Coriander 3
Clove 3	Chive 3	Cardamom 3	Rosemary 3
Black cumin 3	Oregano 3	Rhubarb 3	Lychee 3
Orange	Kiwi 3	Grapefruit 3	Blueberry 3
Grape 3	Fig 3	Peach 3	Nectarine 3
Orange 3	Date 3	Blackberry 3	Avocado 3
Kohlrabi 3	Iceberg lettuce 3	Tomato 3	Radish 3
Sweet potato 3	Sweet pepper 3	Spinach 3	Endive 3
Red cabbage 3	Cucumber 3	Meadow mushroom 3	Broccoli 3
Carp 2	Cod 2	Pumpkin seeds	Pike 2
Sardine 2	Haddock 2	Herring 2	Sardine 2
Swai fish 2	Turbut 2	Zander 2	Mackerel 2
Nori 2	Goose 2	Turkey 2	Rabbit/hare 2
Wild boar 2	Oyster mushrooms 2	Olive 2	Onion 2
Bok choy 2	Beetroot 2	Savoy cabbage 2	Zucchini 2
Chard 2	Eggplant 2	Apple 2	Apricot 2
Mango 2	Mulberry 2	Papaya 2	Raspberry 2

Zucchini

PATIENT: FENH FSTBCSMOKE1 • ACCESSION NO: 2025_308420001

Ginkgo biloba 2	Plum 2	Pear 2	Strawberry 2
Guava 2	Lemon 2	Saffron 2	Capers 2
Caraway 2	Horseradish 2	Nutmeg 2	Walnut 2
Chickpeas 2	White beans 2	Mung bean 2	Wild boar 2
Pea 2	Yeast 2		

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.

GOAT'S MILK AND/OR SHEEP'S MILK ARE BORDERLINE OR ELEVATED but patient may have never consumed; in vitro studies have shown extensive cross reactivity between milks from ruminant species. Significant amino acid sequence homology between milk from cows, goats and sheep mean cross-reactivity is highly probable [URL: www.uptodate.com/contents/milk-allergy-management. Accessed June 11, 2016]. Clinical research has found that a significant percentage of cow's milk allergic patients also react to goat and sheep milks [Pediatr Allergy Immunol. 2012 Mar;23(2):128-32].

GLUTEN IS BORDERLINE OR ELEVATED: Gluten is found in descending order of prominence in the following grains: wheat, triticale, rye, and barley. Other grains to be avoided include: cracked wheat, Einkorn, emmer, hydrolyzed wheat protein, kamut, spelt, wheat starch, wheat bran, wheat germ. Note: Oats do not inherently contain gluten, and do not normally contain gluten unless cross-contamination with wheat has occurred. Oats do contain a protein called avenin, which in some patients may cause similar reactions to gluten. Avoidance of wheat and gluten containing grains is necessary if reaction is clinically significant.

GLUTEN IS HIGHLY ELEVATED: When gluten is notably elevated it may be appropriate to screen for celiac disease based on patient presentation, medical history and family history. A simple blood screen including anti-tissue transglutaminase IgA and anti-gliadin IgA antibodies can be a helpful diagnostic tool in this setting.

REACTION TO MORE THAN ONE TRITICEAE FOOD: a borderline or elevated reaction to more than one food of the Triticeae tribe is present. Foods in the Triticeae tribe include: barley, durum wheat, kamut, rye, spelt, triticale, and wheat.

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.

REACTION TO MORE THAN ONE MEMBER OF THE SUMAC FAMILY: a borderline or elevated reaction to more than one food from the Sumac family is present. Foods in this family include: cashew, mango and pistachio. 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 Sumac family.



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.