

Patient Report



20/01/2023

Dear Dr Case Study,

Please find enclosed the Patient Report for your OptiWay® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every OptiWay® IgG antibody test:

- 1) **Food Groups** – foods are listed according to their respective food group
- 2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED** **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- ✓ Information about food sensitivity and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food sensitivities
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the OptiWay® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and may cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact us.

Kind regards
The Optiway Team



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Test Report : Food Groups

Patient Name: Case Study
Patient Number: #xxxx
Date of Birth: 09/01/1960

Sample Date: 12/01/2023
Analysis Date: 20/01/2023
Clinic:

ELEVATED (≥30 U/ml)			BORDERLINE (24-29 U/ml)			NORMAL (≤23 U/ml)		
DAIRY / EGG								
<15	Alpha-Lactalbumin	20	Egg White	116	Milk (Cow)			
<15	Beta-Lactoglobulin	<15	Egg Yolk	55	Milk (Goat)			
100	Casein	<15	Milk (Buffalo)	86	Milk (Sheep)			
GRAINS (Gluten-Containing)*								
71	Barley	30	Malt	20	Wheat			
<15	Couscous	<15	Oat	<15	Wheat Bran			
<15	Durum Wheat	<15	Rye					
36	Gliadin*	<15	Spelt					
GRAINS (Gluten-Free)								
16	Amaranth	<15	Millet	<15	Rice			
<15	Buckwheat	<15	Polenta	<15	Tapioca			
50	Corn (Maize)	<15	Quinoa					
FRUIT								
<15	Apple	<15	Guava	<15	Pear			
<15	Apricot	<15	Kiwi	<15	Pineapple			
<15	Avocado	<15	Lemon	<15	Plum			
<15	Banana	<15	Lime	<15	Pomegranate			
<15	Blackberry	<15	Lychee	<15	Raisin			
<15	Blackcurrant	<15	Mango	<15	Raspberry			
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant			
<15	Cherry	<15	Mulberry	<15	Rhubarb			
31	Cranberry	<15	Nectarine	<15	Strawberry			
<15	Date	<15	Olive	<15	Tangerine			
<15	Fig	30	Orange	<15	Watermelon			
<15	Grape (Black/Red/White)	<15	Papaya					
<15	Grapefruit	<15	Peach					
VEGETABLES								
<15	Artichoke	<15	Cauliflower	52	Potato			
<15	Asparagus	<15	Celery	30	Radish			
<15	Aubergine	<15	Chard	<15	Rocket			
<15	Bean (Broad)	<15	Chickpea	<15	Shallot			
<15	Bean (Green)	<15	Chicory	<15	Soya Bean			
29	Bean (Red Kidney)	<15	Cucumber	22	Spinach			
23	Bean (White Haricot)	<15	Fennel (Leaf)	<15	Squash (Butternut/Carnival)			
<15	Beetroot	<15	Leek	<15	Sweet Potato			
<15	Broccoli	<15	Lentil	<15	Tomato			
<15	Brussel Sprout	<15	Lettuce	<15	Turnip			
<15	Cabbage (Red)	<15	Marrow	<15	Watercress			
20	Cabbage (Savoy/White)	<15	Onion	<15	Yuca			
<15	Caper	66	Pea					
<15	Carrot	<15	Pepper (Green/Red/Yellow)					

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FISH / SEAFOOD

17	Alga Espaguette	15	Haddock	<15	Sardine
<15	Alga Spirulina	<15	Hake	<15	Scallop
17	Alga Wakame	<15	Herring	<15	Sea Bream (Gilthead)
<15	Anchovy	<15	Lobster	<15	Sea Bream (Red)
<15	Barnacle	<15	Mackerel	<15	Shrimp/Prawn
<15	Bass	<15	Monkfish	<15	Sole
<15	Carp	22	Mussel	<15	Squid
31	Caviar	<15	Octopus	<15	Swordfish
24	Clam	<15	Oyster	<15	Trout
<15	Cockle	<15	Perch	<15	Tuna
<15	Cod	<15	Pike	<15	Turbot
<15	Crab	<15	Plaice	<15	Winkle
<15	Cuttlefish	<15	Razor Clam		
38	Eel	<15	Salmon		

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	<15	Wild Boar
<15	Horse	<15	Quail		
20	Lamb	<15	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nutmeg
<15	Basil	<15	Garlic	<15	Parsley
<15	Bayleaf	<15	Ginger	<15	Peppercorn (Black/White)
<15	Camomile	<15	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	28	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla
<15	Curry (Mixed Spices)	15	Nettle		

NUTS / SEEDS

21	Almond	<15	Hazelnut	<15	Rapeseed
18	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
25	Cashew Nut	53	Peanut	22	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
<15	Flax Seed	30	Pistachio	<15	Walnut

MISCELLANEOUS

84	Agar Agar	15	Cocoa Bean	<15	Tea (Black)
<15	Aloe Vera	<15	Coffee	<15	Tea (Green)
<15	Cane Sugar	70	Cola Nut	<15	Transglutaminase
<15	Carob	<15	Honey	34	Yeast (Baker's)
<15	Chestnut	<15	Mushroom	47	Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

Test Report : Order of Reactivity

Patient Name: Case Study
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Clinic:

ELEVATED FOODS (≥30 U/ml)

116	Milk (Cow)	55	Milk (Goat)	34	Yeast (Baker's)
100	Casein	53	Peanut	31	Caviar
86	Milk (Sheep)	52	Potato	31	Cranberry
84	Agar Agar	50	Corn (Maize)	30	Malt
71	Barley	47	Yeast (Brewer's)	30	Orange
70	Cola Nut	38	Eel	30	Pistachio
66	Pea	36	Gladin*	30	Radish

BORDERLINE FOODS (24-29 U/ml)

29	Bean (Red Kidney)	25	Cashew Nut
28	Saffron	24	Clam

NORMAL FOODS (≤23 U/ml)

23	Bean (White Haricot)	<15	Wheat Bran	<15	Pork
22	Mussel	<15	Mushroom	<15	Shallot
22	Spinach	<15	Rye	<15	Squash (Butternut/Carnival)
22	Sunflower Seed	<15	Alga Spirulina	<15	Blackcurrant
21	Almond	<15	Bean (Broad)	<15	Carp
20	Cabbage (Savoy/White)	<15	Horse	<15	Rice
20	Egg White	<15	Monkfish	<15	Salmon
20	Lamb	<15	Parsley	<15	Sea Bream (Red)
20	Wheat	<15	Rosemary	<15	Shrimp/Prawn
18	Brazil Nut	<15	Sardine	<15	Soya Bean
17	Alga Espaguette	<15	Thyme	<15	Squid
17	Alga Wakame	<15	Winkle	<15	Trout
16	Amaranth	<15	Barnacle	<15	Yuca
15	Cocoa Bean	<15	Celery	<15	Aloe Vera
15	Haddock	<15	Fig	<15	Cumin
15	Nettle	<15	Ginger	<15	Curry (Mixed Spices)
<15	Cane Sugar	<15	Ginkgo	<15	Hake
<15	Ginseng	<15	Mustard Seed	<15	Herring
<15	Lentil	<15	Oat	<15	Mint
<15	Marrow	<15	Anchovy	<15	Plaice
<15	Ox	<15	Bass	<15	Redcurrant
<15	Peppercorn (Black/White)	<15	Hazelnut	<15	Sage
<15	Venison	<15	Mackerel	<15	Scallop
<15	Beef	<15	Nutmeg	<15	Sea Bream (Gilthead)
<15	Sole	<15	Perch	<15	Tea (Black)
<15	Tarragon	<15	Pike	<15	Wild Boar
<15	Tiger Nut	<15	Plum	<15	Aubergine

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NORMAL FOODS ...continued

<15	Basil	<15	Peppermint	<15	Grape (Black/Red/White)
<15	Bayleaf	<15	Polenta	<15	Grapefruit
<15	Buckwheat	<15	Pomegranate	<15	Kiwi
<15	Cinnamon	<15	Quinoa	<15	Liquorice
<15	Flax Seed	<15	Rocket	<15	Millet
<15	Lime	<15	Tomato	<15	Mulberry
<15	Raspberry	<15	Transglutaminase	<15	Olive
<15	Spelt	<15	Turkey	<15	Onion
<15	Tea (Green)	<15	Walnut	<15	Papaya
<15	Chard	<15	Watermelon	<15	Peach
<15	Cuttlefish	<15	Aniseed	<15	Rapeseed
<15	Dill	<15	Avocado	<15	Sweet Potato
<15	Durum Wheat	<15	Banana	<15	Tangerine
<15	Hops	<15	Beetroot	<15	Watercress
<15	Octopus	<15	Beta-Lactoglobulin	<15	Alpha-Lactalbumin
<15	Oyster	<15	Carob	<15	Apricot
<15	Partridge	<15	Chicory	<15	Artichoke
<15	Pear	<15	Coconut	<15	Asparagus
<15	Quail	<15	Coriander (Leaf)	<15	Blueberry
<15	Rabbit	<15	Egg Yolk	<15	Cabbage (Red)
<15	Raisin	<15	Garlic	<15	Caper
<15	Swordfish	<15	Lemon	<15	Carrot
<15	Tuna	<15	Marjoram	<15	Cauliflower
<15	Turbot	<15	Melon (Galia/Honeydew)	<15	Chestnut
<15	Vanilla	<15	Pepper (Green/Red/Yellow)	<15	Chilli (Red)
<15	Apple	<15	Pine Nut	<15	Coffee
<15	Blackberry	<15	Pineapple	<15	Fennel (Leaf)
<15	Brussel Sprout	<15	Razor Clam	<15	Guava
<15	Cayenne	<15	Rhubarb	<15	Honey
<15	Clove	<15	Bean (Green)	<15	Macadamia Nut
<15	Cockle	<15	Broccoli	<15	Mango
<15	Cod	<15	Camomile	<15	Milk (Buffalo)
<15	Crab	<15	Cherry	<15	Nectarine
<15	Goat	<15	Chicken	<15	Sesame Seed
<15	Leek	<15	Chickpea	<15	Strawberry
<15	Lettuce	<15	Couscous	<15	Tapioca
<15	Lobster	<15	Cucumber	<15	Turnip
<15	Lychee	<15	Date	<15	Veal
<15	Ostrich	<15	Duck		

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