



## Welcome to EverlyWell!

We wanted to take the opportunity to let you know more about who we are and the quality of our partners' lab testing.

### About EverlyWell

EverlyWell provides consumers with access to a variety of physician-ordered and reviewed laboratory tests through its online platform.

### How do I know that the results are accurate?

- All of EverlyWell's partner laboratories are CLIA-certified; many are also accredited by the College of American Pathologists (CAP), the gold standard in lab testing.
- Our at-home sample collection methods, like dried blood spot or saliva, have been widely accepted and highly utilized for decades in areas of the laboratory industry such as neonatal testing and metabolic screening.
- The instruments and assays used by our partner laboratories are comparable to those used in the labs (e.g., LabCorp/Quest) a doctor's office would send tests to.
- Our tests are just as accurate as the panels run at traditional brick-and-mortar labs.

### If you have questions

Please feel free to contact us at [contact@everlywell.com](mailto:contact@everlywell.com) and indicate that you have a question for our Clinical and Laboratory teams.

Or feel free to learn more at <https://www.everlywell.com/science/>.

*Thanks for taking the time to learn about EverlyWell. We appreciate the opportunity to partner in your patient's health journey!*

Sincerely,

A handwritten signature in blue ink, appearing to read "MSF".

Marra S. Francis, MD, FACOG  
Executive Medical Director,  
EverlyWell Inc.

Alletess, Inc

SPECIMEN INFORMATION

SPECIMEN:

REQUISITION: 37969758

Lab ref no:

COLLECTED: 2019/06/24 00:00

RECEIVED:

REPORTED: 2019/06/25 08:00

PATIENT INFORMATION

**Warden, Charles**

DOB: April 05, 1985

AGE: 34

GENDER: Male

FASTING: Unknown

Clinical Info:

REPORT STATUS: FINAL

ORDERING PHYSICIAN

**Ramos, Carlos**

CLIENT INFORMATION

EverlyWell

800 W. Cesar Chavez St Ste B101

Austin, TX 78701

Test Name	Result	Flag	Reference Range	Lab
0.185 -0.215 = Equivocal, < = 0.199 =				
0, 0.200 - 0.299 = 1, 0.300 - 0.399 =				
2, > = 0.400 = 3				
<b>IgG Foods</b>				
ALMOND	0.178	NORMAL	0 score	01
APPLE	0.174	NORMAL	0 score	01
ASPARAGUS	0.171	NORMAL	0 score	01
AVOCADO	0.166	NORMAL	0 score	01
BANANA	0.219	ABNORMAL	1 score	01
BARLEY	0.170	NORMAL	0 score	01
BASIL	0.214	ABNORMAL	1 score	01
BAY LEAF	0.180	NORMAL	0 score	01
BEAN, GREEN	0.177	NORMAL	0 score	01
BEAN, LIMA	0.175	NORMAL	0 score	01
BEEF	0.165	NORMAL	0 score	01
BLUEBERRY	0.171	NORMAL	0 score	01
BRAN	0.174	NORMAL	0 score	01
BROCCOLI	0.164	NORMAL	0 score	01
CABBAGE	0.165	NORMAL	0 score	01
CANTALOUPE	0.171	NORMAL	0 score	01
CARROT	0.172	NORMAL	0 score	01
CASHEW	0.173	NORMAL	0 score	01
CAULIFLOWER	0.188	NORMAL	0 score	01
CELERY	0.178	NORMAL	0 score	01
CHEESE, CHEDDAR	0.218	ABNORMAL	1 score	01
CHEESE, COTTAGE	0.198	NORMAL	0 score	01
CHEESE, MOZZARELLA	0.214	ABNORMAL	1 score	01
CHIA SEED	0.171	NORMAL	0 score	01
CHICKEN	0.172	NORMAL	0 score	01
CINNAMON	0.226	ABNORMAL	1 score	01
CLAM	0.175	NORMAL	0 score	01
COCOA	0.177	NORMAL	0 score	01
COCONUT	0.177	NORMAL	0 score	01
CODFISH	0.171	NORMAL	0 score	01
COFFEE	0.182	NORMAL	0 score	01
COLA	0.176	NORMAL	0 score	01
CORN	0.176	NORMAL	0 score	01
CRAB	0.179	NORMAL	0 score	01
CUCUMBER	0.175	NORMAL	0 score	01
DILL	0.180	NORMAL	0 score	01
EGG WHITE	0.186	NORMAL	0 score	01
EGG YOLK	0.211	ABNORMAL	1 score	01
EGGPLANT	0.218	ABNORMAL	1 score	01
GARLIC	0.179	NORMAL	0 score	01
GINGER	0.180	NORMAL	0 score	01
GLUTEN	0.183	NORMAL	0 score	01
GRAPE	0.179	NORMAL	0 score	01
GRAPEFRUIT	0.217	ABNORMAL	1 score	01
HADDOCK	0.181	NORMAL	0 score	01
HONEY	0.170	NORMAL	0 score	01
KALE	0.183	NORMAL	0 score	01
KELP	0.180	NORMAL	0 score	01

LAMB	0.168	NORMAL	0 score	01
LEMON	0.186	NORMAL	0 score	01
LETTUCE	0.168	NORMAL	0 score	01
LOBSTER	0.173	NORMAL	0 score	01
MALT	0.218	ABNORMAL	1 score	01
MILK, COWS	0.228	ABNORMAL	1 score	01
MUSHROOM	0.173	NORMAL	0 score	01
MUSTARD	0.172	NORMAL	0 score	01
OATS	0.160	NORMAL	0 score	01
OLIVE, GREEN	0.179	NORMAL	0 score	01
ONION	0.222	ABNORMAL	1 score	01
ORANGE	0.179	NORMAL	0 score	01
OREGANO	0.181	NORMAL	0 score	01
PEA, GREEN	0.179	NORMAL	0 score	01
PEACH	0.227	ABNORMAL	1 score	01
PEANUT	0.176	NORMAL	0 score	01
PEAR	0.160	NORMAL	0 score	01
PEPPER, BELL	0.167	NORMAL	0 score	01
PEPPER, BLACK	0.172	NORMAL	0 score	01
PINEAPPLE	0.170	NORMAL	0 score	01
PORK	0.164	NORMAL	0 score	01
POTATO, SWEET	0.175	NORMAL	0 score	01
POTATO, WHITE	0.175	NORMAL	0 score	01
RICE, BROWN	0.181	NORMAL	0 score	01
RYE	0.178	NORMAL	0 score	01
SAFFLOWER	0.172	NORMAL	0 score	01
SALMON	0.176	NORMAL	0 score	01
SCALLOP	0.164	NORMAL	0 score	01
SESAME	0.175	NORMAL	0 score	01
SHRIMP	0.183	NORMAL	0 score	01
SOLE	0.174	NORMAL	0 score	01
SOYBEAN	0.179	NORMAL	0 score	01
SPINACH	0.167	NORMAL	0 score	01
SQUASH	0.173	NORMAL	0 score	01
STRAWBERRY	0.178	NORMAL	0 score	01
SUNFLOWER	0.211	ABNORMAL	1 score	01
SWORDFISH	0.181	NORMAL	0 score	01
TARRAGON	0.181	NORMAL	0 score	01
TEA, BLACK	0.178	NORMAL	0 score	01
TOMATO	0.174	NORMAL	0 score	01
TUNA	0.183	NORMAL	0 score	01
TURKEY	0.171	NORMAL	0 score	01
WALNUT, BLACK	0.184	NORMAL	0 score	01
WATERMELON	0.178	NORMAL	0 score	01
WHEAT	0.192	NORMAL	0 score	01
YEAST, BAKERS	0.211	ABNORMAL	1 score	01
YEAST, BREWERS	0.288	ABNORMAL	1 score	01
YOGURT	0.220	ABNORMAL	1 score	01

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**Performing Laboratory Information:**

01: Alletess Lab CLIA# 22D0080258, 14 Howard St, Rockland MA, phone: , Director: Dr Dana Semmel