

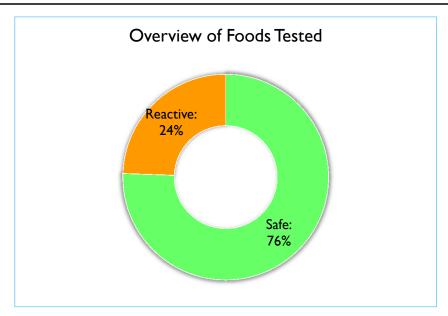
First Alternatives, LLC 8240 SW Cattleya Drive Stuart, FL 34997

Customer Service: 954-789-2097

Fax: 772-872-6620

IgG Food Sensitivity Lab Results

name:	date of birth:	age:	gender:	patient id:	test report date:
John Smith	1/1/2010	44	M	11111	Jan 1st, 2017



*Gut Permeability:

Moderately Compromised

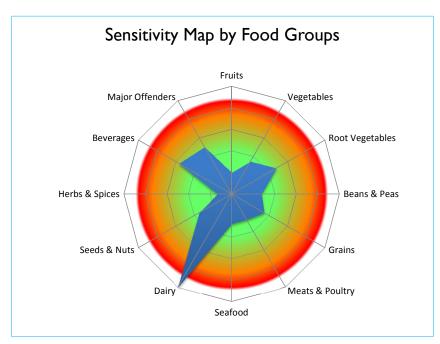
Reactive Foods:

22

24%

Recommendation:

2-3 Month Elimination



Interpretation of Analysis

This analysis is a general overview of the status of your gut permeability and where the majority of your sensitivities fall, in each food group tested. *Gut Permeability is based solely on the percentage of reactive foods compared to the total foods tested. Scientific evidence suggests that a compromised lining of the intestine will allow more foods to pass the barrier and enter the blood stream. Therefore the more reactive foods, the more compromised the gut may be. This is not intended to be a diagnosis of intenstinal permeability Further diagnostic testing is recomended if our findings show a compromised gut. The General Sensitivity Map by Food Groups shows where the majority of your sensitivities fall, by each food

group.

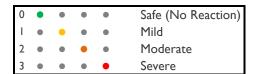


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IgG Food Sensitivity Lab Results

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Kathy K. Qualls	3/4/1952	65	F	10178	July 20, 2017



Fruits

		•	•	•	Orange
0	•		•		Apple
0	•		•		Banana
0	•		•		Blueberry
0	•		•		Cherry
0	•		•		Grape
0					Lemon
0					Lime
0	•		•		Peach
0	•		•		Pear
0	•		•		Pineapple
0	•		•		Strawberry
0				•	Watermelon

Vegetables

ı				Asparagus
1				Avocado
1				Lettuce
ı	•			Spinach
0				Bell Pepper
0	•			Broccoli
0	•			Button Mushroom
0	•			Cabbage
0	•			Cauliflower
0	•			Celery
0	•			Cucumber
0	•			Eggplant
0	•			Kale
0	•			Olive
0	•			Tomato
0	•	•	•	Zucchini

Root Vegetables

	•	•			Beet
- 1	•				Carrot
0	•				Onion
0	•				Potato
0	•		•	•	Sweet Potato

Beans & Peas

2		•			Soybean
0	•	•	•		Chickpea
0	•	•	•		Green Beans
0	•	•	•		Green Pea
0	•	•	•		Kidney Bean
0	•	•	•	•	Lentil

Grains

Ι	•	0	•	•	Corn
1			•		Wheat
0	•	•	•		Barley
0	•	•	•		Malt
0	•	•	•		Oat
0	•	•	•		Rice
0	•	•	•		Rye
0					Таріоса

Meats & Poultry

3	•	•	•	•	Egg White
0					Beef
0	•	•	•		Pork
0	•	•	•		Chicken
0	•		•		Egg Yolk
0	•				Turkey

Seafood

1					Tilapia
0	•	•	•		Salmon
0		•	•		Sardine
0		•	•		Shrimp
0	•	•	•	•	Trout
0	•	•	•	•	Tuna
-	:				

Dairy

_	_	_	_	COWSTILL
2	•	•		Yogurt
1				Goat's Cheese
1	•		•	Goat's Milk

Seeds & Nuts

П	•	0	•	•	Canola
-				•	Peanut
0					Almond
0					Cashew
0					Cocoa
0		•	•	•	Coconut
0					Safflower
0				•	Sunflower

Herbs & Spices

0	•	•	•	•	Basil
0	•		•		Black Pepper
0	•		•		Chilli Pepper
0					Cinnamon
0	•		•		Garlic
0	•		•		Ginger
0	•		•		Mustard Seed
0					Turmeric
0					Vanilla

Beverages

		_			
Ι	•	•	•	•	Coffe
^	_				T

Major Offenders

2	•	•	•	•	Casein
ı		•	•		Candida Albicans
1					Cane Sugar
0	•				Baker's Yeast
0	•		•		Brewer's Yeast
0	•		•		Gluten
0					Whev