

Your personal ImuPro Screen documents

Sample ID: 080397

Dear Manoj Sharma,

With this letter, you will receive the ImuPro result for your personal IgG food allergy test. This laboratory report contains your results for all the tested foods at a glance.

In an extensive laboratory analysis, your blood has been analysed for the presence of specific IgG antibodies to particular foodstuffs. If high levels of IgG antibodies are present, this might indicate that you have a chronic inflammation caused by a delayed food allergy type III.

Your individual ImuPro result for the foods tested will help you to find out which foods are good for you and to pinpoint your individual "trigger foods". By avoiding the foods that might cause you problems, inflammatory processes can be reduced or even stopped and your body can recover. This information can help you and your therapist decide whether it is advisable for you to do one of the more extensive ImuPro tests, in order to receive extensive personalised nutritional guidelines.

ImuPro shows you the way to the right food for you. And your path for better health.

Important: If you have an existing type I food allergy (IgE mediated) previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if the ImuPro test does not show any reaction to it. IgE-mediated food allergies can cause reactions such as anaphylactic shock, rashes, vomiting, itching etc. ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings. Based on the ImuPro result, we do not make any statements on IgE related allergies.

If you have any questions about your ImuPro result or about food allergies type III, please contact us.

With kind regards,

Your ImuPro Team

Patient report:

date of birth: 05.07.1968 ■ age: 48 ■ sex: m ■ sample id: 080397



IMUPRO SCREEN RESULTS

	Rating	Number of foodstuffs	Reference range
Specific IgG antibodies	■ Not elevated	17	≤ 10.0 µg/ml IgG
	■ Elevated	5	> 10.0 µg/ml IgG
Total	5 out of 22 tested allergens		

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Laboratory:

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Sender:

First Medical Diagnostics Pvt. Ltd.

sample type	human serum
sample id	080397
examination method	enzyme-linked immunosorbent assay for the detection of foodstuff spec. IgG
date of report	08.12.2016
report authorized by	Siegfried Scholz

The information in your documents does not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert. Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severeness of serious clinical symptoms.

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■ Not elevated ■ Elevated

	Rating
Vegetables	
Carrots	■ Not elevated
Green pea/beans	■ Not elevated
Soy bean	■ Not elevated
Sweet pepper	■ Not elevated
Tomato	■ Not elevated
Fruits	
Banana	■ Not elevated
Orange	■ Not elevated
Pineapple	■ Not elevated
Milk products	
Goat: milk and cheese	■ Elevated
Milk (cow)	■ Elevated
Sheep: milk and cheese	■ Elevated
Cereals and starch	
Gluten	■ Elevated
Rice	■ Not elevated
Spices and herbs	
Garlic	■ Not elevated
Vanilla	■ Not elevated
Seeds and nuts	
Almond	■ Not elevated
Hazelnut	■ Not elevated
Meat	
Chicken	■ Not elevated
Fish and seafood	
Lobster	■ Not elevated
Eggs	
Chicken egg (egg white and egg yolk)	■ Not elevated
Sweeteners	
Honey (Mixture)	■ Not elevated
Yeast	
Yeast	■ Elevated

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GENERAL RECOMMENDATIONS

- **ImuPro Complete:** Your ImuPro Screen report shows that there are elevated values of IgG antibodies against several foods. In order to get a more comprehensive picture of your putative immune reactions against food allergens, we recommend carrying out the extensive individual testing of 270 food allergens using ImuPro Complete.

Your diet can be changed very selectively based on the findings. You will receive a comprehensive report with accurate results at a glance and personal nutritional guidelines which lead you through your change in diet. Your results pack also includes a recipe book which is specifically tailored to your personal needs.
- **Diagnostics of the intestinal flora:** IgG-mediated food allergy is commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora (colon cleansing) is essential. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis. Please ask your physician or therapist.
- **Gluten:** Elevated levels of IgG against gluten were detected.

Raised levels of IgG antibodies to gluten may indicate the severe autoimmune disease "Coeliac disease". It must be ruled out that the reaction against gluten is due to coeliac disease. To be certain about this clinical picture, we highly recommend to do the following tests: Anti-gliadin IgG, Anti-gliadin IgA, Anti-transglutaminase IgG, Anti-transglutaminase IgA, Anti-endomysium.

Even if coeliac disease can be ruled out, you may still suffer from a Non Coeliac Gluten Sensitivity (NCGS) in which case you may also have to eliminate gluten from your diet.

Sensitivity to gluten not only leads to intestinal inflammation but is suspected to actively increase gut permeability which can also lead to several deficiencies, like iron, vitamin D and folic acid deficiencies as well as other adverse reactions to food and associated ailments, particularly outside of the gut.
- **Other causes:** In addition to a delayed IgG food allergy, there may be a non-immune related digestive disorder or poor utilisation of nutrients which can have numerous causes. You should discuss this with your attending physician or health professional. Possible causes include a diminished degradation of carbohydrates (e.g. lactose, fructose) due to an enzyme deficiency or an inadequate activity of the pancreas and thus insufficient secretion of digestive enzymes.

Furthermore an intestinal mycosis or parasitosis or an impaired intestinal flora may play a role. If the diet modification in accordance with ImuPro shows no improvement at all, you should take further diagnostic steps.