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TEST	RESULTS			
Array 10 - Food Immune Reactivity Screen **	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE RANGE (ELISA Index)
DAIRY and EGGS, Modified				
Egg White, cooked	<0.30			0.0 - 2.11
Egg Yolk, cooked	<0.20			0.0 - 1.01
Goat's Milk	0.36			0.0 - 2.21
Soft Cheese + Hard Cheese			2.79	0.1 - 1.71
Yogurt	0.38			0.0 - 1.51
GRAINS, Raw and Modified				
Rice, white + brown, cooked	0.22			0.1 - 1.31
Rice Cake	0.21			0.2 - 1.81
Rice Protein	0.21			0.1 - 0.81
Rice Endochitinase	<0.30			0.1 - 0.81
Wild Rice, cooked	<0.20			0.2 - 1.11
Wheat + Alpha-Gliadins			3.01	0.2 - 1.91
BEANS and LEGUMES, Modified				
Black Bean, cooked	<0.20			0.1 - 1.01
Bean Agglutinins	0.35			0.2 - 1.51
Dark Chocolate + Cocoa	<0.20			0.2 - 0.91
Fava Bean, cooked	<0.20			0.0 - 1.11
Garbanzo Bean, cooked	0.42			0.2 - 1.81
Kidney Bean, cooked	0.10			0.0 - 0.81
Lentil, cooked	<0.30			0.1 - 1.51
Lentil Lectin	0.50			0.5 - 1.51
Lima Bean, cooked	0.22			0.2 - 1.51
Pinto Bean, cooked	<0.20			0.0 - 2.01
Soybean Agglutinin			1.17	0.0 - 1.11
Soybean Oleosin + Aquaporin	<0.40			0.0 - 0.91
Soy Sauce, gluten-free	0.60			0.1 - 2.31
Tofu	0.64			0.0 - 1.51
NUTS and SEEDS, Raw and Modified				
Almond	0.66			0.1 - 1.11
Almond, roasted	0.26			0.0 - 0.61
Brazil Nut, raw + roasted	0.50			0.0 - 1.11
Cashew	<0.30			0.0 - 2.51
Cashew, roasted	<0.40			0.0 - 2.91
Cashew Vicilin	<0.20			0.3 - 1.71
Chia Seed	0.76			0.1 - 2.31
Flax Seed	<0.30			0.0 - 0.91
Hazelnut, raw + roasted	0.28			0.2 - 1.31
Macadamia Nut, raw + roasted	<0.30			0.0 - 1.91
Mustard Seed	0.38			0.4 - 1.51
Pecan, raw + roasted	0.16			0.3 - 1.51

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Peanut, roasted	0.26			0.1 - 0.71
Peanut Butter	0.49			0.0 - 1.31
Peanut Agglutinin	0.76			0.3 - 1.91
Peanut Oleosin	0.20			0.0 - 1.41
Pistachio, raw + roasted	0.37			0.3 - 1.21
Pumpkin Seeds, roasted	0.74			0.1 - 1.11
Sesame Albumin	0.50			0.0 - 1.61
Sesame Oleosin	0.61			0.1 - 1.21
Sunflower Seeds, roasted	0.82			0.2 - 1.51
Walnut	0.33			0.4 - 1.31
VEGETABLES, Raw and Modified				
Artichoke, cooked	0.75			0.1 - 2.01
Asparagus	0.33			0.2 - 1.41
Asparagus, cooked	0.33			0.1 - 2.21
Beet, cooked	<0.10			0.0 - 0.71
Bell Pepper	<0.30			0.0 - 1.71
Broccoli	0.58			0.0 - 1.81
Broccoli, cooked	0.12			0.0 - 1.11
Brussels Sprouts, cooked	0.66			0.0 - 2.01
Cabbage, red + green	0.38			0.1 - 2.51
Cabbage, red + green, cooked	1.56			0.0 - 2.21
Canola Oleosin	0.39			0.4 - 1.31
Carrot	0.43			0.5 - 1.51
Carrot, cooked	0.37			0.0 - 1.71
Cauliflower, cooked	<0.40			0.0 - 1.01
Celery	0.47			0.1 - 2.31
Chili Pepper	<0.40			0.2 - 1.11
Corn + Aquaporin, cooked	0.43			0.0 - 1.81
Popped Corn	0.41			0.1 - 1.91
Corn Oleosin	0.29			0.1 - 1.41
Cucumber, pickled	<0.20			0.0 - 1.41
Eggplant, cooked	0.23			0.0 - 1.91
Garlic	0.38			0.0 - 1.21
Garlic, cooked	0.32			0.1 - 1.91
Green Bean, cooked	0.18			0.1 - 1.51
Lettuce	0.57			0.1 - 1.51
Mushroom, raw + cooked	0.31			0.0 - 2.11
Okra, cooked	0.15			0.1 - 1.51
Olive, green + black, pickled	0.28			0.1 - 0.91
Onion + Scallion	0.25			0.1 - 2.31
Onion + Scallion, cooked	0.45			0.2 - 1.81
Pea, cooked	0.43			0.0 - 1.21
Pea Protein	0.36			0.2 - 1.71
Pea Lectin	0.85			0.1 - 1.71
Potato, white, cooked (baked)	<0.20			0.0 - 0.81
Potato, white, cooked (fried)	0.76			0.1 - 1.61

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Pumpkin + Squash, cooked	0.78			0.0 - 1.71
Radish	0.40			0.1 - 1.71
Safflower + Sunflower Oleosin	0.83			0.1 - 1.51
Seaweed	0.35			0.1 - 1.21
Spinach + Aquaporin	0.23			0.0 - 1.31
Tomato + Aquaporin		1.76		0.2 - 2.21
Tomato Paste	0.50			0.5 - 2.11
Yam + Sweet Potato, cooked	<0.60			0.2 - 1.21
Zucchini, cooked	<0.20			0.2 - 0.81
FRUIT, Raw and Modified				
Apple	0.50			0.2 - 1.51
Apple Cider	<0.20			0.3 - 1.31
Apricot	<0.50			0.5 - 2.11
Avocado	0.35			0.2 - 1.11
Banana	0.14			0.0 - 1.51
Banana, cooked	<0.20			0.0 - 2.21
Latex Hevein	<0.20			0.0 - 1.11
Blueberry	0.32			0.1 - 1.61
Cantaloupe + Honeydew Melon	0.15			0.1 - 1.21
Cherry	0.15			0.2 - 1.41
Coconut, meat + water	<0.20			0.0 - 1.11
Cranberry	0.45			0.0 - 2.21
Date	0.26			0.3 - 2.01
Fig	0.48			0.0 - 1.81
Grape, red + green	0.11			0.2 - 1.01
Red Wine	0.57			0.1 - 1.91
White Wine	0.56			0.1 - 2.61
Grapefruit			1.67	0.3 - 1.21
Kiwi	0.66			0.0 - 2.01
Lemon + Lime	0.14			0.0 - 0.81
Mango	<0.20			0.0 - 0.91
Orange	0.35			0.2 - 1.71
Orange Juice	<0.40			0.0 - 1.61
Papaya	0.79			0.2 - 1.51
Peach + Nectarine	0.24			0.2 - 2.01
Pear	<0.40			0.2 - 2.11
Pineapple	0.60			0.0 - 2.71
Pineapple Bromelain	0.66			0.0 - 2.01
Plum	0.23			0.3 - 2.21
Pomegranate	0.42			0.3 - 1.91
Strawberry	0.26			0.3 - 2.31
Watermelon	0.65			0.2 - 1.01
FISH and SEAFOOD, Raw and Modified				
Cod, cooked	<0.30			0.1 - 2.21
Halibut, cooked	0.55			0.1 - 1.61

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Mackerel, cooked	0.29			0.0 - 1.51
Red Snapper, cooked	0.10			0.1 - 1.51
Salmon	<0.30			0.0 - 3.91
Salmon, cooked	<0.20			0.0 - 1.91
Sardine + Anchovy, cooked	<0.30			0.0 - 3.31
Sea Bass, cooked	0.20			0.1 - 1.81
Tilapia, cooked		1.09		0.4 - 1.21
Trout, cooked	<0.30			0.0 - 1.51
Tuna	0.22			0.1 - 2.71
Tuna, cooked	0.25			0.1 - 1.31
Whitefish, cooked	0.12			0.1 - 1.41
Crab + Lobster, cooked	0.62			0.2 - 1.41
Imitation Crab, cooked	0.27			0.0 - 1.71
Clam, cooked	0.24			0.0 - 2.41
Oyster, cooked	0.44			0.1 - 1.61
Scallops, cooked	0.61			0.0 - 1.21
Squid (Calamari), cooked	0.35			0.0 - 1.81
Shrimp, cooked	0.14			0.1 - 1.51
Shrimp Tropomyosin	<0.20			0.0 - 1.41
Parvalbumin	<0.30			0.3 - 1.51
MEAT, Modified				
Beef, cooked medium	0.72			0.3 - 1.91
Chicken, cooked	0.62			0.0 - 1.31
Lamb, cooked	0.26			0.0 - 1.51
Pork, cooked	<0.20			0.1 - 0.51
Turkey, cooked	0.43			0.1 - 1.31
Gelatin	<0.20			0.1 - 0.91
Meat Glue	0.17			0.1 - 1.31
HERBS, Raw				
Basil	0.28			0.2 - 1.81
Cilantro	0.41			0.0 - 2.21
Cumin	0.38			0.0 - 1.71
Dill	0.18			0.0 - 1.11
Mint	0.44			0.4 - 1.51
Oregano	0.25			0.0 - 1.21
Parsley	<0.30			0.0 - 1.61
Rosemary	<0.20			0.2 - 1.51
Thyme	0.41			0.3 - 1.41
SPICES, Raw				
Cinnamon	<0.30			0.3 - 1.71
Clove	0.27			0.4 - 1.81
Ginger	0.39			0.1 - 2.51
Nutmeg	0.49			0.2 - 1.91
Paprika	0.24			0.2 - 1.41
Turmeric (Curcumin)	0.32			0.3 - 1.71

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Vanilla	<0.30			0.0 - 2.81
GUMS				
Beta-Glucan	<0.20			0.0 - 1.51
Carrageenan	0.24			0.1 - 1.11
Gum Guar	0.20			0.2 - 1.11
Gum Tragacanth	<0.20			0.0 - 0.61
Locust Bean Gum	0.10			0.0 - 0.81
Mastic Gum + Gum Arabic	0.21			0.0 - 1.31
Xanthan Gum	<0.20			0.2 - 0.91
BREWED BEVERAGES and ADDITIVES				
Coffee Bean Protein, brewed	0.51			0.0 - 1.61
Black Tea, brewed	0.32			0.3 - 1.61
Green Tea, brewed	0.27			0.1 - 1.61
Honey, raw +processed	0.50			0.1 - 1.31
Food Coloring	<0.20			0.5 - 1.11

* Reference ranges are calculated based on the mean $\pm$ 2 standard deviations (SD). Results >1 SD, and <2 SDs above the mean are considered to be equivocal. An equivocal result represents the range between negative and suspicious low positive results. Results >2 SDs are considered out of range, and positive.

** For details on the method of cooking, please see specification sheets. All analytes are tested for IgG and IgA combined.

Sadi Koksoy, DVM, PHD, HCLD(ABB), Laboratory Director

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