

# TruMed

## Advanced Food Allergy Test (200 Foods)

RESULT		Reference Range			ALLERGEN	Low	NOT SAFE	
		Low	Moderate	Avoid			Moderate	Avoid
DAIRY								
1673	Avoid	<150	150 - 450	>450	Casein	[Bar chart showing result in Avoid zone]		
919	Avoid	<150	150 - 450	>450	Cheddar Cheese	[Bar chart showing result in Avoid zone]		
1801	Avoid	<150	150 - 450	>450	Cottage Cheese	[Bar chart showing result in Avoid zone]		
1496	Avoid	<150	150 - 450	>450	Cow's Milk	[Bar chart showing result in Avoid zone]		
355	Moderate	<150	150 - 450	>450	Goat's Milk	[Bar chart showing result in Moderate zone]		
1515	Avoid	<150	150 - 450	>450	Mozzarella Cheese	[Bar chart showing result in Avoid zone]		
1218	Avoid	<150	150 - 450	>450	Swiss Cheese	[Bar chart showing result in Avoid zone]		
1463	Avoid	<150	150 - 450	>450	Whey	[Bar chart showing result in Avoid zone]		
MEATS								
39	Low	<100	100 - 250	>250	Beef	[Bar chart showing result in Low zone]		
66	Low	<100	100 - 250	>250	Chicken	[Bar chart showing result in Low zone]		
1922	Avoid	<150	150 - 450	>450	Egg White	[Bar chart showing result in Avoid zone]		
780	Avoid	<150	150 - 450	>450	Egg Yolk	[Bar chart showing result in Avoid zone]		
0	Low	<100	100 - 250	>250	Lamb	[Bar chart showing result in Low zone]		
19	Low	<100	100 - 250	>250	Pork	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 250	>250	Turkey	[Bar chart showing result in Low zone]		
GRAINS								
36	Low	<100	100 - 280	>280	Barley	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 280	>280	Buckwheat	[Bar chart showing result in Low zone]		
7	Low	<100	100 - 250	>250	Corn	[Bar chart showing result in Low zone]		
281	Avoid	<100	100 - 280	>280	Gluten	[Bar chart showing result in Avoid zone]		
237	Moderate	<100	100 - 280	>280	Gluten	[Bar chart showing result in Moderate zone]		
31	Low	<100	100 - 350	>350	Hemp	[Bar chart showing result in Low zone]		
36	Low	<100	100 - 280	>280	Malt	[Bar chart showing result in Low zone]		
1	Low	<100	100 - 280	>280	Oat	[Bar chart showing result in Low zone]		
22	Low	<100	100 - 280	>280	Quinoa	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 280	>280	Rice	[Bar chart showing result in Low zone]		
407	Avoid	<100	100 - 280	>280	Wheat	[Bar chart showing result in Avoid zone]		
FISH								
10	Low	<100	100 - 200	>200	Cod	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 200	>200	Halibut	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 200	>200	Salmon	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 200	>200	Sardine	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 200	>200	Sole	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 200	>200	Tilapia	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 200	>200	Trout	[Bar chart showing result in Low zone]		
0	Low	<100	100 - 200	>200	Tuna	[Bar chart showing result in Low zone]		
SHELLFISH								
13	Low	<100	100 - 200	>200	Clam	[Bar chart showing result in Low zone]		
7	Low	<100	100 - 200	>200	Crab	[Bar chart showing result in Low zone]		
36	Low	<100	100 - 200	>200	Lobster	[Bar chart showing result in Low zone]		
41	Low	<100	100 - 200	>200	Oyster	[Bar chart showing result in Low zone]		
11	Low	<100	100 - 200	>200	Shrimp	[Bar chart showing result in Low zone]		
NUTS								
65	Low	<150	150 - 420	>420	Almond	[Bar chart showing result in Low zone]		
1422	Avoid	<150	150 - 420	>420	Peanut	[Bar chart showing result in Avoid zone]		
0	Low	<100	100 - 250	>250	Pecan	[Bar chart showing result in Low zone]		
34	Low	<100	100 - 300	>300	Sesame Seed	[Bar chart showing result in Low zone]		
69	Low	<100	100 - 300	>300	Sunflower Seed	[Bar chart showing result in Low zone]		
4	Low	<100	100 - 250	>250	Walnut	[Bar chart showing result in Low zone]		
CANDIDA SCREEN								
386	Avoid	<120	120 - 380	>380	Candida Albicans	[Bar chart showing result in Avoid zone]		



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	Low	Moderate	Avoid			Moderate	Avoid
DAIRY							
984	Avoid	<150	150 - 450	>450	Bleu Cheese	[Bar in Avoid zone]	
1237	Avoid	<150	150 - 450	>450	Parmesan	[Bar in Avoid zone]	
1794	Avoid	<150	150 - 450	>450	Ricotta	[Bar in Avoid zone]	
1681	Avoid	<150	150 - 450	>450	Yogurt	[Bar in Avoid zone]	
GRAINS							
10	Low	<100	100 - 250	>250	Brown Rice	[Bar in Low zone]	
62	Low	<150	150 - 450	>450	Flaxseed	[Bar in Low zone]	
6	Low	<100	100 - 200	>200	Millet	[Bar in Low zone]	
0	Low	<100	100 - 200	>200	Psyllium Seed	[Bar in Low zone]	
31	Low	<100	100 - 250	>250	Safflower Seed	[Bar in Low zone]	
297	Moderate	<150	150 - 450	>450	Spelt	[Bar in Moderate zone]	
136	Low	<150	150 - 450	>450	Triticale	[Bar in Low zone]	
SPICES							
0	Low	<100	100 - 200	>200	Allspice	[Bar in Low zone]	
12	Low	<100	100 - 200	>200	Anise	[Bar in Low zone]	
10	Low	<100	100 - 200	>200	Basil	[Bar in Low zone]	
0	Low	<100	100 - 200	>200	Bay Leaf	[Bar in Low zone]	
7	Low	<100	100 - 200	>200	Black Pepper	[Bar in Low zone]	
37	Low	<100	100 - 250	>250	Chili Powder	[Bar in Low zone]	
32	Low	<100	100 - 200	>200	Cilantro	[Bar in Low zone]	
0	Low	<100	100 - 200	>200	Cinnamon	[Bar in Low zone]	
0	Low	<100	100 - 200	>200	Cloves	[Bar in Low zone]	
40	Low	<100	100 - 200	>200	Coriander	[Bar in Low zone]	
26	Low	<100	100 - 200	>200	Cumin	[Bar in Low zone]	
25	Low	<100	100 - 250	>250	Curry	[Bar in Low zone]	
26	Low	<100	100 - 200	>200	Dill	[Bar in Low zone]	
24	Low	<110	110 - 350	>350	Ginger	[Bar in Low zone]	
6	Low	<100	100 - 250	>250	Horseradish	[Bar in Low zone]	
15	Low	<100	100 - 200	>200	Marjoram	[Bar in Low zone]	
43	Low	<150	150 - 350	>350	Mustard	[Bar in Low zone]	
0	Low	<100	100 - 200	>200	Nutmeg	[Bar in Low zone]	
10	Low	<100	100 - 200	>200	Oregano	[Bar in Low zone]	
0	Low	<100	100 - 250	>250	Paprika	[Bar in Low zone]	
8	Low	<100	100 - 200	>200	Parsley	[Bar in Low zone]	
18	Low	<100	100 - 200	>200	Peppermint	[Bar in Low zone]	
33	Low	<100	100 - 250	>250	Poppy Seed	[Bar in Low zone]	
14	Low	<100	100 - 200	>200	Rosemary	[Bar in Low zone]	
5	Low	<100	100 - 200	>200	Sage	[Bar in Low zone]	
41	Low	<100	100 - 200	>200	Spearmint	[Bar in Low zone]	
13	Low	<100	100 - 200	>200	Tarragon	[Bar in Low zone]	
26	Low	<100	100 - 200	>200	Thyme	[Bar in Low zone]	
13	Low	<100	100 - 200	>200	Turmeric	[Bar in Low zone]	
23	Low	<100	100 - 210	>210	Vanilla	[Bar in Low zone]	
NUTS							
34	Low	<100	100 - 250	>250	Brazil Nut	[Bar in Low zone]	
56	Low	<100	100 - 250	>250	Cashew	[Bar in Low zone]	
24	Low	<100	100 - 200	>200	Chia Seed	[Bar in Low zone]	
0	Low	<100	100 - 250	>250	Coconut	[Bar in Low zone]	
76	Low	<100	100 - 250	>250	Hazelnut	[Bar in Low zone]	
20	Low	<100	100 - 250	>250	Macadamia Nut	[Bar in Low zone]	
30	Low	<100	100 - 200	>200	Pine Nuts	[Bar in Low zone]	
8	Low	<100	100 - 250	>250	Pistachio	[Bar in Low zone]	

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RESULT		Reference Range			ALLERGEN	Low	NOT SAFE	
		Low	Moderate	Avoid			Moderate	Avoid
FRUITS								
0	Low	<100	100 - 200	>200	Blackberry			
0	Low	<100	100 - 200	>200	Boysenberry			
18	Low	<100	100 - 200	>200	Cantaloupe	■		
8	Low	<100	100 - 200	>200	Cherry	■		
11	Low	<100	100 - 250	>250	Currants	■		
12	Low	<100	100 - 250	>250	Fig	■		
14	Low	<100	100 - 200	>200	Honeydew	■		
0	Low	<120	120 - 250	>250	Lime			
0	Low	<100	100 - 200	>200	Rhubarb			
17	Low	<120	120 - 250	>250	Tangerine	■		
0	Low	<100	100 - 250	>250	White Grape			
VEGETABLES								
120	Low	<150	150 - 350	>350	Alfalfa	■		
0	Low	<100	100 - 200	>200	Artichoke			
36	Low	<100	100 - 200	>200	Bamboo Shoots	■		
37	Low	<110	110 - 250	>250	Bean Sprouts	■		
319	Moderate	<150	150 - 450	>450	Black Bean	■		
7	Low	<100	100 - 200	>200	Bok Choy	■		
0	Low	<100	100 - 250	>250	Brussels Sprout			
1	Low	<100	100 - 200	>200	Collard Greens			
38	Low	<100	100 - 200	>200	Eggplant	■		
10	Low	<100	100 - 200	>200	Garbanzo Bean	■		
0	Low	<100	100 - 200	>200	Green Olive			
2	Low	<100	100 - 250	>250	Kale	■		
0	Low	<110	110 - 250	>250	Mung Bean			
476	Avoid	<150	150 - 450	>450	Navy Bean	■		
0	Low	<100	100 - 200	>200	Okra			
3	Low	<100	100 - 200	>200	Parsnip	■		
27	Low	<100	100 - 300	>300	Pinto Bean	■		
9	Low	<100	100 - 200	>200	Radish	■		
35	Low	<100	100 - 250	>250	Red Pepper	■		
13	Low	<100	100 - 200	>200	Rutabaga	■		
105	Low	<110	110 - 220	>220	Summer Squash	■		
10	Low	<100	100 - 200	>200	Water Chestnut	■		
54	Low	<100	100 - 200	>200	Watercress	■		
23	Low	<110	110 - 220	>220	Winter Squash	■		
4	Low	<100	100 - 250	>250	Yam	■		
102	Low	<110	110 - 220	>220	Zucchini	■		
MISCELLANEOUS								
1	Low	<100	100 - 200	>200	Carob	■		
0	Low	<100	100 - 200	>200	Cocoa			
0	Low	<100	100 - 200	>200	Corn Starch			
0	Low	<100	100 - 200	>200	Corn Sugar			
11	Low	<100	100 - 200	>200	Maple Sugar	■		
0	Low	<100	100 - 200	>200	MSG			
0	Low	<100	100 - 200	>200	Saccharine			
0	Low	<100	100 - 200	>200	Tapioca			
8	Low	<100	100 - 200	>200	Tea	■		