

TruMed

Basic Food Allergy Test (100 Foods)

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

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RESULT		Reference Range			ALLERGEN	Low	NOT SAFE	
		Low	Moderate	Avoid			Moderate	Avoid
					FRUITS			
0	Low	<100	100 - 200	>200	Apple Mix			
0	Low	<100	100 - 200	>200	Apricot			
30	Low	<100	100 - 250	>250	Avocado	██████████		
142	Moderate	<100	100 - 250	>250	Banana	████████████████████		
0	Low	<100	100 - 200	>200	Blueberry			
0	Low	<100	100 - 200	>200	Cranberry			
0	Low	<120	120 - 250	>250	Grapefruit			
0	Low	<120	120 - 250	>250	Lemon			
2	Low	<100	100 - 200	>200	Nectarine	████		
24	Low	<120	120 - 250	>250	Orange	██████████		
13	Low	<120	120 - 250	>250	Papaya	████		
0	Low	<100	100 - 200	>200	Peach			
0	Low	<100	100 - 200	>200	Pear			
1188	Avoid	<120	120 - 300	>300	Pineapple	██		
0	Low	<100	100 - 200	>200	Plum			
0	Low	<100	100 - 200	>200	Raspberry			
0	Low	<100	100 - 250	>250	Red Grape			
0	Low	<100	100 - 200	>200	Strawberry			
50	Low	<100	100 - 200	>200	Watermelon	██████████████		
					VEGETABLES			
46	Low	<100	100 - 250	>250	Asparagus	██████████		
0	Low	<100	100 - 200	>200	Beet			
0	Low	<100	100 - 200	>200	Black Olive			
0	Low	<100	100 - 250	>250	Broccoli			
0	Low	<100	100 - 200	>200	Cabbage			
0	Low	<100	100 - 200	>200	Carrot			
7	Low	<100	100 - 250	>250	Cauliflower	████		
0	Low	<100	100 - 200	>200	Celery			
7	Low	<100	100 - 250	>250	Cucumber	████		
16	Low	<100	100 - 300	>300	Garlic	██████		
282	Moderate	<150	150 - 450	>450	Green Bean	████████████████████		
41	Low	<100	100 - 250	>250	Green Pepper	██████████		
554	Avoid	<150	150 - 450	>450	Kidney Bean	██		
3	Low	<100	100 - 300	>300	Lentil	████		
3	Low	<100	100 - 250	>250	Lettuce	████		
0	Low	<100	100 - 300	>300	Lima Bean			
80	Low	<100	100 - 250	>250	Onion	████████████████		
19	Low	<110	110 - 300	>300	Pea	██████		
1	Low	<100	100 - 200	>200	Potato	████		
12	Low	<110	110 - 220	>220	Pumpkin	██████		
142	Low	<150	150 - 420	>420	Soybean	████████████████████		
1	Low	<100	100 - 200	>200	Spinach	████		
20	Low	<100	100 - 200	>200	Tomato	██████		
					MISCELLANEOUS			
9	Low	<100	100 - 250	>250	Baker's Yeast	████		
88	Low	<120	120 - 300	>300	Brewer's Yeast	██████████████		
6	Low	<100	100 - 200	>200	Cane Sugar	████		
9	Low	<100	100 - 200	>200	Chocolate	████		
0	Low	<90	90 - 200	>200	Coffee			
14	Low	<100	100 - 200	>200	Honey	████		
81	Low	<100	100 - 250	>250	Mushroom	██████████████		