

TruMed

Food Sensitivity Test

Healthcare Professional
Dr. John Smith
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Age: 31
Date of Birth: 1985/12/20
Gender: Female



reactivity

NORMAL

The upper limit for assigning **Normal** status varies by antigen.

BORDERLINE

The upper and lower limits for assigning **Borderline** status vary by antigen.

ELEVATED

The lower limit for assigning **Elevated** status varies by antigen.

Dairy / Egg

0	Alpha-Lactalbumin (whey)	0	Beta-Lactoglobulin (whey)	20	Casein
100	Egg White	13	Egg Yolk	0	Milk (Buffalo)
43	Milk (Cow)	30	Milk (Goat)	6	Milk (Sheep)

Grains

37	Barley	0	Couscous	3	Durum Wheat
0	Gliadin	22	Malt	5	Oat
1	Rye	3	Spelt	20	Wheat
1	Wheat Bran				

Grains (Gluten-Free)

3	Amaranth	5	Buckwheat	19	Corn
0	Millet	2	Polenta	0	Quinoa
5	Rice	0	Tapioca		

Fruit

3	Apple	1	Apricot	5	Avocado
1	Banana	3	Black Currant	1	Blackberry
0	Blueberry	3	Cherry	2	Cranberry
1	Date	30	Fig	1	Grape (Black/Red/White)
1	Grapefruit	3	Guava	2	Kiwi
1	Lemon	2	Lime	3	Lychee
2	Mango	2	Melon (Galia/Honeydew)	0	Mulberry
0	Nectarine	0	Olive	11	Orange
1	Papaya	1	Peach	2	Pear
2	Pineapple	18	Plum	3	Pomegranate

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Fruit

0	Raisin	6	Raspberry	5	Red Currant
0	Rhubarb	2	Strawberry	2	Tangerine
2	Watermelon				

Vegetables

2	Artichoke	2	Arugula	0	Asparagus
4	Beet	1	Bell Peppers	2	Broccoli
7	Brussels Sprout	1	Cabbage (Red)	6	Cabbage (Savoy/White)
5	Carrot	2	Cauliflower	8	Celery
3	Chard	2	Chicory	3	Cucumber
1	Eggplant	1	Fennel (Leaf)	3	Leek
1	Lettuce	10	Onion	16	Potato
14	Radish	1	Shallot	0	Spinach
9	Squash (Butternut/Carnival)	1	Squash, Summer	7	Sweet Potato
2	Tomato	4	Turnip	2	Watercress
0	Yuca				

Fish / Seafood

9	Alga Espaguette	7	Alga Wakame	1	Anchovy
2	Barnacle	3	Bass	3	Carp
0	Caviar	22	Clam	1	Cockle
5	Cod	5	Crab	2	Cuttlefish
0	Eel	3	Haddock	2	Hake
2	Herring	2	Lobster	2	Mackerel
1	Monkfish	43	Mussel	2	Octopus
8	Oyster	3	Perch	2	Pike
2	Plaice	1	Razor Clam	5	Salmon
0	Sardine	13	Scallop	0	Sea Bream (Gilthead)
0	Sea Bream (Red)	3	Shrimp/Prawn	12	Snail (Sea Snail/Winkle)
3	Sole	2	Spirulina	1	Squid
5	Swordfish	4	Trout	3	Tuna
1	Turbot				

Meat

5	Beef	1	Chicken	0	Duck
2	Goat	5	Horse	2	Lamb
1	Ostrich	4	Ox	2	Partridge
2	Pork	1	Quail	2	Rabbit
3	Turkey	0	Veal	4	Venison
0	Wild Boar				

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Herbs / Spices

0	Aniseed	2	Basil	4	Bayleaf
2	Camomile	3	Cayenne	2	Cinnamon
0	Clove	0	Coriander (Leaf)	2	Cumin
11	Curry (Mixed Spices)	5	Dill	1	Garlic
6	Ginger	2	Ginkgo	3	Ginseng
2	Hops	0	Licorice	0	Marjoram
4	Mint	2	Mustard Seed	0	Nettle
2	Nutmeg	0	Parsley	5	Peppercorn (Black/White)
3	Peppermint	1	Red Chili Pepper	3	Rosemary
1	Saffron	1	Sage	0	Tarragon
0	Thyme	0	Vanilla		

Nuts / Seeds / Legumes

7	Almond	4	Bean (Broad)	1	Bean (Green)
7	Bean (Red Kidney)	9	Bean (White Haricot)	20	Brazil Nut
0	Canola	18	Cashew Nut	2	Chickpea
0	Coconut	5	Flax Seed	8	Hazelnut
6	Lentil	0	Macadamia Nut	38	Pea
11	Peanut	3	Pine Nut	20	Pistachio
0	Sesame Seed	5	Soy Bean	8	Sunflower Seed
6	Tiger Nut	2	Walnut		

Miscellaneous

6	Agar Agar	12	Aloe Vera	6	Cane Sugar
0	Caper	2	Carob	0	Chestnut
2	Cocoa Bean	1	Coffee	44	Cola Nut
1	Honey	4	Mushroom	4	Tea (Black)
2	Tea (Green)	0	Transglutaminase	1	Yeast (Baker's)
36	Yeast (Brewer's)				