Health starts at home.

Food & Drink Intolerance Test

Home-to-lab

IgG Blood sample test

Sample Report

Date of birth: 07/08/89

Unique reference code: CMBHUKSAMPLE

Report date: 07/10/26

Check my body health™

IgG Food Intolerance

IgG antibody testing measures the level of total IgG to food items. IgG food antibodies can result in a delayed response to a food. Circulating antibodies can affect each person differently. For some elevated antibody levels may not result in symptoms but for others they may lead to constipation, diarrhoea, changes in bowel movements, bloating, headaches and joint aches.

Dairy & Eggs	Value	Reaction
Casein	≤ 4.99	Class 0
Egg white	5.31	Class 0
Egg yolk	≤ 4.99	Class 0
Milk (cow)	5.02	Class 0
Milk (goat)	≤ 4.99	Class 0
α-lactalbumin	≤ 4.99	Class 0
β-lactoglobulin	6.04	Class 0

Fish & Shellfish	Value	Reaction
Anchovy	8.64	Class 1
Blue mussel	11.25	Class 1
Clam	9.16	Class 1
Codfish	≤ 4.99	Class 0
Crab	12.54	Class 2
Eel	5.88	Class 0
Lobster	13.21	Class 2
Mackerel	9.80	Class 1
Octopus	9.24	Class 1
Oyster	8.83	Class 1
Pacific squid	20.72	Class 3
Plaice	9.30	Class 1
Salmon	5.17	Class 0
Scallop	10.87	Class 1
Shrimp	7.49	Class 0
Trout	≤ 4.99	Class 0
Tuna	5.76	Class 0

Fruits	Value	Reaction
Apple	≤ 4.99	Class 0
Apricot	12.01	Class 1
Avocado	≤ 4.99	Class 0
Banana	7.86	Class 1
Blueberry	14.91	Class 2
Cherry	≤ 4.99	Class 0
Grape	6.58	Class 0
Kiwi	≤ 4.99	Class 0
Lemon	6.93	Class 0
Mango	≤ 4.99	Class 0
Melon	≤ 4.99	Class 0
Olive (black)	8.37	Class 1
Orange	8.44	Class 1
Peach	≤ 4.99	Class 0
Pear	5.92	Class 0
Pineapple	≤ 4.99	Class 0
Plum	5.60	Class 0
Strawberry	8.83	Class 1
Watermelon	5.71	Class 0

Grains, Gluten & Yeast	Value	Reaction
Barley meal	≤ 4.99	Class 0
Buckwheat	5.56	Class 0
Corn	6.06	Class 0
Gluten	≤ 4.99	Class 0
Rice	9.54	Class 1
Rye	7.31	Class 0
Wheat flour	8.21	Class 1
Yeast (bakers)	6.49	Class 0

Legumes & Pulses	Value	Reaction
Lentil	≤ 4.99	Class 0
Pea	≤ 4.99	Class 0
Red kidney bean	6.00	Class 0
Soybean	≤ 4.99	Class 0

Meat & Poultry	Value	Reaction
Beef	≤ 4.99	Class 0
Chicken	6.68	Class 0
Lamb	8.27	Class 1
Pork	≤ 4.99	Class 0

Nuts, Seeds & Oils	Value	Reaction
Almond	≤ 4.99	Class 0
Brazil nut	≤ 4.99	Class 0
Cacao	7.77	Class 1
Cashew nut	≤ 4.99	Class 0
Coconut	≤ 4.99	Class 0
Hazel nut	5.09	Class 0
Macadamia nut	≤ 4.99	Class 0

Nuts, Seeds & Oils	Value (mg/L)	Reaction
Mustard	5.89	Class 0
Peanut	≤ 4.99	Class 0
Pine nut	≤ 4.99	Class 0
Pistachio nut	≤ 4.99	Class 0
Sesame	5.72	Class 0
Sunflower	7.71	Class 1
Sweet chestnut	6.70	Class 0
Walnut	15.08	Class 2

Vegetables	Value	Reaction
Broccoli	≤ 4.99	Class 0
Cabbage	5.43	Class 0
Carrot	14.00	Class 2
Celery	≤ 4.99	Class 0
Cucumber	7.78	Class 1
Eggplant	13.15	Class 2
Garlic	8.50	Class 1
Lettuce	11.82	Class 1
Mushroom	≤ 4.99	Class 0
Onion	9.32	Class 1
Potato	8.71	Class 1
Pumpkin	≤ 4.99	Class 0
Spinach	≤ 4.99	Class 0
Sweet potato	7.36	Class 0
Tomato	≤ 4.99	Class 0