

Patient Name: Sample Report
 DOB: 8/10/2022
 Sample ID #: 20220810001-1
 Phone #: 678-971-5256
 E-Mail: support@infiniteallergylabs.com
 Collection Date: 8/10/2022
 Report Date: 08/24/2022



INFINITE
 ALLERGY LABS

Physician: Dr. Infinite
 Clinic: Infinite Allergy Labs
 Address: 3885 Crestwood Parkway NW
 Duluth, Georgia 30096
 Phone: 678-971-5256

Is your diet making you sick?

Group	Allergens	ALLERGY		SENSITIVITY				C3 b/d Results
		IgE Results (U/mL)	IgE Low Range (U/mL)	IgG4 Results (U/mL)	IgG4 Low Range (U/mL)	IgG Results (U/mL)	IgG Low Range (U/mL)	
Beans, Legumes, Nuts, Seeds	Almond	<1.00	=1.00	3.96	=1.00	3.98	=2.50	Not Detected
	Bean, Common Mix*	<1.00	=1.00	<1.00	=1.00	15.67	=13.50	Not Detected
	Brazil Nut	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
	Cashew	<1.00	=1.00	5.91	=1.00	9.19	=3.00	Not Detected
	Cotton Seed	<1.00	=1.00	<1.00	=1.00	2.38	=3.00	Not Detected
	Flax	<1.00	=1.00	<1.00	=1.10	<1.00	=3.00	Not Detected
	Hazelnut	<1.00	=1.00	<1.00	=1.00	2.87	=2.50	Not Detected
	Mustard Seed	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Pea, Green	<1.00	=1.00	<1.00	=1.00	<1.00	=4.00	Not Detected
	Peanut	4.58	=1.00	4.07	=1.00	20.41	=2.50	Not Detected
	Pecan Nut	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
	Pistachio	<1.00	=1.00	<1.00	=1.00	1.37	=2.50	Not Detected
	Sesame	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Soybean	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Walnut, English	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected	
Dairy, Meat, Poultry	Beef	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Casein	<1.00	=1.00	3.60	=1.00	4.97	=2.50	Not Detected
	Chicken	<1.00	=3.50	<1.00	=3.00	<1.00	=5.50	Not Detected
	Egg White, Chicken	6.34	=1.00	9.62	=1.00	21.49	=5.50	Not Detected
	Egg Yolk, Chicken	3.27	=1.00	14.00	=1.00	19.17	=5.50	Not Detected
	Lamb	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Milk, Cow	4.75	=1.00	3.53	=1.00	15.24	=2.50	Detected
	Milk, Goat	3.25	=1.00	<1.00	=1.00	15.35	=2.50	Detected
Pork	<1.00	=1.00	<1.00	=1.10	<1.00	=3.00	Not Detected	

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 CLIA License #: 11D2142105

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Dairy, Meat, Poultry	Turkey	<1.00	=1.50	<1.00	=2.00	<1.00	=3.50	Not Detected
Fish, Shellfish	Fish, Mackerel	<1.00	=1.00	<1.00	=2.00	<1.00	=4.00	Not Detected
	Fish, Salmon	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Fish, Tuna	<1.00	=2.00	<1.00	=3.00	<1.00	=6.00	Not Detected
	Fish, Whitefish Mix*	<1.00	=1.00	<1.00	=1.00	1.47	=3.00	Not Detected
	Shellfish Mix*	<1.00	=1.00	<1.00	=1.00	1.45	=2.50	Not Detected
Fruits, Vegetables	Apple	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Asparagus	<1.00	=1.00	<1.00	=1.00	2.31	=3.00	Not Detected
	Avocado	<1.00	=1.10	<1.00	=1.10	<1.00	=3.00	Not Detected
	Banana	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Blueberry	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Broccoli	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Cabbage	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Cantaloupe	<1.00	=1.00	<1.00	=1.10	<1.00	=3.00	Not Detected
	Carrot	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Cauliflower	<1.00	=1.00	<1.00	=1.00	1.43	=3.00	Not Detected
	Celery	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Cherry	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Coconut	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Corn, Sweet	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Cranberry	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Cucumber	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
Grape, White	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected	
Grapefruit	<1.00	=1.00	<1.00	=1.10	<1.00	=3.00	Not Detected	

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Fruits, Vegetables	Lemon	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Lettuce	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Olive, Green	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Onion	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Orange	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Peach	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Pear	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Pepper, Green Bell	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Pineapple	<1.00	=1.00	<1.00	=1.00	1.97	=3.00	Not Detected
	Plum	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Potato, Sweet	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Potato, White	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Raspberry	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Spinach	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Squash Mix*	<1.00	=1.50	<1.00	=1.10	1.45	=3.00	Not Detected
	Strawberry	<1.00	=1.00	<1.00	=2.00	<1.00	=3.00	Not Detected
Tomato	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected	
Watermelon	<1.00	=1.00	<1.00	=1.10	<1.00	=3.00	Not Detected	
Grains	Barley	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Buckwheat	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Gluten (Gliadin)*	<1.00	=1.00	19.25	=1.10	40.56	=14.00	Detected
	Malt	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Oats	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Rice	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected

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Grains	Rye	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
	Wheat	<1.00	=1.00	<1.00	=1.00	<1.00	=2.50	Not Detected
Herbs, Spices, Beverages	Cinnamon	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Cocoa	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Coffee	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Garlic	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Ginger	<1.00	=1.00	<1.00	=1.00	1.12	=4.00	Not Detected
	Hops	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Nutmeg	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Pepper, Black	<1.00	=1.00	<1.00	=1.00	<1.00	=3.00	Not Detected
	Tea, Black	<1.00	=1.00	<1.00	=1.10	1.01	=3.00	Not Detected
	Vanilla	<1.00	=1.00	<1.00	=1.00	1.31	=3.00	Not Detected
Mold, Fungi	Aspergillus mix*	<1.00	=1.00	1.04	=1.00	10.17	=4.00	Detected
	Candida	<1.00	=1.00	1.10	=1.00	45.57	=12.50	Detected
	Mushroom	<1.00	=1.00	<1.00	=1.00	8.90	=3.50	Not Detected
	Yeast, S. cerevisiae	<1.00	=1.00	<1.00	=1.00	3.97	=3.00	Detected

- * **Aspergillus Mix:** Aspergillus flavus, Aspergillus fumigatus, Aspergillus nidulans, Aspergillus niger
- * **Bean, Common Mix:** Kidney Bean, Navy Bean, String Bean
- * **Fish, Whitefish Mix:** Cod, Flounder, Halibut
- * **Gluten (Gliadin):** Alpha-Gliadin, Gamma-Gliadin, Omega-Gliadin
- * **Shellfish Mix:** Crab, Lobster, Oyster, Shrimp, Scallop
- * **Squash Mix:** Yellow Squash, Zucchini Squash

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Is your diet making you sick?

Glossary

The Comprehensive Food Allergy and Sensitivity Test is designed to show how commonly ingested foods/beverages could be causing a response within your immune system.

IgE (Immunoglobulin E) are antibodies the body produces in response to an allergic reaction to foods and/or beverages that occur within a few minutes to hours of ingesting the triggering food and/or beverage (allergen). Elevated IgE levels in the blood can be a sign that a patient's body is reacting to an allergen, present in the body also known as "allergic reaction" that generates more serious symptoms. The response also stimulates the release of histamines in the body. Some key symptoms of IgE mediated response include: Itching, sneezing, hives, coughing, difficulty breathing and even anaphylaxis in extreme cases.

IgG4 (Immunoglobulin G subclass) food antibodies are the complement to the IgE antibody response. They are produced in a delayed hypersensitivity reaction, which can occur days after exposure to certain foods. IgG4 acts as a blocking antibody to the allergy producing IgE antibody. IgG4 blocks the IgE allergic response which helps to build a tolerance to ingested foods causing an allergic reaction. Although IgG4 blocks an allergic response, when high it can also cause an inflammatory response in the body due to an overproduction of histamines.

IgG (Immunoglobulin G) is the antibody response that causes food sensitivities with a delayed reaction of 3-72 hours. These sensitivities can improve and may be less severe than IgE reactions. IgG signifies intolerance to a certain food type and the allergy. High IgG antibodies for given foods suggest that it may be causing the symptoms. Symptoms of IgG-mediated food intolerance can be general or specific and may show up many hours or up to 3 days after consumption of a "trigger food", making the culprits extremely difficult to identify without testing. In general, you may feel fatigued and easily exhausted despite eating all the right "healthy" foods, or you may even suffer from Chronic Fatigue Syndrome which can lead to depressive symptoms. Conditions associated with IgG food sensitivities include: irritable bowel syndrome (IBS), major depressive disorder, migraines, skin rashes such as eczema, joint aches, autoimmune disease, Crohn's disease, obesity, etc.

Complement components C3b and C3d are the complement proteins that bind to IgG antibodies. The Infinite C3b/d Food Sensitivity Panel measures these proteins as they are known to increase the IgG sensitivity reactions augmenting symptoms and inflammation. When C3b/d complement component proteins are detected in response to an allergen, especially in conjunction with detection of IgG antibodies to the same food, it is suggested to eliminate that food to aid in ameliorating symptoms, as IgG with C3b/d are responsible for the most aggressive symptoms.

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The Comprehensive Food Allergy and Sensitivity Test will determine which foods stimulate the immune system to elicit a response. The summary of foods to eliminate are listed below.

Patients are advised to check with their physician prior to initiating any diet changes. These recommendations are based only on these test results. These suggestions do not take into consideration any other conditions a patient may have that would require additional dietary restrictions.

Dietary Restrictions (Less Severe Symptoms)

For patients with less severe symptoms it is recommended foods with a high reaction to any of the 4 markers measured are eliminated from the diet.

Eliminate highly reactive foods (For patients with milder symptoms)
Almond
Aspergillus mix
Candida
Casein
Cashew
Egg White, Chicken
Gluten (Gliadin)
Milk, Cow
Milk, Goat
Mushroom
Peanut
Yeast, S. cerevisiae

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Dietary Restrictions (More Severe Symptoms)

Patients with more severe symptoms are advised to remove all moderate and high reactions from their diet.

Eliminate high and moderately reactive foods

(For patients with more severe symptoms)

Almond
Aspergillus mix
Bean, Common Mix
Candida
Casein
Cashew
Egg White, Chicken
Egg Yolk, Chicken
Gluten (Gliadin)
Hazelnut
Milk, Cow
Milk, Goat
Mushroom
Peanut
Yeast, *S. cerevisiae*

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	Result	Reference Range	
Zonulin	35.20ng/mL	<30.00ng/mL	

Zonulin

Zonulin is a protein molecule that regulates the permeability of the intercellular tight junctions in the intestinal wall. When it binds to specific receptors on the cell surface it stimulates the tight junctions to open and as a result increases intestinal permeability. Increased permeability in the intestines allows larger molecules such as bacteria and their byproducts (lipopolysaccharides LPS), yeast and other compounds into the bloodstream. This may lead to allergic responses and other immune activation. Inflammatory compounds released from immune cells is now recognized as a major source of chronic inflammation leading to metabolic disruption and is regarded as a major factor in unhealthy aging and chronic health issues.

Normal/Low	Moderate	High
<=30.00ng/mL	>30.00 to <=34.00ng/mL	>34.00ng/mL

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