



EverWell Labs

COMPLETE BODY DIAGNOSTICS

Food Sensitivity

Patient Name:

Nathan Sidall

Sample ID:

T4-01362-YGM

Sample Date:



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Total IgG Immune Load

Your total IgG reactivity shows the current immune load your body is experiencing with your current diet. Research shows by following your IgG guided dietary changes, total immune load can be reduced.



Your food specific IgG antibody diet guide shows IgG reactions and cross reactions to foods and drinks.

This information can be used by a qualified healthcare practitioner to adjust your diet. Any changes in diet including the removal of foods should be overseen by a qualified professional, to prevent nutrient deficiencies.

Please note: a food specific IgG antibody test does not analyse classical allergies, where IgE antibodies are involved. Food specific IgG antibody testing cannot diagnose conditions such as Coeliac Disease, or Lactose Intolerance. Any pre existing allergies or negative reactions to foods should be discussed with your health practitioner. YourGutMap defines Food Sensitivity as a food specific IgG antibody reaction. This is not a diagnostic test

YourGutMap IgG Food Sensitivity Screen

Elevated ≥ 20 IgG $\mu\text{g/ml}$

Borderline 10 – 19.99 IgG $\mu\text{g/ml}$

Normal 0 – 9.99 IgG $\mu\text{g/ml}$

Dairy Products & Egg

37.94	Cow's milk Bos d 4 * (Alpha-Lactalbumin)	35.92	Cow's milk Bos d 5 * (Beta-Lactoglobulin)	38.60	Cow's milk Bos d 8 * (Casein)
37.15	Buttermilk	36.40	Camembert	34.42	Emmental
36.54	Gouda	34.79	Cottage cheese	39.09	Cow's milk
37.77	Mozzarella	30.22	Parmesan	35.01	Buffalo milk
7.25	Camel milk	36.12	Goat cheese	35.91	Goat milk
26.40	Quail egg	36.32	Egg white	43.69	Egg yolk
37.87	Sheep cheese	36.96	Sheep milk		

Cereals & Seeds

5.95	Amaranth	14.06	Oat	25.48	Rapeseed
7.26	Hempseed	4.01	Quinoa	29.33	Pumpkin seed
3.47	Buckwheat	14.08	Sunflower	18.26	Barley
26.15	Malt (barley)	22.04	Linseed	22.92	Lupine seed
9.35	Rice	6.71	Millet	14.93	Poppyseed
8.71	Pine nut	26.16	Rye	29.25	Sesame
32.57	Wheat	25.42	Wheat gliadin	30.21	Wheat bran
3.08	Wheatgrass	34.84	Gluten	27.10	Emmer
30.81	Durum	35.15	Einkorn	33.53	Polish wheat
28.37	Spelt	2.45	Corn		

Meat

2.52	Duck	6.40	Beef	2.52	Veal
4.52	Venison	1.81	Goat	2.13	Stag
0.00	Horse	4.87	Chicken	4.05	Turkey
7.80	Rabbit	4.56	Lamb	4.12	Ostrich
3.89	Pork	5.09	Boar		

Fish & Seafood

2.20	Caviar	2.56	Eel	2.61	Noble crayfish
3.45	Cockle	2.18	Crab	4.75	Atlantic herring
6.39	Carp	4.82	European anchovy	5.78	Northern pike
2.50	Atlantic cod	4.44	Abalone	1.17	Lobster
3.08	Shrimp mix	1.61	Squid	2.38	Monkfish
4.30	Haddock	3.48	Hake	1.97	Common mussel

4.37	Octopus	2.22	Trout	3.55	Oyster
0.00	Northern prawn	6.00	Scallop	5.69	Razor shell
3.48	European plaice	4.22	Thornback Ray	4.38	Venus clam
1.15	Salmon	7.34	European pilchard	4.16	Turbot
5.65	Mackerel	4.17	Atlantic redfish	4.42	Sepia
3.16	Sole	1.10	Gilt-head bream	5.21	Tuna
0.00	Swordfish				

Vegetables

3.07	Shallot	2.14	Onion	3.07	Leek
5.99	Chives	5.02	Wild garlic	2.63	Celery Bulb
4.34	Celery Stalk	4.88	Horseradish	0.00	Bamboo sprouts
5.57	Chard	5.15	Red beet	3.01	Cabbage
4.40	Cauliflower	2.94	White cabbage	2.62	Brussels sprouts
5.30	Kohlrabi	2.65	Broccoli	2.13	Romanesco

2.99	Red cabbage	2.34	Green cabbage	12.92	Savoy
4.33	Turnip	6.16	Pok-Choi	2.66	Chinese cabbage
2.21	Caper	4.25	Endive	3.84	Radicchio
4.06	Chicorée	6.49	Pumpkin Butternut	5.12	Pumpkin Hokkaido
6.91	Kiwano	1.09	Zucchini	4.84	Cucumber
5.17	Artichoke	4.42	Carrot	0.70	Arugula
7.41	Fennel (bulb)	28.72	Sweet potato	6.34	Watercress
2.03	Olive	2.02	Parsnip	7.65	Avocado
6.75	Green bean	27.57	Pea	6.02	Radish
9.69	Eggplant	14.82	Tomato	8.81	Spinach
8.34	Nettle leaves	4.36	Lamb's lettuce		

Edible Mushrooms

1.75	White mushroom	3.12	Boletus	5.49	Chanterelle
4.63	Enoki	3.35	French horn mushroom	0.13	Oyster mushroom

Legumes

28.26	Peanut	29.84	Chickpea	29.67	Soy
27.52	Lentil	4.74	White bean	6.75	Green bean
27.57	Pea	22.41	Sugar pea	1.90	Tamarind
12.53	Mung bean				

Fruits

0.65	Kiwi	19.51	Pineapple	3.94	Papaya
0.92	Lime	4.51	Lemon	4.82	Watermelon
0.24	Grapefruit	8.03	Tangerine	6.89	Orange
3.18	Melon	4.19	Fig	29.77	Strawberry
2.53	Lychee	3.40	Apple	4.62	Mango
4.79	Mulberry	6.00	Banana	4.21	Passion fruit
1.28	Date	5.40	Physalis	8.40	Apricot
9.53	Cherry	6.25	Plum	0.00	Peach
2.78	Nectarine	4.00	Pomegranate	4.21	Pear
1.74	Gooseberry	1.88	Red currant	1.93	Blackberry
6.74	Raspberry	5.64	Elderberry	12.95	Blueberry
2.08	Cranberry	0.00	Grape	2.95	Raisin

Nuts

26.59	Cashew	4.62	Brazil nut	6.59	Pecan nut
7.27	Sweet chestnut	22.97	Coconut milk	2.59	Coconut
2.92	Kola nut	15.19	Hazelnut	6.90	Tigernut
7.05	Walnut	6.14	Macadamia	16.01	Pistachio
14.84	Almond				

Spices

2.72	Dill	5.67	Tarragon	10.32	Paprika
3.54	Cayenne pepper	8.79	Chili (red)	2.27	Caraway
3.95	Cinnamon	30.07	Curry	4.92	Coriander
6.71	Cumin	5.34	Turmeric	2.99	Lemongrass
3.29	Cardamom	2.67	Juniper berry	2.43	Bay leaf
4.00	Nutmeg	5.37	Mint	7.07	Basil
7.88	Majoram	3.40	Oregano	2.28	Parsley
2.95	Anise	5.52	Pepper 	4.22	Rosmary
0.73	Sage	4.11	Mustard	3.63	Clove
6.08	Thyme	10.46	Fenugreek	2.55	Vanilla
4.87	Ginger				

Herbal Tees & Coffee

4.36 Tea, black

6.21 Tea, green

3.00 Coffee

3.79 Hibiscus

3.38 Jasmine

5.66 Chamomile

10.53 Peppermint

5.93 Moringa

2.17 Cocoa

Novel Foods

2.25 House cricket

4.98 Baobab

5.13 Aloe

6.50 Greater burdock root

3.11 Aronia

0.87 Safflower oil

5.11 Chlorella

4.35 Ginkgo

11.95 Maca root

5.09 Migratory locust

2.07 Tapioca

4.12 Ginseng

4.07 Guarana

22.52 Almond milk

2.72 Nori

12.70 Chia seed

8.59 Yacón root

1.52 Spirulina

5.31 Dandelion root

3.60 Mealworm

2.37 Wakame

CCD

1.58 Human Lactoferrin

Others

3.18	Agar Agar	3.56	Honey	4.06	Aspergillus niger
4.91	Hops	2.13	Baker's yeast	5.84	Cane sugar
3.74	Brewer's yeast	3.06	Elderflower	34.62	M-Transglutaminase, meat glue

Your Reactive Foods & Drinks

Elevated ≥ 20 IgG $\mu\text{g/ml}$

26.59	Cashew	28.26	Peanut	37.94	Cow's milk Bos d 4 * (Alpha-Lactalbumin)
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30.22	Parmesan	25.48	Rapeseed	35.01	Buffalo milk
36.12	Goat cheese	35.91	Goat milk	29.84	Chickpea
22.97	Coconut milk	30.07	Curry	26.40	Quail egg
29.33	Pumpkin seed	29.77	Strawberry	36.32	Egg white
43.69	Egg yolk	29.67	Soy	26.15	Malt (barley)
28.72	Sweet potato	27.52	Lentil	22.04	Linseed
22.92	Lupine seed	37.87	Sheep cheese	36.96	Sheep milk
27.57	Pea	22.41	Sugar pea	22.52	Almond milk
26.16	Rye	29.25	Sesame	34.62	M-Transglutaminase, meat glue
32.57	Wheat	25.42	Wheat gliadin	30.21	Wheat bran
34.84	Gluten	27.10	Emmer	30.81	Durum
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Your Reactive Foods & Drinks

Borderline 10 – 19.99 IgG µg/ml

18.27	Garlic	19.51	Pineapple	14.06	Oat
12.92	Savoy	10.32	Paprika	15.19	Hazelnut
14.08	Sunflower	18.26	Barley	11.95	Maca root
10.53	Peppermint	14.93	Poppyseed	16.01	Pistachio
14.84	Almond	12.70	Chia seed	15.55	Potato
14.82	Tomato	10.46	Fenugreek	12.95	Blueberry
12.53	Mung bean				