



Tests you can trust

Name : XXX XXX (XXY/F)

Date : 04 Jul 2025

Test Asked : Food Intolerance Profile

Report Status: Complete Report



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100% of its Labs with NABL Accreditation[#]



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Thyrocare
D-37/1,TTC MIDC,Turbhe,
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Thyrocare Technologies Limited, D-37/3, TTC MIDC, Turbhe, Navi Mumbai - 400 703 9870666333 wellness@thyrocare.com

First National Diagnostic Chain to have 100% of its Labs with NABL Accreditation#

NAME	: XXX XXX (xY/F)	HOME COLLECTION :
REF. BY	: SELF	XXX
TEST ASKED	: FOOD INTOLERANCE PROFILE	XXX
		XXX

Report Availability Summary

Note: Please refer to the table below for status of your tests.

1 Ready

0 Ready with Cancellation

0 Processing

0 Cancelled in Lab

TEST DETAILS	REPORT STATUS
FOOD INTOLERANCE PROFILE	Ready



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

Dear xxx xxx,

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

- 1) **Food Groups** – foods are listed according to their respective food group
- 2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED** **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- ✓ Information about food intolerance and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, reintroducing foods, and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten, and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact CNS on 01353 863279.

Kind regards
Cambridge Nutritional Sciences

555-4-02

200+

Test Report : Food Groups



Patient Name: XXX XXX
 Patient Number:
 Date of Birth: DD/MM/YYYY

Sample Date: 04/07/2025
 Analysis Date: 05/07/2025
 Clinic:

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
<15	Alpha-Lactalbumin	80	Egg White	132	Milk (Cow)
25	Beta-Lactoglobulin	<15	Egg Yolk	69	Milk (Goat)
115	Casein	<15	Milk (Buffalo)	70	Milk (Sheep)
GRAINS (Gluten-Containing)*					
53	Barley	39	Malt	16	Wheat
<15	Couscous	23	Oat	<15	Wheat Bran
<15	Durum Wheat	<15	Rye		
33	Gliadin*	<15	Spelt		
GRAINS (Gluten-Free)					
27	Amaranth	<15	Millet	36	Rice
57	Buckwheat	<15	Polenta	<15	Tapioca
47	Corn (Maize)	<15	Quinoa		
FRUIT					
<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	31	Plum
<15	Banana	<15	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Mulberry	<15	Redcurrant
<15	Cherry	<15	Nectarine	<15	Rhubarb
51	Cranberry	<15	Olive	<15	Strawberry
<15	Date	30	Orange	<15	Tangerine
<15	Fig	<15	Papaya	<15	Watermelon
<15	Grapefruit	<15	Peach		
VEGETABLES					
<15	Artichoke	<15	Carrot	42	Pea
<15	Asparagus	<15	Cauliflower	43	Potato
<15	Aubergine	15	Celery	18	Radish
18	Bean (Broad)	<15	Chard	<15	Rocket
<15	Bean (Green)	<15	Chickpea	<15	Shallot
26	Bean (Red Kidney)	<15	Chicory	38	Soya Bean
47	Bean (White Haricot)	<15	Cucumber	<15	Spinach
<15	Beetroot	<15	Fennel (Leaf)	<15	Sweet Potato
<15	Broccoli	<15	Leek	<15	Tomato
<15	Brussel Sprout	<15	Lentil	<15	Turnip
<15	Cabbage (Red)	<15	Lettuce	<15	Watercress
<15	Cabbage (White)	<15	Marrow	<15	Yuca
<15	Caper	<15	Onion		

Continued on next page...

Patient Name: XXX XXX
Patient Number:
Date of Birth: DD/MM/YYYY

Sample Date: 04/07/2025
Analysis Date: 05/07/2025
Clinic:

FISH / SEAFOOD

<15	Alga Espaguette	<15	Eel	<15	Razor Clam
<15	Alga Spirulina	<15	Haddock	<15	Salmon
<15	Alga Wakame	<15	Hake	<15	Sardine
<15	Anchovy	<15	Herring	<15	Scallop
<15	Barnacle	<15	Lobster	<15	Sea Bream (Gilthead)
<15	Bass	<15	Mackerel	<15	Sea Bream (Red)
<15	Carp	<15	Monkfish	<15	Sole
18	Caviar	15	Mussel	22	Squid
19	Clam	<15	Octopus	<15	Swordfish
<15	Cockle	<15	Oyster	<15	Trout
<15	Cod	<15	Perch	<15	Tuna
<15	Crab	15	Pike	<15	Turbot
<15	Cuttlefish	<15	Plaice	36	Winkle

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	<15	Wild Boar
<15	Horse	<15	Quail		
<15	Lamb	<15	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nettle
<15	Basil	<15	Garlic	19	Nutmeg
<15	Bayleaf	<15	Ginger	<15	Parsley
<15	Camomile	50	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	<15	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla

NUTS / SEEDS

53	Almond	38	Hazelnut	<15	Rapeseed
58	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
60	Cashew Nut	50	Peanut	52	Sunflower Seed
<15	Coconut	<15	Pine Nut	27	Tiger Nut
61	Flax Seed	31	Pistachio	<15	Walnut

MISCELLANEOUS

72	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)
<15	Aloe Vera	<15	Coffee	<15	Tea (Green)
31	Cane Sugar	61	Cola Nut	17	Transglutaminase
<15	Carob	<15	Honey	73	Yeast (Baker's)
<15	Chestnut	<15	Mushroom	54	Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

Test Report : Order of Reactivity

Patient Name: XXX XXX
 Patient Number:
 Date of Birth: DD/MM/YYYY

Sample Date: 04/07/2025
 Analysis Date: 05/07/2025
 Clinic:

ELEVATED FOODS (≥30 U/ml)

132	Milk (Cow)	57	Buckwheat	42	Pea
115	Casein	54	Yeast (Brewer's)	39	Malt
80	Egg White	53	Almond	38	Hazelnut
73	Yeast (Baker's)	53	Barley	38	Soya Bean
72	Agar Agar	52	Sunflower Seed	36	Rice
70	Milk (Sheep)	51	Cranberry	36	Winkle
69	Milk (Goat)	50	Ginkgo	33	Gliadin*
61	Cola Nut	50	Peanut	31	Cane Sugar
61	Flax Seed	47	Bean (White Haricot)	31	Pistachio
60	Cashew Nut	47	Corn (Maize)	31	Plum
58	Brazil Nut	43	Potato	30	Orange

BORDERLINE FOODS (24-29 U/ml)

27	Amaranth	26	Bean (Red Kidney)
27	Tiger Nut	25	Beta-Lactoglobulin

NORMAL FOODS (≤23 U/ml)

23	Oat	<15	Aubergine	<15	Cayenne
22	Squid	<15	Avocado	<15	Chard
19	Clam	<15	Banana	<15	Cherry
19	Nutmeg	<15	Barnacle	<15	Chestnut
18	Bean (Broad)	<15	Basil	<15	Chicken
18	Caviar	<15	Bass	<15	Chickpea
18	Radish	<15	Bayleaf	<15	Chicory
17	Transglutaminase	<15	Bean (Green)	<15	Chilli (Red)
16	Wheat	<15	Beef	<15	Cinnamon
15	Celery	<15	Beetroot	<15	Clove
15	Mussel	<15	Blackberry	<15	Cockle
15	Pike	<15	Blackcurrant	<15	Cocoa Bean
<15	Alga Espaguette	<15	Blueberry	<15	Coconut
<15	Alga Spirulina	<15	Broccoli	<15	Cod
<15	Alga Wakame	<15	Brussel Sprout	<15	Coffee
<15	Aloe Vera	<15	Cabbage (Red)	<15	Coriander (Leaf)
<15	Alpha-Lactalbumin	<15	Cabbage (White)	<15	Couscous
<15	Anchovy	<15	Camomile	<15	Crab
<15	Aniseed	<15	Caper	<15	Cucumber
<15	Apple	<15	Carob	<15	Cumin
<15	Apricot	<15	Carp	<15	Cuttlefish
<15	Artichoke	<15	Carrot	<15	Date
<15	Asparagus	<15	Cauliflower	<15	Dill

Patient Name: XXX XXX
Patient Number:
Date of Birth: DD/MM/YYYY

Sample Date: 04/07/2025
Analysis Date: 05/07/2025
Clinic:

NORMAL FOODS ...continued

<15	Duck	<15	Mulberry	<15	Sage
<15	Durum Wheat	<15	Mushroom	<15	Salmon
<15	Eel	<15	Mustard Seed	<15	Sardine
<15	Egg Yolk	<15	Nectarine	<15	Scallop
<15	Fennel (Leaf)	<15	Nettle	<15	Sea Bream (Gilthead)
<15	Fig	<15	Octopus	<15	Sea Bream (Red)
<15	Garlic	<15	Olive	<15	Sesame Seed
<15	Ginger	<15	Onion	<15	Shallot
<15	Ginseng	<15	Ostrich	<15	Sole
<15	Goat	<15	Ox	<15	Spelt
<15	Grapefruit	<15	Oyster	<15	Spinach
<15	Guava	<15	Papaya	<15	Strawberry
<15	Haddock	<15	Parsley	<15	Sweet Potato
<15	Hake	<15	Partridge	<15	Swordfish
<15	Herring	<15	Peach	<15	Tangerine
<15	Honey	<15	Pear	<15	Tapioca
<15	Hops	<15	Peppermint	<15	Tarragon
<15	Horse	<15	Perch	<15	Tea (Black)
<15	Kiwi	<15	Pine Nut	<15	Tea (Green)
<15	Lamb	<15	Pineapple	<15	Thyme
<15	Leek	<15	Plaice	<15	Tomato
<15	Lemon	<15	Polenta	<15	Trout
<15	Lentil	<15	Pomegranate	<15	Tuna
<15	Lettuce	<15	Pork	<15	Turbot
<15	Lime	<15	Quail	<15	Turkey
<15	Liquorice	<15	Quinoa	<15	Turnip
<15	Lobster	<15	Rabbit	<15	Vanilla
<15	Lychee	<15	Raisin	<15	Veal
<15	Macadamia Nut	<15	Rapeseed	<15	Venison
<15	Mackerel	<15	Raspberry	<15	Walnut
<15	Mango	<15	Razor Clam	<15	Watercress
<15	Marjoram	<15	Redcurrant	<15	Watermelon
<15	Marrow	<15	Rhubarb	<15	Wheat Bran
<15	Milk (Buffalo)	<15	Rocket	<15	Wild Boar
<15	Millet	<15	Rosemary	<15	Yuca
<15	Mint	<15	Rye		
<15	Monkfish	<15	Saffron		

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

NAME : XXX XXX (xY/F) **HOME COLLECTION :**
REF. BY : SELF XXX
TEST ASKED : FOOD INTOLERANCE PROFILE XXXXX
PATIENTID : XXXXX XXXXXX

Food Intolerance Test Clinical Interpretation

- Food Intolerance is a food sensitivity test which identifies IgG antibodies based on protein microarray technology. IgG food sensitivity may take up to 72 hours to appear and are more difficult to detect.
- Food Intolerance is distinct from food allergy which is an IgE mediated response. Please be aware that if you have a classic IgE allergy to food this will not be reflected in your result. Such food must be avoided as priority.
- Depending upon the antibody level detected, foods are categorised as:
ELEVATED, BORDERLINE or NORMAL. Colour-coding of these categories allows 'problem' foods to be easily identified and avoided.

ELEVATED	BORDERLINE	NORMAL
Indicates that a high antibody reaction was detected	Indicates that a moderate antibody reaction was detected	Indicates that no significant reaction was detected
Substitute with NORMAL (green) foods from the same food group.	Substitute with NORMAL (green) foods from the same food group. Please refer to 'Test Report: Food Groups'.	If you have a known allergy to a specific food that triggers a rapid onset of symptoms (Type I allergy), this food should be avoided.

- Foods highlighted in red are recommended to be eliminated from diet for at least 3 months.
- Foods highlighted in Yellow are recommended to be rotated for at least 3 months. To rotate food items, eat them no more than once every 3-4 days.
- The eliminated foods can be reintroduced after at least 3 months, and only when symptoms have subsided. This should be done gradually, starting with the least elevated food (food with lowest antibody concentration).
- Please note that all immune related symptoms are not caused by IgG mediated response. Enzyme deficiencies, chemical insensitivity, lactose intolerance, histamine intolerance, inadequate digestion, dysbiosis, intestinal infections, alcohol consumption, excess exercise and effects of drugs or medications, may be the other causes. These will not be diagnosed by this test. Hence, it is recommended to seek professional advice by a healthcare professional or nutritionist before implementing any changes in your diet.
- Occasionally, few foods show as intolerant, which have not been consumed. This may be due to hidden ingredients in any food product consumed. Hidden ingredients can be beyond food products as well. Common examples are cosmetics, like lipsticks and creams, which contain animal fats and proteins, sometimes causing positive reaction.
- Intolerance to foods not consumed can also be due to cross-reaction between food products having identical protein structures.
- Provided for you in this packet is an easy to use patient report guide book for your reference. This booklet includes other important information including the science behind Adverse Reactions to Foods and meal planning tips. The first few days of your new diet may be challenging, and a portion of people eliminating their reactive foods may experience symptoms similar to withdrawal, such as headaches and food cravings. If this occurs, contact your health practitioner; the symptoms may be due to food elimination or may be due to something else. For More details refer Patient Guidebook available @ <https://blob.thyrocare.com/tcblob/FoodPrint-Patient-Guidebook.pdf>

Sample Collected on (SCT) :04 Jul 2025 07:19

Sample Received on (SRT) : 04 Jul 2025 23:01

Report Released on (RRT) : 05 Jul 2025 17:49 Dr R1 MD(Path) Dr R2 MD(Path)

Sample Type : SERUM

Labcode : xxxxx/yyyy

Barcode : xxxxx

Page : 1 of 2

NAME	: XXX XXX(61Y/F)	HOME COLLECTION :
REF. BY	: SELF	Xxxx
TEST ASKED	: FOOD INTOLERANCE PROFILE	Xxxxxx
PATIENTID	: xxxxxx	xxxxxx

Food Intolerance Test Report Essentials

- We are excited that you have taken this positive step towards a healthier life .
- The report enclosed consists of information regarding your immune system's response to certain foods , spices, herbs and condiments.
- Depending on which test(s) were ordered by your practitioner, antibody type IgG is measured using an fusion technology of most advanced MicroArray with the time tested, Enzyme linked Immunosorbent assay, or ELISA.
- In understanding your report, it is helpful to have some background information on what are defined as Adverse Reactions to Foods .
- Under this broad category, we have reactions involving the body's immune system , called immune-mediated reactions, or allergies, and non-immune-mediated or food intolerances. Food intolerances are many.
- A common example is the inability to digest the milk sugar , lactose, known as lactose intolerance. Other types of intolerances include reactions to various food additives.
- The result shows you whether you have developed IgG antibodies to the foodstuffs tested . It is possible in this way to state whether you have a type III food allergy or not.
- Such a reaction is preceded by an affection of the intestine . This means that the intestine has become permeable and that components of foods can penetrate it the wrong way.
- Thus, it is only possible to show many different reactions or to show no reaction at all . It is therefore extremely rare that the persons affected only react to a single foodstuff .
- Your practitioner may want you to follow a different, but similar diet guideline. Please speak with your practitioner about the specific foods he/she would like for you to avoid and/or rotate. You can alter your personalized diet accordingly .
- These suggestions do not constitute or replace professional medical advice.
- You should discuss any dietary changes with your healthcare practitioner before undertaking them , and immediately consult your practitioner if you experience weight loss or other health-related concerns.
- You have already achieved your first step towards a larger goal in health by pursuing food sensitivity testing .
Be kind to yourself and take this path in health one rotation day at a time.

Sincerely yours in good health and better tomorrow!

For More details refer Patient Guidebook available @ <https://blob.thyrocare.com/tcblob/FoodPrint-Patient-Guidebook.pdf>

Sample Collected on (SCT)	:04 Jul 2025 07:19		
Sample Received on (SRT)	: 04 Jul 2025 23:01		
Report Released on (RRT)	: 05 Jul 2025 17:49	Dr R1 MD(Path)	Dr R2 MD(Path)
Sample Type	: SERUM		
Labcode	: xxxx/yyyy		
Barcode	: ZZZZZZ		

Page : 1 of 2

CONDITIONS OF REPORTING

- ✓ The reported results are for information and interpretation of the referring doctor only.
- ✓ It is presumed that the tests performed on the specimen belong to the patient; named or identified.
- ✓ Results of tests may vary from laboratory to laboratory and also in some parameters from time to time for the same patient.
- ✓ Should the results indicate an unexpected abnormality, the same should be reconfirmed.
- ✓ Only such medical professionals who understand reporting units, reference ranges and limitations of technologies should interpret results.
- ✓ This report is not valid for medico-legal purpose.
- ✓ Neither Thyrocare, nor its employees/representatives assume: (a) any liability, responsibility for any loss or damage that may be incurred by any person as a result of presuming the meaning or contents of the report, (b) any claims of any nature whatsoever arising from or relating to the performance of the requested tests as well as any claim for indirect, incidental or consequential damages. The total liability, in any case, of Thyrocare shall not exceed the total amount of invoice for the services provided and paid for.
- ✓ Thyrocare Discovery video link :- <https://youtu.be/nbdYeRqYyQc>

EXPLANATIONS

- ✓ Majority of the specimen processed in the laboratory are collected by Pathologists and Hospitals we call them as "Clients".
- ✓ **Name** - The name is as declared by the client and recored by the personnel who collected the specimen.
- ✓ **Ref.Dr** - The name of the doctor who has recommended testing as declared by the client.
- ✓ **Labcode** - This is the accession number in our laboratory and it helps us in archiving and retrieving the data.
- ✓ **Barcode** - This is the specimen identity number and it states that the results are for the specimen bearing the barcode (irrespective of the name).
- ✓ **SCP** - Specimen Collection Point - This is the location where the blood or specimen was collected as declared by the client.
- ✓ **SCT** - Specimen Collection Time - The time when specimen was collected as declared by the client.
- ✓ **SRT** - Specimen Receiving Time - This time when the specimen reached our laboratory.
- ✓ **RRT** - Report Releasing Time - The time when our pathologist has released the values for Reporting.
- ✓ **Reference Range** - Means the range of values in which 95% of the normal population would fall.

SUGGESTIONS

- ✓ Values out of reference range requires reconfirmation before starting any medical treatment.
- ✓ Retesting is needed if you suspect any quality shortcomings.
- ✓ Testing or retesting should be done in accredited laboratories.
- ✓ For suggestions, complaints, clinical support or feedback, write to us at customersupport@thyrocare.com or call us on **022-3090 0000**

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Thyroid	Diabetes	STDs	Skin Care	Hair Fall

Thyrocare
Tests you can trust

+T&C Apply, #As on 5th December 2024, *As per a survey on doctors' perception of laboratory diagnostics (IJARIIT,2023)