FoodPrint®

Your Food Report



Informing decisions
Improving health

Omega Diagnostics

17/12/2025

Dear Demo Patient 1,

Please find enclosed the Patient Report for your food sensitivity test, FoodPrint®. This 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® 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 sensitivity and commonly used terminology
- Planning and implementing your results
- Replacements for common foods like dairy, eggs, wheat, gluten and yeast
- Monitoring symptoms, re-introducing foods and avoiding new food sensitivities
- 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.

To upgrade your FoodPrint® IgG antibody test to our most comprehensive panel (FP200+), please contact the practitioner/nutritionist who referred you for the FoodPrint® test, within 30 days from the sample analysis date.

Please note | FoodPrint® 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 hello@cnslab.co.uk.

Finally, we'd love for you to submit a review about our products and our service:

Leave us a Google review here!

Leave us a Trustpilot review here!

Kind regards
The CNSLab Team

200+
Test Report : Food Groups

FoodPrint®

Patient Name:	Demo Patient 1	**Analysis Date:**	15/12/2025
Patient Number:	183775	**Test Reference:**	308093
Date of Birth:	01/06/1987		

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)

DAIRY / EGG

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Alpha-Lactalbumin	121 Egg White	82 Milk (Cow)
<15 Beta-Lactoglobulin	18 Egg Yolk	28 Milk (Goat)
58 Casein	<15 Milk (Buffalo)	24 Milk (Sheep)

GRAINS (Gluten-Containing)*

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
19 Barley	22 Malt	<15 Wheat
<15 Couscous	53 Oat	<15 Wheat Bran
<15 Durum Wheat	20 Rye	
<15 Gliadin*	<15 Spelt	

GRAINS (Gluten-Free)

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Amaranth	<15 Millet	<15 Tapioca
<15 Buckwheat	<15 Quinoa	
<15 Corn (Maize)	19 Rice	

FRUIT

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Apple	<15 Guava	<15 Pear
<15 Apricot	<15 Kiwi	<15 Pineapple
<15 Avocado	<15 Lemon	<15 Plum
<15 Banana	<15 Lime	<15 Pomegranate
<15 Blackberry	<15 Lychee	<15 Raisin
<15 Blackcurrant	<15 Mango	<15 Raspberry
<15 Blueberry	<15 Melon (Galia/Honeydew)	<15 Redcurrant
<15 Cherry	<15 Mulberry	<15 Rhubarb
25 Cranberry	<15 Nectarine	<15 Strawberry
<15 Date	<15 Olive	<15 Tangerine
18 Fig	18 Orange	<15 Watermelon
<15 Grape (Black/Red/White)	<15 Papaya	
<15 Grapefruit	<15 Peach	

VEGETABLES

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Artichoke	<15 Cauliflower	17 Potato
<15 Asparagus	28 Celery	15 Radish
<15 Aubergine	<15 Chard	<15 Rocket
<15 Bean (Broad)	<15 Chickpea	<15 Shallot
<15 Bean (Green)	<15 Chicory	<15 Soya Bean
<15 Bean (Red Kidney)	<15 Cucumber	<15 Spinach
28 Bean (White Haricot)	<15 Fennel (Leaf)	15 Squash (Butternut/Carnival)
<15 Beetroot	<15 Leek	<15 Sweet Potato
<15 Broccoli	17 Lentil	<15 Tomato
<15 Brussel Sprout	<15 Lettuce	<15 Turnip
<15 Cabbage (Red)	<15 Marrow	<15 Watercress
<15 Cabbage (Savoy/White)	<15 Onion	<15 Yuca
<15 Caper	39 Pea	
<15 Carrot	<15 Pepper (Green/Red/Yellow)	

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FISH / SEAFOOD

<15	Anchovy	<15	Hake	<15	Salmon
<15	Bass	<15	Herring	<15	Sardine
<15	Carp	<15	Lobster	20	Scallop
<15	Caviar	<15	Mackerel	<15	Sea Bream (Gilthead)
<15	Clam	<15	Monkfish	<15	Shrimp/Prawn
<15	Cockle	<15	Mussel	<15	Sole
<15	Cod	<15	Octopus	<15	Squid
<15	Crab	18	Oyster	<15	Swordfish
<15	Cuttlefish	<15	Perch	15	Trout
<15	Eel	<15	Pike	<15	Tuna
<15	Haddock	<15	Plaice	<15	Turbot

MEAT

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

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Parsley
<15	Basil	<15	Garlic	<15	Peppercorn (Black/White)
<15	Bayleaf	<15	Ginger	<15	Peppermint
<15	Camomile	<15	Ginseng	<15	Rosemary
<15	Cayenne	<15	Hops	<15	Saffron
<15	Chilli (Red)	<15	Liquorice	<15	Sage
<15	Cinnamon	<15	Marjoram	<15	Tarragon
<15	Clove	<15	Mint	<15	Thyme
<15	Coriander (Leaf)	<15	Mustard Seed	<15	Vanilla
<15	Cumin	<15	Nettle		
<15	Curry (Mixed Spices)	<15	Nutmeg		

NUTS / SEEDS

35	Almond	27	Hazelnut	<15	Rapeseed
83	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
95	Cashew Nut	25	Peanut	23	Sunflower Seed
<15	Coconut	<15	Pine Nut	18	Tiger Nut
<15	Flax Seed	87	Pistachio	<15	Walnut

MISCELLANEOUS

15	Agar Agar	<15	Cocoa Bean	<15	Tea (Green)
47	Aloe Vera	16	Coffee	32	Yeast (Baker's)
<15	Carob	28	Mushroom	29	Yeast (Brewer's)
<15	Chestnut	<15	Tea (Black)		

* 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.

200+
Test Report : Order of Reactivity

FoodPrint®

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ELEVATED FOODS (≥30 U/ml)

121	Egg White	82	Milk (Cow)	39	Pea
95	Cashew Nut	58	Casein	35	Almond
87	Pistachio	53	Oat	32	Yeast (Baker's)
83	Brazil Nut	47	Aloe Vera		

BORDERLINE FOODS (24-29 U/ml)

29	Yeast (Brewer's)	28	Milk (Goat)	25	Cranberry
28	Bean (White Haricot)	28	Mushroom	25	Peanut
28	Celery	27	Hazelnut	24	Milk (Sheep)

NORMAL FOODS (≤23 U/ml)

23	Sunflower Seed	<15	Basil	<15	Chickpea
22	Malt	<15	Bass	<15	Chicory
20	Rye	<15	Bayleaf	<15	Chilli (Red)
20	Scallop	<15	Bean (Broad)	<15	Cinnamon
19	Barley	<15	Bean (Green)	<15	Clam
19	Rice	<15	Bean (Red Kidney)	<15	Clove
18	Egg Yolk	<15	Beef	<15	Cockle
18	Fig	<15	Beetroot	<15	Cocoa Bean
18	Orange	<15	Beta-Lactoglobulin	<15	Coconut
18	Oyster	<15	Blackberry	<15	Cod
18	Tiger Nut	<15	Blackcurrant	<15	Coriander (Leaf)
17	Lentil	<15	Blueberry	<15	Corn (Maize)
17	Potato	<15	Broccoli	<15	Couscous
16	Coffee	<15	Brussel Sprout	<15	Crab
15	Agar Agar	<15	Buckwheat	<15	Cucumber
15	Radish	<15	Cabbage (Red)	<15	Cumin
15	Squash (Butternut/Carnival)	<15	Cabbage (Savoy/White)	<15	Curry (Mixed Spices)
15	Trout	<15	Camomile	<15	Cuttlefish
<15	Alpha-Lactalbumin	<15	Caper	<15	Date
<15	Amaranth	<15	Carob	<15	Dill
<15	Anchovy	<15	Carp	<15	Duck
<15	Aniseed	<15	Carrot	<15	Durum Wheat
<15	Apple	<15	Cauliflower	<15	Eel
<15	Apricot	<15	Caviar	<15	Fennel (Leaf)
<15	Artichoke	<15	Cayenne	<15	Flax Seed
<15	Asparagus	<15	Chard	<15	Garlic
<15	Aubergine	<15	Cherry	<15	Ginger
<15	Avocado	<15	Chestnut	<15	Ginseng
<15	Banana	<15	Chicken	<15	Gliadin*

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NORMAL FOODS …continued

<15	Grape (Black/Red/White)	<15	Olive	<15	Sesame Seed
<15	Grapefruit	<15	Onion	<15	Shallot
<15	Guava	<15	Ostrich	<15	Shrimp/Prawn
<15	Haddock	<15	Papaya	<15	Sole
<15	Hake	<15	Parsley	<15	Soya Bean
<15	Herring	<15	Partridge	<15	Spelt
<15	Hops	<15	Peach	<15	Spinach
<15	Horse	<15	Pear	<15	Squid
<15	Kiwi	<15	Pepper (Green/Red/Yellow)	<15	Strawberry
<15	Lamb	<15	Peppercorn (Black/White)	<15	Sweet Potato
<15	Leek	<15	Peppermint	<15	Swordfish
<15	Lemon	<15	Perch	<15	Tangerine
<15	Lettuce	<15	Pike	<15	Tapioca
<15	Lime	<15	Pine Nut	<15	Tarragon
<15	Liquorice	<15	Pineapple	<15	Tea (Black)
<15	Lobster	<15	Plaice	<15	Tea (Green)
<15	Lychee	<15	Plum	<15	Thyme
<15	Macadamia Nut	<15	Pomegranate	<15	Tomato
<15	Mackerel	<15	Pork	<15	Tuna
<15	Mango	<15	Quail	<15	Turbot
<15	Marjoram	<15	Quinoa	<15	Turkey
<15	Marrow	<15	Rabbit	<15	Turnip
<15	Melon (Galia/Honeydew)	<15	Raisin	<15	Vanilla
<15	Milk (Buffalo)	<15	Rapeseed	<15	Veal
<15	Millet	<15	Raspberry	<15	Venison
<15	Mint	<15	Redcurrant	<15	Walnut
<15	Monkfish	<15	Rhubarb	<15	Watercress
<15	Mulberry	<15	Rocket	<15	Watermelon
<15	Mussel	<15	Rosemary	<15	Wheat
<15	Mustard Seed	<15	Saffron	<15	Wheat Bran
<15	Nectarine	<15	Sage	<15	Wild Boar
<15	Nettle	<15	Salmon	<15	Yuca
<15	Nutmeg	<15	Sardine		
<15	Octopus	<15	Sea Bream (Gilthead)		

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