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# Your Food Report



**Informing decisions**  
Improving health



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

If receiving your results through MyHealthTracker, please see the guidance section or advice within the individual foods for more information.

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](mailto: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

## Test Report : Food Groups

Patient Name: Demo Patient 1  
 Patient Number: 183775  
 Date of Birth: 01/06/1987

Analysis Date: 15/12/2025  
 Test Reference: 308093

ELEVATED (≥30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤23 U/ml)

## DAIRY / EGG

<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)\*

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)

<15	Amaranth	<15	Millet	<15	Tapioca
<15	Buckwheat	<15	Quinoa		
<15	Corn (Maize)	19	Rice		

## FRUIT

<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

<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.

## Test Report : Order of Reactivity

**Patient Name:** Demo Patient 1  
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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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