FoodPrint®

Your Food Report



Informing decisions
Improving health

Omega Diagnostics

19/01/2026

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

Vegetarian 160+

Test Report : Food Groups

FoodPrint®

Patient Name:	Demo Patient 1	**Analysis Date:**	15/01/2026
Patient Number:	123456	**Test Reference:**	123456
Date of Birth:	01/02/2003		

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	69 Egg White	140 Milk (Cow)
<15 Beta-Lactoglobulin	<15 Egg Yolk	80 Milk (Goat)
121 Casein	<15 Milk (Buffalo)	115 Milk (Sheep)

GRAINS (Gluten-Containing)*

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
35 Barley	<15 Malt	31 Wheat
<15 Couscous	42 Oat	15 Wheat Bran
<15 Durum Wheat	<15 Rye	
66 Gliadin*	28 Spelt	

GRAINS (Gluten-Free)

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
16 Amaranth	<15 Millet	50 Rice
<15 Buckwheat	<15 Polenta	<15 Tapioca
<15 Corn (Maize)	<15 Quinoa	

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
16 Blackcurrant	<15 Mango	<15 Raspberry
<15 Blueberry	<15 Melon (Galia/Honeydew)	<15 Redcurrant
<15 Cherry	<15 Mulberry	<15 Rhubarb
<15 Cranberry	<15 Nectarine	<15 Strawberry
<15 Date	<15 Olive	<15 Tangerine
<15 Fig	25 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	42 Potato
<15 Asparagus	19 Celery	<15 Radish
<15 Aubergine	<15 Chard	<15 Rocket
25 Bean (Broad)	<15 Chickpea	15 Shallot
<15 Bean (Green)	<15 Chicory	16 Soya Bean
21 Bean (Red Kidney)	<15 Cucumber	<15 Spinach
30 Bean (White Haricot)	<15 Fennel (Leaf)	44 Squash (Butternut/Carnival)
<15 Beetroot	<15 Leek	<15 Sweet Potato
<15 Broccoli	15 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	38 Pea	
<15 Carrot	<15 Pepper (Green/Red/Yellow)	

Continued on next page…

Patient Name:	Demo Patient 1	**Analysis Date:**	15/01/2026
Patient Number:	123456	**Test Reference:**	123456
Date of Birth:	01/02/2003		

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)	33	Mustard Seed	<15	Vanilla
<15	Cumin	<15	Nettle		
<15	Curry (Mixed Spices)	<15	Nutmeg		

NUTS / SEEDS

15	Almond	25	Hazelnut	<15	Rapeseed
34	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
79	Cashew Nut	31	Peanut	32	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
19	Flax Seed	98	Pistachio	<15	Walnut

MISCELLANEOUS

36	Agar Agar	<15	Cocoa Bean	<15	Tea (Green)
15	Aloe Vera	<15	Coffee	<15	Yeast (Baker's)
<15	Carob	<15	Mushroom	<15	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.

Vegetarian 160+

Test Report : Order of Reactivity

FoodPrint®

Patient Name:	Demo Patient 1	**Analysis Date:**	15/01/2026
Patient Number:	123456	**Test Reference:**	123456
Date of Birth:	01/02/2003		

ELEVATED FOODS (≥30 U/ml)

140	Milk (Cow)	66	Gliadin*	35	Barley
121	Casein	50	Rice	34	Brazil Nut
115	Milk (Sheep)	44	Squash (Butternut/Carnival)	33	Mustard Seed
98	Pistachio	42	Oat	32	Sunflower Seed
80	Milk (Goat)	42	Potato	31	Peanut
79	Cashew Nut	38	Pea	31	Wheat
69	Egg White	36	Agar Agar	30	Bean (White Haricot)

BORDERLINE FOODS (24-29 U/ml)

28	Spelt	25	Hazelnut
25	Bean (Broad)	25	Orange

NORMAL FOODS (≤23 U/ml)

21	Bean (Red Kidney)	<15	Blueberry	<15	Cucumber
19	Celery	<15	Broccoli	<15	Cumin
19	Flax Seed	<15	Brussel Sprout	<15	Curry (Mixed Spices)
16	Amaranth	<15	Buckwheat	<15	Date
16	Blackcurrant	<15	Cabbage (Red)	<15	Dill
16	Soya Bean	<15	Cabbage (Savoy/White)	<15	Durum Wheat
15	Almond	<15	Camomile	<15	Egg Yolk
15	Aloe Vera	<15	Caper	<15	Fennel (Leaf)
15	Lentil	<15	Carob	<15	Fig
15	Plum	<15	Carrot	<15	Garlic
15	Shallot	<15	Cauliflower	<15	Ginger
15	Wheat Bran	<15	Cayenne	<15	Ginseng
<15	Alpha-Lactalbumin	<15	Chard	<15	Grape (Black/Red/White)
<15	Aniseed	<15	Cherry	<15	Grapefruit
<15	Apple	<15	Chestnut	<15	Guava
<15	Apricot	<15	Chickpea	<15	Hops
<15	Artichoke	<15	Chicory	<15	Kiwi
<15	Asparagus	<15	Chilli (Red)	<15	Leek
<15	Aubergine	<15	Cinnamon	<15	Lemon
<15	Avocado	<15	Clove	<15	Lettuce
<15	Banana	<15	Cocoa Bean	<15	Lime
<15	Basil	<15	Coconut	<15	Liquorice
<15	Bayleaf	<15	Coffee	<15	Lychee
<15	Bean (Green)	<15	Coriander (Leaf)	<15	Macadamia Nut
<15	Beetroot	<15	Corn (Maize)	<15	Malt
<15	Beta-Lactoglobulin	<15	Couscous	<15	Mango
<15	Blackberry	<15	Cranberry	<15	Marjoram

Continued on next page…

NORMAL FOODS …continued

<15	Marrow	<15	Pine Nut	<15	Sweet Potato
<15	Melon (Galia/Honeydew)	<15	Pineapple	<15	Tangerine
<15	Milk (Buffalo)	<15	Polenta	<15	Tapioca
<15	Millet	<15	Pomegranate	<15	Tarragon
<15	Mint	<15	Quinoa	<15	Tea (Black)
<15	Mulberry	<15	Radish	<15	Tea (Green)
<15	Mushroom	<15	Raisin	<15	Thyme
<15	Nectarine	<15	Rapeseed	<15	Tiger Nut
<15	Nettle	<15	Raspberry	<15	Tomato
<15	Nutmeg	<15	Redcurrant	<15	Turnip
<15	Olive	<15	Rhubarb	<15	Vanilla
<15	Onion	<15	Rocket	<15	Walnut
<15	Papaya	<15	Rosemary	<15	Watercress
<15	Parsley	<15	Rye	<15	Watermelon
<15	Peach	<15	Saffron	<15	Yeast (Baker's)
<15	Pear	<15	Sage	<15	Yeast (Brewer's)
<15	Pepper (Green/Red/Yellow)	<15	Sesame Seed	<15	Yuca
<15	Peppercorn (Black/White)	<15	Spinach		
<15	Peppermint	<15	Strawberry		

* 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.