



Your Food Report



Informing decisions
Improving health



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

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.

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



Patient Name: Demo Patient 1
Patient Number: 123456
Date of Birth: 01/02/2003

Analysis Date: 15/01/2026
Test Reference: 123456

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

DAIRY / EGG

| | | | | | |
|-----|--------------------|-----|----------------|-----|--------------|
| <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)*

| | | | | | |
|-----|-------------|-----|-------|----|------------|
| 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)

| | | | | | |
|-----|--------------|-----|---------|-----|---------|
| 16 | Amaranth | <15 | Millet | 50 | Rice |
| <15 | Buckwheat | <15 | Polenta | <15 | Tapioca |
| <15 | Corn (Maize) | <15 | Quinoa | | |

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 |
| 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

| | | | | | |
|-----|-----------------------|-----|---------------------------|-----|-----------------------------|
| <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) | | |

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Patient Name: Demo Patient 1
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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



Patient Name: Demo Patient 1
Patient Number: 123456
Date of Birth: 01/02/2003

Analysis Date: 15/01/2026
Test Reference: 123456

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 |

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Patient Name: Demo Patient 1
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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 | | |

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