

PRACTITIONER

DEMOCR, DEMOCR TEST

2602 S. 24th Street
Phoenix, Arizona 85034

PATIENT

Name: REPORT, SAMPLE

DOB: 11/01/1990

Gender: M

TEST	RESULT			REFERENCE (ELISA Index)
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	
Array 10 - Food Immune Reactivity Screen **				
DAIRY and EGGS, Modified				
Egg White, cooked	0.76			0.1-1.6
Egg Yolk, cooked	0.61			0.1-1.7
Goat's Milk	0.45			0.1-1.9
Soft Cheese + Hard Cheese	0.35			0.1-1.7
Yogurt	0.50			0.1-2.0
GRAINS, Raw and Modified				
Rice, white + brown, cooked	0.64			0.1-1.3
Rice Cake	0.49			0.2-1.8
Rice Protein	0.74			0.2-1.7
Rice Endochitinase	0.50			0.2-1.7
Wild Rice, cooked	0.74			0.1-1.3
Wheat + Alpha-Gliadins	0.77			0.2-1.9
BEANS and LEGUMES, Modified				
Black Bean, cooked	0.59			0.3-2.1
Bean Agglutinins	0.85			0.3-1.9
Dark Chocolate + Cocoa	0.85			0.2-1.2
Fava Bean, cooked	0.67			0.3-1.5
Garbanzo Bean, cooked	0.80			0.2-1.8
Kidney Bean, cooked	0.59			0.3-1.5
Lentil, cooked	0.86			0.3-2.0
Lentil Lectin	0.77			0.2-1.9
Lima Bean, cooked	0.80			0.1-1.8
Pinto Bean, cooked	0.60			0.4-2.4
Soybean Agglutinin	0.63			0.1-1.7
Soybean Oleosin + Aquaporin	0.62			0.2-1.8

** For details on the method of cooking, please see specification sheets. All analytes are tested for IgG and IgA combined.

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Mark G. Kartub, M.D., Medical Director

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Soy Sauce, gluten-free	0.84			0.2-1.9
Tofu	0.99			0.2-1.4
NUTS and SEEDS, Raw and Modified				
Almond	0.95			0.2-1.8
Almond, roasted	1.05			0.2-2.0
Brazil Nut, raw + roasted	0.99			0.1-1.8
Cashew	0.67			0.2-1.5
Cashew, roasted	0.93			0.2-2.3
Cashew Vicilin	1.22			0.3-1.7
Chia Seed	0.72			0.2-1.7
Flax Seed	0.78			0.1-1.3
Hazelnut, raw + roasted	0.87			0.1-1.7
Macadamia Nut, raw + roasted	0.82			0.3-2.3
Mustard Seed	0.76			0.4-1.5
Pecan, raw + roasted	0.70			0.3-1.5
Peanut, roasted	0.67			0.2-1.4
Peanut Butter	0.63			0.2-1.9
Peanut Agglutinin	0.80			0.3-1.9
Peanut Oleosin	0.60			0.3-1.8
Pistachio, raw + roasted	0.91			0.4-2.0
Pumpkin Seeds, roasted	0.51			0.2-1.6
Sesame Albumin	0.54			0.2-1.3
Sesame Oleosin	0.97			0.2-1.6
Sunflower Seeds, roasted	0.76			0.2-1.5
Walnut	0.58			0.3-2.0
VEGETABLES, Raw and Modified				
Artichoke, cooked	1.01			0.1-2.7
Asparagus	0.86			0.3-2.1
Asparagus, cooked	0.64			0.1-2.2
Beet, cooked	0.77			0.1-1.5

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Bell Pepper	0.73			0.1-1.8
Broccoli	0.57			0.1-1.5
Broccoli, cooked	0.49			0.1-2.0
Brussels Sprouts, cooked	0.69			0.1-3.0
Cabbage, red + green	0.85			0.1-2.5
Cabbage, red + green, cooked	0.80			0.1-2.5
Canola Oleosin	0.57			0.1-1.9
Carrot	1.14			0.1-2.7
Carrot, cooked	0.56			0.1-2.2
Cauliflower, cooked	0.64			0.1-2.2
Celery	0.73			0.1-2.3
Chili Pepper	0.72			0.1-1.9
Corn + Aquaporin, cooked	0.70			0.1-1.8
Popped Corn	0.51			0.1-1.9
Corn Oleosin	0.41			0.1-1.4
Cucumber, pickled	0.94			0.1-2.6
Eggplant, cooked	0.65			0.1-2.1
Garlic	0.66			0.1-2.2
Garlic, cooked	0.67			0.1-1.9
Green Bean, cooked	0.81			0.1-1.5
Lettuce	0.55			0.1-1.5
Mushroom, raw + cooked	0.57			0.1-1.6
Okra, cooked	0.65			0.1-1.5
Olive, green + black, pickled	0.79			0.1-1.7
Onion + Scallion	0.62			0.1-1.7
Onion + Scallion, cooked	0.73			0.1-1.5
Pea, cooked	0.74			0.1-1.5
Pea Protein	0.86			0.1-2.3
Pea Lectin	0.79			0.1-1.7
Potato, white, cooked (baked)	0.72			0.1-1.8

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Potato, white, cooked (fried)	0.78			0.1-1.6
Pumpkin + Squash, cooked	0.77			0.1-1.3
Radish	0.63			0.1-1.7
Safflower + Sunflower Oleosin	0.60			0.1-1.5
Seaweed	0.62			0.1-1.2
Spinach + Aquaporin	0.59			0.1-1.5
Tomato + Aquaporin	0.67			0.2-2.2
Tomato Paste	0.93			0.2-2.1
Yam + Sweet Potato, cooked	0.79			0.3-1.9
Zucchini, cooked	0.93			0.3-1.9
FRUIT, Raw and Modified				
Apple	0.79			0.2-1.5
Apple Cider	0.80			0.3-1.3
Apricot	0.81			0.2-2.8
Avocado	0.88			0.6-2.5
Banana	0.42			0.1-2.3
Banana, cooked	0.53			0.2-2.8
Latex Hevein	0.64			0.3-2.0
Blueberry	0.97			0.1-1.6
Cantaloupe + Honeydew Melon	0.54			0.1-1.2
Cherry	0.85			0.2-1.4
Coconut, meat + water	0.80			0.2-2.0
Cranberry	0.54			0.3-2.4
Date	0.81			0.2-1.4
Fig	0.86			0.2-2.2
Grape, red + green	0.64			0.2-1.0
Red Wine	0.67			0.1-2.3
White Wine	0.65			0.1-2.6
Grapefruit	0.78			0.2-1.9
Kiwi	0.82			0.2-1.7

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Lemon + Lime	0.50			0.2-1.3
Mango	0.58			0.2-1.5
Orange	0.86			0.2-1.7
Orange Juice	0.57			0.2-1.8
Papaya	0.72			0.2-1.7
Peach + Nectarine	0.91			0.2-2.0
Pear	0.59			0.2-2.6
Pineapple	0.83			0.1-1.9
Pineapple Bromelain	0.59			0.2-2.6
Plum	0.68			0.3-2.2
Pomegranate	0.67			0.4-2.2
Strawberry	0.68			0.3-2.3
Watermelon	0.90			0.2-1.8
FISH and SEAFOOD, Raw and Modified				
Cod, cooked	1.03			0.2-1.8
Halibut, cooked	0.47			0.1-1.6
Mackerel, cooked	0.60			0.2-2.0
Red Snapper, cooked	0.52			0.1-1.5
Salmon	0.51			0.2-2.3
Salmon, cooked	0.95			0.2-2.4
Sardine + Anchovy, cooked	0.75			0.3-2.9
Sea Bass, cooked	0.87			0.2-2.8
Tilapia, cooked	0.78			0.1-1.8
Trout, cooked	0.75			0.1-2.4
Tuna	0.87			0.1-2.7
Tuna, cooked	0.77			0.1-1.3
Whitefish, cooked	0.75			0.1-1.4
Crab + Lobster, cooked	0.89			0.2-2.1
Imitation Crab, cooked	0.50			0.1-1.7
Clam, cooked	1.00			0.1-1.9

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Oyster, cooked	0.96			0.1-1.6
Scallops, cooked	0.86			0.1-2.0
Squid (Calamari), cooked	1.03			0.1-2.0
Shrimp, cooked	1.06			0.1-2.1
Shrimp Tropomyosin	0.79			0.1-1.6
Parvalbumin	0.76			0.1-1.7
MEAT, Modified				
Beef, cooked medium	0.84			0.3-1.9
Chicken, cooked	0.72			0.2-1.5
Lamb, cooked	0.65			0.1-1.3
Pork, cooked	1.12			0.1-2.2
Turkey, cooked	0.56			0.1-1.3
Gelatin	0.63			0.1-1.3
Meat Glue	0.79			0.1-1.3
HERBS, Raw				
Basil	0.83			0.2-1.8
Cilantro	0.86			0.1-1.5
Cumin	0.77			0.2-2.3
Dill	0.68			0.3-1.7
Mint	0.95			0.3-2.1
Oregano	0.89			0.4-2.6
Parsley	0.78			0.1-1.3
Rosemary	1.40			0.3-2.2
Thyme	0.81			0.4-1.8
SPICES, Raw				
Cinnamon	0.91			0.3-1.7
Clove	0.68			0.4-1.8
Ginger	1.00			0.1-2.5
Nutmeg	1.03			0.2-1.9
Paprika	0.93			0.2-2.1

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Turmeric (Curcumin)	1.20			0.1-1.7
Vanilla	0.90			0.1-2.4
GUMS				
Beta-Glucan	0.57			0.1-1.3
Carrageenan	0.81			0.2-2.0
Gum Guar	0.87			0.2-2.4
Gum Tragacanth	0.95			0.1-1.4
Locust Bean Gum	0.87			0.2-1.4
Mastic Gum + Gum Arabic	0.58			0.1-1.1
Xanthan Gum	0.81			0.1-1.7
BREWED BEVERAGES and ADDITIVES				
Coffee Bean Protein, brewed	0.70			0.2-1.8
Black Tea, brewed	0.81			0.3-1.6
Green Tea, brewed	0.76			0.3-1.8
Honey, raw +processed	0.68			0.1-1.3
Food Coloring	0.80			0.2-1.8

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