

CLIENT ID : 331937792  
CLIENT NAME : Emily Rampton



## Food Intolerance Test Results



Dear Emily Rampton,

Please find the enclosed results of your Pinnertest Food Intolerance Test. The test analyzed your blood sample for food specific Immunoglobulin G (IgG) reactions by Microarray Technology.

We know, from our research, that many patients who alter their diet in accordance with their test results show a significant improvement in their symptom(s) within three to four weeks. We hope that you are one of them and we would be interested to learn of your progress and improvement in due course.

We wish you good health,



Dr. Mark Schena

***IMPORTANT: This is a food intolerance test, not an allergy test. If you suffer classic allergic (IgE) reactions to any of these foods, DO NOT eat them even if they are on the green column. Your test results are complementary to and not a substitute for the best medical help. This test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic for celiac disease. If your chronic symptoms do not improve significantly over the next few weeks, we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.***

## HOW TO UNDERSTAND YOUR PINNERTEST REPORT:

### **RED COLUMN (AVOID)**

The red column indicates you have an intolerance to these particular foods and it is suggested that you should try to eliminate them completely from your diet.

### **GREEN COLUMN (NO REACTION)**

The green column indicates that you do not have an intolerance to these particular foods. The foods in the green column may be eaten without restriction, **unless you already know that these foods do cause you any negative effects such as food allergies or discomfort.**

### **DEGREES:**

The numbers in your report next to the foods you are intolerant to, are the reaction levels. However, the varying levels suggest that your body has a reaction to those foods and should be avoided.

- +1..... LOW REACTION
- +2.....MODERATE REACTION
- +3.....HIGH REACTION

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	Reaction (Avoid)	No Reaction
<b>Grains</b>		
		Barley
		Buckwheat
		Corn
		Kamut
		Millet
		Oat
		Quinoa
		Rice
		Rye
		Spelt
		Wheat
<b>Legumes</b>		
		Black Bean
		Chickpea
		Fava Bean
		Kidney Bean
		Lentils
	<b>Peanut (+1 degree)</b>	
		Pinto Bean
		Soybean
<b>Dairy/Eggs</b>		
		Cow's Milk
		Egg White
		Egg Yolk
		Goat's Milk
		Sheep's Milk
<b>Meat</b>		
		Beef
		Chicken
		Duck
		Lamb
		Pork
		Rabbit
		Quail
		Turkey
<b>Fish/Seafood</b>		
		Anchovy
		Bluefish
		Clam

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	Reaction (Avoid)	No Reaction
		Cod
		Crab
		Eel
		Haddock
		Herring
		Lobster
		Mackerel
		Mussel
		Octopus
		Oyster
		Red Snapper
	Salmon (+1 degree)	
		Sardine
		Sea Bass
		Shrimp
		Sole
		Squid
		Sword Fish
		Tilapia
	Trout (+1 degree)	
		Tuna
Vegetables		
		Artichoke
		Arugula
		Asparagus
		Beet
		Bell Pepper
		Broccoli
		Brussel Sprouts
		Cabbage
		Carrot
		Cauliflower
		Celery
		Chard
		Cucumber
		Eggplant
		Endive
		Fennel
		Grape Leaf
		Kale

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	Reaction (Avoid)	No Reaction
		Leek
		Lettuce
		Mushrooms
		Okra
		Onion
		Parsley
		Pea
		Potato
		Pumpkin
		Radicchio
		Radish
		Rutabaga
		Spinach
		Butternut Squash
		String Bean
		Sweet Potato
		Tomato
		Turnip
		Watercress
		Zucchini
<b>Fruits</b>		
		Acai Berry
		Apple
		Apricot
		Avocado
		Banana
		Blackberry
		Blueberry
		Cantaloupe
		Cherry
		Cranberry
		Currant
		Date
		Fig
		Grape
		Grapefruit
		Guava
	Kiwi (+1 degree)	
		Lemon
		Lime

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	Reaction (Avoid)	No Reaction
		Lyvhee
		Mango
		Nectarine
		Olive
		Orange
		Papaya
		Peach
		Pear
		Pineapple
		Plum
		Pomegranate
		Raspberry
		Rhubarb
		Strawberry
		Watermelon
<b>Seeds/Nuts</b>		
		Almond
		Brazil
		Cashew
	Chestnut (+1 degree)	
		Coconut
		Flaxseed
		Hazelnut
		Hemp
		Macadamia
		Pine Nut
		Pistachio
		Sesame Seed
		Sunflower Seed
		Walnut
<b>Spices/Herbs</b>		
		Allspice
		Anise Seed
		Basil
		Capers
		Cardamom
		Carob
		Chili Pepper
		Chive
		Cilantro

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	Reaction (Avoid)	No Reaction
		Cinnamon
		Clove
		Coriander
		Cumin
		Dill
		Garlic
		Ginger
		Lavender
		Mint
		Mustard Seed
		Nutmeg
		Oregano
		Paprika
		Peppercorn
		Poppy Seed
		Rosemary
		Saffron
		Sage
		Tarragon
		Thyme
		Turmeric
		Vanilla
Drinks		
		Black Tea
		Chamomile
		Chicory
		Cocoa Bean
		Coffee
		Cola Nut
		Ginseng
		Hibiscus
		Hops
		Jasmin
		Rooibos
Others		
		Agar
		Agave
		Aloe Vera
		Amaranth
		Aspartame



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**Reaction (Avoid)**

**No Reaction**

	Cane Sugar
	Canola Oil
	Fructose
	Gluten (Gliadin)
	Honey
	Maple Syrup
	Pectin
	Saccharin
	Sucralose
	Tapioca
	Yeast