

ATTACHMENT:

Useful remarks for patient and doctor, to be associated to the analytical results. Your doctor should interpret this report.

Cod. ID: 123456

CCV: 000

Date: 01/01/2014

Patient: Rossi Mario



Rapport de:

NatrixLab

Via Cavallotti, 16

42122 Reggio Emilia

Aut.n. 67 del 26.01.10

Direttore Sanitario

Dott. Michele Cataldo

www.natrixlab.it

FOOD INTOLERANCES DESCRIPTION OF NATRIX FOOD INTOLERANCE TEST

GUIDE TO THE READING OF THE TEST

WHAT IS FOOD INTOLERANCE?

LIST OF FOODS

FOOD FAMILIES

INFORMATION ABOUT FOODS

Cow milk and other dairy products

Cereals

Eggs

Cereali

Yeasts

Soya

Aspergillus Niger

EXAMPLE OF FOOD ALTERNATION IN DIET

FOOD INTOLERANCES

NATRIX FOOD INTOLERANCE TEST F.I.T. 184

Natrix "Food Intolerance Test" is an allergometric test aimed at detecting adverse reaction to 184 food proteins, thorough a blood sample. In particular, it is tested the direct reaction between G class antibodies (IgG) in the patient's serum and some food antigens. This test is very useful in order to learn which foods can bother our organism. As literature states [1], eliminating (about for 4-6 months) and gradually re-inserting these foods in everyday diet can lead to improvements in symptomatology. Though, it is necessary that elimination diet is carried out under supervision of a nutritionist or a specialist in nutrition.

Natrix "Food Intolerance Test" uses a standardized analytic methodic which is highly repeatable (ELISA)

GUIDE TO THE READING OF THE TEST

The test results are given in a table showing all the foods analysed along with the reactivity percentage. These are purely analytical data. Natrix supports the test interpretation by giving the LIST OF FOODS which allows immediate understanding. In this list, foods are displayed in alphabetical order and alongside to foods emerging as "not tolerated" appear coloured histograms. A light blue histogram stays for a moderate reaction towards proteins of that particular food while a red histogram shows a positive reaction to that food.

ANTICORPAL RESPONSE	REACTIVITY %
Negative	0 - 25
Moderate	26 - 60
Positive	> 61

WHAT IS "FOOD INTOLERANCE"?

Food intolerance is considered as an adverse reaction to some food proteins. This reaction can be identified and quantified through dosage of G class anticorps (IgG).

Nowadays, this kind of adverse reaction is improperly defined as "food intolerance", even if real intolerance involves metabolism (e.g. lactose intolerance) and does not involves immune system. Moreover, IgG mediated reactions are to be distinguished from food allergies supported by E class antibodies (IgE, which cause allergic reactions shortly after injecting some food. Food allergy incidence rate (IgE-mediated reactions) is anyhow pretty low (1-2% of adult population), while adverse reactions supported by IgG are very common and a great amount of population, up to 20%, suffers from them [2].

Food intolerances are the concomitant cause of many pathologies, but they are not the only causing factor. Intolerance towards food proteins is dose-dependent (i.e. proportional to the quantity of food eaten); symptoms originate from accumulation of "non tolerated" substances and appear delayed after injection of that food.

Intolerances can be determined by:

- particular molecules in foods
- malabsorption of main nourishing substances
- disorder of the intestine barrier which causes an abnormal immune response
- disorder of intestinal bacterial flora
- an unvaried and unbalanced diet

Disorder of intestinal bacterial flora can be caused by many factors :

- the use of anti-inflammatory drugs leads to oxidative stress and, consequently, to the damage of intestinal epithelial cells, both at morphological and functional level
- pathogenic agents and toxins causing disorders of the membrane permeability
- *Helicobacter Pylori* infections: this bacterium is responsible of duodenal ulcera that reduces production of barrier mucus
- some substances, such as spices, induce alteration and an increase of the intestinal permeability
- contact between a particular allergen and the digestive segment (in allergy sufferers) increases intestinal permeability towards certain macromolecules (e.g. proteins or their parts)
- contamination of food due to insecticides, herbicides and plant protection products used in agriculture.

The detection of personal food intolerances may give patients the possibility to acquire greater awareness of a correct and healthy diet.

By eliminating temporarily from your diet those particular foods indicated as "not tolerated", food intolerances

may disappear. It is highly recommended to follow a varied diet and to eat quality foods, having a good biological value in order to limit onset of troubles connected with food intolerances. Elimination and gradual reintroduction of not tolerated foods has to be followed by a doctor or specialist in nutrition. It is better to reintroduce one food at a time so that you can observe any possible onset of symptoms linked to intolerances. It is therefore very important to consult your doctor, not only for the interpretation of the test, but also regarding times and methods of food reintroduction, whose consumption was temporarily suspended. Should you find it difficult to interpret the results or if you are suffering from certain pathologies, we recommend you to ask a specialist doctor who can give you targeted therapeutic support.

REPEATING THE TEST

10-12 months should pass before the test is repeated.

For more information about your test results please call one of Natrix biologists at +39 0522 232606 Monday from 9 a.m. to 1 p.m. (available in Italian only)

LIST OF FOODS

Rossi Mario

Cod. ID: 123456

01/01/2014




NatrixLab

Via Cavallotti, 16

42122 Reggio Emilia

Tel. (+39) 0522 232606

Foods that show an immune response are printed colored

Almond			Cow's milk		26%
Amaranth			Cucumber		
American Cheese		40%	Cumin Seed		
Anchovy			Currant		
Anise			Curry		
Apple			cuttlefish/octopus/squid		
Apricot			Dandelion		
Artichoke			Date		
Asparagus			Dill		
Aspergillus niger			Duck		
Avocado			Egg White		100%
Baker's Yeast			Egg Yolk		37%
Banana			Eggplant		
Barley			Endive		
Basil			Escarole		
bass/gilthead		95%	Fennel		
Bay Leaf			Fig		
Beef			Garlic		
black/green tea			Ginger		
Blackberry			glutamate/stock cube		
Blueberry			Goat's milk		
Brazil nut			Grapefruit		
Brewer's Yeast		66%	Green Bean		
broad bean			Green Pea		
Broccoli			halibut		
Brussels sprouts			Hazelnut		
Buckwheat			Herring		
bufala mozzarella chees		34%	Honey		
Buttermilk			Honeydew Melon		
Cabbage			Hops		
Camembert		27%	horse meat		
Camomille			Kale		
Cantalope			kamut		
caper			Kiwi		
Carob			Kohlrabi		
Carrot			Lamb		
Cashew			Leek		
Cauliflower			Lemon		
Celery			Lentil		
Cherry			Lettuce		
chestnut			Lima Bean		
Chick Pea			Linden		
Chicken			Linseed		
Chicory			liquorice		
Chili pepper			lobster/crab		38%
Chives			Mackerel		
Cinnamon			Majoram		
Clove			Malt		
Cocoa Bean			Malva		
Coconut			Mango		
cod/hake			Millet		
Coffee			monkfish		
cola seed			Mozzarella		
Coriander			Mushrooms		
Corn			Mussel		
Cottage Cheese			Mustard		

LIST OF FOODS

Rossi Mario

Cod. ID: 123456

01/01/2014


NatrixLab

Via Cavallotti, 16

42122 Reggio Emilia

Tel. (+39) 0522 232606

Foods that show an immune response are printed colored

Nectarine			Thyme		
Nettle			Tomato		
Nutmeg			Trout		
Oats			Tuna		
Olive			Turbot		
onion/shallot			Turkey		
Orange			valerian		
Oregano			Vanilla		
ostrich			Veal		
Papaya			Venison		
paprika			Walnut		
Parmesan		41%	Watermelon		
Parsley			Wheat		
Parsnip			white/red/black grape		
Peach			Yogurt		26%
Peanut		77%	Zucchini		
Pear					
pepper					
Peppermint					
pine seeds					
Pineapple					
Pistachio					
plaise/sole					
Plum					
Pork					
Potato					
Pumpkin					
Quinoa					
Rabbit					
Radish					
Raspberry					
Red Beet					
red lettuce					
Rice					
rocket					
Roquefort		28%			
Rosemary					
Rye					
saffron					
Sage					
Salmon					
Sardine					
Sesame					
Sheep's Cheese		28%			
Shrimp					
Soybean					
Spelt		27%			
Spinach					
Strawberry					
sugarcane					
Sunflower Seed		29%			
Sweet pepper					
Swiss Chard					
Swiss Cheese		29%			
swordfish					
Tangerine					

FOOD FAMILIES

Rossi Mario

Cod. ID: 123456

01/01/2014

NatrixLab

Via Cavallotti, 16

42122 Reggio Emilia

Tel. (+39) 0522 232606

Foods that show an immune response are printed colored

A - acidifying foods (food with a very high protein and fat content)

Meat and Poultry

Beef	Chicken	Duck	Egg White 100%
Egg Yolk 37%	horse meat	Lamb	ostrich
Pork	Rabbit	Turkey	Veal
Venison			

Fish and Shellfish

Anchovy	bass/gilthead 95%	cod/hake	cuttlefish/octopus/squid
halibut	Herring	lobster/crab 38%	Mackerel
monkfish	Mussel	plaise/sole	Salmon
Sardine	Shrimp	swordfish	Trout
Tuna	Turbot		

Nuts and Seeds

Almond	Brazil nut	Cashew	cola seed
Hazelnut	Linseed	Peanut 77%	pine seeds
Pistachio	Sesame	Sunflower Seed 29%	Walnut

Fruit

Avocado	Olive
---------	-------

Dairy Products

American Cheese 40%	bufala mozzarella cheese 34%	Buttermilk	Camembert 27%
Cottage Cheese	Cow's milk 26%	Goat's milk	Mozzarella
Parmesan 41%	Roquefort 28%	Sheep's Cheese 28%	Swiss Cheese 29%
Yogurt 26%			

B - alkalizing foods (food with a very high vitamin content)

Green vegetables

Artichoke	Broccoli	Brussels sprouts	Cabbage
Celery	Chicory	Dandelion	Endive
Escarole	Green Bean	Kale	Leek
Lettuce	red lettuce	rocket	Spinach
Sweet pepper	Swiss Chard	valerian	

Yellow / white vegetables

Asparagus	Cauliflower	Cucumber	Fennel
Zucchini			

Red / orange / purple vegetables

Carrot	Eggplant	Pumpkin	Tomato
--------	----------	---------	--------

Root vegetables

Garlic	Kohlrabi	onion/shallot	Parsnip
Potato	Radish	Red Beet	

Fruit

FOOD FAMILIES

Rossi Mario

Cod. ID: 123456

01/01/2014

NatrixLab

Via Cavallotti, 16

42122 Reggio Emilia

Tel. (+39) 0522 232606

Foods that show an immune response are printed colored

Apple	Apricot	Banana	Blackberry
Blueberry	Cantalope	Cherry	chestnut
Coconut	Currant	Date	Fig
Grapefruit	Honeydew Melon	Kiwi	Lemon
Mango	Nectarine	Orange	Papaya
Peach	Pear	Pineapple	Plum
Raspberry	Strawberry	Tangerine	Watermelon
white/red/black grape			

C - neutral foods (food with a very high starch content)

Legumes

broad bean	Chick Pea	Green Pea	Lentil
Lima Bean	Soybean		

Cereals

Amaranth	Barley	Buckwheat	Corn
kamut	Millet	Oats	Quinoa
Rice	Rye	Spelt 27%	Wheat

D - aromatic and herbal foods

Fresh Herbs and Spices

Anise	Basil	Bay Leaf	Camomille
Chives	Coriander	Dill	Linden
Majoram	Malva	Nettle	Oregano
Parsley	Peppermint	Rosemary	Sage
Thyme			

Spices

Chili pepper	Cinnamon	Clove	Cumin Seed
Curry	Ginger	Mustard	Nutmeg
paprika	pepper	saffron	Vanilla

Miscellaneous

black/green tea	caper	Carob	Cocoa Bean
Coffee	glutamate/stock cube	Honey	Hops
liquorice	Malt	sugarcane	

E - variable ph foods

Yeast

Baker's Yeast	Brewer's Yeast 66%
---------------	--------------------

Miscellaneous

Aspergillus niger	Mushrooms
-------------------	-----------

INFORMATION ABOUT FOODS

COW MILK AND DAIRY PRODUCTS

It is needed to test different dairy products because being intolerant to cow milk does not exclude the possibility of eating some dairy products. In fact, fresh cheese and yogurt production occurs through different fermentation processes, such as caseation and maturing. These processes modify the concentration of main milk proteins (casein, serum proteins, lipoproteins) responsible for allergic and intolerance reactions and are able to carry out a partial demolition of casein fractions facilitating their full digestion. It is useful to note, for example, that cheese having a long maturing process is introduced very early when weaning babies.

Fermented Milks and Yogurt: these products are obtained through milk coagulation carried out by micro-organisms of acid or acid-alcoholic fermentation (*Streptococcus caucasicus*, *Streptococcus thermophilus*, *Lactobacillus bulgaricus*, etc.), able to transform lactose in lactic acid.

Cheeses: generally speaking, we can state that the longer their maturing time is, the smaller their possibility to cause intolerance reactions is, because proteins contained in dairy products are partially digested by the enzymes involved in the maturing process itself. Grana Padano cheese, Parmesan cheese and Roman Pecorino cheese are rich in proteins, vitamins and calcium. In particular, they contain rapid assimilation proteins. In fact, these molecules are "pre-digested" by enzymes able to transform them in more simple components during the maturing process. For this reason, matured cheeses are normally well tolerated even in case of strong intolerance towards cow milk or other dairy products.

Cow Milk Intolerance

Milk proteins may be found in following foods: milk chocolate, cookies, pastries, whisky cream, ice cream, margarines, baby foods (homogenized or lyophilized foods, noodle soups), dips, custard, mash potatoes, frozen foods, vegetable soups, pre-packaged food and box foods, some salami and cold cooked meats (salami, ham, mortadella, hot dog). It is possible to replace cow milk with goat milk (if tolerated), because it contains less casein; or with vegetable drinks, such as almond, rice, oat and soya milk. Another good alternative to cow milk is she-ass milk, pretty well tolerated even by new-born babies.

CEREALS

Wheat: having intolerance toward wheat does not imply you are suffering from coeliac disease. Coeliac disease (also called gluten intolerance) cannot be determined through F.I.T. In order to diagnose it, specific laboratory tests are needed. Together with your physician you have to decide whether you should make other diagnostic tests. Wheat intolerance causes problems even if you eat gluten-free products, because it provokes hypersensitivity towards other wheat components.

Wheat Intolerance

Wheat may be contained in the following foods: white flour and wholemeal, bran and corn grain, bread and bakery products, pasta, couscous and semolina pudding; breakfast cereals, pre-cooked foods or bread-crumbed frozen food, sausages, box foods, dips and flavourings; drinks such as hot chocolate, beer, gin, whiskey and vodka. Wheat based foods can be replaced by corresponding foods containing barely, rye, oats, spelt, buckwheat, millet, quinoa, rice, amaranth and kamut if they are tolerated.

Oat: it contains high protein amount (up to 17%) and very few carbohydrates and the highest fat amount among cereals. Moreover, it has 11% of fibre content. Oat has one of the poorest glycemic index among cereals and is particularly good in diet for diabetics. Should you suffer from oat intolerance, avoid eating oat flakes, muesli, porridge, cookies and other dietetic foods if contain oat flour.

Barley: it has high fibre content – above all soluble fibres. It is mainly used as malt for breweries, whisky production and in bakeries; after roasting as coffee substitute and in diet food production. In case the test shows up a barely intolerance, eliminate from your diet barely flour and coffee, beer, Irish and Scotch Whiskey.

Rye: this kind of crop is commonly used in Northern European countries either alone or mixed to wheat to produce rye bread (typically dark coloured bread). In case the test shows rye intolerance, eliminate from your diet rye flour products, such as bread, cakes, cookies or snacks..

Corn: this cereal is used to make pop corns and corn flakes, to extract oil from germ, to produce snacks and foods deriving from milling of caryopsis. Corn can also be used in breweries instead of barely. Eaten as flour (polenta), and therefore hulled, important nutrition factors are taken away. Corn is a cereal that is naturally gluten free and so particularly suitable for coeliac sufferers. In case the test shows up corn intolerance,

eliminate from your diet corn flour products such as cookies, pasta, polenta, pop-corns, Bourbon Whiskey and Gin.

Rice: it is one of the cereals with the highest starch content (over 75%) and lowest protein content (6-7%). It does not contain gluten. It has a low lipid, vitamins and mineral salt content. In case of rice intolerance, eliminate from your diet rice, rice pasta, rice milk and puffed rice.

Spelt: its nutrition value is very similar to that of soft wheat. In case of spelt intolerance eliminate from your diet cereal soups, spelt pasta and bakery products containing spelt flour.

Buckwheat: this cereal is a good source of fibres and minerals. It is gluten free. In case you have buckwheat intolerance, avoid the "polenta taragna", a typical dish from Valtellina and Valley of Bergamo, buckwheat bread and pasta as well as bakery products containing buckwheat.

Millet: its composition is very similar to that of wheat but it does not contain gluten. It can be found in cereal soups.

Amaranth: it is a gluten free cereal, suitable for coeliac sufferers. In case you have amaranth intolerance, eliminate from your diet amaranth bread and cereals or legumes soups.

Quinoa: their seeds can be contained in cereals or legumes soups.

Kamut: this kind of cereal is used in making breakfast cereals, muesli and soups. Flour produced from kamut is used in the production of bread, pasta, cookies, snack, flat bread and crepes.

EGGS

Egg proteins (ovoalbumin, ovotransferrin and ovomucoid) are likely to cause intolerances and allergies, particularly in early childhood. IgG mediated reaction starts after age six months and tends to mitigate while growing [3]. Egg white is contained in a variety of foods or food compounds. Reactions show more frequently after injection of raw eggs, while the same people may not have problems eating cooked eggs (in fact cooking changes some egg proteins rendering it less allergenic). There can be cross reactivity between hen egg and quail egg.

Egg Intolerance

Egg proteins are found in the following foods: puddings, custard, ice cream and sorbets, meringues, confectionary preparations (having eggs among ingredients), gummy or soft sweets, batter in fried foods, dips, egg pasta, egg liqueur (VOV). Moreover, egg white is often used as an agglutinant in sausages and pre-cooked meats (meat-balls and meat-loaves) and in some French wines because of their clarifying properties. Alternatively, you can eat organic foods without eggs.

YEASTS

The 184 food-F.I.T. determines intolerance towards natural yeasts' mix (sourdough starter) and brewer's yeast.

Natural yeasts' mix: natural yeast has been used for thousand of years. It is just dough of water and sour flour. In the sourdough starter there are yeast and Lactobacillus that survive tank to complex carbohydrates of flour. Natural yeast is bread's sourdough starter; therefore it is called baker's yeast.

Brewer's Yeast: you can find it in various compositions, "fresh" yeast (a pat) and "dry" yeast (granules). Brewer's yeast is used at home and in pizzerias; it is also used as a fermenting agent for many drinks.

Yeast Intolerance

Yeasts are found in bread, pizza, cakes, fermented cheeses, dips, fermented drinks (beer, wine, alcoholic drinks), soup/stock cubes, vinegar. Alternatively, you can eat foods leavened with baking powders (sodium bicarbonate, ammonium bicarbonate, tartaric acid and ammonium chloride).

SOYA

Among legumes, soya is getting more and more importance; in fact, its consumption has widespread and soya is now one of main ingredient of the most diverse foods, because of its nourishing qualities. Some of its by-products are: seeds, soya beans, flour used to prepare dietetic foodstuffs, oil, milk, cheese (tofu) and soya sauce. Soy and soy lecithin extracted from these legumes are used as antioxidant, emulsifying and amalgamating agents (E322).

ASPERGILLUS NIGER

Moulds belonging to the genus *Aspergillus* are ubiquitous and found in the environment. They are found commonly in silos, in compost, in bales of hay, in cereals, on many plants and in some dairy products. *Aspergillus niger* is a mould used industrially for the synthesis of citric acid starting from molasses. Today 99% of world citric acid production originates from this mould. Citric acid is also used as acidity corrector (E330).

Bibliographic References

1. Heine RG, Tang ML. Dietary approaches to the prevention of food allergy. *Curr. Opin. Clin. Nutr. Metab. Care.* **2008**; 11(3): 320-328.
2. Pizzin G, Bentley S, Maggi E. Allergia alimentare per consumo di prodotti di origine animale: stato dell'arte. *Ann. Fac. Medic. Vet.* **2003**; 23: 261-269.
3. Jenmalm MC, Björkstén B. Development of immunoglobulin G subclass antibodies to ovoalbumin, birch and cat during the first eight years of life in atopic and non-atopic children. *Pediatr. Allergy Immunol.* **1999**; 10(2): 112-121.

EXAMPLE OF FOOD ALTERNATION IN DIET

Rossi Mario

Cod. ID: 123456

	1.9g	2.9g	3.9g	4.9g	5.9g	6.9g	7.9g	8.9g
Green vegetables								
Endive	Artichoke	Celery	Brussels sprouts	Endive	Broccoli	Celery	Brussels sprouts	
Escarole	Broccoli	Leek	Cabbage	Escarole	Green Bean	Leek	Endive	
Sweet pepper	Chicory	Lettuce	Kale	Sweet pepper	red lettuce	Lettuce	Kale	
valerian	Green Bean	red lettuce rocket	Spinach	valerian	Spinach	rocket		
					Swiss Chard			
Yellow / white vegetables								
		Fennel	Cauliflower			Asparagus	Cauliflower	
			Cucumber			Zucchini	Cucumber	
			Zucchini					
Red / orange / purple vegetables								
Eggplant	Tomato	Carrot	Eggplant	Tomato	Pumpkin	Tomato	Carrot	
Tomato							Pumpkin	
Root vegetables								
Kohlrabi	Red Beet	onion/shallot Potato	Radish	Kohlrabi	Garlic	onion/shallot Potato	Radish	
Legumes								
Chick Pea	broad bean	Lentil	Chick Pea Soybean	Green Pea	broad bean	Lentil	Green Pea Lima Bean	
Meat and Poultry								
	ostrich	Beef	Lamb			Chicken		
	Rabbit	horse meat	Pork			Duck		
	Veal	Venison				Turkey		
Fish and Shellfish								
halibut			cuttlefish/octopus/squid		Anchovy		cod/hake	
Mussel			plaise/sole		Herring		swordfish	
Salmon					Mackerel			
Shrimp					monkfish			
Trout					Sardine			
					Tuna			

EXAMPLE OF FOOD ALTERNATION IN DIET

Rossi Mario

Cod. ID: 123456

1.9g 2.9g 3.9g 4.9g 5.9g 6.9g 7.9g 8.9g

Turbot

Fresh Herbs and Spices

Basil	Bay Leaf	Camomille	Anise	Basil	Bay Leaf	Camomille	Anise
Majoram	Maiva	Chives	Coriander	Majoram	Maiva	Chives	Coriander
Oregano		Nettle	Dill	Oregano		Nettle	Dill
Rosemary		Parsley	Linden	Rosemary		Parsley	Linden
Sage				Sage			
Thyme				Thyme			

Fruit

Apple	Currant	Apple	Apricot	Apple	Blueberry	Coconut	Apple
Apricot	Nectarine	chestnut	Banana	Blackberry	Cantalope	Date	Grapefruit
Cherry	Orange	Honeydew Melon	Fig	Pear	Pineapple	Lemon	Mango
Kiwi	Pear	Pineapple	Kiwi	Raspberry	Tangerine	Pear	Papaya
Peach		Watermelon	Plum	Strawberry		white/red/black grape	

Nuts and Seeds

Pistachio	Hazelnut	Cashew	Walnut	Brazil nut	Sesame	pine seeds	Almond
Spices							
Curry	Mustard	Chili pepper	Cinnamon	Curry	Clove	Chili pepper	Cumin Seed
Vanilla	Nutmeg pepper		Cumin Seed	paprika	Mustard	saffron	Ginger
					Nutmeg		
					pepper		

Cereals

Amaranth	Corn	Quinoa	Barley	Amaranth	Corn	Quinoa	Barley
Wheat	Millet	Rye	Buckwheat	kamut	Millet	Rye	Buckwheat
	Oats		Rice	Wheat	Oats		kamut
	Wheat				Wheat		Rice

Miscellaneous

Mushrooms Mushrooms

EXAMPLE OF FOOD ALTERNATION IN DIET

Rossi Mario

Cod. ID: 123456

1.9g	2.9g	3.9g	4.9g	5.9g	6.9g	7.9g	8.9g
------	------	------	------	------	------	------	------

Dairy Products

Buttermilk	Goat's milk	Buttermilk	Goat's milk	Goat's milk	Goat's milk	Buttermilk	Goat's milk
Mozzarella						Cottage Cheese	

GUIDE TO READING THE FOOD ROTATION CHART

The food rotation chart has been created to guide your choice of which foods to eat over eight days, which can be repeated throughout the tolerance recovery period. It should be read in columns (1st day, and so on to the 8th) and in each food category one or more of the suggested alternatives can be chosen. The chart is only indicative however and aims at helping you choose the foods to eat and how to rotate them during the week. Following a varied and balanced diet will help prevent new food intolerances arising.

TEST RESULTS:

Cod. ID: 123456
CCV: 000
Date: 01/01/2014
Patient: Rossi Mario



Rapport de:
NatrixLab
Via Cavallotti, 16
42122 Reggio Emilia
Aut.n. 67 del 26.01.10
Direttore Sanitario
Dott. Michele Cataldo
www.natrixlab.it

FOOD INTOLERANCES

Dott.ssa Ausilia Rausa

A handwritten signature in black ink, appearing to read "ARausa", is written below the printed name.

Cod. ID: 123456

Test: FIT184-C

Patient: Rossi Mario

Date: 01/01/2014

172	Asp. niger	3	Endive	127	Walnut	138	Mustard	69	Mussel	78	Basil	108	Kiwi	98	Pear	107	Cherry	11	Sweet pepp.	189	onion/shallo
	reaz. 12%		reaz. 15%		reaz. 14%		reaz. 19%		reaz. 16%		reaz. 18%		reaz. 23%		reaz. 13%		reaz. 13%		reaz. 15%		reaz. 11%
57	Egg White	171	Goat milk	87	Oregano	125	Sesame	164	Yogurt	2	Broccoli	24	Corn	45	Gr. Pea	103	Fig	113	Peach	117	Watermelon
	reaz. 100%		reaz. 24%		reaz. 12%		reaz. 12%		reaz. 26%		reaz. 16%		reaz. 11%		reaz. 8%		reaz. 16%		reaz. 14%		reaz. 21%
152	Coffee	165	Cow's milk	170	Shp. Chees	68	Mackerel	27	Zucchini	175	Coc. Bean	144	Tangerine	8	Leek	6	Lettuce	32	Tomato	102	Strawberry
	reaz. 20%		reaz. 26%		reaz. 28%		reaz. 9%		reaz. 11%		reaz. 25%		reaz. 14%		reaz. 10%		reaz. 16%		reaz. 10%		reaz. 12%
46	Chick Pea	47	Lentil	124	Pistachio	48	Soybean	96	Apricot	23	Cucumber	28	Eggplant	41	Rice	129	Brew. Yeast	146	Grapefruit	150	Hops
	reaz. 14%		reaz. 8%		reaz. 12%		reaz. 12%		reaz. 18%		reaz. 15%		reaz. 11%		reaz. 10%		reaz. 66%		reaz. 10%		reaz. 19%
132	Garlic	50	Rabbit	122	Almond	16	Spinach	80	Dill	44	Gr. Bean	135	Olive	9	Dandel.	93	Lemon	114	Plum	95	Apple
	reaz. 15%		reaz. 10%		reaz. 15%		reaz. 13%		reaz. 20%		reaz. 15%		reaz. 9%		reaz. 21%		reaz. 7%		reaz. 11%		reaz. 14%
51	Lamb	217	broad bean	53	Beef	12	Parsley	145	Orange	42	Lima Bean	140	Barley	29	Carrot	105	Hon. Melon	31	Red Beet	15	Celery
	reaz. 11%		reaz. 13%		reaz. 11%		reaz. 12%		reaz. 12%		reaz. 9%		reaz. 14%		reaz. 12%		reaz. 25%		reaz. 9%		reaz. 21%
148	Peanut	143	Wheat	187	cod/hake	74	Tuna	141	Oats	137	Mushrooms	33	Potato	19	Cauliflow.	149	Honey	157	Vanilla	190	black/green
	reaz. 77%		reaz. 21%		reaz. 16%		reaz. 14%		reaz. 14%		reaz. 12%		reaz. 13%		reaz. 10%		reaz. 13%		reaz. 24%		reaz. 25%
63	Herring	61	Shrimp	121	Hazelnut	56	Egg Yolk	97	Banana	134	Clove	188	pepper	17	Cabbage	128	Bak. Yeast	158	Cinnamin	191	white/red/bl
	reaz. 13%		reaz. 15%		reaz. 15%		reaz. 37%		reaz. 16%		reaz. 17%		reaz. 16%		reaz. 15%		reaz. 24%		reaz. 15%		reaz. 14%

Cod. ID: 123456

Test: FIT184-C

Patient: Rossi Mario

Date: 01/01/2014

18	Avocado	160	Camembert	166	Mozarella	202	plaise/sole	58	Turkey	81	Camomille	40	Millet	77	Anise	30	Pumpkin	219	liquorice	86	Nutmeg
	reaz. 7%	reaz. 27%	reaz. 21%	reaz. 21%	reaz. 11%	reaz. 24%	reaz. 11%	reaz. 18%	reaz. 12%	reaz. 13%	reaz. 16%	reaz. 13%	reaz. 13%	reaz. 12%	reaz. 18%	reaz. 11%	reaz. 23%	reaz. 12%	reaz. 11%	reaz. 24%	reaz. 16%
193	bass/gilthea	161	Swiss Chee	198	bufala mozza	179	Quinoa	60	Trout	13	Bru.sprout	109	Coconut	1	Articho.	83	Bay Leaf	176	Malt	36	Parsnip
	reaz. 95%	reaz. 29%	reaz. 34%	reaz. 34%	reaz. 9%	reaz. 11%	reaz. 9%	reaz. 23%	reaz. 12%	reaz. 19%	reaz. 16%	reaz. 19%	reaz. 13%	reaz. 9%	reaz. 9%	reaz. 9%	reaz. 9%	reaz. 16%	reaz. 16%	reaz. 8%	reaz. 8%
194	caper	169	Am. Cheese	123	Brazil nut	62	Turbot	205	valerian	79	Coriander	75	Nettle	5	Kale	208	sugarcane	110	Mango	38	Radish
	reaz. 16%	reaz. 40%	reaz. 17%	reaz. 17%	reaz. 7%	reaz. 19%	reaz. 7%	reaz. 16%	reaz. 19%	reaz. 16%	reaz. 19%	reaz. 19%	reaz. 13%	reaz. 13%	reaz. 13%	reaz. 16%	reaz. 16%	reaz. 4%	reaz. 4%	reaz. 25%	reaz. 25%
52	Venison	168	Roquefort	199	paprika	67	Salmon	49	Veal	133	Cumin Seed	112	Papaya	101	Date	151	Carob	211	chestnut	106	Currant
	reaz. 12%	reaz. 28%	reaz. 20%	reaz. 20%	reaz. 23%	reaz. 12%	reaz. 23%	reaz. 10%	reaz. 12%	reaz. 10%	reaz. 10%	reaz. 11%	reaz. 11%	reaz. 14%	reaz. 17%	reaz. 17%	reaz. 17%	reaz. 12%	reaz. 12%	reaz. 17%	reaz. 17%
147	Cashew	139	Buckwheat	167	Parmesan	126	Sunfl.Seed	131	Ginger	14	Chives	206	red lettuce	162	Cot.Cheese	34	Kohlrabi	120	Cantalope	90	Rosemary
	reaz. 14%	reaz. 16%	reaz. 41%	reaz. 41%	reaz. 29%	reaz. 13%	reaz. 29%	reaz. 12%	reaz. 13%	reaz. 12%	reaz. 12%	reaz. 20%	reaz. 20%	reaz. 19%	reaz. 19%	reaz. 22%	reaz. 22%	reaz. 12%	reaz. 12%	reaz. 18%	reaz. 18%
54	Duck	197	halibut	136	Chili pepp.	181	Linseed	59	Anchovy	178	Spelt	4	Escarole	111	Nectarine	22	Fennel	153	Peppermint	212	rocket
	reaz. 22%	reaz. 21%	reaz. 11%	reaz. 11%	reaz. 16%	reaz. 13%	reaz. 16%	reaz. 27%	reaz. 13%	reaz. 27%	reaz. 27%	reaz. 12%	reaz. 12%	reaz. 17%	reaz. 17%	reaz. 10%	reaz. 10%	reaz. 11%	reaz. 11%	reaz. 17%	reaz. 17%
26	Asparagus	218	kamut	200	swordfish	203	cuttlefish/o	159	Buttermilk	159	Buttermilk	92	Thyme	91	Sage	209	glutamate/st	99	Blueberry	82	Linden
	reaz. 20%	reaz. 23%	reaz. 11%	reaz. 11%	reaz. 13%	reaz. 11%	reaz. 13%	reaz. 14%	reaz. 11%	reaz. 13%	reaz. 13%	reaz. 13%	reaz. 23%	reaz. 23%	reaz. 15%	reaz. 15%	reaz. 15%	reaz. 11%	reaz. 11%	reaz. 24%	reaz. 24%
192	lobster/crab	84	Majoram	201	pine seeds	204	ostrich	85	Malva	85	Malva	94	Pineapple	207	saffron	104	Raspberry	100	Blackberry	213	cola seed
	reaz. 38%	reaz. 13%	reaz. 17%	reaz. 17%	reaz. 10%	reaz. 13%	reaz. 10%	reaz. 13%	reaz. 13%	reaz. 13%	reaz. 13%	reaz. 18%	reaz. 18%	reaz. 9%	reaz. 9%	reaz. 8%	reaz. 8%	reaz. 13%	reaz. 13%	reaz. 12%	reaz. 12%