LifeLabs

Healthcare Professional
DR TEST BRLHEMATOLOGY
3680 GILMORE WAY BURNABY BC
V1V 1V1 CAN

Sample type: SERUM
Accession No: 2025_981395021
Date of Collection: 2025/01/29
Date of Report: 2025/01/29
Date of Receipt: 2025/01/29

IgG Food Sensitivity Test Individual Summary Report

LifeLabs FST™ Enhanced+

Patient: ENHANCED1 FST-TEST1
Date of Birth:2001/01/01 • Age: 24 • Accession No: 2025_981395021
Address: UNK
Phone:

YOUR PERSONAL RESULTS

117	33	61
Normal Food Specific IgG	**Borderline** Food Specific IgG	**Elevated** Food Specific IgG

Scan the QR code or visit link **(COMING SOON)** to access the **Patient Guidebook** to help you to interpret the results obtained from your **LifeLabs FST.**

Result Status

Results are reported in µg/mL. The ranges assigned to individual antigens are based on a statistical analysis of a Canadian population. Ranges vary for each antigen; ranges are provided beside each antigen for your reference.

Normal
Your result falls below the reference range, this is a normal result.

Borderline
Your result is moderately elevated, but remains below the lower limit to be classified as elevated.

Elevated
Your result exceeds the lower limit to be categorized as elevated.

Fish and Seafood

Type of Food	µg/mL IgG	Range
Anchovy	3	7 – 11
Barnacle	12	13 – 23
Carp	4	10 – 17
Cod	14	10 – 17
Crab	5	15 – 25
Crayfish	33	15 – 20
Flounder	6	10 – 14
Gilthead bream	4	12 – 16
Haddock	10	12 – 19
Herring	3	8 – 15
Lobster	37	21 – 27
Mackerel	5	23 – 30
Monkfish	7	15 – 23
Mussels	4	18 – 29
Ocean perch	6	9 – 16

Fish and Seafood

Type of Food	µg/mL IgG	Range
Octopus	13	18 – 30
Oysters	25	13 – 19
Pike	10	13 – 23
Pollock	14	16 – 30
Salmon	8	8 – 15
Sardine	7	11 – 19
Scallop	15	15 – 23
Sea bass	8	12 – 21
Shrimp, prawn	94	15 – 25
Squid/cuttlefish	6	6 – 13
Swai fish	6	21 – 38
Trout	8	8 – 13
Tuna	8	11 – 23
Turbut	2	13 – 23
Zander	4	11 – 19

Meat

Type of Food	µg/mL IgG	
Beef	29	11 21
Chicken	3	18 26
Duck	3	8 13
Goat	6	18 25
Goose	2	11 19
Lamb	3	14 22
Ostrich meat	3	9 18
Pork	6	10 18
Rabbit/hare	3	9 15
Roe deer	3	17 27
Turkey	2	10 25
Veal	9	11 26
Wild boar	8	18 28

Eggs

Type of Food	µg/mL IgG	
Egg white	244	17 42
Egg yolk	134	30 43
Quail eggs	48	14 28

Milk Products

Type of Food	µg/mL IgG	
Cow's milk	>250	37 60
Fermented dairy	>250	26 53
Goat dairy	80	22 36
Rennet	167	27 42
Ricotta	242	20 43
Sheep dairy	197	27 42

Mushrooms

Type of Food	µg/mL IgG	
Chanterelle	17	16 28
Meadow mushrooms	7	11 20
Oyster mushrooms	3	10 14
Porcini mushroom	8	16 24
Shiitake	10	17 28

Vegetables

Type of Food	µg/mL IgG	
Artichoke	14	11 22
Arugula	7	8 12
Asparagus	10	9 15
Beetroot	16	10 16
Bok Choi	5	26 36
Broccoli	10	11 17
Brussels sprouts	48	13 25
Butterhead lettuce	4	7 12
Carrots	22	17 29
Cauliflower	12	12 17
Celeriac	22	18 30
Celery	25	17 22
Chard	44	11 15
Chili	6	18 26
Cucumber	14	18 23
Eggplant	14	17 25
Endive	13	11 18
Fennel	12	11 17
Iceberg lettuce	5	12 18
Kohlrabi	14	12 22

Vegetables

Type of Food	µg/mL IgG	
Lamb's lettuce	52	20 28
Leek	23	9 16
Olive	4	10 15
Onion	42	24 30
Parsnip	23	17 24
Potato	30	9 15
Pumpkin	31	11 17
Radish	11	8 15
Red cabbage	13	13 19
Savoy cabbage	3	9 16
Spinach	15	15 20
Sweet pepper	16	15 20
Sweet potato	22	13 19
Tomato	19	9 16
White cabbage	44	12 18
Zucchini	26	13 24

Fruits

Type of Food	µg/mL IgG	
Apple	24	7 10
Apricot	3	7 10
Avocado	3	9 14
Banana	29	21 27
Blackberry	5	6 11
Blueberry	21	8 13
Cherry	106	15 21
Cranberry	3	10 17
Currant	2	11 18
Date	9	8 11
Fig	10	8 24
Grape	81	16 23
Grapefruit	12	13 21
Guava	4	6 10
Kiwi	18	25 31
Lemon	3	8 13
Lime	19	9 15
Lychee	13	18 27

Fruits

Type of Food	µg/mL IgG	
Mandarin	17	13 19
Mango	3	6 10
Mulberry	8	14 24
Nectarine	17	7 10
Orange	12	14 24
Papaya	3	8 13
Peach	39	12 17
Pear	4	7 11
Pineapple	28	23 33
Plum	7	8 14
Pomegranate	27	28 47
Raspberry	8	15 26
Rhubarb	3	6 12
Strawberry	3	12 18
Watermelon	8	20 37

Spices and Herbs

Type of Food	µg/mL IgG	
Basil	5	8 13
Bay leaf	3	10 15
Black cumin	4	13 23
Capers	2	10 13
Caraway	4	8 13
Cardamom	5	10 16
Chive	4	12 17
Cinnamon	3	10 15
Clove	5	9 15
Coriander	7	11 17
Cumin	7	15 22
Curry	19	21 32
Garden cress	38	34 67
Garlic	47	26 32
Ginger	25	30 40
Horseradish	17	32 38
Marjoram	4	15 23
Mustard seed	84	15 21
Nutmeg	3	10 15

Spices and Herbs

Type of Food	µg/mL IgG	
Oregano	5	10 16
Paprika	90	21 32
Parsley	30	8 10
Pepper, black	17	36 65
Rosemary	6	12 15
Saffron	3	9 15
Sage	18	38 54
Thyme	3	7 10
Vanilla	45	35 58

Seeds, Legumes and Nuts

Type of Food	µg/mL IgG	
Almond	245	31 45
Brazil nut	195	18 34
Broad bean	18	14 22
Cashew	248	12 21
Chia seeds	4	10 17
Chickpeas	21	26 32
Cocoa bean	14	8 17
Coconut	19	9 13
Flax	104	18 27
Green bean	43	39 47
Hazelnut	189	25 38
Kidney bean	3	15 25
Lentil	9	22 32
Macadamia nut	145	42 50
Mung bean	3	8 13
Pea	13	15 29
Peanut	147	27 36

Seeds, Legumes and Nuts

Type of Food	µg/mL IgG	
Pine nut	8	8 13
Pistachio	227	17 27
Poppy seeds	28	16 21
Pumpkin seeds	28	19 26
Sesame	18	20 25
Soybean	12	8 16
Sunflower seeds	84	18 26
Sweet chestnut	32	20 31
Walnut	27	8 15
White beans	3	19 29

Gluten-Free Grains

Type of Food	µg/mL IgG	
Amaranth	3	7 – 10
Buckwheat	17	7 – 12
Cassava	3	13 – 23
Corn	33	24 – 30
Lupini bean	17	23 – 42
Millet	39	25 – 42
Oats	24	23 – 31
Quinoa	23	26 – 33
Rice	90	24 – 29
Teff	25	36 – 50

Grains Containing Gluten

Type of Food	µg/mL IgG	
Barley	31	10 – 17
Gluten	130	35 – 49
Rye	36	16 – 25
Spelt	90	15 – 23
Wheat	159	34 – 46

Miscellaneous

Type of Food	µg/mL IgG	
Aspergillus niger	25	25 – 37
Black tea	3	11 – 15
Camomile	10	12 – 21
Candida albicans	12	45 – 56
Cane sugar	5	12 – 19
Carob bean	3	16 – 26
Coffee	6	19 – 24
Ginkgo biloba	3	15 – 25
Green tea	4	9 – 16
Guar flour	6	25 – 36
Honey	23	25 – 38
Nori	25	40 – 71
Peppermint	14	15 – 22
Wakame	5	16 – 26
Yeast	3	21 – 30

Order by Reactivity Report

Elevated

Almond	Apple	Banana	Barley
Beef	Beetroot	Blueberry	Brazil nut
Brussels sprouts	Buckwheat	Cashew	Celery
Chard	Cherry	Coconut	Corn
Cow's milk	Crayfish	Egg white	Egg yolk
Fermented dairy	Flax	Garlic	Gluten
Goat dairy	Grape	Hazelnut	Lamb's lettuce
Leek	Lime	Lobster	Macadamia nut
Mustard seed	Nectarine	Onion	Oysters
Paprika	Parsley	Peach	Peanut
Pistachio	Poppy seeds	Potato	Pumpkin
Pumpkin seeds	Quail eggs	Rennet	Rice
Ricotta	Rye	Sheep dairy	Shrimp, prawn
Spelt	Sunflower seeds	Sweet chestnut	Sweet potato
Tomato	Walnut	Wheat	White cabbage
Zucchini			

Borderline

Artichoke	Asparagus	Aspergillus niger	Broad bean
Carrots	Cauliflower	Celeriac	Chanterelle
Cocoa bean	Cod	Date	Endive
Fennel	Fig	Garden cress	Green bean
Kohlrabi	Mandarin	Millet	Oats
Parsnip	Pine nut	Pineapple	Radish
Red cabbage	Salmon	Scallop	Soybean

Spinach	Squid/cuttlefish	Sweet pepper	Trout
Vanilla			

Normal

Amaranth	Anchovy	Apricot	Arugula
Avocado	Barnacle	Basil	Bay leaf
Black cumin	Black tea	Blackberry	Bok Choi
Broccoli	Butterhead lettuce	Camomile	Candida albicans
Cane sugar	Capers	Caraway	Cardamom
Carob bean	Carp	Cassava	Chia seeds
Chicken	Chickpeas	Chili	Chive
Cinnamon	Clove	Coffee	Coriander
Crab	Cranberry	Cucumber	Cumin
Currant	Curry	Duck	Eggplant
Flounder	Gilthead bream	Ginger	Ginkgo biloba
Goat	Goose	Grapefruit	Green tea
Guar flour	Guava	Haddock	Herring
Honey	Horseradish	Iceberg lettuce	Kidney bean
Kiwi	Lamb	Lemon	Lentil
Lupini bean	Lychee	Mackerel	Mango
Marjoram	Meadow mushrooms	Monkfish	Mulberry
Mung bean	Mussels	Nori	Nutmeg
Ocean perch	Octopus	Olive	Orange
Oregano	Ostrich meat	Oyster mushrooms	Papaya
Pea	Pear	Pepper, black	Peppermint
Pike	Plum	Pollock	Pomegranate
Porcini mushroom	Pork	Quinoa	Rabbit/hare
Raspberry	Rhubarb	Roe deer	Rosemary

Saffron	Sage	Sardine	Savoy cabbage
Sea bass	Sesame	Shiitake	Strawberry
Swai fish	Teff	Thyme	Tuna
Turbut	Turkey	Veal	Wakame
Watermelon	White beans	Wild boar	Yeast
Zander			

Interpretation

IgG FOOD REACTIONS are food sensitivities, rather than true IgE food allergies. IgE food allergies are immediate reactions, usually occurring within minutes or hours of consuming a food, and may include serious reactions like hives, difficulty breathing and anaphylaxis. In contrast, an IgG food sensitivity is a delayed reaction that occurs hours to days after the food is consumed. When a reactive food is consumed, the IgG antibody forms a complex with the food antigen. Normally, the body is able to eliminate these antibody-antigen complexes, but with excess antigen, small complexes tend to deposit in blood vessel walls where they can cause tissue injury via the release of inflammatory mediators. [Immunobiology 5th ed Janeway CA Jr et al.New York: Garland Science: 2001] Over time, this tissue injury may contribute to the development of a variety of health conditions. Research has shown that elimination of IgG reactive foods from the diet improves both irritable bowel syndrome and migraine headaches. [Gut 2004:53, Cephalalgia 2010:30, Revista Alergia Mexico. 2007:54(5)]. Eliminating IgG reactive foods has also been reported to help with eczema, mood disturbances, weight gain, and other digestive disturbances [Nutr Clin Pract. 2010:25(2)].

IgG NORMAL REACTIONS: A normal reaction to a food antigen may indicate lack of recent exposure to that food. Therefore, under circumstances of complete avoidance, it is impossible to determine whether the food(s) avoided would elicit a reaction if consumed recently. IMPORTANT: a normal reaction to a specific food does not mean it can be safely consumed by someone who has previously had a serious reaction to that specific food. Serious reactions to foods (anaphylactic reactions, hives) are are mediated by IgE antibodies, not IgG. Therefore, a normal IgG reaction to a known food allergen is NOT an indication that the tested food is safe to consume.

PATIENT HAS A REACTION TO ONE OR MORE FOOD ANTIGENS NOT CONSUMED REGULARLY: It is possible to have elevated IgG to foods not recently consumed, or to foods that have been specifically avoided(i.e. due to serious previous IgE reaction). Elevated IgG in this circumstance may be due to panallergen reactions [refer to LifeLabs FST Food Sensitivities and Cross-Reactions document], or to an abundance of the IgG4 subtype antibody, which acts on mast cells and may have a protective effect for IgE reactions and antibodies may remain in circulation for 18 months even with no exposure [Mullin].

REACTION TO MORE THAN ONE DAIRY FOOD: a borderline or elevated reaction to more than one Dairy food is present. Dairy foods come from animals in the Bovideae family and include: alpha-lactalbumin, beta-lactoglobulin, caseins, cheeses, cottage cheese, cow's milk, goat milk, whey proteins, and yogurt. Because a reaction to more than one food in this family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Dairy or Bovideae families.

LOW TO MODERATE REACTIONS: One or more foods is borderline or elevated. Depending on how frequently a low or moderately reactive food is consumed, elimination from the diet may result in clinical improvement. The treating clinician must consider patient history and diet when deciding which foods to eliminate.

OAT IS BORDERLINE OR ELEVATED: Oats do not inherently contain gluten, and do not normally contain gluten unless cross- contamination with wheat has occurred. Oats do contain a protein called avenin, which in some patients may cause similar reactions to gluten. Avoidance of wheat and gluten-containing grains is necessary if reaction is clinically significant. In addition to foods, oats are often found in skin moisturizing creams and lotions and this topical exposure can also lead to irritation.

GOAT'S MILK AND/OR SHEEP'S MILK ARE BORDERLINE OR ELEVATED but patient may have never consumed: In vitro studies have shown extensive cross reactivity between milks from ruminant species. Significant amino acid sequence homology between milk from cows, goats and sheep mean cross-reactivity is highly probable [URL: www.uptodate.com/contents/milk- allergy-management. Accessed June 11, 2016]. Clinical research has found that a significant percentage of cow's milk allergic patients also react to goat and sheep milks [Pediatr Allergy Immunol. 2012 Mar:23(2):128-32].

GLUTEN IS BORDERLINE OR ELEVATED: Gluten is found in descending order of prominence in the following grains: wheat, triticale, rye, and barley. Other grains to be avoided include: cracked wheat, einkorn, emmer, hydrolyzed wheat protein, kamut, spelt, wheat starch, wheat bran, wheat germ. Note: Oats do not inherently contain gluten, and do not normally contain gluten unless cross-contamination with wheat has occurred. Oats do contain a protein called avenin, which in some patients may cause similar reactions to gluten. Avoidance of wheat and gluten containing grains is necessary if reaction is clinically significant.

GLUTEN IS HIGHLY ELEVATED: When gluten is notably elevated it may be appropriate to screen for celiac disease based on patient presentation, medical history and family history. A simple blood screen including anti-tissue transglutaminase IgA and anti-gliadin IgA antibodies can be a helpful diagnostic tool in this setting.

REACTION TO MORE THAN ONE TRITICEAE FOOD: a borderline or elevated reaction to more than one food of the Triticeae tribe is present. Foods in the Triticeae tribe include: barley, durum wheat, kamut, rye, spelt, triticale, and wheat.

SEVERAL LIPID TRANSFER PROTEIN CONTAINING FOODS ARE ELEVATED: Lipid transfer proteins (LTPs) are heat and acid stable, and therefore retain potential allergenicity after cooking or upon ingestion. Foods that have documented cross-reactivity via LTPs include: apple, celery, corn/maize, grape, hazelnut, kiwi, legumes, lettuce peach, peanut, rice, soy, sunflower, and walnut. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross- reactions.

SEVERAL BIRCH POLLEN PROFILIN CONTAINING FOODS ARE ELEVATED: Profilins are small proteins in the plant cell cytoplasm that play a significant role in sensitizing individuals to pollens. Profilins are responsible for Oral Allergy Syndrome, a condition that results in burning or tingling in the mouth when cross- reactive foods are consumed. Different pollens are associated with specific foods. Foods that contain BIRCH POLLEN PROFILIN include: almond, apple, carrot, celery, cherry, hazelnut, kiwi, peach, peanut, pear, plum, potato, and soy. A reaction to several of these foods may indicate general reactivity to BIRCH POLLEN PROFILIN rather than reactivity to specific food antigens or families. Refer to the LifeLabs Food Sensitivities and Cross-Reactions document for more information on cross-reactions.

SEED STORAGE PROTEIN-CONTAINING FOOD(S) ARE ELEVATED: Seed storage proteins are heat and acid stable, and therefore retain their potential allergenicity after cooking or upon ingestion. The three categories of seed storage proteins are based on sedimentation rates: 2S, 7/8S and 11S. The 2S category includes: Brazil nut, buckwheat, canola, chickpea, mustard, peanut, pistachio, poppy seed, sesame seed, sunflower, and walnut. The 7/8S category includes: lentil, pea, peanut, soy and walnut, and the 11S category contains: cashew, chickpea, hazelnut, peanut, pistachio, and soy. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross-reactions.

CARBOHYDRATE CROSS-REACTIVE DETERMINANTS: When there are many reactive fruits, vegetables and grains, carbohydrate cross-reactive determinants should be considered. (CCDs) are the carbohydrate portion of glycoproteins known to induce antibody production. CCDs are most commonly found in glycoproteins of plants and invertebrates (insects). Exposure to grass pollens appears to be a common cause of IgE reactions to CCDs. When significant IgG reactions to multiple fruits, vegetables and grains are present, it is possible that CCDs are responsible as the antibody-CCD interaction is very similar for both IgE and IgG. Reactions to carbohydrate cross-reactive determinants are generally thought to have little or no clinical significance. Nevertheless, the possibility that there is a clinically relevant reaction to one or more of these foods cannot be completely ruled out. Particular attention should be paid to wheat and related grains (Grass Family) when assessing clinical significance.

SEVERAL MUGWORT PROFILIN CONTAINING FOODS ARE ELEVATED: Profilins are small proteins in the plant cell cytoplasm that play a significant role in sensitizing individuals to pollens. Profilins are responsible for Oral Allergy Syndrome, a condition that results in burning or tingling in the mouth when cross-reactive foods are consumed. Different pollens are associated with specific foods. Foods that contain MUGWORT PROFILIN include: anise, broccoli, cabbage, caraway, carrots, cauliflower, celery, coriander, fennel, mango, parsley, and members of the Liliaceae, Rosaceae and Solanaceae families. A reaction to several of these foods may indicate general reactivity to MUGWORT PROFILIN rather than reactivity to specific food antigens or families. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross-reactions.

SEVERAL RAGWEED/TIMOTHY CONTAINING FOODS ARE ELEVATED: Profilins are small proteins in the plant cell cytoplasm that play a significant role in sensitizing individuals to pollens. Profilins are responsible for Oral Allergy Syndrome, a condition that results in burning or tingling in the mouth when cross- reactive foods are consumed. Different pollens are associated with specific foods. Foods that contain TIMOTHY OR RAGWEED PROFILIN include: banana, cucumber, melon, orange, tomato, watermelon and zucchini squash. A reaction to several of these foods may indicate general reactivity to TIMOTHY OR RAGWEED PROFILIN rather than reactivity to specific food antigens or families. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross- reactions.

REACTIVITY TO CRUSTACEA AND/OR MOLLUSCA: Reaction to Crustacea and/or Mollusca Mollusca(even in the absence of exposure to, or with strict avoidance of), may indicate cross-sensitivity to TROPOMYOSIN, an allergenic protein found in insects and arachnids. Dust mites and cockroaches are common tropomyosin- containing allergens. If the clinician determines that exposure to tropomyosin could be contributing to clinical symptoms, measures to reduce exposure to insect and arachnid antigens may be recommended. Refer to the LifeLabs FST Food Sensitivities and Cross-Reactions document for more information on cross- reactions.

REACTION TO MORE THAN ONE MEMBER OF THE CARROT FAMILY: a borderline of elevated reaction to more than one food from the the Carrot (Apiaceae) family is present. Foods in this family include: anise, caraway, carrot, celeriac(celery root), celery, celery seed, celeriac, chervil, cilantro (coriander), cumin, dill, fennel, ferula gum, kummel, parsley, parsnip, samphire, sweet cicily and water celery. Medicinal plants include: dong quai and sumbul. Because a reaction to more than one food in the Carrot family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Carrot family.

REACTION TO MORE THAN ONE LILY FAMILY FOOD: a borderline or elevated reaction to more than one food from the Lily (Asparagaceae) family is present. Foods in this family include: aloe vera, asparagus, chives, garlic, green onion, red onion, scallions, shallots, white onion and wild onion. Because a reaction to more than one food in the Lily family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Lily family.

REACTION TO MORE THAN ONE MUSTARD FAMILY FOOD: a borderline or elevated reaction to more than one food from the Mustard (Brassicaceae) family is present. Foods in this family include: bok choy, broccoflower (green cauliflower, Romanesco broccoli), broccoli, brussels sprouts, cabbage (red, white, Savoy), canola, cauliflower, collard greens, horseradish, kale, kohlrabi, mustard, mustard greens, radish, rutabaga, turnip, turnip greens, wasabi and watercress. Because a reaction to more than one food in this family occurred, cross- sensitivity seems likely. It may be advisable to avoid other foods in the Mustard family.

REACTION TO NIGHTSHADES: a borderline or elevated reaction to more than one food from the Nightshade (Solanaceae) family is present. Foods in this family include: ashwaganda, bell peppers (red, green, orange, purple, yellow), cayenne pepper, eggplant, jalapeno, paprika, pimento, red potato, russet potato, white potato, tobacco plant, and tomato. Tomato, eggplant, sweet potato and white potato are part of the genus solanum, so are more closely related to each other. Banana, bell, chili, jalapeno, pimento and sweet peppers are in the genus capsicum, so are more closely related to one another. Goji berries belong to the genus lycium. Because a reaction to more than one food in this family occurred, be cross-sensitivity seems likely. It may advisable to avoid or foods in the Nightshade family.

REACTION TO MORE THAN ONE PHEASANT FAMILY FOOD: a borderline or elevated reaction to more than one food from the Pheasant (Phasianidae) family is present. Foods in this Family include: eggs and meat of the following: chicken, cornish hen, partridge, peafowl, pheasant, quail, and turkey. Because a reaction to more than one food in this family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Pheasant family.

REACTION TO MORE THAN ONE PRUNUS GENUS FOOD: a borderline or elevated reaction to more than one food from the Prunus genus of the Rose (Rosaceae) family is present. Foods in the Prunus genus include: almond, apricot, cherry, nectarine, peach, plum and prune. Because a reaction to more than one food in this genus occurred, cross- sensitivity seems likely. It may be be advisable to avoid other foods in the the Prunus genus, and possibly foods in the Maloideae and Rosoideae subfamilies as well.

REACTION TO MORE THAN ONE ROSE FAMILY FOOD: an elevated reaction to more than one subfamily of the Rosaceae family occurred. The three subfamilies are Maloideae, Prunoideae and Rosoideae. Almond, apricot, cherry, nectarine, peach, plum and prune are part of the subfamily Prunoideae. Apples, quince, loquat and pear are part of the subfamily Maloideae. Blackberry, boysenberry, loganberry, raspberry, rose hip, strawberry, and youngberry are members of the Rosoideae subfamily. Because more than one subfamily had reactive foods, it may be advisable to avoid all foods from the Rosaceae (Rose) family, particularly if the reaction is clinically significant.

REACTION TO MORE THAN ONE MEMBER OF THE SUMAC FAMILY: a borderline or elevated reaction to more than one food from the Sumac family is present. Foods in this family include: cashew, mango and pistachio. Because a reaction to more than one food in this family occurred, cross-sensitivity seems likely. It may be advisable to avoid other foods in the Sumac family.

Scan the QR code or visit link **(COMING SOON)** to access the **Cross-Reactivity Summary** to help you to interpret the results obtained from your **LifeLabs FST.**

Understanding the reference ranges

Each antigen has its own unique reference interval. These were derived by studying many samples across a broad population. A threshold is given that represents the threshold between ‘normal’ result, borderline or elevated. These are illustrated as coloured bars with the numerical values in black. These were determined by examining the results across a Canadian population. A borderline or elevated reaction does not mean that any patient is assured to have symptoms, but that there is a level of reaction that is higher than what is typical in the population. The relevance to any individual, or illness must be understood in the context of each patient. Your ordering clinician will be able to provide further information on your individual situation.