Sample ID: US-67936963
Name: John Doe
Report Date: 17/05/2025

Test Results

Name:	John Doe	**Sample ID:**	US-67936963
Date of Birth:	12/06/1988	**Draw Date:**	
Gender:	Male	**Collection Date:**	16/05/2025
Practitioner:	Dr. Richard Green	**Report Date:**	17/05/2025

Interpreting Your Results

The test results are expressed in µg/ml (micrograms per milliliter) of IgG antibodies specific to each food. Each food is assigned a reactivity level based on the following thresholds:

Unelevated or <7.5µg/ml: No significant immune reaction detected.

≥7.5µg/ml and <20.0µg/ml: Moderate immune reaction. Consider reducing consumption of this food.

≥20.0µg/ml: Significant immune reaction. Consider temporary elimination of this food from your diet.

About This Test

This Food Intolerance Test detects IgG antibodies to specific food antigens, which may indicate an immune reaction to those foods. Food intolerances are different from allergies and may cause delayed symptoms. Understanding your results can help you make informed decisions about your diet in consultation with healthcare professionals.

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Dear John Doe,

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

We wish you excellent health,
Pinnertest Team

Disclaimer:

If you have an existing type I or IgE-mediated food allergy previously diagnosed either by a positive IgE test or by a skin prick test or if you have any known food related issues, please do not start eating the particular food even if the test results does not show any reaction to it. IgE-mediated food allergies can cause reactions such as anaphylactic shock, rashes, vomiting, itching etc. Our test identifies raised levels of IgG antibodies to foods and provides advice based on these findings.

The information in your documents does not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert. Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or severity of serious clinical symptoms.

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Summary Report

High Reactivity Allergens

Honey	20.8	**Pumpkin**	20.0
Fruits		Fruits	
Sole	20.3		
Fish & Seafood			

Moderate Reactivity Allergens

Blueberry	9.2	**Butternut Squash**	14.4
Fruits		Vegetables	
Wheat	9.0	**Black Salsify**	13.2
Grains		Vegetables	
Quinoa	8.4	**Banana**	10.9
Grains		Fruits	
Coconut	7.7	**Quail**	10.9
Fruits		Meat & Poultry	
Tarragon	7.5	**Chestnut**	10.4
Spices & Herbs		Nuts & Seeds	
Rainbow Trout	19.8	**Apple**	10.2
Fish & Seafood		Fruits	
Sweet Cherry	18.9	**Guava**	10.0
Fruits		Fruits	
Cashew Nut	14.9		
Nuts & Seeds			

This summary highlights your most significant reactions. Please review the detailed allergen pages for complete information.

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≥7.5µg/ml and <20.0µg/ml: Moderate immune reaction. Consider reducing consumption of this food.

≥20.0µg/ml: Significant immune reaction. Consider temporary elimination of this food from your diet.

Dairy & Eggs

Allergen	Level (µg/ml)	Progress
Egg White	< 7.5µg/ml	
Cow's Milk	< 7.5µg/ml	
Yoghurt	< 7.5µg/ml	
Buffalo Milk	< 7.5µg/ml	
Mare's Milk	< 7.5µg/ml	
Camel's Milk	< 7.5µg/ml	
Sheep's Milk	< 7.5µg/ml	
Egg Yolk	< 7.5µg/ml	
alpha-Lactalbumin	< 7.5µg/ml	
Beta-Lactoglobulin	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Casein	< 7.5µg/ml	
Buttermilk	< 7.5µg/ml	
Blue Cheese	< 7.5µg/ml	
Appenzelle Cheese	< 7.5µg/ml	
Kefir	< 7.5µg/ml	
Camembert Cheese	< 7.5µg/ml	
Coconut Milk	< 7.5µg/ml	
Goat Milk	< 7.5µg/ml	
Quail Egg	< 7.5µg/ml	

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Grains

Allergen	Level (µg/ml)	Progress
Wheat	9.0	
Quinoa	8.4	
Buckwheat	< 7.5µg/ml	
Spelt	< 7.5µg/ml	
Durum Wheat	< 7.5µg/ml	
Millet	< 7.5µg/ml	
Einkorn Wheat	< 7.5µg/ml	
Rye	< 7.5µg/ml	
Barley	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Oat	< 7.5µg/ml	
Gluten	< 7.5µg/ml	
Corn	< 7.5µg/ml	
Amaranth	< 7.5µg/ml	
Tapioca	< 7.5µg/ml	
Kamut Wheat	< 7.5µg/ml	
Oat	< 7.5µg/ml	
Rice	< 7.5µg/ml	

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Legumes

Allergen	Level (µg/ml)	Progress
Soy Milk	< 7.5µg/ml	
Pear	< 7.5µg/ml	
Pea	< 7.5µg/ml	
Peanut	< 7.5µg/ml	
Soy Beans	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Carob	< 7.5µg/ml	
Chickpea	< 7.5µg/ml	
Black-Eyed Pea	< 7.5µg/ml	
Lentils	< 7.5µg/ml	
Mung Beans	< 7.5µg/ml	

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Nuts & Seeds

Allergen	Level (µg/ml)	Progress
Pumpkin	20.0	
Cashew Nut	14.9	
Butternut Squash	14.4	
Chestnut	10.4	
Coconut	7.7	
Cola Nut	< 7.5µg/ml	
Pumpkin Seeds	< 7.5µg/ml	
Sesame Seed	< 7.5µg/ml	
Sunflower Seed	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Walnut	< 7.5µg/ml	
Hazelnut	< 7.5µg/ml	
Brazil Nut	< 7.5µg/ml	
Almond	< 7.5µg/ml	
Pine Nut	< 7.5µg/ml	
Pistachio	< 7.5µg/ml	
Tigernut	< 7.5µg/ml	
Nutmeg	< 7.5µg/ml	

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Meat & Poultry

Allergen	Level (µg/ml)	Progress
Quail	10.9	
Turkey	< 7.5µg/ml	
Boar, Wilde	< 7.5µg/ml	
Roe Deer	< 7.5µg/ml	
Beef	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Ostrich	< 7.5µg/ml	
Duck Meat	< 7.5µg/ml	
Rabbit	< 7.5µg/ml	
Chicken	< 7.5µg/ml	
Lamb	< 7.5µg/ml	

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Fish & Seafood

Allergen	Level (µg/ml)	Progress
Sole	20.3	
Rainbow Trout	19.8	
Mackerel	< 7.5µg/ml	
Anchovy	< 7.5µg/ml	
Sardine	< 7.5µg/ml	
Haddock	< 7.5µg/ml	
Oyster	< 7.5µg/ml	
Herring	< 7.5µg/ml	
Carp	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Perch	< 7.5µg/ml	
Clam	< 7.5µg/ml	
Scallop	< 7.5µg/ml	
Mussel	< 7.5µg/ml	
Tilapia & Red Snapper	< 7.5µg/ml	
Eel	< 7.5µg/ml	
Alaska pollack	< 7.5µg/ml	
Gilt-Head Bream	< 7.5µg/ml	
Sea Bass	< 7.5µg/ml	

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Fruits

Allergen	Level (µg/ml)	Progress
Sweet Cherry	18.9	
Banana	10.9	
Apple	10.2	
Guava	10.0	
Blueberry	9.2	
Goji Berry	< 7.5µg/ml	
Plum	< 7.5µg/ml	
Black Olives	< 7.5µg/ml	
Tamarind	< 7.5µg/ml	
Grapefruit	< 7.5µg/ml	
Nectarine	< 7.5µg/ml	
Apricot	< 7.5µg/ml	
Avocado	< 7.5µg/ml	
Blackberry	< 7.5µg/ml	
Fig	< 7.5µg/ml	
Raspberry	< 7.5µg/ml	
Red Currant	< 7.5µg/ml	
Cranberry	< 7.5µg/ml	
Date	< 7.5µg/ml	
Lime	< 7.5µg/ml	
Lemon	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Water Melon	< 7.5µg/ml	
Orange	< 7.5µg/ml	
Mandarine	< 7.5µg/ml	
Strawberry	< 7.5µg/ml	
Asian Pear	< 7.5µg/ml	
Pomegranate	< 7.5µg/ml	
Grape	< 7.5µg/ml	
Pineapple	< 7.5µg/ml	
Peach	< 7.5µg/ml	
Green Olives	< 7.5µg/ml	
Kiwi	< 7.5µg/ml	
Cantaloupe	< 7.5µg/ml	
Cape Gooseberry	< 7.5µg/ml	
Honeydew Melon	< 7.5µg/ml	
Mango	< 7.5µg/ml	
Carambole	< 7.5µg/ml	
Papaya	< 7.5µg/ml	
Birkenfeige	< 7.5µg/ml	
Lemon Grass	< 7.5µg/ml	
Orange	< 7.5µg/ml	

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Vegetables

Allergen	Level (µg/ml)	Progress
Black Salsify	13.2	
White Beans	< 7.5µg/ml	
Kidney Bean	< 7.5µg/ml	
Broad Bean	< 7.5µg/ml	
Pinto Beans	< 7.5µg/ml	
Black Bean	< 7.5µg/ml	
Swede	< 7.5µg/ml	
Cucumber	< 7.5µg/ml	
Asparagus	< 7.5µg/ml	
Vine Leaf	< 7.5µg/ml	
Eggplant	< 7.5µg/ml	
Broccoli	< 7.5µg/ml	
Cabbage, Chinese	< 7.5µg/ml	
Florence Fennel	< 7.5µg/ml	
Kale	< 7.5µg/ml	
Cabbage, Red	< 7.5µg/ml	
Beet Root	< 7.5µg/ml	
Lettuce	< 7.5µg/ml	
Zucchini	< 7.5µg/ml	
Rhubarb	< 7.5µg/ml	
Tomato	< 7.5µg/ml	
Turnip	< 7.5µg/ml	
Carrot	< 7.5µg/ml	
White Radish	< 7.5µg/ml	
Brussels Sprouts	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Roquette	< 7.5µg/ml	
Radicchio	< 7.5µg/ml	
Artichoke	< 7.5µg/ml	
Potato	< 7.5µg/ml	
Okra	< 7.5µg/ml	
Spinach	< 7.5µg/ml	
Cabbage	< 7.5µg/ml	
Aloe	< 7.5µg/ml	
Bell Pepper	< 7.5µg/ml	
Bear's Garlic	< 7.5µg/ml	
Onion	< 7.5µg/ml	
Shallot	< 7.5µg/ml	
Cauliflower	< 7.5µg/ml	
Water Cress	< 7.5µg/ml	
Leek	< 7.5µg/ml	
Pak Choi	< 7.5µg/ml	
Horseradish	< 7.5µg/ml	
Chard	< 7.5µg/ml	
Mushrooms	< 7.5µg/ml	
Celery	< 7.5µg/ml	
Astragalus	< 7.5µg/ml	
Green Bean (French)	< 7.5µg/ml	
Bamboo Shoots	< 7.5µg/ml	
Sweet Potato	< 7.5µg/ml	

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Spices & Herbs

Allergen	Level (µg/ml)	Progress
Tarragon	7.5	
Cardamom	< 7.5µg/ml	
Saffron	< 7.5µg/ml	
Garlic	< 7.5µg/ml	
Mustard Seed	< 7.5µg/ml	
Cacao	< 7.5µg/ml	
Anise Seed	< 7.5µg/ml	
Dill	< 7.5µg/ml	
Curry Powder	< 7.5µg/ml	
Allspice	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Rosemary	< 7.5µg/ml	
Sage	< 7.5µg/ml	
Chive	< 7.5µg/ml	
Thyme	< 7.5µg/ml	
Caraway	< 7.5µg/ml	
Bay Leaves	< 7.5µg/ml	
Paprika	< 7.5µg/ml	
Capers	< 7.5µg/ml	
Vanilla	< 7.5µg/ml	

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Sugars & Sweeteners

Allergen	Level (µg/ml)	Progress
Cane Sugar	< 7.5µg/ml	
Maple Syrup	< 7.5µg/ml	
Pectin	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Fructose	< 7.5µg/ml	
Agave Syrup	< 7.5µg/ml	
Sugar Beet	< 7.5µg/ml	

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Beverages

Allergen	Level (µg/ml)	Progress
Hibiscus	< 7.5µg/ml	
Hops	< 7.5µg/ml	
Ginseng	< 7.5µg/ml	
Chicory	< 7.5µg/ml	
Rooibos	< 7.5µg/ml	
Green Tea	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Coffee	< 7.5µg/ml	
Chamomile	< 7.5µg/ml	
Lavender	< 7.5µg/ml	
Black Tea	< 7.5µg/ml	
Lime Blossom Tea	< 7.5µg/ml	

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Others

Allergen	Level (µg/ml)	Progress
Honey	20.8	
Button Mushroom	< 7.5µg/ml	
Boletus	< 7.5µg/ml	
Bay Boletus	< 7.5µg/ml	

Allergen	Level (µg/ml)	Progress
Baker Yeast	< 7.5µg/ml	
Brewer's Yeast	< 7.5µg/ml	
Ascaris Suum	< 7.5µg/ml	