Thyrocare

Tests you can trust

Name : XXXXXXXX XXXXXXXXXXXXX

Date : XX XX XXXX

Test Asked : Foodv

Report Status : Complete Report

DEMO REPORT







Thyrocare
Tests you can trust

Thyrocare Technologies Limited, D-37/3, TTC MIDC, Turbhe, Navi Mumbai - 400 703. 9870666333 wellness@thyrocare.com

First National Diagnostic Chain to have 100% of its Labs with NABL Accreditation"

Patient Name	:	XXXXXXXXXXXXXX	Tests Done	:	**FOODV**
Referred By	:	XXXXXXXXXXXXXX			
Address	:	XXXXXXXXXXXXXX			

Report Availability Summary

Note: Please refer to the table below for status of your tests.

1 Ready | **0** Ready with Cancellation | **0** Processing | **0** Cancelled in Lab

TEST DETAILS	REPORT STATUS
FOOD INTOLERANCE- Vegetarian Profile	Ready

DUMMY REPORT

PATIENT REPORT



FOODPRINT®

Food IgG Antibody Test

SAMPLE REPORT

02/04/2026

Dear 1 3226,

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

1) **Food Groups** – foods are listed according to their respective food group
2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED** , **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- ✓ Information about food intolerance and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact CNS on 01353 863279.

Kind regards
Cambridge Nutritional Sciences

DUMMY REPORT

Cambridge Nutritional Sciences Ltd, Eden Research Park, Henry Crabb Road, Littleport, Cambridgeshire, United Kingdom, CB6 1SE
T +44 (0) 1353 863279 F +44 (0) 1353 863330 E info@camnutri.com W www.camnutri.com
A SUBSIDIARY OF OMEGA DIAGNOSTICS GROUP PLC. AN ISO 9001 AND ISO 13485 CERTIFIED COMPANY

Vegetarian 160
Test Report : Food Groups

FoodPrint

Patient Name:	DUMMY VEG	**Sample Date:**	xx/xx/xxxx
Patient Number:		**Analysis Date:**	xx/xx/xxxx
Date of Birth:	DD/MM/YYYY	**Clinic:**	

DUMMY REPORT

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
<15	Alpha-Lactalbumin	<15	Egg White	71	Milk (Cow)
<15	Beta-Lactoglobulin	<15	Egg Yolk	<15	Milk (Goat)
31	Casein	<15	Milk (Buffalo)	<15	Milk (Sheep)
GRAINS (Gluten-Containing)*					
<15	Barley	30	Malt	<15	Wheat
<15	Couscous	<15	Oat	<15	Wheat Bran
<15	Durum Wheat	18	Rye		
<15	Gliadin*	<15	Spelt		
GRAINS (Gluten-Free)					
<15	Amaranth	<15	Millet	34	Rice
<15	Buckwheat	<15	Polenta	<15	Tapioca
<15	Corn (Maize)	<15	Quinoa		
FRUIT					
<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	31	Plum
<15	Banana	<15	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Mulberry	<15	Redcurrant
<15	Cherry	<15	Nectarine	26	Rhubarb
27	Cranberry	<15	Olive	<15	Strawberry
<15	Date	18	Orange	<15	Tangerine
<15	Fig	<15	Papaya	<15	Watermelon
<15	Grapefruit	<15	Peach		
VEGETABLES					
<15	Artichoke	<15	Carrot	48	Pea
<15	Asparagus	<15	Cauliflower	<15	Potato
<15	Aubergine	36	Celery	<15	Radish
<15	Bean (Broad)	<15	Chard	<15	Rocket
<15	Bean (Green)	<15	Chickpea	<15	Shallot
<15	Bean (Red Kidney)	<15	Chicory	<15	Soya Bean
37	Bean (White Haricot)	<15	Cucumber	<15	Spinach
<15	Beetroot	<15	Fennel (Leaf)	<15	Sweet Potato
<15	Broccoli	<15	Leek	<15	Tomato
<15	Brussel Sprout	17	Lentil	<15	Turnip
<15	Cabbage (Red)	<15	Lettuce	<15	Watercress
<15	Cabbage (White)	<15	Marrow	<15	Yuca
<15	Caper	<15	Onion		

Continued on next page…

Patient Name:	DUMMY VEG	**Sample Date:**	xx/xx/xxxx
Patient Number:		**Analysis Date:**	xx/xx/xxxx
Date of Birth:	DD/MM/YYYY	**Clinic:**	

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nettle
<15	Basil	<15	Garlic	<15	Nutmeg
<15	Bayleaf	<15	Ginger	<15	Parsley
<15	Camomile	<15	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	<15	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla

NUTS / SEEDS

34	Almond	<15	Hazelnut	<15	Rapeseed
<15	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
<15	Cashew Nut	32	Peanut	57	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
<15	Flax Seed	<15	Pistachio	<15	Walnut

MISCELLANEOUS

<15	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)
<15	Aloe Vera	<15	Coffee	<15	Tea (Green)
<15	Cane Sugar	20	Cola Nut	<15	Transglutaminase
30	Carob	<15	Honey	<15	Yeast (Baker's)
<15	Chestnut	<15	Mushroom	<15	Yeast (Brewer's)

DUMMY REPORT

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

Vegetarian 160

Test Report : Order of Reactivity

FoodPrint

Patient Name:	DUMMY VEG	**Sample Date:**	xx/xx/xxxx
Patient Number:		**Analysis Date:**	xx/xx/xxxx
Date of Birth:	DD/MM/YYYY	**Clinic:**	

ELEVATED FOODS (≥30 U/ml)

71	Milk (Cow)	36	Celery	31	Casein
57	Sunflower Seed	34	Almond	31	Plum
48	Pea	34	Rice	30	Carob
37	Bean (White Haricot)	32	Peanut	30	Malt

BORDERLINE FOODS (24-29 U/ml)

27	Cranberry	26	Rhubarb

NORMAL FOODS (≤23 U/ml)

20	Cola Nut	<15	Cabbage (Red)	<15	Fig
18	Orange	<15	Cabbage (White)	<15	Flax Seed
18	Rye	<15	Camomile	<15	Garlic
17	Lentil	<15	Cane Sugar	<15	Ginger
<15	Agar Agar	<15	Caper	<15	Ginkgo
<15	Aloe Vera	<15	Carrot	<15	Ginseng
<15	Alpha-Lactalbumin	<15	Cashew Nut	<15	Gliadin*
<15	Amaranth	<15	Cauliflower	<15	Grapefruit
<15	Aniseed	<15	Cayenne	<15	Guava
<15	Apple	<15	Chard	<15	Hazelnut
<15	Apricot	<15	Cherry	<15	Honey
<15	Artichoke	<15	Chestnut	<15	Hops
<15	Asparagus	<15	Chickpea	<15	Kiwi
<15	Aubergine	<15	Chicory	<15	Leek
<15	Avocado	<15	Chilli (Red)	<15	Lemon
<15	Banana	<15	Cinnamon	<15	Lettuce
<15	Barley	<15	Clove	<15	Lime
<15	Basil	<15	Cocoa Bean	<15	Liquorice
<15	Bayleaf	<15	Coconut	<15	Lychee
<15	Bean (Broad)	<15	Coffee	<15	Macadamia Nut
<15	Bean (Green)	<15	Coriander (Leaf)	<15	Mango
<15	Bean (Red Kidney)	<15	Corn (Maize)	<15	Marjoram
<15	Beetroot	<15	Couscous	<15	Marrow
<15	Beta-Lactoglobulin	<15	Cucumber	<15	Milk (Buffalo)
<15	Blackberry	<15	Cumin	<15	Milk (Goat)
<15	Blackcurrant	<15	Date	<15	Milk (Sheep)
<15	Blueberry	<15	Dill	<15	Millet
<15	Brazil Nut	<15	Durum Wheat	<15	Mint
<15	Broccoli	<15	Egg White	<15	Mulberry
<15	Brussel Sprout	<15	Egg Yolk	<15	Mushroom
<15	Buckwheat	<15	Fennel (Leaf)	<15	Mustard Seed

DUMMY REPORT

Continued on next page…

Patient Name:	DUMMY VEG	**Sample Date:**	xx/xx/xxxx
Patient Number:		**Analysis Date:**	xx/xx/xxxx
Date of Birth:	DD/MM/YYYY	**Clinic:**	

NORMAL FOODS ...continued

<15	Nectarine	<15	Radish	<15	Tarragon
<15	Nettle	<15	Raisin	<15	Tea (Black)
<15	Nutmeg	<15	Rapeseed	<15	Tea (Green)
<15	Oat	<15	Raspberry	<15	Thyme
<15	Olive	<15	Redcurrant	<15	Tiger Nut
<15	Onion	<15	Rocket	<15	Tomato
<15	Papaya	<15	Rosemary	<15	Transglutaminase
<15	Parsley	<15	Saffron	<15	Turnip
<15	Peach	<15	Sage	<15	Vanilla
<15	Pear	<15	Sesame Seed	<15	Walnut
<15	Peppermint	<15	Shallot	<15	Watercress
<15	Pine Nut	<15	Soya Bean	<15	Watermelon
<15	Pineapple	<15	Spelt	<15	Wheat
<15	Pistachio	<15	Spinach	<15	Wheat Bran
<15	Polenta	<15	Strawberry	<15	Yeast (Baker's)
<15	Pomegranate	<15	Sweet Potato	<15	Yeast (Brewer's)
<15	Potato	<15	Tangerine	<15	Yuca
<15	Quinoa	<15	Tapioca		

DUMMY REPORT

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

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Patient Name	: TESTING (22Y/F)	**Sample Collected on (SCT)**	: 19 Aug 2026 18:01
Referred By	: KHGHJG JBGJHGHJ	**Sample Received on (SRT)**	: 20 Aug 2026 12:20
Address	: (3333336265),Prashanth,Bengaluru whitefield 333333 bengaluru,333333	**Report Released on (RRT)**	: 20 Aug 2026 12:26
		Sample Type | Barcode	: SERUM | PEOLZ190

Food Intolerance Test Clinical Interpretation

1. Food Intolerance is a food sensitivity test which identifies IgG antibodies based on protein microarray technology. IgG food sensitivity may take up to 72 hours to appear and are more difficult to detect.

2. Food Intolerance is distinct from food allergy which is an IgE mediated response. Please be aware that if you have a classic IgE allergy to food this will not be reflected in your result. Such food must be avoided as priority.

3. Depending upon the antibody level detected, foods are categorised as: ELEVATED, BORDERLINE or NORMAL. Colour-coding of these categories allows 'problem' foods to be easily identified and avoided.

ELEVATED	BORDERLINE	NORMAL
Indicates that a high antibody reaction was detected	Indicates that a moderate antibody reaction was detected	Indicates that no elevated antibody reaction was detected as per the assay's defined cutoff.

4. Foods highlighted in red are recommended to be eliminated from diet for at least 3 months.

5. Foods highlighted in Yellow are recommended to be rotated for at least 3 months. To rotate food items, eat them no more than once every 3-4 days.

6. The eliminated foods can be reintroduced after at least 3 months, and only when symptoms have subsided. This should be done gradually, starting with the least elevated food (food with lowest antibody concentration).

7. Please note that all immune related symptoms are not caused by IgG mediated response. Enzyme deficiencies, chemical insensitivity, lactose intolerance, histamine intolerance, inadequate digestion, dysbiosis, intestinal infections, alcohol consumption, excess exercise and effects of drugs or medications, may be the other causes. These will not be diagnosed by this test. Hence, it is recommended to seek professional advice by a healthcare professional or nutritionist before implementing any changes in your diet.

8. Occasionally, few foods show as intolerant, which have not been consumed. This may be due to hidden ingredients in any food product consumed. Hidden ingredients can be beyond food products as well. Common examples are cosmetics, like lipsticks Common examples are cosmetics, like lipsticks and creams, which contain animal fats and proteins, sometimes causing positive reaction.

9. Intolerance to foods not consumed can also be due to cross-reaction between food products having identical protein structures.

10. Provided for you in this packet is an easy to use patient report guide book for your reference. This booklet includes other important information including the science behind Adverse Reactions to Foods and meal planning tips. The first few days of your new diet may be challenging, and a portion of people eliminating their reactive foods may experience symptoms similar to withdrawal, such as headaches and food cravings. If this occurs, contact your health practitioner; the symptoms may be due to food elimination or may be due to something else.

DISCLAIMER - Food specific IgG results should be interpreted in conjunction with clinical history and should not be independently considered diagnostic of food allergy or food intolerance.

For More details refer Patient Guidebook available @ https://blob.thyrocare.com/tcblob/FoodPrint-Patient-Guidebook.pdf

DUMMY REPORT

Tests Done : FOODV

Report Remarks : LabCode:2008001470/IT011

Doctor 1 Sign

Doctor 2 Sign

Scan QR to verify(valid for 30 days from release time)

Patient Name
Referred By
Address

Sample Collected on (SCT)
Sample Received on (SRT)
Report Released on (RRT)
Sample Type | Barcode

Food Intolerance Test Report Essentials

- We are excited that you have taken this positive step towards a healthier life.
- The report enclosed consists of information regarding your immune system's response to certain foods, spices, herbs and condiments.
- Depending on which test(s) were ordered by your practitioner, antibody type IgG is measured using an fusion technology of most advanced MicroArray with the time tested, Enzyme linked Immunosorbent assay, or ELISA.
- In understanding your report, it is helpful to have some background information on what are defined as Adverse Reactions to Foods.
- Under this broad category, we have reactions involving the body's immune system, called immune-mediated reactions, or allergies, and non-immune-mediated or food intolerances. Food intolerances are many.
- A common example is the inability to digest the milk sugar, lactose, known as lactose intolerance. Other types of intolerances include reactions to various food additives.
- The result shows you whether you have developed IgG antibodies to the foodstuffs tested. It is possible in this way to state whether you have a type III food allergy or not.
- Such a reaction is preceded by an affection of the intestine. This means that the intestine has become permeable and that components of foods can penetrate it the wrong way.
- Thus, it is only possible to show many different reactions or to show no reaction at all. It is therefore extremely rare that the persons affected only react to a single foodstuff.
- Your practitioner may want you to follow a different, but similar diet guideline. Please speak with your practitioner about the specific foods he/she would like for you to avoid and/or rotate. You can alter your personalized diet accordingly.
- These suggestions do not constitute or replace professional medical advice.
- You should discuss any dietary changes with your healthcare practitioner before undertaking them, and immediately consult your practitioner if you experience weight loss or other health-related concerns.
- You have already achieved your first step towards a larger goal in health by pursuing food sensitivity testing. Be kind to yourself and take this path in health one rotation day at a time.

Sincerely yours in good health and better tomorrow!

For More details refer Patient Guidebook available @ https://blob.thyrocare.com/tcblob/FoodPrint-Patient-Guidebook.pdf

DUMMY REPORT

Tests Done : FOODV

Report Remarks : LabCode:2008001470/IT011

Doctor 1 Sign

Doctor 2 Sign

Scan QR to verify(valid for 30 days from release time)

CONDITIONS OF REPORTING

- The reported results are for information and interpretation of the referring doctor only.
- It is presumed that the tests performed on the specimen belong to the patient; named or identified.
- Results of tests may vary from laboratory to laboratory and also in some parameters from time to time for the same patient, as the reported results are dependent on individual assay method(s) used/ equipments used and quality of specimen received.
- Should the results indicate an unexpected abnormality, the same should be reconfirmed.
- Only such medical professionals who understand reporting units, reference ranges and limitations of technologies should interpret results.
- This report is not valid for medico-legal purpose.
- Neither Thyrocare, nor its employees/representatives assume:
  (a) any liability including any bodily injury, responsibility for any loss or damage that may be incurred by any person as a result of presuming the meaning or contents of the report,
  (b) any claims of any nature whatsoever arising from or relating to the performance of the requested tests as well as any claim for indirect, incidental or consequential damages. The total liability, in any case, of Thyrocare shall not exceed the total amount of invoice for the services provided and paid for.
- Thyrocare Discovery video link:- https://youtu.be/nbdYeRgYyQc

EXPLANATIONS

- Majority of the specimen processed in the laboratory are collected by Pathologists and Hospitals we call them as "Clients".
- **Name** - The name is as declared by the client and recorded by the personnel who collected the specimen.
- **Ref.Dr** - The name of the doctor who has recommended testing as declared by the client.
- **Labcode** - This is the accession number in our laboratory and it helps us in archiving and retrieving the data.
- **Barcode** - This is the specimen identity number and it states that the results are for the specimen bearing the barcode (irrespective of the name).
- **SCP** - Specimen Collection Point - This is the location where the blood or specimen was collected as declared by the client.
- **SCT** - Specimen Collection Time - The time when specimen was collected as declared by the client.
- **SRT** - Specimen Receiving Time - This time when the specimen reached our laboratory.
- **RRT** - Report Releasing Time - The time when our pathologist has released the values for Reporting.
- **Reference Range** - Means the range of values in which 95% of the normal population would fall.

SUGGESTIONS

- Values out of reference range requires reconfirmation before starting any medical treatment.
- Retesting is needed if you suspect any quality shortcomings.
- Testing or retesting should be done in accredited laboratories.
- For suggestions, complaints, clinical support or feedback, write to us at customersupport@thyrocare.com or call us on 022-3090 0000.

DUMMY REPORT

Launching

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For a closer look at your health with



Doctor-Curated Specialised Packages All Under One Roof

Heart | Fever | Cancer | Women's - Reproductive Health
Thyroid | Diabetes | STDs | Skin Care | Hair Fall

Thyrocare
Tests you can trust

*T&C Apply, *As on 5th December 2024
*As per survey on doctors' perception of laboratory diagnostics (IJARIIT, 2023), -Mumbai Reference Lab is CAP Accredited