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Sample Report

### Your personal ImuPro Complete documents

Sample ID: 8816839

Dear Sample Report,

With this letter, you will receive your personal ImuPro test result as well as general information about food allergies type III and the links with chronic inflammation. This laboratory report contains your results for all the tested foods at a glance.

ImuPro is an extensive IgG food allergy laboratory test. Your blood has been analysed for the presence of specific IgG antibodies to particular foodstuffs. If high levels of these antibodies are present, this might indicate that you have a chronic inflammation caused by a delayed food allergy type III. Your individual ImuPro documents will help you to find out which foods are good for you and to pinpoint your individual "trigger foods". By avoiding the foods that might cause you problems, inflammatory processes can be reduced or even stopped and your body can recover.

#### The ImuPro concept consists of three phases:

1. Elimination phase
2. Provocation phase
3. Stabilisation phase

Your report guides you through these phases; it explains how to proceed with your test results. **ImuPro shows you the way to the right food for you. And your path for better health.**

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

If you have any questions about your ImuPro result or about food allergies type III, please contact us.

We wish you all the best on your way to better health!

With kind regards,

Your ImuPro Team

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 the severeness of serious clinical symptoms.

Patient report:  
**SAMPLE REPORT**

date of birth: 01/01/1977 ■ age: 44 ■ sex: f ■ sample id: 8816839



## IMUPRO COMPLETE RESULTS

	Rating	Number of foodstuffs	Reference range
Specific IgG antibodies	<span style="color: green;">■</span> Not elevated	247	< 7.5 µg/ml IgG
	<span style="color: orange;">■</span> Elevated	12	≥ 7.5 µg/ml IgG
	<span style="color: red;">■</span> Highly elevated	10	≥ 20.0 µg/ml IgG
<b>Total</b>	22 out of 269 tested allergens		

- **Candida albicans:** Your test result is positive for Candida (see General Recommendations).

### Important:

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

### Laboratory:

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### Sender:

Dr. Michaela Jaksch

specimen collection	21/03/2018
sample type	human serum
sample id	8816839
examination method	enzyme-linked immunosorbent assay for the detection of foodstuff spec. IgG
date of report	22/03/2018

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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 the severeness of serious clinical symptoms.

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■ Not elevated    ■ Elevated    ■ Highly elevated

	µg/ml IgG	Rating		µg/ml IgG	Rating
<b>Vegetables</b>			<b>Vegetables</b>		
Artichoke	2.6	■	Tomato	< 2.5	■
Asparagus	4.6	■	White cabbage	< 2.5	■
Aubergine	< 2.5	■	<b>Cereals containing gluten</b>		
Bamboo shoots	< 2.5	■	Barley	< 2.5	■
Beetroot	< 2.5	■	Gluten	4.2	■
Broad bean	4.3	■	Kamut	4.5	■
Broccoli	< 2.5	■	Oats	4.5	■
Brussel sprouts	3.8	■	Rye	5.9	■
Carrots	< 2.5	■	Spelt	4.5	■
Cauliflower	< 2.5	■	Wheat	< 2.5	■
Celeriac, knob celery	< 2.5	■	<b>Cereals w/o gluten and alternatives</b>		
Chard, beet greens	< 2.5	■	Amaranth	< 2.5	■
Chickpeas	3.3	■	Arrowroot	< 2.5	■
Chili Cayenne	< 2.5	■	Buckwheat	4.0	■
Chili Habanero	< 2.5	■	Carob	< 2.5	■
Chili Jalapeno	3.1	■	Cassava	< 2.5	■
Chinese cabbage	< 2.5	■	Fonio	< 2.5	■
Courgette	< 2.5	■	Jerusalem artichoke	< 2.5	■
Cucumber	< 2.5	■	Lupine	< 2.5	■
Fennel	< 2.5	■	Maize, sweet corn	< 2.5	■
Green bean	7.8	■	Millet	< 2.5	■
Green pea	7.0	■	Quinoa	< 2.5	■
Kale, curled kale	< 2.5	■	Rice	< 2.5	■
Kohlrabi (Turnip cabbage)	< 2.5	■	Sweet chestnut	< 2.5	■
Leek	< 2.5	■	Sweet potato	< 2.5	■
Lentil	3.0	■	Tapioca	< 2.5	■
Molokhia	< 2.5	■	Teff	3.1	■
Mung bean, green gram	3.3	■	<b>Milk products</b>		
Okra, lady's finger	< 2.5	■	Camel's milk	5.6	■
Olive	< 2.5	■	Goat: milk and cheese	37.6	■
Onion	10.8	■	Halloumi	9.3	■
Parsnip	< 2.5	■	Kefir	40.0	■
Potato	< 2.5	■	Mare's milk	7.3	■
Pumpkin	< 2.5	■	Milk (cow)	> 200	■
Radish red - Radish white	< 2.5	■	Milk, cooked	25.0	■
Red cabbage	< 2.5	■	Rennet cheese (cow)	177.6	■
Rutabaga	< 2.5	■	Ricotta	9.2	■
Savoy cabbage	< 2.5	■	Sheep: milk and cheese	68.8	■
Soy bean	3.7	■	Sour-milk products (cow)	> 200	■
Spinach	< 2.5	■	<b>Yeast</b>		
Stalk celery	< 2.5	■	Yeast	3.4	■
Sweet pepper	< 2.5	■			

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	µg/ml IgG	Rating		µg/ml IgG	Rating
<b>Fruits</b>			<b>Spices and herbs</b>		
Apple	< 2.5	■	Alfalfa	4.3	■
Apricot	< 2.5	■	Allspice	< 2.5	■
Avocado	< 2.5	■	Aniseed	< 2.5	■
Banana	< 2.5	■	Basil	< 2.5	■
Blackberry	< 2.5	■	Bay leaf	< 2.5	■
Blueberry	< 2.5	■	Capers	< 2.5	■
Cherry	< 2.5	■	Caraway	< 2.5	■
Cranberry	< 2.5	■	Cardamom	< 2.5	■
Currant	< 2.5	■	Chervil	< 2.5	■
Date	< 2.5	■	Chive	< 2.5	■
Fig	< 2.5	■	Cinnamon	< 2.5	■
Gooseberry	< 2.5	■	Clove	< 2.5	■
Grape / Raisin	< 2.5	■	Coriander	< 2.5	■
Grapefruit	< 2.5	■	Cumin	3.1	■
Guava	< 2.5	■	Dill	2.5	■
Honeydew melon	< 2.5	■	Garden cress	6.4	■
Kiwi	< 2.5	■	Garlic	11.5	■
Lemon	< 2.5	■	Ginger	4.3	■
Lime	< 2.5	■	Horseradish	< 2.5	■
Lingonberry	< 2.5	■	Juniper berry	2.5	■
Lychee	< 2.5	■	Lavender	< 2.5	■
Mandarin	< 2.5	■	Lemon balm	< 2.5	■
Mango	< 2.5	■	Lovage	< 2.5	■
Nectarine	< 2.5	■	Marjoram	< 2.5	■
Orange	< 2.5	■	Mustard seed	< 2.5	■
Papaya	2.5	■	Nutmeg	< 2.5	■
Peach	< 2.5	■	Oregano	< 2.5	■
Pear	3.2	■	Paprika, spice	4.8	■
Pineapple	5.0	■	Parsley	< 2.5	■
Plum	< 2.5	■	Pepper, black	12.9	■
Pomegranate	< 2.5	■	Pepper, white	< 2.5	■
Prickly pear	< 2.5	■	Rosemary	< 2.5	■
Quince	< 2.5	■	Saffron	< 2.5	■
Raspberry	5.2	■	Sage	< 2.5	■
Rhubarb	< 2.5	■	Savory	< 2.5	■
Sea buckthorn	< 2.5	■	Thyme	< 2.5	■
Strawberry	< 2.5	■	Vanilla	19.1	■
Watermelon	3.9	■	Wild garlic	< 2.5	■
Yellow plum	7.3	■			
			<b>Algae</b>		
			Red algae(nori)	< 2.5	■
			Spirulina	8.2	■

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	µg/ml IgG	Rating		µg/ml IgG	Rating
<b>Fish and seafood</b>			<b>Meat</b>		
Anchovy	< 2.5	■	Beef	< 2.5	■
Angler, monkfish	< 2.5	■	Chicken	< 2.5	■
Blue mussels	< 2.5	■	Deer	< 2.5	■
Carp	< 2.5	■	Duck	< 2.5	■
Cod, codling	4.8	■	Goat meat	< 2.5	■
Crayfish	< 2.5	■	Goose	< 2.5	■
Eel	3.2	■	Hare	< 2.5	■
Gilthead bream	< 2.5	■	Lamb	< 2.5	■
Haddock	2.6	■	Ostrich meat	< 2.5	■
Hake	< 2.5	■	Pork	2.9	■
Halibut	3.9	■	Quail	< 2.5	■
Herring	5.1	■	Rabbit	< 2.5	■
Iridescent shark, Sutchi catfish	< 2.5	■	Turkey hen	< 2.5	■
Lobster	7.9	■	Veal	< 2.5	■
Mackerel	3.3	■	Venison	< 2.5	■
Ocean perch	< 2.5	■	Wild boar	< 2.5	■
Octopus	< 2.5	■	<b>Seeds and nuts</b>		
Oysters	< 2.5	■	Almond	9.1	■
Plaice	3.0	■	Brazil nut	< 2.5	■
Pollock	< 2.5	■	Cashew kernels	4.7	■
Red Snapper	< 2.5	■	Cocoa bean	2.6	■
Salmon	< 2.5	■	Coconut	< 2.5	■
Sardine	< 2.5	■	Hazelnut	2.6	■
Scallop	< 2.5	■	Linseed	3.4	■
Sea bass	< 2.5	■	Macadamia nut	< 2.5	■
Shark	< 2.5	■	Peanut	26.0	■
Shrimp, prawn	2.9	■	Pine nut	< 2.5	■
Sole	< 2.5	■	Pistachio	3.0	■
Squid, cuttlefish	< 2.5	■	Poppy seeds	6.8	■
Swordfish	2.8	■	Pumpkin seeds	6.0	■
Trout	2.9	■	Sesame	< 2.5	■
Tunafish	3.5	■	Sunflower seed	20.7	■
Zander	4.2	■	Walnut	< 2.5	■
<b>Mushrooms</b>			<b>Eggs</b>		
Bay boletus	< 2.5	■	Chicken egg white	50.7	■
Cep (boletus)	4.9	■	Chicken egg yolk	19.5	■
Chanterelle	3.7	■	Goose eggs	5.3	■
Meadow mushrooms	2.9	■	Quail eggs	8.3	■
Oyster mushrooms	< 2.5	■			
Shiitake	2.7	■			

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	µg/ml IgG	Rating
<b>Salads</b>		
Butterhead lettuce	< 2.5	■
Chicory	< 2.5	■
Dandelion	< 2.5	■
Endive	< 2.5	■
Iceberg lettuce	< 2.5	■
Lamb's lettuce	< 2.5	■
Lollo rosso	< 2.5	■
Radicchio	< 2.5	■
Rocket	2.7	■
Romaine / Cos lettuce	< 2.5	■
<b>Teas, coffee and tannin</b>		
Camomile	< 2.5	■
Coffee	4.0	■
Nettle	3.4	■
Peppermint	< 2.5	■
Rooibus tea	4.2	■
Rose hip	< 2.5	■
Tannin	< 2.5	■
Tea, black	< 2.5	■
Tea, green	< 2.5	■
<b>Food additives</b>		
Agar-Agar (E406)	< 2.5	■
Benzoic acid (E210)	3.1	■
Carrageenan (E407)	< 2.5	■
Curcumin (E100)	< 2.5	■
Guar flour (E412)	< 2.5	■
Pectin (E440)	< 2.5	■
Sorbic acid (E200)	2.6	■
Tragacanth (E413)	< 2.5	■
Xanthan gum	< 2.5	■
<b>Sweeteners</b>		
Agave nectar	< 2.5	■
Cane sugar	< 2.5	■
Honey (Mixture)	2.7	■
Maple syrup	< 2.5	■
<b>Specials</b>		
Aloe Vera	2.9	■
Aspergillus Niger	< 2.5	■
Candied lemon peel	< 2.5	■
Vine leaves	< 2.5	■

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## GENERAL RECOMMENDATIONS

- **Your results:** The test results show that you have raised IgG antibody titres to food(s). A monotonous diet, together with an increased permeability of the intestine, is assumed to be the reason for an IgG food allergy (type III). The amount of IgG-positive foods indicates that your gut permeability might be increased and that your immune system responds with an adverse reaction to foods which normally should not be recognised by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body. Experience shows that the simple avoidance of the positively tested foods is not enough and a diet modification in accordance with the rotation principle is required.

The amount of IgG positive foods indicates that you suffer from an intestinal permeability (leakiness). Furthermore a disorder of the intestinal flora and / or the intestinal barrier may be present. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis.

- **Diagnostics of the intestinal flora:** IgG-mediated food allergy is commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora (colon cleansing) is essential. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis. Please ask your physician or therapist.

- **Candida albicans:** We recommend a clinical examination to localise the site of Candida infection precisely, as well as a stool test designed to determine the amount of Candida present and to assess gut permeability.

Should further testing indicate a current Candida infection, you should aim to reduce or avoid the following foods in accordance with the recommendations from your therapist: cheeses, chocolate, fruit and dried fruits, mushrooms, malt, sugars (sugar beet, sugar cane, fructose, honey), all yeasts (including bakers' yeast and brewers' yeast) and vinegar.

- **Other causes:** In addition to a delayed IgG food allergy, there may be a non-immune related digestive disorder or poor utilisation of nutrients which can have numerous causes. You should discuss this with your attending physician or health professional. Possible causes include a diminished degradation of carbohydrates (e.g. lactose, fructose) due to an enzyme deficiency or an inadequate activity of the pancreas and thus insufficient secretion of digestive enzymes.

Furthermore an intestinal mycosis or parasitosis or an impaired intestinal flora may play a role. If the diet modification in accordance with ImuPro shows no improvement at all, you should take further diagnostic steps.



A member of



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**PATIENT:** Sample Report



**Foods to avoid during the elimination phase:**

Almond	Milk (cow)	Sour-milk products (cow)
Chicken egg white	Milk, cooked	Spirulina
Chicken egg yolk	Onion	Sunflower seed
Garlic	Peanut	Vanilla
Goat: milk and cheese	Pepper, black	
Green bean	Quail eggs	
Halloumi	Rennet cheese (cow)	
Kefir	Ricotta	
Lobster	Sheep: milk and cheese	



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**Allowed in 4-day rotation**

<b>Meat</b>	Sole	Strawberry	Sweet pepper	Capers	Cocoa bean
Beef	Squid, cuttlefish	Watermelon	Tomato	Caraway	Coconut
Chicken	Swordfish	Yellow plum	White cabbage	Cardamom	Hazelnut
Deer	Trout	<b>Vegetables</b>	<b>Milk products</b>	Chervil	Linseed
Duck	Tunafish	Artichoke	Camel's milk	Chive	Macadamia nut
Goat meat	Zander	Asparagus	Mare's milk	Cinnamon	Pine nut
Goose	<b>Eggs</b>	Aubergine	<b>Salads</b>	Clove	Pistachio
Hare	Goose eggs	Bamboo shoots	Butterhead lettuce	Coriander	Poppy seeds
Lamb	<b>Fruits</b>	Beetroot	Chicory	Cumin	Pumpkin seeds
Ostrich meat	Apple	Broad bean	Dandelion	Dill	Sesame
Pork	Apricot	Broccoli	Endive	Garden cress	Walnut
Quail	Avocado	Brussel sprouts	Iceberg lettuce	Ginger	<b>Specials</b>
Rabbit	Banana	Carrots	Lamb's lettuce	Horseradish	Aloe Vera
Turkey hen	Blackberry	Cauliflower	Lollo rosso	Juniper berry	Aspergillus Niger
Veal	Blueberry	Celeriac, knob celery	Radicchio	Lavender	Candied lemon peel
Venison	Cherry	Chard, beet greens	Rocket	Lemon balm	Vine leaves
Wild boar	Cranberry	Chickpeas	Romaine / Cos lettuce	Lovage	<b>Algae</b>
<b>Fish and seafood</b>	Currant	Chili Cayenne	<b>Mushrooms</b>	Marjoram	Red algae(nori)
Anchovy	Date	Chili Habanero	Bay boletus	Mustard seed	<b>Cereals containing gluten</b>
Angler, monkfish	Fig	Chili Jalapeno	Cep (boletus)	Nutmeg	Barley
Blue mussels	Gooseberry	Chinese cabbage	Chanterelle	Oregano	Gluten
Carp	Grape / Raisin	Courgette	Meadow mushrooms	Paprika, spice	Kamut
Cod, codling	Grapefruit	Cucumber	Oyster mushrooms	Parsley	Oats
Crayfish	Guava	Fennel	Shiitake	Pepper, white	Rye
Eel	Honeydew melon	Green pea	<b>Sweeteners</b>	Rosemary	Spelt
Gilthead bream	Kiwi	Kale, curled kale	Agave nectar	Saffron	Wheat
Haddock	Lemon	Kohlrabi (Turnip cabbage)	Cane sugar	Sage	<b>Cereals w/o gluten and alternatives</b>
Hake	Lime	Leek	Honey (Mixture)	Savory	Amaranth
Halibut	Lingonberry	Lentil	Maple syrup	Thyme	Arrowroot
Herring	Lychee	Molokhia	<b>Teas, coffee and tannin</b>	Wild garlic	Buckwheat
Iridescent shark, Sutchi catfish	Mandarin	Mung bean, green gram	Camomile	<b>Food additives</b>	Carob
Mackerel	Mango	Okra, lady's finger	Coffee	Agar-Agar (E406)	Cassava
Ocean perch	Nectarine	Olive	Nettle	Benzoic acid (E210)	Fonio
Octopus	Orange	Parsnip	Peppermint	Carrageenan (E407)	Jerusalem artichoke
Oysters	Papaya	Potato	Rooibus tea	Curcumin (E100)	Lupine
Plaice	Peach	Pumpkin	Rose hip	Guar flour (E412)	Maize, sweet corn
Pollock	Pear	Radish red - Radish white	Tannin	Pectin (E440)	Millet
Red Snapper	Pineapple	Red cabbage	Tea, black	Sorbic acid (E200)	Quinoa
Salmon	Plum	Rutabaga	Tea, green	Tragacanth (E413)	Rice
Sardine	Pomegranate	Savoy cabbage	<b>Spices and herbs</b>	Xanthan gum	Sweet chestnut
Scallop	Prickly pear	Soy bean	Alfalfa	<b>Yeast</b>	Rice
Sea bass	Quince	Spinach	Allspice	Yeast	Sweet potato
Shark	Raspberry	Stalk celery	Aniseed	<b>Seeds and nuts</b>	Tapioca
Shrimp, prawn	Rhubarb		Basil	Brazil nut	Teff
	Sea buckthorn		Bay leaf	Cashew kernels	

**Avoid for at least 5 weeks**

Almond	Goat: milk and cheese	Loebster	Peanut	Ricotta	Spirulina
Chicken egg white	Green bean	Milk (cow)	Pepper, black	Sheep: milk and cheese	Sunflower seed
Chicken egg yolk	Halloumi	Milk, cooked	Quail eggs	Sour-milk products (cow)	Vanilla
Garlic	Kefir	Onion	Rennet cheese (cow)		