CLIENT ID : **270000216**
CLIENT NAME : **Katie Lemons**

Pinner Test FOOD INTOLERANCE TEST

Food Intolerance Test Results

Dear Katie Lemons,

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

We know, from our research, that many patients who alter their diet in accordance with their test results show a significant improvement in their symptom(s) within three to four weeks. We hope that you are one of them and we would be interested to learn of your progress and improvement in due course.

We wish you good health,

Dr. Mark Schena

IMPORTANT: This is a food intolerance test, not an allergy test. If you suffer classic allergic (IgE) reactions to any of these foods, DO NOT eat them even if they are on the green column. Your test results are complementary to and not a substitute for the best medical help. This test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic for celiac disease. If your chronic symptoms do not improve significantly over the next few weeks, we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.

HOW TO UNDERSTAND YOUR PINNERTEST REPORT:

RED COLUMN (AVOID)
The red column indicates you have an intolerance to these particular foods and **it is suggested that you should try to eliminate them completely from your diet.**

GREEN COLUMN (NO REACTION)
The green column indicates that you do not have an intolerance to these particular foods. The foods in the green column may be eaten without restriction, **unless you already know that these foods do cause you any negative effects such as food allergies or discomfort.**

DEGREES:

The numbers in your report next to the foods you are intolerant to, are the reaction levels. **However, the varying levels suggest that your body has a reaction to those foods and should be avoided.**

+1…….. LOW REACTION
+2……..…MODERATE REACTION
+3……..…HIGH REACTION

Your Pinnertest Food Intolerance Report

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	Reaction (Avoid)	No Reaction
Grains		
		Barley
		Buckwheat
		Corn
		Kamut
		Millet
		Oat
		Quinoa
		Rice
		Rye
		Spelt
		Wheat
Legumes		
		Black Bean
	Chickpea (+2 degree)	
		Fava Bean
		Kidney Bean
		Lentils
		Peanut
		Pinto Bean
		Soybean
Dairy/Eggs		
	Cow's Milk (+2 degree)	
		Egg White
		Egg Yolk
		Goat's Milk
		Sheep's Milk
Meat		
		Beef
		Chicken
		Duck
		Lamb
	Pork (+1 degree)	
		Rabbit
		Quail
		Turkey
Fish/Seafood		
		Anchovy
		Bluefish
		Clam

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	Reaction (Avoid)	No Reaction
		Cod
		Crab
		Eel
		Haddock
		Herring
		Lobster
		Mackerel
		Mussel
		Octopus
		Oyster
		Red Snapper
		Salmon
		Sardine
		Sea Bass
		Shrimp
		Sole
		Squid
		Sword Fish
		Tilapia
		Trout
		Tuna
Vegetables		
		Artichoke
		Arugula
		Asparagus
		Beet
		Bell Pepper
		Broccoli
		Brussel Sprouts
		Cabbage
		Carrot
		Cauliflower
		Celery
		Chard
		Cucumber
		Eggplant
		Endive
		Fennel
		Grape Leaf
		Kale

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Reaction (Avoid)	No Reaction
	Leek
	Lettuce
	Mushrooms
	Okra
	Onion
	Parsley
	Pea
	Potato
	Pumpkin
	Radicchio
	Radish
	Rutabaga
	Spinach
	Butternut Squash
	String Bean
	Sweet Potato
	Tomato
	Turnip
	Watercress
	Zucchini
Fruits	
	Acai Berry
	Apple
	Apricot
	Avocado
	Banana
	Blackberry
	Blueberry
	Cantaloupe
	Cherry
	Cranberry
	Currant
	Date
	Fig
	Grape
	Grapefruit
	Guava
	Kiwi
	Lemon
	Lime

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Reaction (Avoid)	No Reaction
	Lyvhee
	Mango
	Nectarine
	Olive
	Orange
	Papaya
	Peach
	Pear
	Pineapple
	Plum
	Pomegranate
	Raspberry
	Rhubarb
	Strawberry
	Watermelon
Seeds/Nuts	
	Almond
	Brazil
	Cashew
	Chestnut
	Coconut
	Flaxseed
	Hazelnut
	Hemp
	Macadamia
	Pine Nut
	Pistachio
	Sesame Seed
	Sunflower Seed
	Walnut
Spices/Herbs	
	Allspice
	Anise Seed
	Basil
	Capers
	Cardamom
	Carob
	Chili Pepper
	Chive
	Cilantro

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Reaction (Avoid)	No Reaction
	Cinnamon
	Clove
	Coriander
	Cumin
	Dill
	Garlic
	Ginger
	Lavender
	Mint
	Mustard Seed
	Nutmeg
	Oregano
	Paprika
	Peppercorn
	Poppy Seed
	Rosemary
	Saffron
	Sage
	Tarragon
	Thyme
	Turmeric
	Vanilla
Drinks	
	Black Tea
	Chamomile
	Chicory
	Cocoa Bean
	Coffee
	Cola Nut
	Ginseng
	Hibiscus
	Hops
	Jasmin
	Rooibos
Others	
	Agar
	Agave
	Aloe Vera
	Amaranth
	Aspartame

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Reaction (Avoid)	No Reaction
	Cane Sugar
	Canola Oil
	Fructose
	Gluten (Gliadin)
	Honey
	Maple Syrup
	Pectin
	Saccharin
	Sucralose
	Tapioca
	Yeast