

## Sample ID

### Your personal ImuPro Screen documents

Sample ID: 000000

Dear,

With this letter, you will receive the ImuPro Screen report for your personal IgG food allergy test. In a laboratory analysis, your blood was examined for elevated IgG antibodies against specific foods.

The formation of IgG antibodies against food antigens can be regarded as a hallmark of type III allergies, which can lead to chronic inflammatory processes within and distant from the digestive system.

Chronic inflammation, in turn, is frequently associated with manifest symptoms, but can also play an important role in the development of numerous diseases even in the case of being almost asymptomatic ("silent inflammation").

Your individual ImuPro result for the foods tested will help you to find out which foods are good for you and to pinpoint your individual IgG-based "trigger foods". By avoiding the foods that might cause you problems, inflammatory processes can be reduced or even stopped and your body can recover. This information can help you and your therapist decide whether it is advisable for you to do one of the more extensive ImuPro tests, in order to receive extensive personalised nutritional guidelines.

### ImuPro shows you the way to a personalised, well-tolerated diet.

**Important:** ImuPro is only testing for elevated IgG antibodies towards foods. 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 your ImuPro result does not show a reaction to it. IgE-mediated food allergies can cause severe 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.

With kind regards,

Your ImuPro Team

**Sample Report**

## Individual laboratory result

### ImuPro Screen

	Rating	Number of foodstuffs
Specific IgG antibodies	■ Not elevated	16
	■ Elevated	6
Total	6 out of 22 tested allergens	

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#### Laboratory:

CTL & Ortholabor GmbH  
Anemonenweg 3a  
26160 Bad Zwischenahn  
Germany

#### Sender:

First Medical Diagnostics Pvt. Ltd.  
Vikas Surya Shopping Mall

sample type	serum
sample id	394209
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	10.10.2024
report authorized by	Siegfried Scholz, specialist for general medicine



The information in your documents do 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 severity of serious clinical symptoms.

## How to read your report

### Note on the interpretation of your test results

The list of your individual laboratory results displays the measured reaction strength for each tested food.

	Rating
Food 1	
Food 2	

Within the ImuPro Screen test, the reaction strength is rated in two categories:

The **green** area: There are no elevated levels of IgG antibodies.

The **red** area: Elevated levels of IgG antibodies were measured.

Sample Report

## List of your individual laboratory results

ImuPro Screen	Rating	Additional exclusions		Rating	Additional exclusions
<b>Vegetables</b>			<b>Meat</b>		
Carrots	<div></div>		Chicken	<div></div>	
Green pea/beans	<div></div>		<b>Fish and seafood</b>		
Soybean	<div></div>		Lobster	<div></div>	
Sweet pepper	<div></div>		<b>Eggs</b>		
Tomato	<div></div>		Chicken egg	<div></div>	
<b>Fruits</b>			<b>Sweeteners</b>		
Banana	<div></div>		Honey (mixture)	<div></div>	
Orange	<div></div>		<b>Yeast</b>		
Pineapple	<div></div>		Yeast	<div></div>	
<b>Milk products</b>					
Goat: milk / cheese	<div></div>				
Milk (cow)	<div></div>				
Sheep: milk / cheese	<div></div>				
<b>Cereals containing gluten</b>					
Gluten	<div></div>				
<b>Cereals w/o gluten and alternatives</b>					
Rice	<div></div>				
<b>Spices and herbs</b>					
Garlic	<div></div>				
Vanilla	<div></div>				
<b>Seeds and nuts</b>					
Almond	<div></div>				
Hazelnut	<div></div>				

## General recommendations

**ImuPro Basic:** Your ImuPro Screen report shows that there are elevated values of IgG antibodies against several foods. In order to get a more comprehensive picture of your putative immune reactions against food allergens, we recommend carrying out the extensive individual testing of 90 food allergens using ImuPro Basic.

Your diet can be changed very selectively based on the findings. You will receive a comprehensive report with accurate results at a glance and personal nutritional guidelines which lead you through your change in diet.

**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.

**Gluten:** Elevated levels of IgG against gluten were detected.

Raised levels of IgG antibodies to gluten may be an indication of Coeliac disease which should be further investigated by way of the following tests: Anti-gliadin IgG, Anti-gliadin IgA, Anti-transglutaminase IgG, Anti-transglutaminase IgA, Anti-endomysium.

Even if coeliac disease can be ruled out, you may still suffer from a Non Coeliac Gluten Sensitivity (NCGS) in which case you may also have to eliminate gluten from your diet.

Sensitivity to gluten not only leads to intestinal inflammation but is suspected to actively increase gut permeability which can also lead to several deficiencies, like iron, vitamin D and folic acid deficiencies as well as other adverse reactions to food and associated ailments, particularly outside of the gut.

**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.