

Sample ID

Your personal ImuPro Screen Plus documents

Sample ID: 000000

Dear,

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

	Rating	Number of foodstuffs
Specific IgG antibodies	■ Not elevated	26
	■ Elevated	9
	■ Highly elevated	9
Total	18 out of 44 tested allergens	

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	serum
sample id	407024
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	17.04.2025
report authorized by	Siegfried Scholz, specialist for general medicine

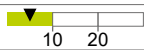
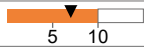
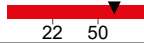
The information in your documents do not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional 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

Notes on the individual laboratory results

List 1 shows the measurement results of the tested foods. The value in the $\mu\text{g/ml}$ column shows the measured concentration of IgG antibodies. The bar graph reports your concentration of IgG in three classes. Your personal measured value is represented by the black indicator above the coloured bar.

	$\mu\text{g/ml}$ IgG	Rating
Food 1	5	
Food 2	7	
Food 3	77	

The two numbers below the bar graph are the threshold values between the three reaction classes. The first number describes the analytical cut-off, i.e. the concentration above which we speak of "elevated" IgG antibodies. The second number is the threshold value above which the reaction class is referred as "strongly elevated".

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

The **orange** area: IgG antibodies were measured in the "elevated" reaction class.

The **red** area: IgG antibodies were measured in the "strongly elevated" reaction class.

Sample Report

List 1 - Individual laboratory result

ImuPro Screen Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
Grains containing gluten				Meat			
Barley	6,5			Beef	8,7		
Gluten	22,8			Chicken	3,7		
Rye	29,2			Pork	< 2,5		
Spelt	15,9			Eggs			
Wheat	17,0			Chicken egg	24,6		
Grains w/o gluten and alternatives				Seeds and nuts			
Oats (gluten-free)	16,7			Almond	85,6		
Milk products				Hazelnut	12,4		
Goat: milk / cheese	> 200			Linseeds	33,7		
Milk (cow)	> 200			Peanut	12,0		
Rennet cheese (cow)	> 200			Pistachio	26,0		
Sheep: milk / cheese	> 200			Poppy seeds	< 2,5		
Sour-milk prod. (cow)	> 200			Sunflower seeds	11,2		
Fruits				Spices and herbs			
Cherry	13,0			Curry powder	8,6		
Pineapple	85,1			Garlic	19,7		
Raspberry	5,0			Horseradish	7,8		
Watermelon	7,3			Mustard seed	< 2,5		
Vegetables				Fish and seafood			
Broccoli	26,1			Cod, codling	3,0		
Carrots	6,2			Crayfish	< 2,5		
Celeriac, knob celery	18,7			Teas, coffee and tannin			
Cucumber	< 2,5			Coffee	3,3		
Red cabbage	7,5			Yeast			
Soybean	26,4			Yeast	3,4		
Sweet pepper	25,9			Sweeteners			
Tomato	4,2			Honey (mixture)	3,1		
Mushrooms							
Oyster mushrooms	< 2,5						

Sample Report

List 2 - Foods allowed and foods to avoid

Foods allowed					
Beef	Coffee	Hazelnut	Oyster mushrooms	Raspberry	Yeast
Carrots	Crayfish	Honey (mixture)	Peanut	Red cabbage	
Cherry	Cucumber	Horseradish	Pistachio	Sunflower seeds	
Chicken	Curry powder	Mustard seed	Poppy seeds	Tomato	
Cod, codling	Garlic	Oats (gluten-free)	Pork	Watermelon	

Foods with reaction strength 1: Avoid for at least 5 weeks					
Barley	Celeriac, knob celery	Gluten	Spelt	Wheat	
Broccoli	Chicken egg	Rye	Sweet pepper		

Foods with reaction strength 2: Avoid for at least 5 weeks					
Almond	Linseeds	Pineapple	Sheep: milk / cheese	Soybean	
Goat: milk / cheese	Milk (cow)	Rennet cheese (cow)	Sour-milk prod. (cow)		

Foods that have been additionally excluded from your diet plan					
No foods in this category					

General recommendations

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.

Note on oats: Oats are gluten-free by nature however as oats are usually grown in proximity to other cereals and processed in the same facilities, contamination with gluten cannot be ruled out. As your test result shows no IgG reaction towards oats, but an elevated IgG value towards gluten, please take care to only consume oats that are clearly labelled "gluten-free".

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.