
Report Example ImuPro Complete

Postal Address, Street Name.

Johannesburg

Your personal ImuPro Complete documents

Sample ID: FXXXX.1

Dear Report Example ImuPro Complete,

With this letter, you will receive your personal ImuPro test result as well as general information about food hypersensitivities (type III). This laboratory report contains your results for all the tested foods at a glance.

In an extensive laboratory analysis, your blood has been analysed for the presence of specific IgG antibodies to particular foods. If high levels of IgG antibodies are present, they could indicate the cause of certain symptoms due to a delayed food hypersensitivity type III. Your individual ImuPro result for each food tested will help you identify which foods may or may not be associated with your symptoms. By avoiding the foods that might be associated with your symptoms, inflammatory processes can be reduced or even stopped.

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 from receiving your test results.

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. As the ImuPro test involves the detection of IgG antibodies, no result regarding IgE related allergies can be offered.**

If you have any questions about your ImuPro result or about food hypersensitivities (type III), please contact your referring practitioner. If you have not been referred by a practitioner, please contact a practitioner from the list of 'Health Practitioners Associated with WellPro' on www.wellpro.co.za.

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 severity of serious clinical symptoms.



Molecular Diagnostic Services
(PTY) Ltd.
6 Ribston Place
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South Africa
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E-Mail: reception@mdsafrica.net
Internet: www.wellpro.co.za

PATIENT REPORT:

Report Example ImuPro Complete

date of birth: 08/12/1985 ■ age: 30 ■ sex: f
address: Postal Address, Street Name. ■ Johannesburg ■ South Africa



IMUPRO COMPLETE RESULTS

	Rating	Number of foods tested	Reference range
Specific IgG antibodies	■ Not elevated	258	< 7.5 µg/ml IgG
	■ Elevated	9	≥ 7.5 µg/ml IgG
	■ Highly elevated	2	≥ 20.0 µg/ml IgG
Total	11 out of 269 tested allergens		

- **Candida albicans:** Your test result is negative for Candida albicans.

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Laboratory:

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Sender:

Dr Report Example
Address
ZZZZ Johannesburg
South Africa
Phone: Phone number
Fax: Fax number
E-Mail: Email address

specimen collection	16/02/2016
reception of specimen	18/02/2016
sample type	human serum
quality of the sample	Satisfactory
sample id	FXXXX.1
examination method	enzyme-linked immunosorbent assay for the detection of food specific IgG
date of report	18/02/2016

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■ Not elevated ■ Elevated ■ Highly elevated

	µg/ml IgG	Rating
Vegetables		
Artichoke	4.4	■
Asparagus	2.9	■
Aubergine	3.1	■
Bamboo shoots	5.9	■
Beetroot	2.4	■
Broad bean	1.9	■
Broccoli	3.9	■
Brussel sprouts	4.4	■
Carrots	4.4	■
Cauliflower	2.8	■
Celeriac, knob celery	3.6	■
Chard, beet greens	4.4	■
Chickpeas	1.8	■
Chili Cayenne	4.1	■
Chili Habanero	2.0	■
Chili Jalapeno	2.1	■
Chinese cabbage	4.1	■
Courgette	3.9	■
Cucumber	3.3	■
Fennel	3.2	■
Green bean	6.0	■
Green pea	3.1	■
Kale, curled kale	4.3	■
Kohlrabi (Turnip cabbage)	3.6	■
Leek	3.3	■
Lentil	2.6	■
Molokhia	3.8	■
Mung bean, green gram	3.9	■
Okra, lady's finger	3.2	■
Olive	3.4	■
Onion	2.7	■
Parsnip	2.2	■
Potato	1.9	■
Pumpkin	2.5	■
Radish red - Radish white	4.1	■
Red cabbage	5.3	■
Rutabaga	2.4	■
Savoy cabbage	6.0	■
Soybean	2.6	■
Spinach	3.0	■
Stalk celery	4.6	■
Sweet pepper	2.3	■

	µg/ml IgG	Rating
Vegetables		
Tomato	2.8	■
White cabbage	3.7	■
Cereals containing gluten		
Barley	3.3	■
Gluten	3.3	■
Kamut	2.8	■
Oats	7.2	■
Rye	3.2	■
Spelt	4.3	■
Wheat	3.1	■
Cereals without gluten and alternatives		
Amaranth	4.2	■
Arrowroot	3.8	■
Buckwheat	2.4	■
Carob	6.0	■
Cassava	2.5	■
Fonio	4.9	■
Jerusalem artichoke	3.5	■
Lupine	1.5	■
Maize, sweet corn	7.8	■
Millet	6.3	■
Quinoa	3.2	■
Rice	3.2	■
Sweet chestnut	2.9	■
Sweet potato	2.6	■
Tapioca	4.2	■
Teff	4.0	■
Milk products		
Camel's milk	1.5	■
Goat: milk and cheese	13.8	■
Halloumi	2.7	■
Kefir	6.8	■
Mare's milk	1.9	■
Milk (cow)	14.2	■
Milk, cooked	6.5	■
Rennet cheese (cow)	4.6	■
Ricotta	2.3	■
Sheep: milk and cheese	5.6	■
Sour-milk products (cow)	7.1	■
Yeast		
Yeast	7.6	■



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	µg/ml IgG	Rating		µg/ml IgG	Rating
Fruits			Spices and herbs		
Apple	7.3	■	Alfalfa	4.4	■
Apricot	3.2	■	Allspice	4.4	■
Avocado	5.5	■	Aniseed	2.2	■
Banana	5.6	■	Basil	3.8	■
Blackberry	3.4	■	Bay leaf	4.6	■
Blueberry	3.9	■	Capers	2.9	■
Cherry	6.4	■	Caraway	4.2	■
Cranberry	3.5	■	Cardamom	3.3	■
Currant	3.3	■	Chervil	3.9	■
Date	7.6	■	Chive	2.9	■
Fig	7.2	■	Cinnamon	5.1	■
Gooseberry	3.5	■	Clove	3.2	■
Grape / Raisin	3.4	■	Coriander	5.4	■
Grapefruit	2.4	■	Cumin	3.7	■
Guava	5.9	■	Dill	3.6	■
Honeydew melon	3.3	■	Garden cress	6.6	■
Kiwi	4.2	■	Garlic	2.4	■
Lemon	5.2	■	Ginger	16.4	■
Lime	2.1	■	Horseradish	4.5	■
Lingonberry	4.5	■	Juniper berry	4.5	■
Lychee	5.1	■	Lavender	4.1	■
Mandarin	1.7	■	Lemon balm	4.0	■
Mango	3.9	■	Lovage	3.9	■
Nectarine	2.7	■	Marjoram	5.6	■
Orange	2.8	■	Mustard seed	2.6	■
Papaya	4.5	■	Nutmeg	4.0	■
Peach	2.6	■	Oregano	4.7	■
Pear	5.5	■	Paprika, spice	3.2	■
Pineapple	5.3	■	Parsley	2.4	■
Plum	4.1	■	Pepper, black	4.5	■
Pomegranate	2.0	■	Pepper, white	4.8	■
Prickly pear	2.2	■	Rosemary	5.7	■
Quince	3.5	■	Saffron	4.5	■
Raspberry	7.9	■	Sage	3.9	■
Rhubarb	3.3	■	Savory	4.5	■
Sea buckthorn	3.8	■	Thyme	5.1	■
Strawberry	2.2	■	Vanilla	1.1	■
Watermelon	2.8	■	Wild garlic	3.6	■
Yellow plum	3.1	■			
			Algae		
			Red algae (nori)	0.8	■
			Spirulina	9.2	■



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	µg/ml IgG	Rating		µg/ml IgG	Rating
Fish and seafood			Meat		
Anchovy	4.6	■	Beef	2.1	■
Angler, monkfish	2.7	■	Chicken	2.7	■
Blue mussels	2.2	■	Deer	3.1	■
Carp	4.8	■	Duck	5.5	■
Cod, codling	3.6	■	Goat meat	4.5	■
Crayfish	4.8	■	Goose	4.3	■
Eel	3.6	■	Hare	4.1	■
Gilthead bream	3.7	■	Lamb	3.3	■
Haddock	3.8	■	Ostrich meat	2.2	■
Hake	3.6	■	Pork	2.8	■
Halibut	3.5	■	Quail	6.4	■
Herring	4.4	■	Rabbit	4.5	■
Iridescent shark, Sutchi catfish	5.9	■	Turkey hen	2.4	■
Lobster	2.2	■	Veal	2.3	■
Mackerel	5.0	■	Venison	5.8	■
Ocean perch	3.9	■	Wild boar	3.2	■
Octopus	1.7	■	Seeds and nuts		
Oysters	1.4	■	Almond	3.9	■
Plaice	3.1	■	Brazil nut	44.8	■
Pollock	2.6	■	Cashew kernels	1.7	■
Red Snapper	4.2	■	Cocoa bean	4.8	■
Salmon	5.1	■	Coconut	3.4	■
Sardine	3.4	■	Hazelnut	3.0	■
Scallop	2.3	■	Linseed	1.7	■
Sea bass	2.7	■	Macadamia nut	2.5	■
Shark	5.6	■	Peanut	2.6	■
Shrimp, prawn	2.7	■	Pine nut	3.2	■
Sole	3.9	■	Pistachio	1.5	■
Squid, cuttlefish	2.9	■	Poppy seeds	2.1	■
Swordfish	3.5	■	Pumpkin seeds	3.2	■
Trout	4.6	■	Sesame	4.5	■
Tunafish	4.2	■	Sunflower seed	1.2	■
Zander	3.1	■	Walnut	4.5	■
Mushrooms			Eggs		
Bay boletus	4.4	■	Chicken egg white	25.1	■
Cep (boletus)	6.5	■	Chicken egg yolk	5.1	■
Chanterelle	11.0	■	Goose eggs	4.5	■
Meadow mushrooms	2.2	■	Quail eggs	7.2	■
Oyster mushrooms	3.3	■			
Shiitake	2.3	■			



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	$\mu\text{g/ml}$ IgG	Rating
Salads		
Butterhead lettuce	3.1	■
Chicory	3.6	■
Dandelion	4.4	■
Endive	4.8	■
Iceberg lettuce	2.9	■
Lamb's lettuce	3.0	■
Lollo Rosso	5.5	■
Radicchio	4.1	■
Rocket	6.0	■
Romaine / Cos lettuce	4.1	■
Teas, coffee and tannin		
Chamomile	5.3	■
Coffee	1.9	■
Nettle	3.4	■
Peppermint	4.2	■
Rooibos tea	3.3	■
Rose hip	3.8	■
Tannin	6.2	■
Tea, black	5.1	■
Tea, green	3.8	■
Food additives		
Agar-Agar (E406)	2.7	■
Benzoic acid (E210)	5.5	■
Carrageenan (E407)	3.4	■
Curcumin (E100)	2.7	■
Guar flour (E412)	2.0	■
Pectin (E440)	3.7	■
Sorbic acid (E200)	5.8	■
Tragacanth (E413)	2.1	■
Xanthan gum	2.3	■
Sweeteners		
Agave nectar	1.4	■
Cane sugar	4.8	■
Honey (Mixture)	3.9	■
Maple syrup	4.9	■
Miscellaneous		
Aloe Vera	4.4	■
Aspergillus Niger	5.7	■
Candied lemon peel	3.1	■
Vine leaves	3.6	■



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GENERAL RECOMMENDATIONS

- **Diagnostics of the intestinal flora:** IgG-mediated food hypersensitivity is commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora 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 discuss this with your physician or therapist.
- **Other causes:** In addition to a delayed IgG food hypersensitivity, there may be a non-immune related digestive disorder or poor utilisation of nutrients which can have numerous causes. This should be discussed with your attending physician or health practitioner. 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, parasitosis or impaired intestinal flora may play a role. If the diet modification in accordance with ImuPro shows no improvement at all, it is recommended that one takes further diagnostic steps.



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Foods to avoid during the elimination phase:

Brazil nut	Spirulina
Chanterelle	Yeast
Chicken egg white	
Date	
Ginger	
Goat: milk and cheese	
Maize, sweet corn	
Milk (cow)	
Raspberry	



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Allowed in 4-day rotation

Meat	Squid, cuttlefish	Vegetables	Milk products	Basil	Cocoa bean
Beef	Swordfish	Artichoke	Camel's milk	Bay leaf	Coconut
Chicken	Trout	Asparagus	Halloumi	Capers	Hazelnut
Deer	Tunafish	Aubergine	Kefir	Caraway	Linseed
Duck	Zander	Bamboo shoots	Mare's milk	Cardamom	Macadamia nut
Goat meat	Eggs	Beetroot	Milk, cooked	Chervil	Peanut
Goose	Chicken egg yolk	Broad bean	Rennet cheese (cow)	Chive	Pine nut
Hare	Goose eggs	Broccoli	Ricotta	Cinnamon	Pistachio
Lamb	Quail eggs	Brussel sprouts	Sheep: milk and cheese	Clove	Poppy seeds
Ostrich meat	Fruits	Carrots	Sour-milk products (cow)	Coriander	Pumpkin seeds
Pork	Apple	Cauliflower	Salads	Cumin	Sesame
Quail	Apricot	Celeriac, knob celery	Butterhead lettuce	Dill	Sunflower seed
Rabbit	Avocado	Chard, beet greens	Chicory	Garden cress	Walnut
Turkey hen	Banana	Chickpeas	Dandelion	Garlic	Miscellaneous
Veal	Blackberry	Chili Cayenne	Endive	Horseradish	Aloe Vera
Venison	Blueberry	Chili Habanero	Iceberg lettuce	Juniper berry	Aspergillus Niger
Wild boar	Cherry	Chili Jalapeno	Lamb's lettuce	Lavender	Candied lemon peel
Fish and seafood	Cranberry	Chinese cabbage	Lollo Rosso	Lemon balm	Vine leaves
Anchovy	Currant	Courgette	Radicchio	Lovage	Algae
Angler, monkfish	Fig	Cucumber	Rocket	Marjoram	Red algae (nori)
Blue mussels	Gooseberry	Fennel	Romaine / Cos lettuce	Mustard seed	Cereals containing gluten
Carp	Grape / Raisin	Green bean	Mushrooms	Nutmeg	Barley
Cod, codling	Grapefruit	Green pea	Bay boletus	Oregano	Gluten
Crayfish	Guava	Kale, curled kale	Cep (boletus)	Paprika, spice	Kamut
Eel	Honeydew melon	Kohlrabi (Turnip cabbage)	Meadow mushrooms	Parsley	Oats
Gilthead bream	Kiwi	Leek	Oyster mushrooms	Pepper, black	Rye
Haddock	Lemon	Lentil	Shiitake	Pepper, white	Spelt
Hake	Lime	Molokhia	Sweeteners	Rosemary	Wheat
Halibut	Lingonberry	Mung bean, green gram	Agave nectar	Saffron	Cereals without gluten and alternatives
Herring	Lychee	Okra, lady's finger	Cane sugar	Sage	Amaranth
Iridescent shark, Sutchi	Mandarin	Olive	Honey (Mixture)	Savory	Arrowroot
caffish	Mango	Onion	Maple syrup	Thyme	Buckwheat
Lobster	Nectarine	Parsnip	Teas, coffee and tannin	Vanilla	Carob
Mackerel	Orange	Potato	Chamomile	Wild garlic	Cassava
Ocean perch	Papaya	Pumpkin	Coffee	Food additives	Fonio
Octopus	Peach	Radish red - Radish white	Nettle	Agar-Agar (E406)	Jerusalem artichoke
Oysters	Pear	Red cabbage	Peppermint	Benzoic acid (E210)	Lupine
Plaice	Pineapple	Rutabaga	Rooibus tea	Carrageenan (E407)	Millet
Pollock	Plum	Savoy cabbage	Rose hip	Curcumin (E100)	Quinoa
Red Snapper	Pomegranate	Soybean	Tannin	Guar flour (E412)	Rice
Salmon	Prickly pear	Spinach	Tea, black	Pectin (E440)	Sweet chestnut
Sardine	Quince	Stalk celery	Tea, green	Sorbic acid (E200)	Sweet potato
Scallop	Rhubarb	Sweet pepper	Spices and herbs	Tragacanth (E413)	Tapioca
Sea bass	Sea buckthorn	Tomato	Alfalfa	Xanthan gum	Teff
Shark	Strawberry	White cabbage	Allspice	Seeds and nuts	
Shrimp, prawn	Watermelon		Aniseed	Almond	
Sole	Yellow plum			Cashew kernels	

Avoid for at least 5 weeks

Brazil nut	Chicken egg white	Ginger	Maize, sweet corn	Raspberry	Yeast
Chanterelle	Date	Goat: milk and cheese	Milk (cow)	Spirulina	