

Report Example ImuPro Basic  
Postal Address, Street Name.  
Johannesburg

#### Your personal ImuPro Basic documents

Sample ID: FXXXX

Dear Report Example ImuPro Basic,

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](http://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  
3630 Durban  
South Africa  
Phone: 031 267 7000  
Fax: 031 267 7005  
E-Mail: reception@mdsafrica.net  
Internet: www.wellpro.co.za

#### PATIENT REPORT:

Report Example ImuPro Basic

date of birth: 08/12/1985 ■ age: 30 ■ sex: f

address: Postal Address, Street Name. ■ Johannesburg ■ South Africa



#### IMUPRO BASIC RESULTS

	Rating	Number of foods tested	Reference range
Specific IgG antibodies	<span style="color: green;">■</span> Not elevated	85	< 7.5 µg/ml IgG
	<span style="color: orange;">■</span> Elevated	5	≥ 7.5 µg/ml IgG
	<span style="color: red;">■</span> Highly elevated	0	≥ 20.0 µg/ml IgG
Total	5 out of 90 tested allergens		

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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
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		µg/ml IgG	Rating
<b>Vegetables</b>			<b>Spices and herbs</b>		
Aubergine	1.9	■	Basil	1.6	■
Beetroot	1.8	■	Cinnamon	2.6	■
Broccoli	2.2	■	Garlic	2.8	■
Carrots	2.7	■	Horseradish	1.4	■
Celeriac, knob celery	3.8	■	Mustard seed	1.3	■
Chili Cayenne	1.7	■	Nutmeg	1.5	■
Courgette	2.2	■	Oregano	1.9	■
Cucumber	1.9	■	Paprika, spice	1.6	■
Green bean	6.4	■	Parsley	1.3	■
Green pea	2.4	■	Pepper, black	2.3	■
Kohlrabi (Turnip cabbage)	1.7	■	Rosemary	2.0	■
Leek	1.8	■	Thyme	2.0	■
Olive	2.0	■	Vanilla	0.4	■
Onion	1.5	■	<b>Fruits</b>		
Potato	1.3	■	Apple	2.9	■
Red cabbage	1.9	■	Apricot	2.3	■
Soybean	1.8	■	Banana	1.9	■
Sweet pepper	1.6	■	Cherry	3.1	■
Tomato	2.6	■	Grape / Raisin	2.0	■
<b>Cereals containing gluten</b>			Kiwi	3.9	■
Barley	1.6	■	Lemon	2.7	■
Gluten	2.1	■	Nectarine	2.0	■
Oats	2.1	■	Orange	5.0	■
Rye	1.5	■	Pineapple	1.4	■
Spelt	1.8	■	Strawberry	2.3	■
Wheat	1.9	■	Watermelon	2.2	■
<b>Cereals without gluten and alternatives</b>			<b>Seeds and nuts</b>		
Buckwheat	1.1	■	Almond	1.6	■
Maize, sweet corn	1.7	■	Cashew kernels	1.4	■
Millet	1.8	■	Cocoa bean	2.0	■
Rice	1.5	■	Hazelnut	0.9	■
<b>Meat</b>			Linseed	1.8	■
Beef	3.6	■	Peanut	1.4	■
Chicken	1.6	■	Pistachio	1.0	■
Lamb	2.7	■	Poppy seeds	1.0	■
Pork	4.3	■	Pumpkin seeds	1.1	■
Turkey hen	1.6	■	Sesame	2.8	■
<b>Salads</b>			Sunflower seed	16.8	■
Butterhead lettuce	1.7	■	Walnut	2.8	■
Lamb's lettuce	4.0	■	<b>Eggs</b>		
			Chicken egg (egg white and egg yolk)	17.7	■



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■ Not elevated      ■ Elevated      ■ Highly elevated

	µg/ml IgG	Rating
<b>Fish and seafood</b>		
Crayfish	2.0	■
Ocean perch	1.9	■
Pollock	2.3	■
Salmon	2.4	■
Tunafish	1.6	■
<b>Milk products</b>		
Goat: milk and cheese	3.8	■
Milk (cow)	12.4	■
Rennet cheese (cow)	5.6	■
Sheep: milk and cheese	3.9	■
Sour-milk products (cow)	8.1	■
<b>Sweeteners</b>		
Cane sugar	2.0	■
Honey (Mixture)	9.7	■
<b>Mushrooms</b>		
Meadow mushrooms	2.0	■
<b>Teas, coffee and tannin</b>		
Peppermint	2.3	■
<b>Food additives</b>		
Guar flour (E412)	1.8	■
<b>Yeast</b>		
Yeast	2.6	■



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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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Basic



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

Chicken egg (egg  
white and egg yolk)  
Honey (Mixture)  
Milk (cow)  
Sour-milk products  
(cow)  
Sunflower seed



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## **Allowed in 4-day rotation**

Meat	Kiwi	Kohlrabi (Turnip cabbage)	Mushrooms	Thyme	Cereals containing gluten
Beef	Lemon	Leek	Meadow mushrooms	Vanilla	
Chicken	Nectarine	Olive	Sweeteners	Food additives	Barley
Lamb	Orange	Onion	Cane sugar	Guar flour (E412)	Gluten
Pork	Pineapple	Potato	Teas, coffee and tannin	Yeast	Oats
Turkey hen	Strawberry	Red cabbage	Peppermint	Yeast	Rye
Fish and seafood	Watermelon	Soybean	Spices and herbs	Seeds and nuts	Spelt
Crayfish	Vegetables	Sweet pepper	Basil	Almond	Wheat
Ocean perch	Aubergine	Tomato	Cinnamon	Cashew kernels	Cereals without gluten and alternatives
Pollock	Beetroot	Milk products	Garlic	Cocoa bean	
Salmon	Broccoli	Goat: milk and cheese	Horseradish	Hazelnut	Buckwheat
Tunafish	Carrots	Rennet cheese (cow)	Mustard seed	Linseed	Maize, sweet corn
Fruits	Celeriac, knob celery	Sheep: milk and cheese	Nutmeg	Peanut	Millet
Apple	Chili Cayenne	Salads	Oregano	Pistachio	Rice
Apricot	Courgette	Butterhead lettuce	Paprika, spice	Poppy seeds	
Banana	Cucumber	Lamb's lettuce	Parsley	Pumpkin seeds	
Cherry	Green bean		Pepper, black	Sesame	
Grape / Raisin	Green pea		Rosemary	Walnut	

## **Avoid for at least 5 weeks**

Chicken egg (egg white and egg yolk)	Honey (Mixture) Milk (cow)	Sour-milk products (cow)	Sunflower seed		
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