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# Ali WellTest 1.0

Transforming Personalized Health

## PATIENT INFO

NAME: Patient Sample  
 DOB: 1/1/1971  
 REQUISITION ID: DPA213230010

## SAMPLE INFO

SAMPLE DATE: 4/1/2022  
 RECEIVE DATE: 4/3/2022  
 DRAFT DATE: 4/11/2023

## SUMMARY | 1/2

DIETARY ANTIGEN	ALLERGY					SENSITIVITY			
	IgE	IgE Percent	IgG4	IgG4 Percent	Immune Tolerance IgG4 > IgE Abs*	IgG	IgG Percent	C3d	C3d Percent
Almond	LOW	45%		2%			3%	MODERATE	81%
Apple	LOW	47%		0%		LOW	14%		11%
Asparagus		9%		2%			6%	LOW	20%
Aspergillus Mix		0%		0%		LOW	15%		7%
Avocado		0%		0%			0%		0%
Banana	LOW	35%	LOW	18%		LOW	55%	LOW	39%
Barley	LOW	56%	LOW	39%	YES		3%		0%
Beef	LOW	30%		6%			0%	LOW	17%
Black Pepper	LOW	13%	LOW	15%	YES	LOW	15%		4%
Blueberry		0%	LOW	16%			10%		9%
Brewer's Yeast		0%		0%		LOW	55%		0%
Broccoli		1%	LOW	12%	YES	LOW	48%		8%
Cabbage		0%	LOW	21%			0%		0%
Cacao	LOW	29%		0%		LOW	19%		6%
Candida	LOW	51%		0%		LOW	27%		7%
Cantaloupe		0%		0%	YES		0%		6%
Carrot	LOW	14%	LOW	13%	YES		0%	LOW	18%
Casein	LOW	35%	LOW	34%	YES	LOW	52%		0%
Cashew	LOW	24%		1%			0%	LOW	62%
Cauliflower		0%	LOW	71%			0%		0%
Celery		0%		0%			0%		0%
Cherry		0%	MODERATE	80%	YES	LOW	15%		4%
Chicken		0%		2%			0%		0%
Cinnamon		0%		0%			9%		0%
Clam	HIGH	>99%		3%		LOW	12%	LOW	70%
Coconut	LOW	41%		0%			1%	LOW	69%
Codfish		0%	HIGH	>99%	YES	LOW	20%	LOW	19%
Coffee		0%	LOW	26%	YES	LOW	40%		4%
Corn	LOW	33%		0%			0%		5%
Cottonseed		0%	LOW	38%			1%		8%
Cow's Milk	LOW	63%	LOW	29%	YES	LOW	18%	LOW	13%
Crab		0%		1%			0%		0%
Cucumber		0%		0%			0%	LOW	16%
Egg Albumin	HIGH	93%		8%			1%	LOW	52%
Egg Yolk		0%	LOW	43%	YES	LOW	12%		3%
English Walnut		0%	LOW	56%		LOW	25%	LOW	15%
Flax Seed		0%	LOW	53%			2%		0%
Flounder		0%	LOW	58%		LOW	32%		0%

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SUMMARY | 2/2

DIETARY ANTIGEN	ALLERGY					SENSITIVITY			
	IgE	IgE Percent	IgG4	IgG4 Percent	Immune Tolerance IgG4 > IgE Abs*	IgG	IgG Percent	C3d	C3d Percent
Garlic		0%	MODERATE	76%			6%		9%
Ginger		0%	LOW	42%	YES	LOW	13%		4%
Gluten	HIGH	>99%		0%			0%	LOW	33%
Goat's Milk	MODERATE	84%	LOW	52%		LOW	49%	LOW	24%
Grapefruit		0%		0%	YES		0%		7%
Grapes		0%	LOW	70%	YES	LOW	13%		0%
Green Olive		0%	LOW	57%	YES		1%		0%
Green Pea		0%		4%	YES		4%		0%
Green Pepper		0%	LOW	25%			0%		0%
Halibut		0%	LOW	50%			3%		0%
Honeydew		0%		0%		LOW	48%		0%
Hops		0%		0%			1%		0%
Kidney Bean	LOW	25%	LOW	26%	YES	LOW	11%	LOW	20%
Lemon		0%		0%			0%	LOW	33%
Lettuce	LOW	37%	LOW	18%	YES		0%		0%
Lima Bean	LOW	20%	LOW	16%	YES		0%		9%
Lobster	LOW	69%		0%			0%		0%
Mushroom	LOW	16%		0%			0%		0%
Mustard	LOW	46%	LOW	23%			1%		0%
Navy Bean	LOW	73%	LOW	59%	YES		8%	LOW	25%
Oat	LOW	14%		0%			9%		0%
Onion		8%		0%			0%		0%
Orange	LOW	14%	LOW	14%	YES		3%		0%
Peach		0%		0%			0%		0%
Peanut		0%		1%	YES		2%		0%
Pear		0%		0%			0%		0%
Pecan		0%	LOW	60%		LOW	15%		0%
Pineapple		0%		0%			0%		0%
Plum	LOW	29%		0%			0%		0%
Pork		0%	LOW	72%		LOW	13%	LOW	12%
Rice		0%		0%			5%	LOW	20%
Rye	LOW	31%		0%			5%		0%
Salmon		0%	HIGH	98%			0%		0%
Scallops	HIGH	95%		0%			0%		0%
Sesame		0%		0%		LOW	46%		0%
Shrimp		4%		0%			0%		8%
Soybean		0%		0%	YES		0%	LOW	15%
Spinach	LOW	12%	LOW	21%	YES		1%	LOW	17%
Strawberry		0%		0%			0%		0%
String Bean		0%	LOW	32%			0%		0%
Sweet Potato		0%	LOW	31%			0%		2%
Tea		0%		0%		LOW	26%		0%
Tomato		0%		0%			0%		0%
Tuna	MODERATE	94%	MODERATE	89%	YES		1%		0%
Turkey		0%		8%			0%		0%
Vanilla		0%		0%			6%		0%
Watermelon		0%		0%			0%		0%
White Potato		0%	LOW	50%			0%		0%
Whole Wheat		0%		9%			0%		0%
Yellow Squash		0%	LOW	62%			0%		0%

\* Immune Tolerance is based upon the absolute (Abs) value of IgG4 compared to the absolute value of IgE. This is different from percent reactivity which is given in the summary page to easily see which foods are the most reactive. Find absolute values for each food in the references range on the test results between pages 8-14.

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**LESS RESTRICTIVE DIET**

The Less Restrictive Diet removes foods with high levels of reactivity for IgE and IgG. The Less Restrictive Diet rotates foods with moderate IgG reactivity where levels of C3d are also present due to increased inflammatory potential.

High IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. The red "Remove at Provider's Discretion" column reflects only IgG4 immunogenicity.

NO LIMITATION		ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.		These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Almond	Hops		Barley	Codfish
Apple	Kidney Bean		Clam	Salmon
Asparagus	Lemon		Egg Albumin	
Aspergillus Mix	Lettuce		Gluten	
Avocado	Lima Bean		Rye	
Banana	Lobster		Scallops	
Beef	Mushroom		Whole Wheat	
Black Pepper	Mustard			
Blueberry	Navy Bean			
Brewer's Yeast	Oat			
Broccoli	Onion			
Cabbage	Orange			
Cacao	Peach			
Candida	Peanut			
Cantaloupe	Pear			
Carrot	Pecan			
Casein	Pineapple			
Cashew	Plum			
Cauliflower	Pork			
Celery	Rice			
Cherry	Sesame			
Chicken	Shrimp			
Cinnamon	Soybean			
Coconut	Spinach			
Coffee	Strawberry			
Corn	String Bean			
Cottonseed	Sweet Potato			
Cow's Milk	Tea			
Crab	Tomato			
Cucumber	Tuna			
Egg Yolk	Turkey			
English Walnut	Vanilla			
Flax Seed	Watermelon			
Flounder	White Potato			
Garlic	Yellow Squash			
Ginger				
Goat's Milk				
Grapefruit				
Grapes				
Green Olive				
Green Pea				
Green Pepper				
Halibut				
Honeydew				

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### MORE RESTRICTIVE DIET

The More Restrictive Diet removes foods with high and moderate levels of IgE, IgG, and complement (C3d). Additionally, low IgG reactivity with any positive complement response are rotated because C3d has the potential to amplify an IgG reaction 1000-10,000-fold. High and moderate IgG4 foods are listed separately, as IgG4 is not generally inflammatory, and its role is largely favorable apart from a handful of conditions. This allows the provider to determine whether to remove these foods based on the individual patient. The red "Remove at Provider's Discretion" column reflects only IgG4 immunogenicity.

NO LIMITATION		ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.		These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Apple	Onion	Aspergillus Mix	Almond	Cherry
Asparagus	Orange	Banana	Barley	Codfish
Avocado	Peach	Cow's Milk	Cantaloupe	Garlic
Beef	Peanut	English Walnut	Clam	Salmon
Black Pepper	Pear	Kidney Bean	Egg Albumin	
Blueberry	Pecan	Pork	Gluten	
Brewer's Yeast	Pineapple		Goat's Milk	
Broccoli	Plum		Rye	
Cabbage	Rice		Scallops	
Cacao	Sesame		Tuna	
Candida	Shrimp		Whole Wheat	
Carrot	Soybean			
Casein	Spinach			
Cashew	Strawberry			
Cauliflower	String Bean			
Celery	Sweet Potato			
Chicken	Tea			
Cinnamon	Tomato			
Coconut	Turkey			
Coffee	Vanilla			
Corn	Watermelon			
Cottonseed	White Potato			
Crab	Yellow Squash			
Cucumber				
Egg Yolk				
Flax Seed				
Flounder				
Ginger				
Grapefruit				
Grapes				
Green Olive				
Green Pea				
Green Pepper				
Halibut				
Honeydew				
Hops				
Lemon				
Lettuce				
Lima Bean				
Lobster				
Mushroom				
Mustard				
Navy Bean				
Oat				

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## IMMUNE INDEX

The AliRx WellTest is the only dietary antigen test to categorize overall reactivity of foods by adjusting for immunogenicity across four independent markers: IgE, IgG4, total IgG, and C3d (complement). Our immunogenicity-adjusted algorithm, known here as the Immune Index, emphasizes C3d, and de-emphasizes IgG4. This specialized calculation generates its own rank of most-to-least reactive foods and allows for consideration of increased flexibility towards IgG4 reactive foods in the absence of IgG4-RDs.

Concurrently, the red "Remove at Provider's Discretion" columns on pp. 3 and 4 reflect only IgG4 immunogenicity.

Rank	DIETARY ANTIGEN	Immune Index
1	Clam	MODERATE
2	Goat's Milk	MODERATE
3	Banana	LOW
4	Egg Albumin	LOW
5	Gluten	LOW
6	Kidney Bean	LOW
7	Cow's Milk	LOW
8	Almond	LOW
9	Codfish	LOW
10	Apple	LOW
11	Cashew	LOW
12	Beef	LOW
13	Black Pepper	LOW
14	Cacao	LOW
15	Candida	LOW
16	Carrot	LOW
17	Coconut	LOW
18	English Walnut	LOW
19	Navy Bean	LOW
20	Pork	LOW
21	Scallops	LOW
22	Spinach	LOW
23	Casein	LOW
24	Tuna	LOW
25	Asparagus	
26	Aspergillus Mix	
27	Barley	
28	Brewer's Yeast	
29	Broccoli	
30	Cherry	
31	Coffee	
32	Corn	
33	Cucumber	
34	Egg Yolk	
35	Flounder	
36	Grapes	
37	Honeydew	
38	Lemon	
39	Lettuce	
40	Ginger	
41	Lobster	
42	Mushroom	
43	Mustard	
44	Oat	

Rank	DIETARY ANTIGEN	Immune Index
45	Orange	
46	Pecan	
47	Lima Bean	
48	Plum	
49	Rice	
50	Rye	
51	Sesame	
52	Soybean	
53	Tea	
54	Salmon	
55	Avocado	
56	Blueberry	
57	Cabbage	
58	Cantaloupe	
59	Celery	
60	Chicken	
61	Cinnamon	
62	Cottonseed	
63	Crab	
64	Cauliflower	
65	Garlic	
66	Grapefruit	
67	Green Olive	
68	Green Pea	
69	Green Pepper	
70	Halibut	
71	Flax Seed	
72	Onion	
73	Hops	
74	Peach	
75	Peanut	
76	Pear	
77	Pineapple	
78	Shrimp	
79	Yellow Squash	
80	Strawberry	
81	String Bean	
82	Sweet Potato	
83	Tomato	
84	Turkey	
85	Vanilla	
86	Watermelon	
87	White Potato	
88	Whole Wheat	

**BIOGENIC COMPOUNDS**

This table recognizes the dynamics of symptom-eliciting compounds as potential, non-immune-response-driven, explanations for perturbances, irritations and allergy-mimicking reactions. Reactive foods that also populate for these compounds can identify additional patterns of food reactions that are not mediated by IgE or IgG. For example, several reactions in a category may signal an intolerance not previously considered, or may confirm observed symptomologies and metabolic disturbances, thus prompting a dietary source review for those and similar-acting compounds. This illustration reminds of the myriad of reasons why biological systems respond to food (and other environmental) triggers.

DIETARY ANTIGEN	Oxalates	Amines	Glutamate	Histamine	Lectins	Nitrite	FOD-MAP	Phenol	Salicylates
Almond		M							M
Apple									
Asparagus									
Avocado									
Banana									
Barley									
Blueberry									
Broccoli									
Cabbage									
Casein									
Cashew									
Cauliflower									
Celery									
Coconut									
Coffee									
Corn									
Grapefruit									
Kidney Bean									
Lettuce									
Mushroom									
Navy Bean									
Onion									
Orange									
Peach									
Peanut									
Pear									
Pineapple									
Plum									
Shrimp									
Soybean									
Spinach									
Strawberry									
Tea									
Tomato									
Turkey									
Watermelon									
White Potato									
Whole Wheat									



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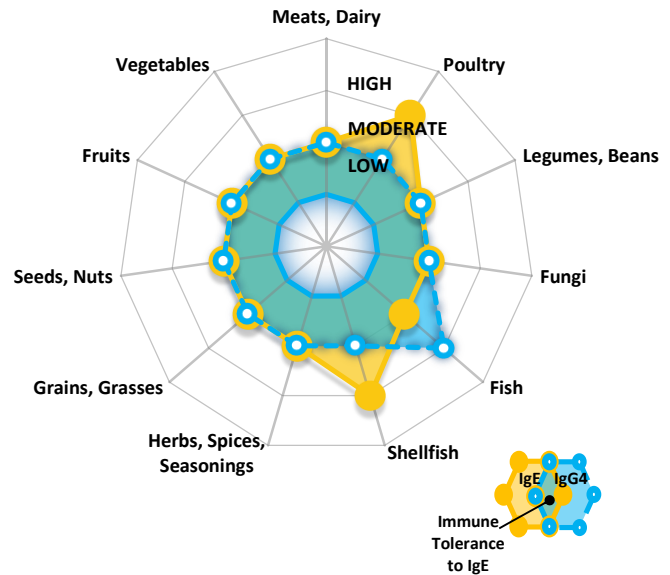
PATIENT INFO	
NAME:	Patient Sample
DOB:	1/1/1971
REQUISITION ID:	DPA213230010

SAMPLE INFO	
SAMPLE DATE:	4/1/2022
RECEIVE DATE:	4/3/2022
DRAFT DATE:	4/11/2023

## IgE/IgG4 Food Allergies

### Dietary Antigen Exposure by Food Group

	IgE	IgG4
Meats, Dairy	LOW	LOW
Poultry	MODERATE	LOW
Legumes, Beans	LOW	LOW
Fungi	LOW	LOW
Fish	LOW	MODERATE
Shellfish	MODERATE	LOW
Herbs, Spices, Seasonings	LOW	LOW
Grains, Grasses	LOW	LOW
Seeds, Nuts	LOW	LOW
Fruits	LOW	LOW
Vegetables	LOW	LOW



### Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgE and IgG4 antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgE and IgG4 results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

### Immune Tolerance To IgE

In high levels, IgG4 antibodies alone can trigger an immune response within the body. However, data is available that provides support for the notion that IgG4 can serve another specific function of controlling antigen recognition by IgE and consequently regulating anaphylactic reactions and IgE-mediated immunity. IgG4 can act as a blocking agent by preventing IgE from binding to targeted receptor sites and releasing histamine. We refer to this as the Immune Tolerance to IgE.

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Lab Director: Steven Lobel, PhD

Analysis performed by Dunwoody Labs Inc. DBA, Precision Point Diagnostics

IgE/IgG4 Food Allergies

### Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

#### IgE

The IgE antibody response is the most commonly known food allergy response. This response usually occurs immediately and can create severe symptoms such as swelling, hives, itching, and - in some cases - anaphylaxis. Even though IgE reactions are immediate, the allergic potential of food-based allergens can remain in your system 1-2 days after ingestion, extending the presence of symptoms during this duration. IgE reactions can be permanent or they may improve with the elimination diet and gut treatment. IgE reactions stimulate the release of histamine in the body.

#### IgG4

IgG4, which is a subclass of IgG, is a distinct antibody in the immune system. IgG4 total antibody is important in relation to IgE because this antibody acts as a blocking agent for an IgE reaction. When the IgG4 reaction is greater than the IgE reaction for a particular antigen, IgG4 blocks the IgE antibodies from binding to the receptor sites and releasing histamine, thereby reducing severity of the symptoms associated with the IgE reaction. This is referred to as the blocking potential. IgG4 carries its own clinical relevance in high levels and may mediate several conditions and diseases.

### Patient Results

ANTIGEN	IgE (µg/mL)	RESULT	REF. RANGE	IMMUNE TOLERANCE TO IgE
<b>MEATS, DAIRY</b>				
Beef	1.50	LOW	<0.54 µg/ml	
Casein	0.55	LOW	<0.29 µg/ml	YES
Cow's Milk	2.18	LOW	<0.3 µg/ml	YES
Goat's Milk	2.12	MODERATE	<0.25 µg/ml	
Pork	0.00		<0.43 µg/ml	
<b>POULTRY</b>				
Chicken	0.00		<0.39 µg/ml	
Egg Albumin	24.05	HIGH	<3.01 µg/ml	
Egg Yolk	0.09		<0.24 µg/ml	YES
Turkey	0.00		<0.26 µg/ml	
<b>LEGUMES, BEANS</b>				
Green Pea	0.07		<0.32 µg/ml	YES
Kidney Bean	0.20	LOW	<0.15 µg/ml	YES
Lima Bean	0.38	LOW	<0.25 µg/ml	YES
Navy Bean	2.89	LOW	<0.97 µg/ml	YES
Peanut	0.11		<0.86 µg/ml	YES
Soybean	0.10		<1.62 µg/ml	YES
String Bean	0.00		<0.22 µg/ml	
<b>FUNGI</b>				
Aspergillus Mix	0.06		<0.27 µg/ml	
Brewer's Yeast	0.00		<0.28 µg/ml	
Candida	1.60	LOW	<0.61 µg/ml	
Mushroom	0.32	LOW	<0.25 µg/ml	
<b>FISH</b>				
Codfish	0.09		<0.22 µg/ml	YES
Flounder	0.00		<0.29 µg/ml	
Halibut	0.00		<0.27 µg/ml	
Salmon	0.00		<0.27 µg/ml	
Tuna	2.07	MODERATE	<0.28 µg/ml	YES

ANTIGEN	IgG4 (µg/mL)	RESULT	REF. RANGE
<b>MEATS, DAIRY</b>			
Beef	0.37		<0.76 µg/ml
Casein	2.36	LOW	<0.56 µg/ml
Cow's Milk	3.16	LOW	<0.6 µg/ml
Goat's Milk	1.74	LOW	<0.25 µg/ml
Pork	3.06	LOW	<0.36 µg/ml
<b>POULTRY</b>			
Chicken	0.33		<0.64 µg/ml
Egg Albumin	6.31		<6.88 µg/ml
Egg Yolk	3.83	LOW	<0.87 µg/ml
Turkey	0.27		<0.39 µg/ml
<b>LEGUMES, BEANS</b>			
Green Pea	0.20		<0.32 µg/ml
Kidney Bean	0.75	LOW	<0.34 µg/ml
Lima Bean	0.42	LOW	<0.35 µg/ml
Navy Bean	3.14	LOW	<0.8 µg/ml
Peanut	0.59		<1.54 µg/ml
Soybean	0.51		<2.24 µg/ml
String Bean	1.75	LOW	<0.63 µg/ml
<b>FUNGI</b>			
Aspergillus Mix	0.00		<0.56 µg/ml
Brewer's Yeast	0.00		<0.36 µg/ml
Candida	0.00		<0.33 µg/ml
Mushroom	0.00		<0.55 µg/ml
<b>FISH</b>			
Codfish	8.19	HIGH	<0.34 µg/ml
Flounder	1.44	LOW	<0.37 µg/ml
Halibut	1.28	LOW	<0.31 µg/ml
Salmon	4.68	HIGH	<0.25 µg/ml
Tuna	2.33	MODERATE	<0.21 µg/ml

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PATIENT NAME:

Patient Sample

REQUISITION ID:

DPA213230010

DRAFT DATE:

4/11/2023

IgE/IgG4 Food Allergies

Patient Results

ANTIGEN	IgE (µg/mL)	RESULT	REF. RANGE	IMMUNE TOLERANCE TO IgE
<b>SHELLFISH</b>				
Clam	19.52	HIGH	<3.14 µg/ml	
Crab	0.00		<0.4 µg/ml	
Lobster	1.14	LOW	<0.19 µg/ml	
Scallops	2.76	HIGH	<0.47 µg/ml	
Shrimp	0.12		<0.15 µg/ml	
<b>HERBS, SPICES, SEASONINGS</b>				
Black Pepper	0.27	LOW	<0.21 µg/ml	YES
Cinnamon	0.00		<0.14 µg/ml	
Garlic	0.00		<0.24 µg/ml	
Ginger	0.04		<0.26 µg/ml	YES
Hops	0.03		<0.25 µg/ml	
Mustard	0.79	LOW	<0.35 µg/ml	
Vanilla	0.00		<0.2 µg/ml	
<b>GRAINS, GRASSES</b>				
Barley	0.52	LOW	<0.18 µg/ml	YES
Corn	0.55	LOW	<0.26 µg/ml	
Gluten	18.38	HIGH	<2.52 µg/ml	
Oat	0.26	LOW	<0.21 µg/ml	
Rice	0.00		<0.19 µg/ml	
Rye	0.48	LOW	<0.27 µg/ml	
Whole Wheat	0.00		<0.32 µg/ml	
<b>SEEDS, NUTS</b>				
Almond	1.13	LOW	<0.27 µg/ml	
Cacao	0.42	LOW	<0.2 µg/ml	
Cashew	0.57	LOW	<0.36 µg/ml	
Coffee	0.10		<0.32 µg/ml	YES
Cottonseed	0.00		<0.19 µg/ml	
English Walnut	0.00		<0.21 µg/ml	
Flax Seed	0.00		<0.49 µg/ml	
Pecan	0.00		<0.39 µg/ml	
Sesame	0.00		<0.15 µg/ml	
<b>FRUITS</b>				
Apple	0.59	LOW	<0.23 µg/ml	
Avocado	0.00		<0.38 µg/ml	
Banana	0.43	LOW	<0.21 µg/ml	
Blueberry	0.00		<0.33 µg/ml	
Cantaloupe	0.00		<0.28 µg/ml	YES
Cherry	0.03		<0.35 µg/ml	YES
Coconut	0.82	LOW	<0.32 µg/ml	
Cucumber	0.00		<0.15 µg/ml	
Grapefruit	0.07		<0.15 µg/ml	YES
Grapes	0.07		<0.15 µg/ml	YES
Green Olive	0.05		<0.2 µg/ml	YES
Green Pepper	0.00		<0.19 µg/ml	
Honeydew	0.00		<0.22 µg/ml	
Lemon	0.00		<0.15 µg/ml	
Orange	0.22	LOW	<0.19 µg/ml	YES
Peach	0.00		<0.29 µg/ml	
Pear	0.00		<0.18 µg/ml	
Pineapple	0.00		<0.16 µg/ml	
Plum	0.36	LOW	<0.19 µg/ml	
Strawberry	0.00		<0.28 µg/ml	
Tomato	0.00		<0.18 µg/ml	
Watermelon	0.00		<0.25 µg/ml	
Yellow Squash	0.00		<0.37 µg/ml	

ANTIGEN	IgG4 (µg/mL)	RESULT	REF. RANGE
<b>SHELLFISH</b>			
Clam	1.03		<1.86 µg/ml
Crab	0.17		<0.54 µg/ml
Lobster	0.00		<0.27 µg/ml
Scallops	0.00		<0.31 µg/ml
Shrimp	0.00		<0.28 µg/ml
<b>HERBS, SPICES, SEASONINGS</b>			
Black Pepper	0.34	LOW	<0.32 µg/ml
Cinnamon	0.00		<0.42 µg/ml
Garlic	2.47	MODERATE	<0.36 µg/ml
Ginger	2.25	LOW	<0.39 µg/ml
Hops	0.00		<0.48 µg/ml
Mustard	0.65	LOW	<0.35 µg/ml
Vanilla	0.00		<0.29 µg/ml
<b>GRAINS, GRASSES</b>			
Barley	0.59	LOW	<0.23 µg/ml
Corn	0.09		<0.44 µg/ml
Gluten	0.21		<12.6 µg/ml
Oat	0.00		<0.27 µg/ml
Rice	0.10		<0.28 µg/ml
Rye	0.00		<0.44 µg/ml
Whole Wheat	0.40		<0.42 µg/ml
<b>SEEDS, NUTS</b>			
Almond	0.25		<0.53 µg/ml
Cacao	0.00		<0.34 µg/ml
Cashew	0.12		<0.51 µg/ml
Coffee	0.44	LOW	<0.24 µg/ml
Cottonseed	0.80	LOW	<0.29 µg/ml
English Walnut	1.56	LOW	<0.26 µg/ml
Flax Seed	1.79	LOW	<0.47 µg/ml
Pecan	1.47	LOW	<0.36 µg/ml
Sesame	0.00		<0.24 µg/ml
<b>FRUITS</b>			
Apple	0.03		<0.25 µg/ml
Avocado	0.00		<0.54 µg/ml
Banana	0.38	LOW	<0.33 µg/ml
Blueberry	0.71	LOW	<0.54 µg/ml
Cantaloupe	0.01		<0.32 µg/ml
Cherry	2.19	MODERATE	<0.33 µg/ml
Coconut	0.00		<0.46 µg/ml
Cucumber	0.00		<0.23 µg/ml
Grapefruit	0.14		<0.29 µg/ml
Grapes	0.96	LOW	<0.23 µg/ml
Green Olive	1.28	LOW	<0.29 µg/ml
Green Pepper	0.43	LOW	<0.24 µg/ml
Honeydew	0.00		<0.38 µg/ml
Lemon	0.00		<0.19 µg/ml
Orange	0.37	LOW	<0.32 µg/ml
Peach	0.00		<0.22 µg/ml
Pear	0.00		<0.29 µg/ml
Pineapple	0.00		<0.19 µg/ml
Plum	0.00		<0.24 µg/ml
Strawberry	0.00		<0.33 µg/ml
Tomato	0.07		<0.21 µg/ml
Watermelon	0.00		<0.36 µg/ml
Yellow Squash	2.42	LOW	<0.3 µg/ml

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.

Lab Director: Steven Lobel, PhD

Analysis performed by Dunwoody Labs Inc. DBA, Precision Point Diagnostics

PATIENT NAME:

Patient Sample

REQUISITION ID:

DPA213230010

DRAFT DATE:

4/11/2023

IgE/IgG4 Food Allergies

**Patient Results**

ANTIGEN	IgE (µg/mL)	RESULT	REF. RANGE	IMMUNE TOLERANCE TO IgE
<b>VEGETABLES</b>				
Asparagus	0.31		<0.32 µg/ml	
Broccoli	0.11		<0.32 µg/ml	YES
Cabbage	0.00		<0.17 µg/ml	
Carrot	0.23	LOW	<0.19 µg/ml	YES
Cauliflower	0.00		<0.16 µg/ml	
Celery	0.00		<0.25 µg/ml	
Lettuce	0.39	LOW	<0.17 µg/ml	YES
Onion	0.13		<0.15 µg/ml	
Spinach	0.22	LOW	<0.22 µg/ml	YES
Sweet Potato	0.00		<0.33 µg/ml	
Tea	0.00		<0.15 µg/ml	
White Potato	0.00		<0.22 µg/ml	

ANTIGEN	IgG4 (µg/mL)	RESULT	REF. RANGE
<b>VEGETABLES</b>			
Asparagus	0.13		<0.36 µg/ml
Broccoli	0.66	LOW	<0.53 µg/ml
Cabbage	0.41	LOW	<0.18 µg/ml
Carrot	0.26	LOW	<0.24 µg/ml
Cauliflower	2.36	LOW	<0.32 µg/ml
Celery	0.03		<0.3 µg/ml
Lettuce	0.41	LOW	<0.32 µg/ml
Onion	0.00		<0.23 µg/ml
Spinach	0.71	LOW	<0.47 µg/ml
Sweet Potato	0.81	LOW	<0.37 µg/ml
Tea	0.00		<0.23 µg/ml
White Potato	1.56	LOW	<0.36 µg/ml





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# Ali WellTest 1.0

Transforming Personalized Health

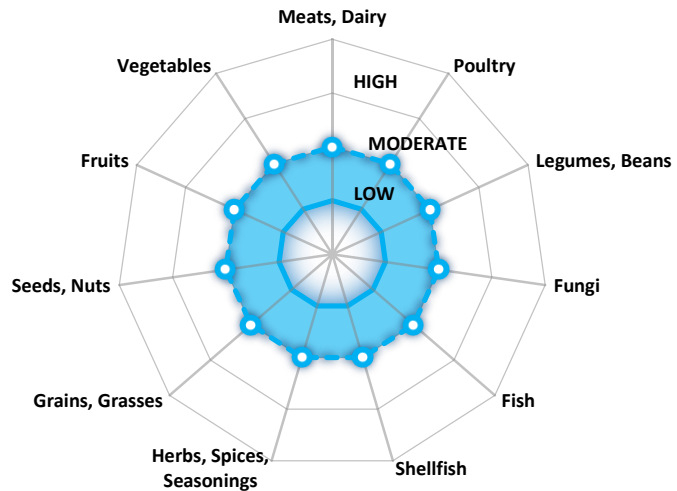
PATIENT INFO	
NAME:	Patient Sample
DOB:	1/1/1971
REQUISITION ID:	DPA213230010

SAMPLE INFO	
SAMPLE DATE:	4/1/2022
RECEIVE DATE:	4/3/2022
DRAFT DATE:	4/11/2023

## IgG/C3d Food Sensitivities

### Dietary Antigen Exposure by Food Group

	IgG
Meats, Dairy	LOW
Poultry	LOW
Legumes, Beans	LOW
Fungi	LOW
Fish	LOW
Shellfish	LOW
Herbs, Spices, Seasonings	LOW
Grains, Grasses	LOW
Seeds, Nuts	LOW
Fruits	LOW
Vegetables	LOW



### Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgG antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgG results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

## IgG/C3d Food Sensitivities

### Understanding the Key

It is important to understand how reactive your patient is to a given food. Based on peer-reviewed literature and the methodology used in our test, the lower 10% of reactivity is likely asymptomatic and represents the reference range of a normal/negative result in the general population. The HIGH range represents the top 5% of reactivity, and MODERATE the next 20%. Thus, the HIGH and MODERATE ranges combined represent the top 25% of reactivity. A LOW result represents the range of reactivity between 10% and 75% of the population.

Some foods have a greater prevalence of reactivity in the general population, most notably, dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs. The increased prevalence of allergies and sensitivities to these foods is reflected in our test as an adjustment of the HIGH range to the top 10% of the sample population, the MODERATE range the next 40%, and a LOW result represents the range between 10% and 50% of the population.

#### IgG

The IgG antibody response creates sensitivity to a particular food. Symptoms may be less severe than with IgE allergic reaction and can manifest anywhere from 3-72 hours after exposure. IgG reactions create inflammation that makes many pathologies worse. The delayed response makes sensitivities difficult to identify without a diagnostic test. Sensitivities can improve with treatment and improved gut health.

#### C3d

C3d is a complement antigen and an activator of our complement cascade system. Reaction to the specified food will worsen if C3d activation is present along with an IgG antibody response. The C3 protein attaches to the antigen and amplifies the IgG response, increasing the inflammatory potential of IgG titer. Complement is not dependent on exposure or antibody presence, and represents innate immune function.

### Patient Results

ANTIGEN	IgG (µg/mL)	RESULT	REF. RANGE
<b>MEATS, DAIRY</b>			
Beef	0.00		<2.59 µg/ml
Casein	30.70	LOW	<2.93 µg/ml
Cow's Milk	38.34	LOW	<15.86 µg/ml
Goat's Milk	16.34	LOW	<2.91 µg/ml
Pork	3.90	LOW	<2.36 µg/ml
<b>POULTRY</b>			
Chicken	0.00		<1.24 µg/ml
Egg Albumin	3.78		<17.73 µg/ml
Egg Yolk	2.48	LOW	<2.17 µg/ml
Turkey	0.00		<0.84 µg/ml
<b>LEGUMES, BEANS</b>			
Green Pea	0.81		<1.5 µg/ml
Kidney Bean	2.05	LOW	<1.92 µg/ml
Lima Bean	0.00		<2.1 µg/ml
Navy Bean	2.99		<4.38 µg/ml
Peanut	1.37		<3.7 µg/ml
Soybean	0.00		<6.31 µg/ml
String Bean	0.18		<3.03 µg/ml
<b>FUNGI</b>			
Aspergillus Mix	32.10	LOW	<23.71 µg/ml
Brewer's Yeast	26.56	LOW	<3.97 µg/ml
Candida	57.31	LOW	<17.42 µg/ml
Mushroom	1.28		<15.73 µg/ml
<b>FISH</b>			
Codfish	1.52	LOW	<0.97 µg/ml
Flounder	2.03	LOW	<0.73 µg/ml
Halibut	0.15		<0.52 µg/ml
Salmon	0.00		<0.8 µg/ml
Tuna	0.27		<0.76 µg/ml

ANTIGEN	C3d (µg/mL)	RESULT	REF. RANGE
<b>MEATS, DAIRY</b>			
Beef	0.62	LOW	<0.27 µg/ml
Casein	0.07		<0.4 µg/ml
Cow's Milk	0.68	LOW	<0.63 µg/ml
Goat's Milk	0.79	LOW	<0.37 µg/ml
Pork	0.36	LOW	<0.34 µg/ml
<b>POULTRY</b>			
Chicken	0.02		<0.08 µg/ml
Egg Albumin	0.90	LOW	<0.16 µg/ml
Egg Yolk	0.79		<1.79 µg/ml
Turkey	0.00		<0.13 µg/ml
<b>LEGUMES, BEANS</b>			
Green Pea	0.00		<0.22 µg/ml
Kidney Bean	0.19	LOW	<0.1 µg/ml
Lima Bean	0.30		<0.33 µg/ml
Navy Bean	0.24	LOW	<0.09 µg/ml
Peanut	0.00		<0.11 µg/ml
Soybean	3.31	LOW	<3.18 µg/ml
String Bean	0.00		<0.09 µg/ml
<b>FUNGI</b>			
Aspergillus Mix	0.40		<0.57 µg/ml
Brewer's Yeast	0.00		<0.13 µg/ml
Candida	0.12		<0.21 µg/ml
Mushroom	0.33		<3.92 µg/ml
<b>FISH</b>			
Codfish	0.22	LOW	<0.15 µg/ml
Flounder	0.00		<0.1 µg/ml
Halibut	0.00		<0.07 µg/ml
Salmon	0.00		<0.14 µg/ml
Tuna	0.00		<0.08 µg/ml

IgG/C3d Food Sensitivities

Patient Results

ANTIGEN	IgG (µg/mL)	RESULT	REF. RANGE
<b>SHELLFISH</b>			
Clam	10.35	LOW	<8.28 µg/ml
Crab	0.00		<1.38 µg/ml
Lobster	0.00		<1.42 µg/ml
Scallops	0.00		<0.96 µg/ml
Shrimp	0.00		<1.28 µg/ml
<b>HERBS, SPICES, SEASONINGS</b>			
Black Pepper	15.26	LOW	<11.4 µg/ml
Cinnamon	3.05		<3.21 µg/ml
Garlic	0.38		<1.2 µg/ml
Ginger	13.83	LOW	<12.06 µg/ml
Hops	0.15		<1.89 µg/ml
Mustard	0.24		<1.38 µg/ml
Vanilla	6.83		<9.54 µg/ml
<b>GRAINS, GRASSES</b>			
Barley	0.24		<0.77 µg/ml
Corn	0.01		<1.81 µg/ml
Gluten	8.03		<174.3 µg/ml
Oat	0.75		<0.81 µg/ml
Rice	0.72		<1.13 µg/ml
Rye	1.40		<1.94 µg/ml
Whole Wheat	0.00		<1.39 µg/ml
<b>SEEDS, NUTS</b>			
Almond	0.49		<1.56 µg/ml
Cacao	16.48	LOW	<9.31 µg/ml
Cashew	0.00		<2.1 µg/ml
Coffee	20.88	LOW	<6.72 µg/ml
Cottonseed	0.64		<3.19 µg/ml
English Walnut	6.66	LOW	<1.88 µg/ml
Flax Seed	0.75		<2.31 µg/ml
Pecan	1.52	LOW	<1.11 µg/ml
Sesame	2.25	LOW	<0.3 µg/ml
<b>FRUITS</b>			
Apple	0.55	LOW	<0.46 µg/ml
Avocado	0.98		<3.13 µg/ml
Banana	4.16	LOW	<0.79 µg/ml
Blueberry	1.94		<1.98 µg/ml
Cantaloupe	0.04		<1.18 µg/ml
Cherry	0.92	LOW	<0.64 µg/ml
Coconut	0.35		<2.25 µg/ml
Cucumber	0.00		<0.38 µg/ml
Grapefruit	0.10		<1.15 µg/ml
Grapes	0.53	LOW	<0.49 µg/ml
Green Olive	0.24		<1.93 µg/ml
Green Pepper	0.00		<0.45 µg/ml
Honeydew	2.50	LOW	<0.51 µg/ml
Lemon	0.00		<0.19 µg/ml
Orange	0.44		<1.34 µg/ml
Peach	0.00		<0.75 µg/ml
Pear	0.00		<0.45 µg/ml
Pineapple	0.00		<0.33 µg/ml
Plum	0.00		<0.78 µg/ml
Strawberry	0.04		<0.88 µg/ml
Tomato	0.00		<0.27 µg/ml
Watermelon	0.00		<0.93 µg/ml
Yellow Squash	0.10		<1.84 µg/ml

ANTIGEN	C3d (µg/mL)	RESULT	REF. RANGE
<b>SHELLFISH</b>			
Clam	1.45	LOW	<0.24 µg/ml
Crab	0.00		<0.08 µg/ml
Lobster	0.00		<0.13 µg/ml
Scallops	0.00		<0.08 µg/ml
Shrimp	0.23		<0.27 µg/ml
<b>HERBS, SPICES, SEASONINGS</b>			
Black Pepper	0.12		<0.21 µg/ml
Cinnamon	0.00		<0.03 µg/ml
Garlic	0.12		<0.21 µg/ml
Ginger	0.19		<0.43 µg/ml
Hops	0.00		<0.13 µg/ml
Mustard	0.00		<0.13 µg/ml
Vanilla	0.00		<0.13 µg/ml
<b>GRAINS, GRASSES</b>			
Barley	0.05		<0.43 µg/ml
Corn	0.12		<0.21 µg/ml
Gluten	0.59	LOW	<0.09 µg/ml
Oat	0.00		<0.02 µg/ml
Rice	0.10	LOW	<0.07 µg/ml
Rye	0.00		<0.13 µg/ml
Whole Wheat	0.02		<0.16 µg/ml
<b>SEEDS, NUTS</b>			
Almond	1.95	<b>MODERATE</b>	<0.16 µg/ml
Cacao	0.05		<0.09 µg/ml
Cashew	0.85	LOW	<0.06 µg/ml
Coffee	0.33		<0.74 µg/ml
Cottonseed	0.05		<0.08 µg/ml
English Walnut	1.14	LOW	<0.89 µg/ml
Flax Seed	0.00		<0.06 µg/ml
Pecan	0.00		<0.04 µg/ml
Sesame	0.00		<0.04 µg/ml
<b>FRUITS</b>			
Apple	0.05		<0.09 µg/ml
Avocado	0.07		<1.31 µg/ml
Banana	0.20	LOW	<0.09 µg/ml
Blueberry	0.07		<0.15 µg/ml
Cantaloupe	0.02		<0.06 µg/ml
Cherry	0.05		<0.12 µg/ml
Coconut	0.58	LOW	<0.06 µg/ml
Cucumber	0.06	LOW	<0.05 µg/ml
Grapefruit	0.03		<0.04 µg/ml
Grapes	0.00		<0.02 µg/ml
Green Olive	0.00		<0.04 µg/ml
Green Pepper	0.00		<0.06 µg/ml
Honeydew	0.00		<0.18 µg/ml
Lemon	0.09	LOW	<0.02 µg/ml
Orange	0.00		<0.03 µg/ml
Peach	0.00		<0.12 µg/ml
Pear	0.00		<0.09 µg/ml
Pineapple	0.00		<0.04 µg/ml
Plum	0.00		<0.07 µg/ml
Strawberry	0.00		<0.11 µg/ml
Tomato	0.00		<0.07 µg/ml
Watermelon	0.03		<0.09 µg/ml
Yellow Squash	0.19		<1.15 µg/ml

This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.

PATIENT NAME:

Patient Sample

REQUISITION ID:

DPA213230010

DRAFT DATE:

4/11/2023

## IgG/C3d Food Sensitivities

### Patient Results

ANTIGEN	IgG (µg/mL)	RESULT	REF. RANGE
<b>VEGETABLES</b>			
Asparagus	4.18		<7.25 µg/ml
Broccoli	5.41	LOW	<1.73 µg/ml
Cabbage	0.00		<1.26 µg/ml
Carrot	0.21		<1.12 µg/ml
Cauliflower	0.00		<0.78 µg/ml
Celery	0.00		<1.72 µg/ml
Lettuce	0.12		<0.83 µg/ml
Onion	0.00		<0.2 µg/ml
Spinach	0.21		<1.21 µg/ml
Sweet Potato	0.24		<1.94 µg/ml
Tea	4.70	LOW	<1.92 µg/ml
White Potato	0.66		<3.69 µg/ml

ANTIGEN	C3d (µg/mL)	RESULT	REF. RANGE
<b>VEGETABLES</b>			
Asparagus	0.24	LOW	<0.13 µg/ml
Broccoli	0.13		<0.22 µg/ml
Cabbage	0.29		<0.89 µg/ml
Carrot	0.13	LOW	<0.1 µg/ml
Cauliflower	0.00		<0.05 µg/ml
Celery	0.00		<0.09 µg/ml
Lettuce	0.00		<0.08 µg/ml
Onion	0.00		<0.02 µg/ml
Spinach	0.27	LOW	<0.19 µg/ml
Sweet Potato	0.10		<1.17 µg/ml
Tea	0.00		<0.02 µg/ml
White Potato	0.41		<1.84 µg/ml



This test has been developed and its performance characteristics determined by Precision Point Diagnostics. It has not been cleared by the U.S. Food and Drug Administration.