

INV. No. LIPL-INV-H-220/2025(111398)
Patient Name **Sample Report**
Age/Gen 36 Years | Male
Referred By
Source HOIP

PatientID 7637
Sample Drawn 23/08/2025 11:50 AM
Sample Received 23/08/2025 01:33 PM
Report Generated 26/08/2025 05:02 PM



FOOD INTOLERANCE (FOOD IgG) TEST REPORT

Method : Protein Microarray

AVOID ELEVATED FOODS	14
Casein, Cola Nut, Cranberry, Egg White, Flax Seed, Gliadin, Hops, Milk (Cow), Milk (Goat), Milk (Sheep), Plum, Tiger Nut, Yeast (Baker's), Yeast (Brewer's)	
REDUCE BORDERLINE FOODS	1
Winkle	
CONSUME NORMAL FOODS	200
Foods shown in Green in the report are safe to be consumed without restriction (if you are known to have allergic reaction to certain foods, those foods needs to be continuously avoided)	

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NOTE: The test was conducted and reported by LabEasy India Pvt. Ltd., Mumbai (CPL Unit).

Dr. Nipa Dhorda, MD (Path)
Consultant Pathologist
Reg. No. : 91821










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ELEVATED > 30 U/ml BORDERLINE 24-29 U/ml NORMAL < 23 U/ml

Image	Description	u/ml	Indication	Image	Description	u/ml	Indication
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DAIRY


	ALPHA-LACTALBUMIN आल्फा लेक्टल्बुमिन	<15	CONSUME		MILK (Buffalo) भैंस का दूध	<15	CONSUME
	BETA-LACTOGLOBULIN बीटा-लेक्टोग्लोबुलिन	<15	CONSUME		MILK (Cow) गाय का दूध	50	AVOID
	CASEIN केसिन	36	AVOID		MILK (Goat) बकरी का दूध	35	AVOID
	EGG WHITE अंडे की सफेदी	68	AVOID		MILK (Sheep) भेड़ का दूध	36	AVOID
	EGG YOLK अंडे की जर्दी	<15	CONSUME				

SEA FOODS

	ALGA ESPAGUETTE अल्गा स्पामुहते	<15	CONSUME		CUTTLEFISH दस भुजी समुद्रजीव	<15	CONSUME
	ALGA SPIRULINA अल्गा स्पारुलीना	<15	CONSUME		EEL सर्प मीन	<15	CONSUME
	ALGA WAKAME अल्गा वाकामे	18	CONSUME		HADDOCK सुरमई मछली	<15	CONSUME
	ANCHOVY कासली या वेल्सी	<15	CONSUME		HAKE कोड तरह की मछली	<15	CONSUME
	BARNACLE सीप की मछली	<15	CONSUME		HERRING हितसा मछली	<15	CONSUME



























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 BASS रोह मछली	<15 CONSUME	 LOBSTER झींगा मछली	<15 CONSUME
 CARP कतला/रोहू/रुह मछली	<15 CONSUME	 MACKEREL बान्ना मछली	<15 CONSUME
 CAVIAR मछली के अंडे	<15 CONSUME	 MONKFISH भिक्षु मछली	<15 CONSUME
 CLAM तिसरियो	<15 CONSUME	 MUSSEL कोड़ी / शंभुक	<15 CONSUME
 COCKLE घोघा या सीघो	<15 CONSUME	 OCTOPUS ओक्टोपस	<15 CONSUME
 COD कोड मछली	<15 CONSUME	 OYSTER सीप	<15 CONSUME
 CRAB केकड़ा	<15 CONSUME	 PERCH बर्मुन्दी मछली	<15 CONSUME
 PIKE पाइक मछली	<15 CONSUME	 SOLE रेपि मछली / रेरी, मुर्सेल	<15 CONSUME
 PLAICE चपटी मछली	<15 CONSUME	 SQUID मोन्क्यो / समुद्र फेनी	<15 CONSUME
 RAZOR CLAM धूरसीघी	<15 CONSUME	 SWORDFISH तेगा मछली	<15 CONSUME
 SALMON रावस मछली	<15 CONSUME	 TROUT रेमस / बोला मछली	<15 CONSUME
 SARDINE साईर्दिन मछली	<15 CONSUME	 TUNA चुरा मछली	<15 CONSUME
 SCALLOP घोन्घा	<15 CONSUME	 TURBOT कूप्या मछली	<15 CONSUME

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 <p>SEA BREAM (GILTHEAD) समुद्र ब्रीम</p>	<15 CONSUME	 <p>WINKLE विकल / समुद्री घोघा</p>	25 REDUCE
 <p>SEA BREAM (RED) समुद्र ब्रीम (लाल)</p>	<15 CONSUME		

FRUITS

 <p>APPLE सेब</p>	<15 CONSUME	 <p>GUAVA अमरूद</p>	<15 CONSUME
 <p>APRICOT खुबानी</p>	<15 CONSUME	 <p>KIWI कीवी फल</p>	<15 CONSUME
 <p>AVOCADO मखन फल</p>	<15 CONSUME	 <p>LEMON निम्बू</p>	<15 CONSUME
 <p>BANANA केला</p>	<15 CONSUME	 <p>LIME नींबू</p>	<15 CONSUME
 <p>BLACKBERRY शहतूत</p>	<15 CONSUME	 <p>LYCHEE लिची</p>	<15 CONSUME
 <p>BLACKCURRANT फालसा</p>	<15 CONSUME	 <p>MANGO आम</p>	<15 CONSUME
 <p>BLUEBERRY नीलाबदरी</p>	<15 CONSUME	 <p>MULBERRY शहतूत</p>	<15 CONSUME
 <p>CHERRY रक्तिम / चेरी</p>	<15 CONSUME	 <p>NECTARINE पिच / शफताळू</p>	<15 CONSUME
 <p>CRANBERRY करेन्दा</p>	41 AVOID	 <p>OLIVE जैतून</p>	<15 CONSUME
 <p>DATE खजूर</p>	<15 CONSUME	 <p>ORANGE नारंगी</p>	<15 CONSUME

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 FIG अंजीर	<15 CONSUME	 PAPAYA पपीता	<15 CONSUME
 GRAPEFRUIT चकोतरा	<15 CONSUME	 PEACH आडू	<15 CONSUME
 PEAR नाशापाती	<15 CONSUME	 REDCURRANT लाल किशमिश / लाल बेर	<15 CONSUME
 PINEAPPLE अनानास	<15 CONSUME	 RHUBARB रेवाचीनी	<15 CONSUME
 PLUM बेर / आतू बोखारा	66 AVOID	 STRAWBERRY स्ट्रॉबेरी	<15 CONSUME
 POMEGRANATE अनार	<15 CONSUME	 TANGERINE संतरा	<15 CONSUME
 RAISIN किशमिश	<15 CONSUME	 WATERMELON तरबूज	<15 CONSUME
 RASPBERRY रस्पबेरी	<15 CONSUME		

CEREALS

 AMARANTH राजगिरा	<15 CONSUME	 OAT जई	<15 CONSUME
 BARLEY जौ	<15 CONSUME	 POLENTA मकई की खिचड़ी	<15 CONSUME
 BUCKWHEAT कूट	<15 CONSUME	 RICE चावल	<15 CONSUME
 CORN (Maize) मक्का	<15 CONSUME	 RYE राई / राई का अटा	<15 CONSUME
 COUSCOUS खुरदर रवा प सोजी	<15 CONSUME	 SPELT छोटा गेहू	<15 CONSUME
 DURUM WHEAT डुरम गेहू	<15 CONSUME	 TAPIOCA सबूदाना / कसावा	<15 CONSUME
 GLIADIN ग्लिअदिन	40 AVOID	 WHEAT गेहू	<15 CONSUME
 MALT जव	16 CONSUME	 WHEAT BRAN गेहू का भूसा	<15 CONSUME

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 MILLET बाजरा	<15	
CONSUME		

HERBS & SPICES

 ANISEED सौंफ / सुवा / शोप	<15	
CONSUME		

 GINGER अदरक / सुंठ	<15	
CONSUME		

 BASIL तुलसी	<15	
CONSUME		

 GINKGO बल्कुवारी	<15	
CONSUME		

 BAYLEAF तेज पत्ता	<15	
CONSUME		

 GINSENG चिनसेंग	<15	
CONSUME		


 CAMOMILE बाबूना / अज्वैन	<15	
CONSUME		

 HOPS पहाड़ी गान्धा, बगरा	45	
AVOID		

 CAYENNE ताल मिर्च	<15	
CONSUME		

 LIQUORICE जेठी मध, मुलेठी	<15	
CONSUME		

 CHILLI (Red) ताल मिर्च	<15	
CONSUME		

 MARJORAM बन तुलसी / कुठरा	<15	
CONSUME		

 CINNAMON दातचीनी	<15	
CONSUME		

 MINT पुदीना	<15	
CONSUME		

 CLOVE लौंग	<15	
CONSUME		

 MUSTARD SEED सरसो के बीज	<15	
CONSUME		

 CORIANDER (Leaf) धनिया	<15	
CONSUME		

 NETTLE खोकली	<15	
CONSUME		

 CUMIN जीरा	<15	
CONSUME		

 NUTMEG जायफल	<15	
CONSUME		

 DILL सोपा या सूवा	<15	
CONSUME		

 PARSLEY अजमोद	<15	
CONSUME		

 GARLIC लहसुन	<15	
CONSUME		

 PEPPERMINT पुदीना का अर्क	<15	
CONSUME		

 ROSEMARY रोजमेरी / रूस्मारी	<15	
CONSUME		

 TARRAGON नागदौना	<15	
CONSUME		

 SAFFRON केसर	<15	
CONSUME		

 THYME अजवायन	<15	
CONSUME		

 SAGE सीस्ती / कपुर का पत्ता	<15	
CONSUME		

 VANILLA वानिला	<15	
CONSUME		

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MEAT

 BEEF गाय का मांस	<15 CONSUME	 PARTRIDGE तीतर का मांस	<15 CONSUME
 CHICKEN मुर्गी का घोंस्त	<15 CONSUME	 PORK सुअर का मांस	<15 CONSUME
 DUCK बतख का मांस	<15 CONSUME	 QUAIL लवा बटेर का मांस	<15 CONSUME
 GOAT बकरी का मांस	<15 CONSUME	 RABBIT खरगोश का मांस	<15 CONSUME
 HORSE घोड़े का मांस	<15 CONSUME	 TURKEY तुर्की का मांस	<15 CONSUME
 LAMB मेमने का मांस	<15 CONSUME	 VEAL बछड़े का मांस	<15 CONSUME
 OSTRICH शुतुरमुर्ग का मांस	<15 CONSUME	 VENISON हिरन का मांस	<15 CONSUME
 OX बैल का मांस	<15 CONSUME	 WILD BOAR जंगली सुअर का मांस	<15 CONSUME

NUTS & SEEDS

 ALMOND बादाम	<15 CONSUME	 PINE NUT चित्तगोज	<15 CONSUME
 BRAZIL NUT पितु, त्रिकोनफल	<15 CONSUME	 PISTACHIO पिस्ता	<15 CONSUME
 CASHEW NUT काजू	16 CONSUME	 RAPESEED रेपसीड	<15 CONSUME
 COCONUT नारियल	<15 CONSUME	 SESAME SEED तिल	<15 CONSUME
 FLAX SEED अलसी के बीज	45 AVOID	 SUNFLOWER SEED सूरजमुखी के बीज	<15 CONSUME
 HAZELNUT घिनाल फल	<15 CONSUME	 TIGER NUT नागर मोथ	41 AVOID
 MACADAMIA NUT अखरोट	<15 CONSUME	 WALNUT अखरोट	<15 CONSUME

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Nipa

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 PEANUT मूंगफली	<15	
CONSUME		

VEGETABLES

 ARTICHOKE हाथी चक	<15	
CONSUME		

 CAPER करदों	<15	
CONSUME		

 ASPARAGUS शतावरी	<15	
CONSUME		

 CARROT गाजर	<15	
CONSUME		

 AUBERGINE बैंगन	<15	
CONSUME		

 CAULIFLOWER फूलगोभी	<15	
CONSUME		

 BEAN (Broad) पापड़ी / बाकला	<15	
CONSUME		

 CELERY अजवायन / अजमोद / रूधुनि	<15	
CONSUME		

 BEAN (Green) गुआर की फली	<15	
CONSUME		

 CHARD पातक	<15	
CONSUME		

 BEAN (Red Kidney) राजमा	<15	
CONSUME		

 CHICKPEA काबूली चना	<15	
CONSUME		

 BEAN (White Haricot) बाल	<15	
CONSUME		

 CHICORY कासनी	<15	
CONSUME		

 BEETROOT चुकंदर	<15	
CONSUME		

 CUCUMBER खीरा	<15	
CONSUME		

 BROCCOLI हरी फूल गोभी	<15	
CONSUME		

 FENNEL (Leaf) मोदी सौंफ	<15	
CONSUME		

 BRUSSEL SPROUT छोटी पत्तागोभी	<15	
CONSUME		

 LEEK हरा प्याज	<15	
CONSUME		

 CABBAGE (White) बंद पत्ता गोभी	<15	
CONSUME		

 LENTIL मसूर	<15	
CONSUME		

 CABBAGE (Red) ताल पत्ता गोभी	<15	
CONSUME		

 LETTUCE सलाद पत्ता	<15	
CONSUME		

 MARROW लौकी	<15	
CONSUME		

 SOYA BEAN सोयाबीन	<15	
CONSUME		

 ONION प्याज	<15	
CONSUME		

 SPINACH पातक	<15	
CONSUME		

 PEA मटर	<15	
CONSUME		

 SWEET POTATO शकरकंद	<15	
CONSUME		

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 POTATO आलू	21		 TOMATO टमाटर	<15	
CONSUME			CONSUME		
 QUINOA मोरियो	<15		 TURNIP शतजम	<15	
CONSUME			CONSUME		
 RADISH मूली	<15		 WATERCRESS जल्कूमि	<15	
CONSUME			CONSUME		
 ROCKET सफेद सरसों / तारमिरा	<15		 YUCA रामबांस	<15	
CONSUME			CONSUME		
 SHALLOT छोटा प्याज	<15				
CONSUME					

OTHERS

 AGAR AGAR अगर-अगर	<15		 HONEY शहद	<15	
CONSUME			CONSUME		
 ALOE VERA घृतकुमारी	<15		 MUSHROOM मशरूम / कुकूमूला	<15	
CONSUME			CONSUME		
 CANE SUGAR चीनी / मिश्री	<15		 TEA (Black) काली चाय	<15	
CONSUME			CONSUME		
 CAROB केरोब	<15		 TEA (Green) हरी चाय	<15	
CONSUME			CONSUME		
 CHESTNUT शाहबलूत / सिंगोरा	<15		 TRANSGLUTAMINASE	<15	
CONSUME			CONSUME		
 COCOA BEAN कोकोआ बीज	<15		 YEAST (Baker's) खमीर	62	
CONSUME			AVOID		
 COFFEE काँफी	<15		 YEAST (Brewer's) खमीर (शराब बनानेवाला)	38	
CONSUME			AVOID		
 COLA NUT कोला बीज	31				
AVOID					

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TEST INTERPRETATION AND DIET GUIDELINES

>= 30 U/ml Indicates a strong antibody reaction to that particular food

These are your primary problem foods you should eliminate/avoid these foods for atleast 3-6 months.

Substitute with other foods listed under the **CONSUME** category and the relevant food groups

24-29 U/ml Indicates a lower/moderate antibody reaction to that particular food

These are moderate to severe problem foods you should reduce &/or rotate these foods for atleast 3-6 months to to avoid an increase in intolerance.

Substitute with other foods listed under the **CONSUME** category and the relevant food groups (ensuring they are not listed in the **AVOID** category).

<23 U/ml Indicates No significant reaction to that particular food

These foods can be consumed as normal without restriction

CAUTION

If you are already aware of specific foods that you are known to be allergic to, have previously caused a reaction, if you are known to suffer with rapid onset type classical allergic reaction to any of these foods, do not eat them.

Important Instructions:

- This test is not intended to diagnose or treat any medical conditions.
- Test results should be interpreted in light of clinical history of the individual.
- All results are dependent upon the quality of specimen received in the laboratory.
- Test results are not valid for Medico Legal Purpose
- Sample repeats are accepted on request of Referring Physician within sample stability period.
- Test results may show inter-laboratory variations.
- Results are for purpose of identifying food sensitivity that might be causing annoying chronic conditions & not for self-diagnosis and/or self medication.
- Advise from qualified nutritionist or dietitian is a must before making any significant changes in the diet, either an elimination or re-introduction phase.
- This test does not identify allergy or IgE reactions to foods, If you are known to have allergic reactions to certain foods, the same needs to be avoided irrespective of its result in this report.
- LabEasy India Private Limited is not responsible for any misinterpretation or misuse of the information provided in this report or the consultation thereof.
- The courts/forum at Mumbai shall have exclusive Jurisdiction in all disputes/claims concerning the request and/or results of test(s).

~~~~~ End of report ~~~~~

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