

# VICTUS<sup>88</sup> GUT GUIDE

UNDERSTANDING YOUR VICTUS<sup>88</sup> DIETARY ANTIGEN TEST RESULTS



The first test that combines the use of four biomarkers against 88 food antigens, a proprietary algorithm to calculate the level of severity of sensitivity, and a simple-to-read, actionable report.



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# CONGRATULATIONS!

You have taken the first step toward taking control of your health and wellness. Whether you were just sick and tired of being sick and tired, or you're a seasoned veteran of getting and staying healthy, your Victus<sup>88</sup> test results will give you the knowledge, the power, and the motivation to rebuild the foundation of your wellness: your Gut Health.

When we use the term Gut Health, it is important to remember that our gut contributes to our overall immune system and that about 80 percent of our immune cells are located in our gut. An out-of-balance immune system creates inflammation that can set off a cascade of events, ultimately resulting in a variety of symptoms and conditions, or making already existing conditions even worse.

## WE DON'T KNOW WHAT WE DON'T KNOW

The first step toward gut health and gut healing is the most important step of the process. Simply put, we don't know which foods are causing an unhealthy immune response until we get the Victus<sup>88</sup> test results. There are foods and drinks we are putting into our bodies every day, but we don't know which ones our body considers 'toxic'. Once we have this information, we can make simple, common-sense dietary choices to eliminate or rotate certain foods in an effort to give our gut a chance to rebuild and heal itself.

Victus<sup>88</sup> is the first test that combines the use of four biomarkers against 88 food antigens, a proprietary algorithm to calculate the level of severity of sensitivity, and a simple-to-read, actionable report.

This Victus<sup>88</sup> Gut Guide will help you navigate your test results, and we are always here for you if you have questions or need more information.



## WHAT IS AN IMMUNE REACTION?

Many people realize that they are having issues with food and can tell something in their diet is affecting them. Immune reactions are the various antibody and complement responses to the foods we are eating. Our body can be inflamed in different ways, and a diet that minimizes foods that provoke these immune responses will decrease many types of inflammation in our body. Let's look at the four immune responses we are looking for with the Victus<sup>88</sup> test.

Immune reactions can be short lived (or 'acute'), with an immediate response. These are typically referred to as IgE (Immunoglobulin E) responses. Some examples of the immediate IgE response include difficulty breathing, swelling, hives, and even anaphylactic shock.

Immune reactions can also be longer term (or 'chronic'), with what is referred to as the IgG (Immunoglobulin G) response. Some examples of the longer-term IgG response include fatigue, headache/nausea, seizures, hyperactivity, bloating, and mood changes.

We also know that the C3d Complement response is important in measuring inflammation and the level of sensitivity to certain foods. When activated as part of the body's immune reaction, C3d Complement can amplify the IgG reaction as much as 1,000 to 10,000 times the normal IgG response.

Finally, we are also going to measure the IgG4 (Immunoglobulin G, subtype 4) immune reaction. IgG4 has the ability to block, or neutralize, the IgE (short term) response. However, too much IgG4 response may cause immune-mediated conditions such as esophagitis, fibrosis, diseases of the kidneys, ovaries, prostate, and many other inflammatory issues.

The degree and severity of immune reactions vary from person to person. It is vitally important to test for these four immune reactions to help calculate the level of severity of the food sensitivity. As you can see, only measuring one or two immune reactions will not provide all of the pieces to the puzzle.

Victus<sup>88</sup> provides you with a personalized, comprehensive, exhaustive, and thorough picture of your gut health using a scientific algorithm.



## WHAT IS THE GREEN LIGHT / RED LIGHT REPORT?

When we talk about the Green Light / Red Light report, we are referring to the results you receive once the test is complete. While there is a considerable amount of data in the report, most of our patients go straight to Page 3 and Page 4 of the results.

The Victus<sup>88</sup> test result is very easy to understand and interpret. While you do have all the biomarker values in the report, you also get the Green Light / Red Light section. This section of the report is exactly as it sounds:

Foods that your body did not have an inflammatory response will go into your Green column of foods. Green means go - go ahead and continue to enjoy all the foods in this column.

If your immune reaction was acute (IgE) but you had no chronic reactions or complement involvement, then those foods will be placed into your Yellow column of foods. Yellow means slow down - you can rotate these foods into your diet every 72 hours.

And finally, foods that your body reacted to above a certain level will be placed into your Red column of foods. Red means stop - when you eliminate these foods from your diet for several months, you are giving your gut time to heal itself and rebuild.

Some patients will screenshot their Green Light / Red Light page of the report and store it on their phone for easy access while grocery shopping or studying a menu at a restaurant. Others will tear that page out of their report and take it with them for the same purpose. Either way, you have the convenience of a report that is easy to understand and can be used in your practical daily diet decisions.

The bottom line is, if you are not exposing your body to the foods that are causing it to have an inflammatory response, your body gets a chance to reset and heal. Once that healing process has been given time, you can start reintroducing the foods you miss back into your diet.



# HOW DO I INTERPRET ALL OF THE DATA IN THIS REPORT?

As you can see, the Victus<sup>88</sup> test result provides you and your health care provider with a very large amount of data and information.

DIETARY ANTIGEN	ALLERGY			SENSITIVITY					
	IgE	IgE (µg/mL)	IMMUNE TOLERANCE TO IgE	IgG4	IgG4 (µg/mL)	IgG	IgG (µg/mL)	C3d	C3d (µg/mL)
Almond	LOW	0.25			0.09	LOW	1.37	LOW	0.25
Apple		0.00			0.00	LOW	1.54		0.01
Asparagus		0.00			0.00	MODERATE	12.69	LOW	0.21
Aspergillus Mix		0.00			0.00	LOW	25.39		1.03
Avocado		0.00			0.00	LOW	6.69		1.03
Banana		0.00			0.00	LOW	1.20		0.00
Barley	LOW	0.55			0.00	LOW	0.86		0.00
Beef		0.00			0.00	LOW	2.74		0.00
Black Pepper		0.00			0.00	LOW	8.06		0.06
Blueberry		0.00			0.00		0.00		0.00
Brewer's Yeast		0.00			0.00	LOW	4.80		0.00
Broccoli	LOW	0.20			0.00		0.17	LOW	0.09
Cabbage		0.00			0.00		0.00		0.00
Cacao		0.00			0.00	LOW	3.43		0.00
Candida	LOW	0.30			0.00	LOW	58.32		0.00
Cantaloupe		0.00			0.00		0.17		0.00
Carrot		0.00			0.00		0.00		0.00
Casein	MODERATE	0.96			0.00		0.00	LOW	0.75
Cashew	LOW	0.20			0.00	LOW	3.09		0.00
Cauliflower		0.00			0.00		0.00		0.00
Celery		0.00			0.00		0.00		0.00
Cherry		0.00			0.00		0.00		0.00
Chicken		0.00			0.00		0.00		0.00
Cinnamon		0.00			0.00		0.00		0.00
Clin		2.41			0.94		13.89		0.32
Coconut		0.00			0.00	LOW	0.69		0.00
Codfish	MODERATE	0.40			0.00		0.17		0.00
Coffee		0.00			0.00		2.23	LOW	0.52
Corn		0.00			0.00		0.00		0.00
Cottonseed		0.00			0.00		0.00		0.00
Cow's Milk	LOW	0.25		LOW	0.24	LOW	43.91	LOW	1.40
Crab		0.00			0.00		0.00		0.00
Cucumber		0.00			0.00		0.00		0.00
Egg Albumin		8.60	YES	LOW	10.32	MODERATE	51.63		0.57
Egg Yolk	LOW	0.20			0.00		0.00	MODERATE	3.08
English Walnut		0.00			0.00	LOW	3.77		2.06
Flax Seed		0.00			0.00		0.00		0.00
Flounder		0.00			0.00		0.00		0.00

DIETARY ANTIGEN	ALLERGY			SENSITIVITY					
	IgE	IgE (µg/mL)	IMMUNE TOLERANCE TO IgE	IgG4	IgG4 (µg/mL)	IgG	IgG (µg/mL)	C3d	C3d (µg/mL)
Garlic		0.00			0.00		0.00		0.00
Ginger		0.00			0.00	LOW	4.46		0.20
Gluten		2.06	YES		4.53	HIGH	245.80		0.00
Goat's Milk	LOW	1.46			0.00		0.00	LOW	0.71
Grapefruit		0.00			0.00		0.00		0.00
Grapes		0.00		LOW	0.12		0.00		0.00
Green Olive		0.00			0.00	LOW	0.86		0.00
Green Pea	LOW	0.25			0.00		0.00		0.00
Green Pepper		0.00			0.00		0.00		0.00
Halibut		0.00			0.00		0.00		0.00
Honeydew		0.00			0.00		0.00		0.00
Hops		0.00			0.00	LOW	2.74		0.06
Kidney Bean		0.00			0.00		0.00		0.00
Lemon		0.00		LOW	0.16		0.00		0.00
Lettuce		0.00		MODERATE	0.27	LOW	0.52		0.00
Lima Bean	LOW	0.25			0.00		0.00		0.20
Lobster		0.00			0.00		0.00		0.00
Mushroom		0.00		LOW	0.12	LOW	23.67	LOW	3.05
Mustard		0.00			0.00		0.00		0.00
Navy Bean	LOW	0.91			0.00	LOW	2.92		0.00
Oat		0.00			0.00		0.00		0.00
Onion		0.00		MODERATE	0.31		0.00		0.00
Orange		0.00		LOW	0.12	LOW	0.69		0.00
Peach		0.00			0.00		0.00		0.00
Peanut	MODERATE	0.35			0.00		0.00	MODERATE	0.57
Pear		0.00			0.00		0.00		0.00
Pecan		0.00			0.00	LOW	0.34		0.00
Pineapple		0.00		LOW	0.38		0.00		0.00
Plum		0.00			0.00	LOW	0.52		0.00
Pork		0.00			0.00	LOW	3.43		0.03
Rice		0.00			0.00		0.00		0.00
Rye	HIGH	0.50			0.00		0.00		0.00
Salmon		0.00			0.00		0.00		0.00
Scallops	MODERATE	0.25			0.00		0.00		0.00
Sesame		0.00		MODERATE	0.31	LOW	0.86		0.00
Shrimp		0.00		HIGH	0.68		0.00	LOW	0.21
Soybean		0.00		LOW	0.09		0.69		0.00
Spinach		0.00			0.00		0.00		0.00
Strawberry		0.00			0.00		0.00		0.00
String Bean	LOW	0.20			0.00		0.00		0.00
Sweet Potato	LOW	0.15			0.00	LOW	1.89	LOW	1.23
Tea		0.00			0.00		0.00		0.00
Tomato		0.00		LOW	0.12		0.00		0.00
Tuna		0.00		MODERATE	0.87	LOW	0.69		0.00
Turkey	LOW	0.05			0.00		0.00		0.00
Vanilla		0.00			0.00		3.26		0.00
Watermelon		0.00			0.00		0.00	LOW	0.25
White Potato	LOW	0.10			0.00	LOW	3.26	LOW	2.14
Whole Wheat	HIGH	0.40			0.00	LOW	0.34		0.00
Yellow Squash		0.00			0.00		0.00		0.00

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# HOW DO I INTERPRET ALL OF THE DATA IN THIS REPORT?

The good news is that we have already interpreted the data points in the first two pages (above) into a simple “Green Light / Red Light” report, and we have provided you with two options to take control of your health and wellness, the “Less Restrictive” and the “More Restrictive” Diets.

LESS RESTRICTIVE DIET			
<p>The Less Restrictive Diet removes foods with high levels of reactivity for IgE and IgG. Additionally, moderate IgG reactivity with high, moderate, or low complement are removed because C3d has the potential to amplify an IgG reaction 1000-10,000 fold. The Less Restrictive Diet rotates foods with moderate IgG reactivity where levels of C3d are also present due to increased inflammatory potential.</p> <p>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 Providers Discretion” column reflects only IgG4 immunogenicity.</p>			
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 Apple Aspergillus Mix Avocado Banana Beef Black Pepper Blueberry Brewer's Yeast Broccoli Cabbage Cacao Candida Cantaloupe Carrot Cassia Cashew Cauliflower Celery Cherry Chicken Cinnamon Clam Coconut Codfish Coffee Corn Cottonseed Cow's Milk Crab Cucumber Egg Albumin Egg Yolk English Walnut Flax Seed Foulard Garlic Ginger Goat's Milk Grapefruit Grapes Green Olive Green Pea Green Pepper	Asparagus	Barley Gluten Rye Whole Wheat	Shrimp

MORE RESTRICTIVE DIET			
<p>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 Providers Discretion” column reflects only IgG4 immunogenicity.</p>			
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 intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Apple Aspergillus Mix Avocado Banana Beef Black Pepper Blueberry Brewer's Yeast Broccoli Cabbage Cacao Candida Cantaloupe Carrot Cassia Cashew Cauliflower Celery Cherry Chicken Cinnamon Clam Coconut Coffee Corn Cottonseed Crab Cucumber English Walnut Flax Seed Foulard Garlic Ginger Goat's Milk Grapefruit Grapes Green Olive Green Pea Green Pepper Walnut Honeydew Hops Kidney Bean Lemon Lima Bean	Almond Cow's Milk Mushroom Sweet Potato White Potato	Barley Gluten Rye Whole Wheat	Lettuce Onion Sesame Shrimp Tuna

Your Less Restrictive diet will be on page three of the report, and your More Restrictive diet will be on page four of the report.



## SHOULD I DO THE LESS RESTRICTIVE OR MORE RESTRICTIVE DIET?

This is the most common question we get once a patient receives their Victus<sup>88</sup> results. The answer really does depend on you, your history, your conditions, and how fiercely you want to take control of your health and wellness.

If you are sick and tired of being sick and tired, and you're at a breaking point in your health and wellness, then you are more likely to go all-in on the More Restrictive diet. If you are relatively healthy and your goals are to lose some weight, create more focus and energy in your daily life, and get rid of some belly and breast bloat, then you may be happy with the Less Restrictive diet.

Here are some quick tips to help you in your decision process:

First, look at your Eliminate column and cross through the foods you don't even like. For example, if asparagus is in your red column but you hate asparagus, cross a line through it. You're not going to eat that anyway.

Next, identify the foods in your Eliminate column that you are going to miss eating, and put a yellow highlight through those. This is an important exercise - you need to own the foods you love and identify them right away. Prepare your mindset for 6-12 months without that food in your diet.

Third, take a look at the Rotate column and do the same that you did for your Eliminate column. Just remember, you can rotate the foods you love every 72 hours. Once you realize that you most likely don't eat those foods every day anyway, you have a much better chance of success of rotating those foods.

Finally, realize that only you can decide what is best for you. When you dig deep into the two options, Less or More Restrictive, you will know what to do. You will realize that these results, and your actions based on them, can change every aspect of your health and wellness. Consider the potential health benefits and how the actions you take based on the Victus<sup>88</sup> results can supercharge your entire life.



# SYMPTOMS ASSOCIATED WITH FOOD REACTIONS

- ✓ DECREASED IMMUNE FUNCTION
- ✓ AUTOIMMUNE CONDITIONS
- ✓ GAS or BLOATING
- ✓ CONSTIPATION or DIARRHEA
- ✓ WEIGHT GAIN
- ✓ HIVES, RACH, ECZEMA, or EDEMA
- ✓ GASTROESOPHAGEAL REFLUX
- ✓ GOUT
- ✓ JOINT PAIN and INFLAMMATION
- ✓ FATIGUE and POOR SLEEP
- ✓ POOR ABSORPTION OF MINERALS and VITAMINS
- ✓ ANXIETY and DEPRESSION
- ✓ HEADACHE or MIGRAINE

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## FREQUENTLY ASKED QUESTIONS

**Q: What is the difference between an allergy and a sensitivity?**

**A:** An allergy has a response by IgE antibodies and creates an immediate reaction. A sensitivity is created by IgG antibodies and creates a more delayed response. There are times when IgG can amplify IgE reactions, and there is an interdependence between the antibodies. The interplay between the various parts of the immune system demonstrates why it is best to look at multiple biomarkers (antibodies and complement) together.

**Q: Can food sensitivities be related to weight gain?**

**A:** Absolutely. Food sensitivities can be related to weight gain because there is more inflammation created in the body. Inflammation causes an increase in the hormone leptin, which tells adipose (fat) tissues to store more fat. When eliminating foods that cause inflammation, the opportunity to lose weight greatly increases.

**Q: Can food sensitivities be related to other issues like headaches, pain, or depression?**

**A:** Unfortunately, yes. The beginnings of the immune system's response to foods start in the gut, but that does not necessarily mean you will have gut pain or gut-related issues alone. The inflammatory response to food sensitivities is systemic, and it is not just isolated to your gut. As the inflammatory response spreads, the effects may be even more symptomatic outside the gut.

**Q: What is the difference between Gluten and Wheat on the report?**

**A:** Gluten is in whole wheat; however, wheat has other proteins that you could react to. It is possible for someone to display a sensitivity to wheat but not gluten. This means you are reacting to other proteins in the wheat instead of to the gluten.



## FREQUENTLY ASKED QUESTIONS

**Q: I react to gluten, but it does not show up on my result. Why?**

**A:** Reactions to gluten can be because of allergies or sensitivities, but there are other reasons you may feel bad from gluten outside of sensitivities. For example, gluten decreases the tryptophan to serotonin ratio, which makes production of this neurotransmitter more difficult. Gluten may also be contaminated with bromides, which may decrease other the absorption of other important nutrients like iodine. This can compromise thyroid function.

Finally, gluten can often be moldy. Commercial grains are routinely measured for aflatoxins and are generally positive for this contaminate. Aflatoxins are a type of mold considered a human carcinogen (cancer-causing) and are known to cause other health issues.

**Q: What other foods are considered high in Mold?**

**A:** Vinegar and vinegar-containing foods (mayonnaise, salad dressings, catsup, chili sauce, pickled foods, relishes, green olives, and mustard), alcohol, soured breads, sauerkraut, cider and root beer, pickled and smoked meats, all dried fruits, canned tomatoes (commercially packaged), and all canned juices are considered high in mold.

**Q: Do the test results mean I should never eat these foods again?**

**A:** Absolutely not! The ultimate goal is to remove these foods for a time period that gives your gut a chance to heal. Once your gut lining has healed and your immune system has been retrained, you may not be reactive to these foods anymore. For most people, these reactions will normalize, and you will be able to bring foods back one at a time while you monitor your reaction to them.

You may be able to reintroduce these foods in a few months. As a matter of fact, most clinicians will wait three months or more before adding your reactive foods back into your diet. The Restrictive Diets are the best way to calm inflammation and restore your gut, but it does take time and patience.



# VICTUS<sup>88</sup> GUT GUIDE

## FOOD FAMILY LIST (SPECIES, FAMILIES, AND RELATABLE FOODS)

ANTIGEN (Species)	FAMILY	FOODS IN FAMILY
<b>Almond</b> <i>Prunus dulcis</i>	Rose	Almond, apricot, cherry, peach, nectarine, plum, prune
<b>Apple</b> <i>Malus pumia</i>	Rose	Apple, apple cider, apple cider vinegar, crabapple, loquat, pear quince
<b>Asparagus</b> <i>Asparagus officinalis</i>	Lily	Aloe vera, asparagus, chives, garlic, onion, ramp, shallot, leek
<b>Aspergillus Mix</b> <i>A. oryzae, A. niger, A. repens, A. terreus</i>	Fungi	Aspergillus, baker's yeast, brewer's yeast, citric acid, morel, mushroom, truffle
<b>Avocado</b> <i>Persea americana</i>	Laurel	Avocado, bay leaf, cassia bark, cinnamon, sassafras
<b>Banana</b> <i>Musa sapientum</i>	Banana	Arrowroot, banana, plantain
<b>Barley</b> <i>Hordeum vulgare</i>	Grass	Barley, malt, maltose, bamboo shoots, corn, corn meal, corn oil, cornstarch, corn syrup, hominy grits, popcorn, kamut, lemon grass, citronella, millet, oat, oatmeal, rice, rice flour, rye, spelt, sorghum grain, sorghum syrup, sugarcane, cane sugar, molasses, raw sugar, sweet corn, triticale, wheat, wheat bran, wheat bulgur, wheat flour, gluten, wheat graham, whole wheat, wheat germ, wild rice
<b>Beef</b> <i>Bos taurus</i>	Bovine	Beef cattle, beef by-products, beef gelatin, oleomargarine, rennin, sausage, milk products like butter cheese, ice cream, lactose, yogurt, veal, buffalo (bison), goat, goat cheese, goat ice cream, goat milk, sheep, lamb, mutton, rocky mountain sheep
<b>Black Pepper</b> <i>Piper nigrum</i>	Pepper	Black pepper, peppercorn, white pepper
<b>Blueberry</b> <i>Vaccinium myrtilloides</i>	Heath or Ericaceae	Bearberry, blueberry, cranberry, huckleberry
<b>Brewer's Yeast</b> <i>Saccharomyces</i>	Fungi	Aspergillus, brewer's yeast, baker's yeast, citric acid, morel, mushroom, truffle
<b>Broccoli</b> <i>Brassica oleracea var. botrytis</i>	Mustard	Broccoli, brussels sprouts, cabbage, collards, colza shoots, couve, tronchuda, curly cress, horseradish, kale, kohlrabi, mustard greens, mustard seed, radish, rape seed, rutabaga, turnip, puland cress, water cress
<b>Cabbage</b> <i>Brassica oleracea var. capitata</i>	Mustard	Broccoli, brussels sprouts, cabbage, collards, colza shoots, couve, tronchuda, curly cress, horseradish, kale, kohlrabi, mustard greens, mustard seed, radish, rape seed, rutabaga, turnip, puland cress, water cress

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ANTIGEN (Species)	FAMILY	FOODS IN FAMILY
<b>Cacao (Chocolate)</b> <i>Theobroma cacao</i>	Sterculia	Chocolate, cocoa, cocoa butter, cola nut
<b>Candida</b> <i>Candida albicans</i>		
<b>Cantaloupe</b> <i>Cucumis melo cantalupensis</i>	Gourd	Chayote, Chinese melon, cantaloupe, cucumber, gherkin, loofah, muskmelons, casaba, Crenshaw, honeydew, Persian melon, pumpkin, pumpkin seed, pumpkin meal, squash (acorn, buttercup, butternut, Boston, spaghetti), zucchini, watermelon
<b>Carrot</b> <i>Daucus carota</i>	Carrot	Angelica, anise, caraway, menhaden, celery root, celery seed, celery leaf, chervil, coriander, cumin, dill, dill seed, fennel, finocchio, Florence, gotu kola, lovage, parsley, parsnip, sweet cicely
<b>Casein</b> <i>Bos taurus</i>	Bovine	Beef cattle, beef by-products, beef gelatin, oleomargarine, rennin, sausage, milk products like butter cheese, ice cream, lactose, yogurt, veal, buffalo (bison), goat, goat cheese, goat ice cream, goat milk, sheep, lamb, mutton, rocky mountain sheep
<b>Cashew</b> <i>Anacardium occidentale</i>	Cashew	Black pepper, peppercorn, white pepper
<b>Cauliflower</b> <i>Brassica oleracea var. botrytis</i>	Mustard	Bearberry, blueberry, cranberry, huckleberry
<b>Celery</b> <i>Apium graveolens</i>	Carrot	Angelica, anise, caraway, menhaden, celery root, celery seed, celery leaf, chervil, coriander, cumin, dill, dill seed, fennel, finocchio, Florence, gotu kola, lovage, parsley, parsnip, sweet cicely
<b>Cherry</b> <i>Prunus avium</i>	Rose	Apple, apricot, cherry, peach, nectarine, plum, prune
<b>Chicken</b> <i>Gallus gallus</i>	Pheasant	Chicken, eggs, peafowl, pheasant, quail
<b>Cinnamon</b> <i>Cinnamomum verum</i>	Laurel	Avocado, bay leaf, cassia bark, cinnamon, saffras
<b>Clam</b> <i>Mercenaria mercenaria</i>	Mollusks	abalone, snail, squid, clam, cockly, mussel, oyster, scallops
<b>Coconut</b> <i>Cocos nucifera</i>	Palm	Coconut (meal, oil), date (sugar, palm), sago starch
<b>Codfish</b> <i>Gadus morhua</i>	Codfish	Cod (scrod), cusk, haddock, hake, Pollack
<b>Coffee</b> <i>Coffea arabica</i>	Madder	Coffee

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ANTIGEN (Species)	FAMILY	FOODS IN FAMILY
<b>Corn</b> <i>Zea mays</i>	Grass	Barley, malt, maltose, bamboo shoots, corn, corn meal, corn oil, cornstarch, corn syrup, hominy grits, popcorn, kamut, lemon grass, citronella, millet, oat, oatmeal, rice, rice flour, rye, spelt, sorghum grain, sorghum syrup, sugarcane, cane sugar, molasses, raw sugar, sweet corn, triticale, wheat, wheat bran, wheat bulgur, wheat flour, gluten, wheat graham, whole wheat, wheat germ, wild rice
<b>Cottonseed</b>	Mallow	Althea root, cottonseed (oil), hibiscus, okra
<b>Cow's Milk</b> <i>Bos taurus</i>	Bovine	Beef cattle, beef by-products, beef gelatin, oleomargarine, rennin, sausage, milk products like butter cheese, ice cream, lactose, yogurt, veal, buffalo (bison), goat, goat cheese, goat ice cream, goat milk, sheep, lamb, mutton, rocky mountain sheep
<b>Crab</b> <i>Paralithodes camtschatica</i>	Crustaceans	Crab, crayfish, lobster, prawn, shrimp
<b>Cucumber</b> <i>Cucumis sativus</i>	Gourd	Chayote, Chinese melon, cantaloupe, cucumber, gherkin, loofah, muskmelons, casaba, Crenshaw, honeydew, Persian melon, pumpkin, pumpkin seed, pumpkin meal, squash (acorn, buttercup, butternut, Boston, spaghetti), zucchini, watermelon
<b>Egg Albumin</b> <i>Gallus gallus</i>	Pheasant	Chicken, eggs, peafowl, pheasant, quail
<b>Egg Yolk</b> <i>Gallus gallus</i>	Pheasant	Chicken, eggs, peafowl, pheasant, quail
<b>English Walnut</b> <i>Juglans regia</i>	Walnut	Black walnut, butternut, English walnut, heartnut, hickory nut, pecan
<b>Flax Seed</b> <i>Linum usitatissimum</i>	Flax	Flaxseed
<b>Flounder</b> <i>Paralichthys lethostigma</i>	Flounder	Dab, flounder, halibut, plaice, sole, turbot
<b>Garlic</b> <i>Allium sativum</i>	Lily	Aloe vera, asparagus, chives, garlic, onion, ramp, shallot, leek
<b>Ginger</b> <i>Zingiber officinale</i>	Ginger	Cardamon, East Indian Arrowroot, ginger
<b>Gluten</b>		Wheat, barley, rye
<b>Goat's Milk</b> <i>Capra aegagrus hircus</i>	Bovine	Beef cattle, beef by-products, beef gelatin, oleomargarine, rennin, sausage, milk products like butter cheese, ice cream, lactose, yogurt, veal, buffalo (bison), goat, goat cheese, goat ice cream, goat milk, sheep, lamb, mutton, rocky mountain sheep
<b>Grapefruit</b> <i>Citrus X paradisi</i>	Rue (Citrus)	Citron, grapefruit, kumquat, lemon, lime, murcot, orange, pomelo, tangelo, tangerine
<b>Grapes</b> <i>Vitis vinifera</i>	Grape	Grape, brandy, champagne, cream of tartar, currant, wine, wine vinegar, muscadine

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ANTIGEN (Species)	FAMILY	FOODS IN FAMILY
<b>Green Olive</b> <i>Olea europaea</i>	Olive	Olive (green or ripe), olive oil
<b>Green Pea</b> <i>Pisum sativum</i>	Legume	Alfalfa, sprouts, beans, fava, lima, mung (sprouts), navy, string, kidney, black-eyed pea, cowpea, carob, carob syrup, chickpea, garbanzo, jicama, kudzu, lentil, licorice, pea, peanut, peanut oil, red clover, senna, soybean, lecithin, soy (flour, grits, milk, oil), tamarind, tonka bean, coumarin
<b>Green Pepper</b> <i>Piper spp.</i>	Potato	Eggplant, ground cherry, pepino, melon pear, pepper (bell, sweet, cayenne, chili, paprika, pimiento), potato, tomato, tomatillo
<b>Halibut</b> <i>Hippoglossus</i>	Flounder	Dab, flounder, halibut, plaice, sole, turbot
<b>Honeydew melon</b> <i>Cucumis melo</i>	Gourd	Chayote, Chinese melon, cantaloupe, cucumber, gherkin, loofah, muskmelons, casaba, Crenshaw, honeydew, Persian melon, pumpkin, pumpkin seed, pumpkin meal, squash (acorn, buttercup, butternut, Boston, spaghetti), zucchini, watermelon
<b>Hops</b> <i>Humulus lupulus</i>	Mulberry	Breadfruit, fig, hops, mulberry
<b>Kidney/Pinto</b> <i>Phaseolus vulgaris</i>	Legumes	Alfalfa, sprouts, beans, fava, lima, mung (sprouts), navy, string, kidney, black-eyed pea, cowpea, carob, carob syrup, chickpea, garbanzo, jicama, kudzu, lentil, licorice, pea, peanut, peanut oil, red clover, senna, soybean, lecithin, soy (flour, grits, milk, oil), tamarind, tonka bean, coumarin
<b>Lemon</b> <i>Citrus limon</i>	Rue (Citrus)	Citron, grapefruit, kumquat, lemon, lime, murcot, orange, pumelo, tangelo, tangerine
<b>Lettuce</b> <i>Lactuca sativa</i>	Composite	Boneset, burdock root, cardoon, chamomile, chicory, coltsfoot, dandelion, endive, escarole, globe artichoke, goldenrod, Jerusalem artichoke, artichoke flour, lettuce (celtuce, pyrethrum, romaine, safflower oil, salsify, santolina, scolymus, scorzonera, southernwood, sunflower), sunflower (seed, meal, oil), tansy, tarragon, wormwood (absinthe), yarrow
<b>Lima Bean</b> <i>Phaseolus lunatus</i>	Legume	Alfalfa, sprouts, beans, fava, lima, mung (sprouts), navy, string, kidney, black-eyed pea, cowpea, carob, carob syrup, chickpea, garbanzo, jicama, kudzu, lentil, licorice, pea, peanut, peanut oil, red clover, senna, soybean, lecithin, soy (flour, grits, milk, oil), tamarind, tonka bean, coumarin
<b>Lobster</b> Homarus americanus	Crustaceans	Crab, crayfish, lobster, prawn, shrimp
<b>Mushroom</b> <i>Agaricus campestris</i>	Fungi	Aspergillous, brewer's yeast, baker's yeast, citric acid, morel, mushroom, truffle
<b>Mustard</b> <i>Brassicaceae</i>	Mustard	Broccoli, brussel sprouts, cabbage, collards, colza shoots, couve, tronchuda, curly cress, horseradish, kale, kohlrabi, mustard greens, mustard seed, radish, rape seed, rutabaga, turnip, puland cress, water cress
<b>Navy bean</b> <i>Phaseolus vulgaris</i>	Legume	Alfalfa, sprouts, beans, fava, lima, mung (sprouts), navy, string, kidney, black-eyed pea, cowpea, carob, carob syrup, chickpea, garbanzo, jicama, kudzu, lentil, licorice, pea, peanut, peanut oil, red clover, senna, soybean, lecithin, soy (flour, grits, milk, oil), tamarind, tonka bean, coumarin

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ANTIGEN (Species)	FAMILY	FOODS IN FAMILY
<b>Oat</b> <i>Avena sativa</i>	Grass	Barley, malt, maltose, bamboo shoots, corn, corn meal, corn oil, cornstarch, corn syrup, hominy grits, popcorn, kamut, lemon grass, citronella, millet, oat, oatmeal, rice, rice flour, rye, spelt, sorghum grain, sorghum syrup, sugarcane, cane sugar, molasses, raw sugar, sweet corn, triticale, wheat, wheat bran, wheat bulgur, wheat flour, gluten, wheat graham, whole wheat, wheat germ, wild rice
<b>Onion</b> <i>Allium cepa</i>	Lily	Aloe vera, asparagus, chives, garlic, onion, ramp, shallot, leek
<b>Orange</b> <i>Citrus X sinensis</i>	Rue (Citrus)	Citron, grapefruit, kumquat, lemon, lime, murcot, orange, pomelo, tangelo, tangerine
<b>Peach</b> <i>Prunus persica</i>	Rose (Stone)	Almond, apricot, cherry, peach, nectarine, plum, prune
<b>Peanut</b> <i>Arachis hypogaea</i>	Legume	Alfalfa, sprouts, beans, fava, lima, mung (sprouts), navy, string, kidney, black-eyed pea, cowpea, carob, carob syrup, chickpea, garbanzo, jicama, kudzu, lentil, licorice, pea, peanut, peanut oil, red clover, senna, soybean, lecithin, soy (flour, grits, milk, oil), tamarind, tonka bean, coumarin
<b>Pear</b> <i>Pyrus communis</i>	Rose (pomes)	Apple, applecider, applecider vinegar, crabapple, loquat, pear, quince
<b>Pecan</b> <i>Carya illinonensis</i>	Walnut	Black walnut, butternut, English walnut, heartnut, hickory nut, pecan
<b>Pineapple</b> <i>Ananas comosus</i>	Pineapple	Pineapple
<b>Plum</b> <i>Prunus domestica</i>	Rose (Stone)	Almond, apricot, cherry, peach, nectarine, plum, prune
<b>Pork</b> <i>Sus scrofa</i>	Swine	Hog, pork, bacon, ham, lard, pork gelatin, sausage, scrapple
<b>Rice</b> <i>Oryza sativa</i>	Grass	Barley, malt, maltose, bamboo shoots, corn, corn meal, corn oil, cornstarch, corn syrup, hominy grits, popcorn, kamut, lemon grass, citronella, millet, oat, oatmeal, rice, rice flour, rye, spelt, sorghum grain, sorghum syrup, sugarcane, cane sugar, molasses, raw sugar, sweet corn, triticale, wheat, wheat bran, wheat bulgur, wheat flour, gluten, wheat graham, whole wheat, wheat germ, wild rice
<b>Rye</b> <i>Allium cepa</i>	Grass	Barley, malt, maltose, bamboo shoots, corn, corn meal, corn oil, cornstarch, corn syrup, hominy grits, popcorn, kamut, lemon grass, citronella, millet, oat, oatmeal, rice, rice flour, rye, spelt, sorghum grain, sorghum syrup, sugarcane, cane sugar, molasses, raw sugar, sweet corn, triticale, wheat, wheat bran, wheat bulgur, wheat flour, gluten, wheat graham, whole wheat, wheat germ, wild rice
<b>Salmon</b> <i>Salmo salar</i>	Salmon	Salmon
<b>Scallops</b> <i>Pectinidae</i>	Mollusks	Abalone, snail, squid, clam, cockly, mussel, oyster, scallops

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<b>Sesame</b> <i>Sesamum indicum</i>	Pedaliium	Sesame seed, sesame oil, tahini
<b>Shrimp</b> <i>Crangon penaeus</i>	Crustaceans	Crab, crayfish, lobster, prawn, shrimp
<b>Spinach</b> <i>Spinacia oleracea</i>	Goosefoot	Quinoa, beef, chard, lamb's quarters, spinach, sugar beet, tampala
<b>Soybean</b> <i>Glycine max</i>	Legume	Alfalfa, sprouts, beans, fava, lima, mung (sprouts), navy, string, kidney, black-eyed pea, cowpea, carob, carob syrup, chickpea, garbanzo, jicama, kudzu, lentil, licorice, pea, peanut, peanut oil, red clover, senna, soybean, lecithin, soy (flour, grits, milk, oil), tamarind, tonka bean, coumarin
<b>Squash, Zucchini</b> <i>Cucurbita pepo</i>	Gourd	Chayote, Chinese melon, cantaloupe, cucumber, gherkin, loofah, muskmelons, casaba, Crenshaw, honeydew, Persian melon, pumpkin, pumpkin seed, pumpkin meal, squash (acorn, buttercup, butternut, Boston, spaghetti), zucchini, watermelon
<b>Strawberry</b> <i>Fragaria X ananassa</i>	Rose (Berries)	Blackberry, boysenberry, dewberry, loganberry, longberry, youngberry, raspberry
<b>String Bean / Green Bean</b> <i>Phaseolus vulgaris</i>	Legume	Alfalfa, sprouts, beans, fava, lima, mung (sprouts), navy, string, kidney, black-eyed pea, cowpea, carob, carob syrup, chickpea, garbanzo, jicama, kudzu, lentil, licorice, pea, peanut, peanut oil, red clover, senna, soybean, lecithin, soy (flour, grits, milk, oil), tamarind, tonka bean, coumarin
<b>Sweet Potato</b> <i>Ipomoea batatas</i>	Morning Glory	Sweet potato
<b>Tea</b> <i>Thea sinensis</i>	Tea	All tea: black tea, white tea, green tea, etc. Does not include herbal teas
<b>Tomato</b> <i>Solanum lycopersicum</i>	Potato	Eggplant, ground cherry, pepino, melon pear, pepper (bell, sweet, cayenne, chili, paprika, pimiento), potato, tomato, tomatillo
<b>Tuna</b> <i>Thunnus albacarus</i>	Mackerel	Albacore, bonito, mackerel, skipjack, tuna
<b>Turkey</b> <i>Meleagris gallopavo</i>	Turkey	Turkey, turkey eggs
<b>Vanilla</b> <i>Vanilla planifolia</i>	Orchid	Vanilla
<b>Watermelon</b> <i>Citrullus lanatus</i>	Gourd	Chayote, Chinese melon, cantaloupe, cucumber, gherkin, loofah, muskmelons, casaba, Crenshaw, honeydew, Persian melon, pumpkin, pumpkin seed, pumpkin meal, squash (acorn, buttercup, butternut, Boston, spaghetti), zucchini, watermelon
<b>White Potato</b> <i>Solanum tuberosum</i>	Potato	Eggplant, ground cherry, pepino, melon pear, pepper (bell, sweet, cayenne, chili, paprika, pimiento), potato, tomato, tomatillo
<b>Whole Wheat</b> <i>Triticum aestivum</i>	Grass	Barley, malt, maltose, bamboo shoots, corn, corn meal, corn oil, cornstarch, corn syrup, hominy grits, popcorn, kamut, lemon grass, citronella, millet, oat, oatmeal, rice, rice flour, rye, spelt, sorghum grain, sorghum syrup, sugarcane, cane sugar, molasses, raw sugar, sweet corn, triticale, wheat, wheat bran, wheat bulgur, wheat flour, gluten, wheat graham, whole wheat, wheat germ, wild rice

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