



**Sample ID: SampleID**  
**Name: John Doe**  
**IgG Assay Test Results**

Dear John Doe,

Please find the enclosed results of your IgG Assay Food Intolerance IgG Test. The test analyzed your blood sample for food-specific Immunoglobulin G (IgG) reactions.

From our research, we know that many patients who alter their diet following their test results show a significant improvement in their symptom(s) within three to four weeks. We hope you will be one of them and we would be interested in learning of your progress and improvement in due course.

We wish you excellent health,  
Microwell Laboratories

***IMPORTANT: This is a food intolerance test, not an allergy test. If you suffer classic allergic (IgE) REACTIONS to any of these foods, DO NOT eat them even if they are on the green column. Your test results are complementary to and not a substitute for the best medical help. This test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic for celiac disease. If your chronic symptoms do not improve significantly over the next few weeks, we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.***





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	Sheep Milk
<b>MEAT &amp; POULTRY</b>	
	Beef
	Chicken
	Duck Meat
	Lamb
	Pork
	Quail
	Rabbit
	Turkey
<b>FISH &amp; SEAFOOD</b>	
	Anchovy
	Bluefish
	Clam
	Codfish
	Crab
	Eel
	Haddock
	Herring
	Lobster
	Mackerel
	Mussel
	Octopus
	Oyster
	Trout
	Tilapia
	Red Snapper
	Salmon
	Sardine
	Scallop
	Sea Bass
	Shrimp
	Sole
	Squid

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**Pinnertest Test Results**

	SwordFish
	Tuna
<b>VEGETABLES</b>	
	Artichoke
	Arugula
	Asparagus
	Beet
	Bell Pepper
	Broccoli
	Brussels Sprouts
	Butternut Squash
	Cabbage
	Carrot
	Cauliflower
	Celery
	Chard
	Cilantro
	Cucumber
	Eggplant
	Endive
	Florence Fennel
	Kale
	Leek
<b>Lettuce+2</b>	
	Mushroom
	Okra
	Onion
	Potato
	Radicchio
	Radish
	Rhubarb
	Rutabaga
	Spinach
	Sweet Potato

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	Tomato
	Turnip
	Vine Leaf
	Watercress
	Zucchini
<b>FRUITS</b>	
	Apple
	Apricot
	Avocado
	Banana
	Blackberry
	Black Olives
	Blueberry
	Cantaloupe
	Coconut
	Cranberry
	Date
	Fig
	Grape
	Grapefruit
	Guava
	Kiwi
	Lemon
	Lime
	Mango
	Nectarine
	Orange
	Papaya
	Peach
	Pear
	Pineapple
	Plum
	Pomegranate
	Pumpkin

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	Raspberry
	Red Currant
	Strawberry
	Sweet Cherry
	Watermelon
<b>SEED &amp; NUTS</b>	
<b>Almond+1</b>	
	Brazil Nut
	Cashew Nut
	Chestnut
	Flaxseed
	Hazelnut
	Macadamia Nut
	Pine Nut
	Pistachio
	Poppy Seed
	Sesame Seed
	Sunflower Seed
	Walnut
<b>SPICES &amp; HERBS</b>	
	Allspice
	Anise Seed
	Basil
	Parsley
	Capers
	Cardamom
	Chili Pepper
	Chives
	Cinnamon
	Clove
	Coriander Seed
	Cumin
	Dill
	Garlic





