IgG Food MAP
WITH CANDIDA + YEAST

Requisition #:	9900001	**Time of Collection:**	Not Given
Patient Name:	Report Sample	**Date of Collection:**	Dec 1, 2022
Date of Birth:	Mar 9, 1960	**Sample Type:**	Serum
Gender:	F	**Report Date:**	May 16, 2025
Physician Name:	Mosaic Demo Practitioner		

Summary of Elevated Results

The results below list antigens with elevated reactivity detected in the profile. You can find all test results and a more detailed description of each antigen starting on the IgG Food MAP Results section. Please note that each value in the report needs to be considered in the context of the overall health and environment, preferably in consultation with a qualified healthcare provider.

Color Key — MINIMAL (<=25TH) · LOW (>25TH-50TH) · MODERATE (>50TH-75TH) · HIGH (>75TH-95TH) · VERY HIGH (>95TH)

ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)
VERY HIGH			
Green Bean <0.53	4.00	**Lima Bean** <0.41	9.00
Pinto Bean <0.50	5.00	**Tofu** <0.43	7.00
Acai Berry <0.51	7.00	**Cranberry** <0.42	4.00
Mango <0.35	2.00	**Anchovy** <0.34	2.00
HIGH			
Beta-Lactoglobulin <1.78	10.00	**Black Bean** <0.35	2.00
Green Pea <0.46	5.00	**Mung Bean** <0.43	3.00
Navy Bean <0.66	4.00	**Soybean** <0.55	6.00
Coconut <0.45	5.00	**Fig** <0.46	3.00
Jackfruit <0.44	2.00	**Kiwi** <0.54	2.00

MFI = Mean Fluorescence Intensity

Summary of Elevated Results - Continued

Color Key — MINIMAL (<=25TH) | LOW (>25TH-50TH) | MODERATE (>50TH-75TH) | HIGH (>75TH-95TH) | VERY HIGH (>95TH)

ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

HIGH Continued

Lemon <0.37	2.00	**Bass** <0.34	2.00
Bonito <0.48	3.00	**Tilapia** <0.40	1.00
Tuna <0.39	1.00	**Beef** <0.33	1.00

Applying IgG Food MAP Results

The information provided in this report, including the results and commentary, is intended solely for educational purposes and should not be construed as treatment recommendations. It is recommended that you consult with your healthcare provider for any necessary treatment. References related to this report and interpretations can be found at **MosaicDX.com/Test/IgG-Food-MAP**

An elimination diet is designed to help identify and address food sensitivities by temporarily removing certain foods from the diet based on clinical presentation and IgG Food MAP results. The diet typically lasts 2 to 3 months and consists of **4 Pillars** - Prepare, Eliminate, Restore, and Reintroduce - each essential for guiding patients through the process.

Prepare

Set a clear start and end date for the elimination diet; encourage patients to track symptoms, plan meals, ensure adequate caloric intake, choose organic foods, when possible, stay hydrated, and get sufficient rest to optimize elimination.

Eliminate

Remove specific foods based on the IgG Food MAP results, focusing on those categorized as HIGH and VERY HIGH sensitivity. Depending on the results, some practitioners will recommend eliminating all foods that trigger a reaction or all foods from an entire group with a large number of highly reactive foods to reduce potential reactions and to streamline the elimination process.

Restore

Support gastrointestinal health by replacing essential digestive components (enzymes, HCl, bile), reinoculation of the gut with prebiotics and probiotics, and repairing the gut lining with nutrients like L-glutamine, zinc carnosine, and targeted botanicals.

Reintroduce

Gradually reintroduce foods based on IgG Food MAP results. Introduce one food at a time, monitor symptoms, and use a detailed food journal to track any reactions, adjusting the diet accordingly. If no symptoms return, that food could be added back into the diet. If there are symptoms upon reintroduction, remove the food again, wait for symptoms to subside before moving to reintroducing the next food.

Find Support and Answers:

Review the 4 Pillars of Elimination Diets

MosaicDX.com/Resource/Elimination-Diet

Schedule a Clinical Consult through the Practitioner Portal

For Practitioners Only at MosaicDX.com/Portal

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IgG Food MAP Results

Methodology: xMAP™

Color Key — MINIMAL (<=25TH) | LOW (>25TH-50TH) | MODERATE (>50TH-75TH) | HIGH (>75TH-95TH) | VERY HIGH (>95TH)

ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)
DAIRY			
Beta-Lactoglobulin <1.78	10.00	Casein <3.89	2.00
Cheddar Cheese <1.46	3.00	Cow's Milk <4.10	4.00
Goat's Milk <0.80	<DL	Mozzarella Cheese <1.52	5.00
Sheep's Yogurt <1.10	<DL	Whey <1.81	0.40
Yogurt <3.99	3.00		
BEANS AND PEAS			
Adzuki Bean <0.41	<DL	Black Bean <0.35	2.00
Garbanzo Bean <0.46	<DL	Green Bean <0.53	4.00
Green Pea <0.46	5.00	Kidney Bean <0.70	<DL
Lentil <0.39	<DL	Lima Bean <0.41	9.00
Mung Bean <0.43	3.00	Navy Bean <0.66	4.00
Pinto Bean <0.50	5.00	Soybean <0.55	6.00
Tofu <0.43	7.00		

Color Key — MINIMAL (<=25TH) | LOW (>25TH-50TH) | MODERATE (>50TH-75TH) | HIGH (>75TH-95TH) | VERY HIGH (>95TH)

ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

FRUITS

Acai Berry <0.51	7.00	Apple <0.43	<DL
Apricot <0.38	1.00	Banana <0.65	<DL
Blueberry <0.53	<DL	Cantaloupe <0.41	<DL
Cherry <0.65	<DL	Coconut <0.45	5.00
Cranberry <0.42	4.00	Date <0.40	<DL
Fig <0.46	3.00	Grape <0.41	0.50
Grapefruit <0.41	<DL	Guava <0.59	<DL
Jackfruit <0.44	2.00	Kiwi <0.54	2.00
Lemon <0.37	2.00	Lychee <0.70	<DL
Mango <0.35	2.00	Orange <0.44	<DL
Papaya <0.42	<DL	Passion Fruit <0.42	<DL
Peach <0.47	<DL	Pear <0.40	<DL
Pineapple <1.56	<DL	Plum <0.45	<DL
Pomegranate <0.54	<DL	Raspberry <0.44	<DL
Strawberry <0.54	<DL	Watermelon <0.55	<DL

GRAINS

Amaranth <0.51	<DL	Barley <0.75	<DL

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ANTIGEN NAME	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME	RESULTS (Patient value: MFI x 1000)
25th Percentile		25th Percentile	

GRAINS - Continued

Buckwheat <0.41	<DL	Corn <0.42	<DL
Gliadin <0.80	<DL	Malt <0.36	<DL
Millet <0.73	<DL	Oat <0.90	<DL
Quinoa <0.39	<DL	Rice <0.67	<DL
Rye <0.84	<DL	Sorghum <0.66	<DL
Teff <0.49	0.90	Wheat Gluten <0.76	<DL
Whole Wheat <0.88	0.50		

FISH/SEAFOOD

Abalone <0.42	1.00	Anchovy <0.34	2.00
Bass <0.34	2.00	Bonito <0.48	3.00
Codfish <0.38	<DL	Crab <0.39	<DL
Halibut <0.34	<DL	Jack Mackerel <0.38	<DL
Lobster <0.36	<DL	Oyster <0.47	<DL
Octopus <0.67	<DL	Pacific Mackerel (Saba) <0.37	<DL
Pacific Saury <0.35	<DL	Perch <0.45	<DL
Red Snapper <0.36	<DL	Salmon <0.36	<DL

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ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

FISH/SEAFOOD - Continued

Sardine <0.41	<DL	Scallop <0.37	<DL
Shrimp <0.40	<DL	Small Clam <0.37	<DL
Squid <0.49	<DL	Tilapia <0.40	1.00
Trout <0.34	<DL	Tuna <0.39	1.00

MEAT/FOWL

Beef <0.33	1.00	Chicken <0.34	<DL
Duck <0.34	<DL	Egg White <3.55	<DL
Egg Yolk <1.04	<DL	Goose <0.35	<DL
Lamb <0.34	<DL	Pork <0.33	<DL
Turkey <0.35	<DL		

NUTS/SEEDS

Almond <0.66	<DL	Brazil Nut <0.36	<DL
Cashew <0.53	<DL	Chestnut <0.72	<DL
Chia Seed <0.61	<DL	Flax Seed <0.50	<DL
Hazelnut <0.57	<DL	Hemp Seed <0.39	<DL
Macadamia Nut <0.39	<DL	Peanut <0.68	<DL

Color Key MINIMAL (<=25TH) LOW (>25TH-50TH) MODERATE (>50TH-75TH) HIGH (>75TH-95TH) VERY HIGH (>95TH)

ANTIGEN NAME	RESULTS	ANTIGEN NAME	RESULTS
25th Percentile	(Patient value: MFI x 1000)	25th Percentile	(Patient value: MFI x 1000)

NUTS/SEEDS - Continued

Pecan <0.54	<DL	Pine Nut <0.36	<DL
Pistachio <0.50	<DL	Pumpkin Seed <0.57	<DL
Sesame Seed <1.13	<DL	Sunflower Seed <0.44	<DL
Walnut <0.67	<DL		

VEGETABLES

Artichoke <0.54	<DL	Asparagus <0.65	<DL
Avocado <0.65	<DL	Bamboo Shoot <0.41	<DL
Bean Sprout <0.85	<DL	Beet <0.76	<DL
Bell Pepper <0.57	<DL	Bitter Gourd <0.44	<DL
Broccoli <0.60	<DL	Brussel Sprout <0.62	<DL
Burdock Root <0.61	<DL	Cabbage <0.54	<DL
Carrot <0.79	<DL	Cauliflower <0.44	<DL
Celery <0.52	<DL	Chili Pepper <0.83	<DL
Cucumber <0.44	<DL	Eggplant <0.54	<DL
Enoki Mushroom <0.96	<DL	Garlic <0.56	<DL
Kale <0.50	<DL	Leek <0.45	<DL
Lettuce <0.53	<DL	Lotus Root <0.73	<DL

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ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)	ANTIGEN NAME 25th Percentile	RESULTS (Patient value: MFI x 1000)

VEGETABLES - Continued

Napa Cabbage <0.63	<DL	Olive (Green) <0.34	<DL
Onion <1.68	<DL	Portabella Mushroom <0.56	<DL
Potato <0.50	<DL	Pumpkin <0.41	<DL
Radish <0.64	<DL	Seaweed Kombu Kelp <0.43	<DL
Seaweed Nori <0.65	<DL	Seaweed Wakame <0.65	<DL
Shitake Mushroom <0.60	<DL	Spinach <0.41	<DL
Sweet Potato <0.47	<DL	Tomato <0.51	<DL
Yam <0.41	<DL	Yellow Squash <0.52	<DL
Yuca <0.73	<DL	Zucchini <0.44	<DL

HERBS/SPICES

Basil <0.57	<DL	Bay Leaf <0.44	<DL
Black Pepper <1.36	<DL	Cayenne Pepper <0.66	<DL
Cilantro <0.75	<DL	Cinnamon <0.66	<DL
Cloves <0.54	<DL	Cumin <1.81	<DL
Curry <0.70	<DL	Dill <0.69	<DL
Ginger <1.54	<DL	Hops <0.37	<DL
Mint <0.43	<DL	Miso <1.62	<DL

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ANTIGEN NAME	RESULTS	ANTIGEN NAME	RESULTS
25th Percentile	(Patient value: MFI x 1000)	25th Percentile	(Patient value: MFI x 1000)

HERBS/SPICES - Continued

Mustard Seed <0.80	<DL	**Oregano** <0.44	<DL
Paprika <0.63	<DL	**Rosemary** <0.47	<DL
Sage <0.59	<DL	**Tarragon** <0.85	<DL
Thyme <0.51	<DL	**Turmeric** <0.64	<DL
Vanilla Bean <0.95	<DL		

MISCELLANEOUS

Bromelain <0.87	<DL	**Cane Sugar** <0.43	<DL
Cocoa Bean <0.56	<DL	**Coffee** <0.41	<DL
Green Tea <0.68	<DL	**Honey** <0.66	<DL
Transglutaminase (Meat Glue) <0.56	<DL	**Oolong Tea** <0.71	<DL
***Saccharomyces cerevisiae* (Yeast)** <1.12	<DL	***Candida albicans*** <4.78	<DL

Result Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods plus *Candida albicans* and *Saccharomyces cerevisiae* . A patient's serum or dried blood spot (DBS) sample is introduced to a protein extract from each of the 190 foods. The test report indicates the level of IgG antibodies to those specific food proteins. If food-specific binding occurs between a food antigen and the patient's IgG antibodies, the result will appear on the graph as minimal, low, moderate, high or very high in relation to a reactivity scale.

Using IgG Food MAP results to build elimination or exclusion diets: Symptomatic reactions to IgG-reactive foods are difficult to connect with specific foods. A diet eliminating some or all reactive foods may improve symptoms and is not as challenging as a full elimination or elemental diet. As reactive foods are removed from the diet, it is useful to observe any changes in digestion, skin condition, energy level, mood, or pain level.

Elimination diets can be helpful in reducing or eliminating symptoms however, adequate intake of calories, macro and micro nutrients needs to be included in any elimination diet plan.

This test is evaluating IgG only. It is not evaluating IgE allergies. If IgE allergies are suspected, specific IgE testing is recommended. If a patient has an IgE allergy, that substance should be removed from the diet regardless of IgG levels.

For additional information and references on IgG and dietary intervention, please visit **MosaicDX.com/Test/IgG-Food-MAP**

Overview of IgG Food MAP

WHAT IS THE IGG FOOD MAP?

The Mosaic Diagnostics IgG Food MAP is a serum or dried blood spot (DBS) test that assesses IgG reactivity to 190 foods plus *Candida albicans* and *Saccharomyces cerevisiae.*

WHY TEST FOR FOOD SENSITIVITIES?

IgG food sensitivity testing is a simple and effect way to identify foods that can trigger an inflammatory response. The provided personalized rotation/elimination diet provides an easier and more convenient approach versus removal of all common foods known to cause allergies/sensitivities, which is often time-consuming and laborious. Addressing identified food sensitivities can be impactful as they often contribute to chronic health issues. Identifying these sensitivities can be crucial to healing the body and relieving unexplained signs and symptoms.

WHAT IS THE DIFFERENCE BETWEEN FOOD ALLERGY VS. FOOD SENSITIVITY?

While the terms food allergy and food sensitivity are often used interchangeably to describe adverse reactions to food, they are not the same thing. Food allergies refer to an immune-mediated process that involves the production of IgE antibodies in response to a particular antigen. IgE-mediated reactions are immediate (immediate hypersensitivity or Type 1 hypersensitivity reactions) and can result in a range of symptoms from more mild (e.g., hives, itching, digestive upset) to more significant (e.g., swelling of mucous membranes of the oral mucosa) to severe (life-threatening anaphylaxis).

Food sensitivities refer to a range of symptoms triggered by certain foods that generally tend to be less severe – and not life threatening – and include common complaints such as headaches, digestive upset, skin rashes, and fatigue. One proposed mechanism for the development of food sensitivities relates to the formation of IgG antibodies in response to certain foods which may be assessed on laboratory profiles.

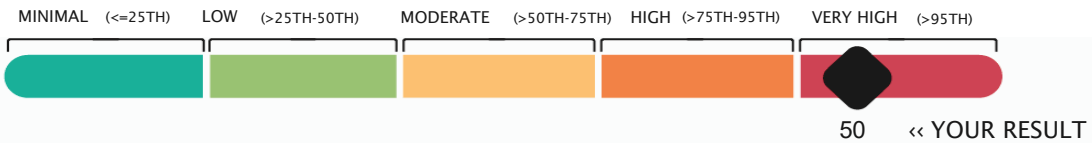
Finally, the term food intolerance has also been used clinically to describe the body's difficulty digesting or metabolizing a particular food component that results in symptoms such as nausea, bloating, gas, or even diarrhea. Classic examples of a food intolerances include lactose intolerance (due to a lactase enzyme deficiency), fructose intolerance (due to difficulty absorbing fructose) and reactions to certain food chemicals, additives, or preservatives such as histamines or sulfites.

TESTING PLATFORM

MosaicDX uses xMAP™ ELISA technology. This technology allows for more information without needing a larger amount of specimen, increased sensitivity and specificity than traditional ELISA testing, faster read times, and reduces plastic waste.

REFERENCE RANGE DESCRIPTION & DEPICTION

We analyzed 79,000 samples, representing a broad global population, to generate new reference intervals from those with a quantifiable response. < DL results are those results below detectable limits. Reference ranges are updated periodically.



MINIMAL

Minimal reactivity is calculated as equal to or less than the 25th percentile reactivity for this substance in our reference population.

LOW

Low reactivity is calculated as greater than the 25th percentile up to the 50th percentile reactivity for this substance in our reference population.

MODERATE

Moderate reactivity is calculated as greater than the 50th percentile up to the 75th percentile reactivity for this substance in our reference population.

HIGH

High reactivity is calculated as greater than the 75th percentile up to the 95th percentile reactivity for this substance in our reference population.

VERY HIGH

Very High reactivity is calculated as greater than the 95th percentile reactivity for this substance in our reference population.

Reactivity Summary

VERY HIGH

Green Bean	Lima Bean	Pinto Bean	Tofu
Acai Berry	Cranberry	Mango	Anchovy

HIGH

Beta-Lactoglobulin	Black Bean	Green Pea	Mung Bean
Navy Bean	Soybean	Coconut	Fig
Jackfruit	Kiwi	Lemon	Bass
Bonito	Tilapia	Tuna	Beef

MODERATE

Mozzarella Cheese	Apricot	Teff	Abalone

LOW

Cheddar Cheese	Grape