MOSAIC DIAGNOSTICS
Formerly Great Plains Laboratory

IMPORTANT INFORMATION ABOUT

Your IgG Food MAP with Candida + Yeast Test Report

This cover page provides important information regarding your IgG Food MAP with Candida + Yeast test report. We identified that some foods are not meeting our stringent Quality Control standards, and as such certain have been excluded from these results.

Explanation of Report Annotations:

- **Asterisk (*) next to food names:** Indicates that the specific food was not processed.
- **NP (Not Performed):** Shown under the value column for these foods indicates that the impacted food was not included in this testing cycle.

List of Excluded Analytes:

The following analytes have been excluded from your test report:

- Avocado
- Basil
- Beet
- Bell Pepper
- Black Bean
- Bromelain
- Cashew
- Cayenne Pepper
- Celery
- Cherry
- Chestnut
- Crab
- Cumin
- Date
- Eggplant
- Egg Yolk
- Fig
- Garbanzo Bean
- Ginger
- Gliadin
- Grape
- Grapefruit
- Green Bean
- Hemp Seed
- Hops
- Jackfruit
- Kale
- Lentil
- Lobster
- Malt
- Mango
- Miso
- Mung Bean
- Mustard
- Napa Cabbage
- Olive (Green)
- Papaya
- Passion Fruit
- Peach
- Pear
- Pineapple
- Pinto Bean
- Pomegranate
- Pumpkin
- Rye
- S. Kombu Kelp
- Seaweed Wakame
- Sheep's Yogurt
- Small Clam
- Sweet Potato
- Tarragon
- Tofu
- Tomato
- Vanilla Bean
- Walnut
- Wheat Gluten
- Whole Wheat
- Yuca

We understand the importance of these results to you and apologize for any inconvenience this may cause. Please rest assured the reported results along with Yeast and Candida markers remain unaffected and have been processed as usual.

Future Actions:

We are actively working to resolve this issue and ensure that our stringent quality standards are met. Moving forward, the IgG Food MAP with Candida + Yeast test will be conducted with a revised number of foods.

If you have any questions or concerns regarding your test report or the excluded foods, our customer support team is available to assist you between 8 AM-5 PM CST, Monday-Friday at (800) 288-0383 or customerservice@mosaicdx.com.

Thank you for your understanding and continued trust in MosaicDX.

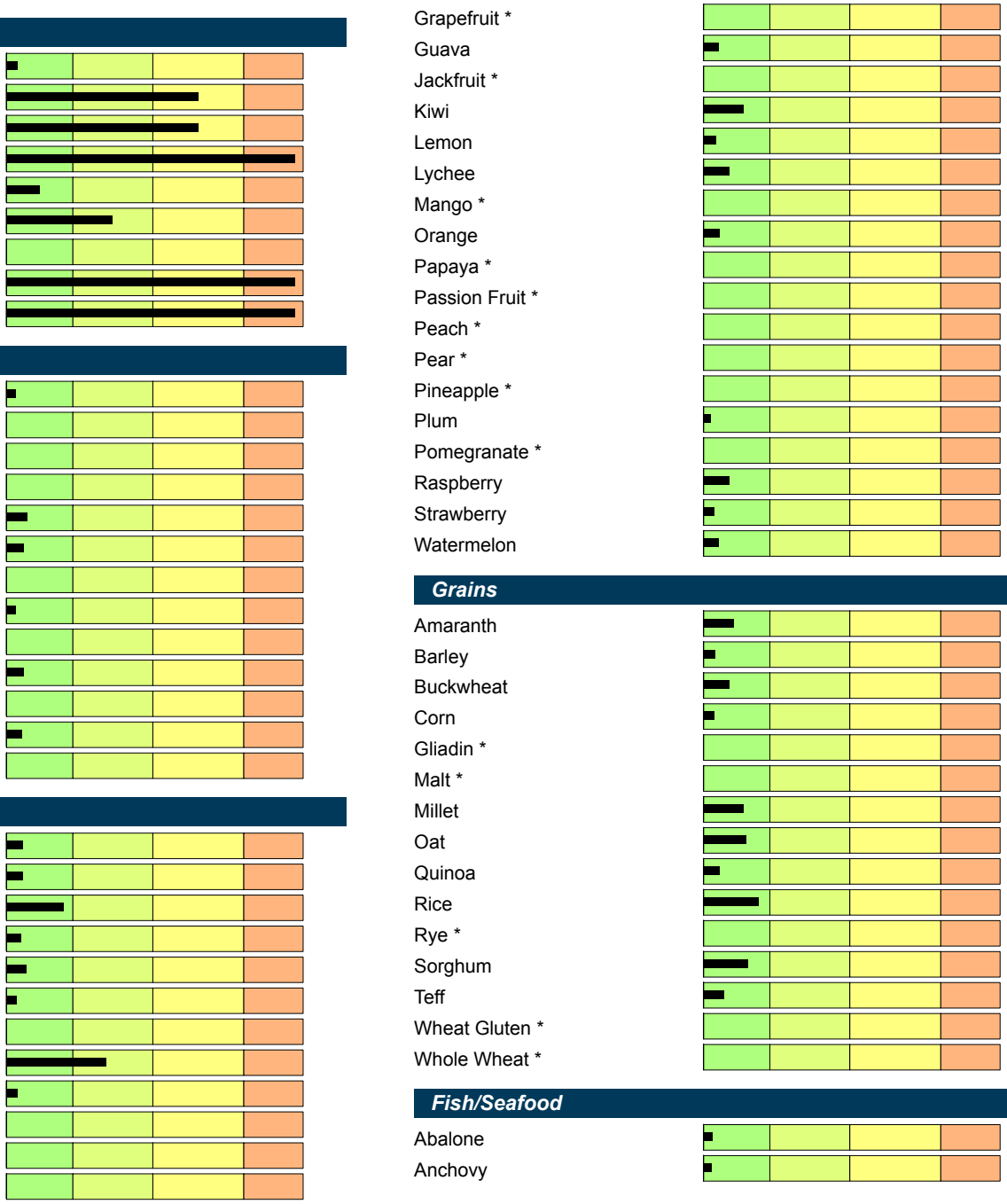
Sincerely,
Nicole Johnson, Chief Operations Officer, MosaicDX

MOSAIC DIAGNOSTICS

IgG Food MAP
WITH CANDIDA + YEAST

Requisition #:		**Practitioner:**	JAN VOJACEK
Patient Name:		**Date of Collection:**	May 9, 2024
Date of Birth:		**Time of Collection:**	Not Given
Gender:	F	**Report Date:**	Jul 2, 2024
Specimen Id.:			

IgG Food MAP (190) - Dried Blood Spot



This test was developed, and its performance characteristics determined by Mosaic Diagnostics Laboratory. It has not been cleared or approved by the US Food and Drug Administration, however, does comply with CLIA regulations for clinical use.
The results should be interpreted in conjunction with the complete clinical picture, given patient history and presentation, and at the discretion of the medical provider.

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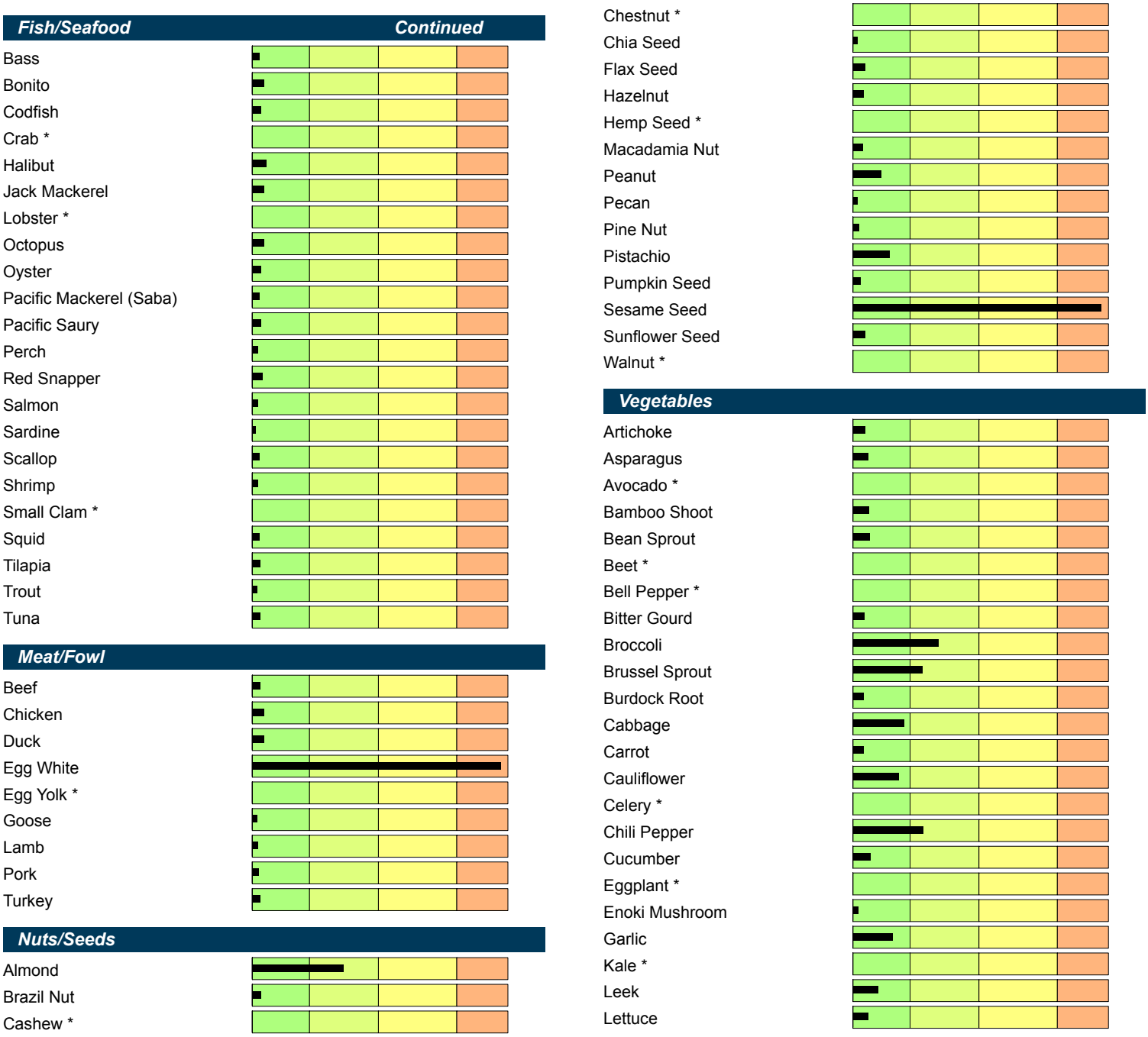

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Specimen Id.:			

IgG Food MAP (190) - Dried Blood Spot

Vegetables Continued

- Lotus Root
- Napa Cabbage *
- Olive (Green) *
- Onion
- Portabella Mushroom
- Potato
- Pumpkin *
- Radish
- Seaweed Kombu Kelp *
- Seaweed Nori
- Seaweed Wakame *
- Shitake Mushroom
- Spinach
- Sweet Potato *
- Tomato *
- Yam
- Yellow Squash
- Yuca *
- Zucchini

Herbs/Spices

- Basil *
- Bay Leaf
- Black Pepper
- Cayenne Pepper *
- Cilantro
- Cinnamon
- Cloves
- Cumin *
- Curry
- Dill
- Ginger *
- Hops *
- Mint
- Miso *
- Mustard Seed *
- Oregano
- Paprika
- Rosemary
- Sage
- Tarragon *
- Thyme
- Turmeric
- Vanilla Bean *

Miscellaneous

- Bromelain *
- Cane Sugar
- Cocoa Bean
- Coffee
- Green Tea
- Honey
- Meat Glue
- Oolong Tea

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IgG Food MAP (190) - Dried Blood Spot

Food Reactivity Scale
Not Significant
Low
Moderate
High

Reactivity Summary

High

Cow's Milk	Egg White	Sesame Seed
Whey	Yogurt	

Moderate

Casein	Cheddar Cheese

Low

Almond	Broccoli	Brussel Sprout
Chili Pepper	Coconut	Mozzarella Cheese
Potato		

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Date of Birth:		**Time of Collection:**	Not Given
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Specimen Id.:			

Reactivity Details

Dairy

Antigen Name	Analyte	Scale	Value *	Not Significant
Beta-Lactoglobulin	IgG	Not Significant	0.76	< 4.47
Casein	IgG	Moderate	34.12	< 13.72
Cheddar Cheese	IgG	Moderate	18.55	< 9.14
Cow's Milk	IgG	High	28.57	< 8.86
Goat's Milk	IgG	Not Significant	1.56	< 6.13
Mozzarella Cheese	IgG	Low	18.66	< 9.91
Sheep's Yogurt *	IgG		NP	< 3.79
Whey	IgG	High	13.59	< 4.53
Yogurt	IgG	High	37.56	< 9.25

Beans and Peas

Antigen Name	Analyte	Scale	Value *	Not Significant
Adzuki Bean	IgG	Not Significant	0.62	< 4.47
Black Bean *	IgG		NP	< 4.47
Garbanzo Bean *	IgG		NP	< 4.47
Green Bean *	IgG		NP	< 4.47
Green Pea	IgG	Not Significant	1.40	< 4.47
Kidney Bean	IgG	Not Significant	1.20	< 4.47
Lentil *	IgG		NP	< 4.47
Lima Bean	IgG	Not Significant	0.63	< 4.47
Mung Bean *	IgG		NP	< 4.47
Navy Bean	IgG	Not Significant	1.15	< 4.47
Pinto Bean *	IgG		NP	< 4.47
Soybean	IgG	Not Significant	1.06	< 4.47
Tofu *	IgG		NP	< 4.47

Fruits

Antigen Name	Analyte	Scale	Value *	Not Significant
Acai Berry	IgG	Not Significant	1.09	< 4.47
Apple	IgG	Not Significant	1.13	< 4.47
Apricot	IgG	Not Significant	3.86	< 4.47
Banana	IgG	Not Significant	0.99	< 4.47
Blueberry	IgG	Not Significant	1.37	< 4.47
Cantaloupe	IgG	Not Significant	0.71	< 4.47
Cherry *	IgG		NP	< 4.47
Coconut	IgG	Low	6.75	< 4.47
Cranberry	IgG	Not Significant	0.76	< 4.47
Date *	IgG		NP	< 4.47
Fig *	IgG		NP	< 4.47
Grape *	IgG		NP	< 4.47
Grapefruit *	IgG		NP	< 4.47
Guava	IgG	Not Significant	1.01	< 4.47
Jackfruit *	IgG		NP	< 4.47
Kiwi	IgG	Not Significant	2.71	< 4.47
Lemon	IgG	Not Significant	0.85	< 4.47
Lychee	IgG	Not Significant	1.77	< 4.47
Mango *	IgG		NP	< 4.47
Orange	IgG	Not Significant	1.10	< 4.47
Papaya *	IgG		NP	< 4.47
Passion Fruit *	IgG		NP	< 4.47
Peach *	IgG		NP	< 4.47
Pear *	IgG		NP	< 4.47
Pineapple *	IgG		NP	< 7.19
Plum	IgG	Not Significant	0.50	< 4.47
Pomegranate *	IgG		NP	< 4.47
Raspberry	IgG	Not Significant	1.74	< 4.47
Strawberry	IgG	Not Significant	0.71	< 4.47
Watermelon	IgG	Not Significant	1.04	< 4.47

**** Units are MFI x 1000***

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Grains

Antigen Name	Analyte	Scale	Value *	Not Significant
Amaranth	IgG	Not Significant	2.07	< 4.47
Barley	IgG	Not Significant	0.80	< 4.47
Buckwheat	IgG	Not Significant	1.75	< 4.47
Corn	IgG	Not Significant	0.76	< 4.47
Gliadin *	IgG		NP	< 3.83
Malt *	IgG		NP	< 4.47
Millet	IgG	Not Significant	2.71	< 4.47
Oat	IgG	Not Significant	2.90	< 4.47
Quinoa	IgG	Not Significant	1.12	< 4.47
Rice	IgG	Not Significant	3.75	< 4.47
Rye *	IgG		NP	< 2.29
Sorghum	IgG	Not Significant	3.04	< 4.47
Teff	IgG	Not Significant	1.40	< 4.47
Wheat Gluten *	IgG		NP	< 2.91
Whole Wheat *	IgG		NP	< 3.63

Fish/Seafood

Antigen Name	Analyte	Scale	Value *	Not Significant
Abalone	IgG	Not Significant	0.61	< 4.47
Anchovy	IgG	Not Significant	0.54	< 4.47
Bass	IgG	Not Significant	0.56	< 4.47
Bonito	IgG	Not Significant	0.96	< 4.47
Codfish	IgG	Not Significant	0.67	< 4.47
Crab *	IgG		NP	< 4.47
Halibut	IgG	Not Significant	1.12	< 4.47
Jack Mackerel	IgG	Not Significant	0.96	< 4.47
Lobster *	IgG		NP	< 4.47
Octopus	IgG	Not Significant	0.94	< 4.47
Oyster	IgG	Not Significant	0.67	< 4.47
Pacific Mackerel (Saba)	IgG	Not Significant	0.58	< 4.47
Pacific Saury	IgG	Not Significant	0.68	< 4.47
Perch	IgG	Not Significant	0.49	< 4.47
Red Snapper	IgG	Not Significant	0.81	< 4.47
Salmon	IgG	Not Significant	0.47	< 4.47
Sardine	IgG	Not Significant	0.30	< 4.47
Scallop	IgG	Not Significant	0.60	< 4.47
Shrimp	IgG	Not Significant	0.44	< 4.47
Small Clam *	IgG		NP	< 4.47
Squid	IgG	Not Significant	0.60	< 4.47
Tilapia	IgG	Not Significant	0.62	< 4.47
Trout	IgG	Not Significant	0.40	< 4.47
Tuna	IgG	Not Significant	0.62	< 4.47

Meat/Fowl

Antigen Name	Analyte	Scale	Value *	Not Significant
Beef	IgG	Not Significant	0.62	< 4.47
Chicken	IgG	Not Significant	0.94	< 4.47
Duck	IgG	Not Significant	0.91	< 4.47
Egg White	IgG	High	22.44	< 5.72
Egg Yolk *	IgG		NP	< 4.47
Goose	IgG	Not Significant	0.36	< 4.47
Lamb	IgG	Not Significant	0.46	< 4.47
Pork	IgG	Not Significant	0.51	< 4.47
Turkey	IgG	Not Significant	0.64	< 4.47

Nuts/Seeds

Antigen Name	Analyte	Scale	Value *	Not Significant
Almond	IgG	Low	2.92	< 1.84
Brazil Nut	IgG	Not Significant	0.71	< 4.47
Cashew *	IgG		NP	< 4.47
Chestnut *	IgG		NP	< 4.47
Chia Seed	IgG	Not Significant	0.40	< 4.47
Flax Seed	IgG	Not Significant	0.96	< 4.47
Hazelnut	IgG	Not Significant	0.84	< 4.47
Hemp Seed *	IgG		NP	< 4.47
Macadamia Nut	IgG	Not Significant	0.77	< 4.47
Peanut	IgG	Not Significant	2.21	< 4.73
Pecan	IgG	Not Significant	0.37	< 4.47
Pine Nut	IgG	Not Significant	0.53	< 4.47
Pistachio	IgG	Not Significant	2.89	< 4.47
Pumpkin Seed	IgG	Not Significant	0.62	< 4.47
Sesame Seed	IgG	High	12.19	< 2.59
Sunflower Seed	IgG	Not Significant	1.00	< 4.47
Walnut *	IgG		NP	< 4.47

Vegetables

Antigen Name	Analyte	Scale	Value *	Not Significant
Artichoke	IgG	Not Significant	1.00	< 4.47
Asparagus	IgG	Not Significant	1.22	< 4.47
Avocado *	IgG		NP	< 4.47
Bamboo Shoot	IgG	Not Significant	1.26	< 4.47
Bean Sprout	IgG	Not Significant	1.35	< 4.47
Beet *	IgG		NP	< 4.47
Bell Pepper *	IgG		NP	< 4.47
Bitter Gourd	IgG	Not Significant	0.91	< 4.47
Broccoli	IgG	Low	6.72	< 4.47
Brussel Sprout	IgG	Low	5.46	< 4.47
Burdock Root	IgG	Not Significant	0.84	< 4.47
Cabbage	IgG	Not Significant	4.00	< 4.47

Units are MFI x 1000

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Vegetables(Cont..)

Antigen Name	Analyte	Scale	Value *	Not Significant
Carrot	IgG	Not Significant	0.88	< 4.47
Cauliflower	IgG	Not Significant	3.60	< 4.47
Celery *	IgG		NP	< 4.47
Chili Pepper	IgG	Low	5.48	< 4.47
Cucumber	IgG	Not Significant	1.39	< 4.47
Eggplant *	IgG		NP	< 4.47
Enoki Mushroom	IgG	Not Significant	0.47	< 4.47
Garlic	IgG	Not Significant	3.13	< 4.47
Kale *	IgG		NP	< 4.47
Leek	IgG	Not Significant	1.99	< 4.47
Lettuce	IgG	Not Significant	1.23	< 4.47
Lotus Root	IgG	Not Significant	0.90	< 4.47
Napa Cabbage *	IgG		NP	< 4.47
Olive (Green) *	IgG		NP	< 4.47
Onion	IgG	Not Significant	2.81	< 4.47
Portabella Mushroom	IgG	Not Significant	0.67	< 4.47
Potato	IgG	Low	7.12	< 4.47
Pumpkin *	IgG		NP	< 4.47
Radish	IgG	Not Significant	4.41	< 4.47
Seaweed Kombu Kelp *	IgG		NP	< 4.47
Seaweed Nori	IgG	Not Significant	0.50	< 4.47
Seaweed Wakame *	IgG		NP	< 4.47
Shitake Mushroom	IgG	Not Significant	0.37	< 4.47
Spinach	IgG	Not Significant	1.24	< 4.47
Sweet Potato *	IgG		NP	< 4.47
Tomato *	IgG		NP	< 4.47
Yam	IgG	Not Significant	0.70	< 4.47
Yellow Squash	IgG	Not Significant	2.41	< 4.47
Yuca *	IgG		NP	< 4.47
Zucchini	IgG	Not Significant	1.24	< 4.47

Herbs/Spices

Antigen Name	Analyte	Scale	Value *	Not Significant
Basil *	IgG		NP	< 4.47
Bay Leaf	IgG	Not Significant	0.56	< 4.47
Black Pepper	IgG	Not Significant	1.22	< 4.47
Cayenne Pepper *	IgG		NP	< 4.47
Cilantro	IgG	Not Significant	1.11	< 4.47
Cinnamon	IgG	Not Significant	1.14	< 4.47
Cloves	IgG	Not Significant	0.37	< 4.47
Cumin *	IgG		NP	< 4.47
Curry	IgG	Not Significant	0.75	< 4.47
Dill	IgG	Not Significant	0.76	< 4.47
Ginger *	IgG		NP	< 4.47
Hops *	IgG		NP	< 4.47
Mint	IgG	Not Significant	0.77	< 4.47
Miso *	IgG		NP	< 2.39
Mustard Seed *	IgG		NP	< 4.47
Oregano	IgG	Not Significant	0.60	< 4.47
Paprika	IgG	Not Significant	1.27	< 4.47
Rosemary	IgG	Not Significant	0.48	< 4.47
Sage	IgG	Not Significant	0.58	< 4.47
Tarragon *	IgG		NP	< 4.47
Thyme	IgG	Not Significant	0.54	< 4.47
Turmeric	IgG	Not Significant	0.78	< 4.47
Vanilla Bean *	IgG		NP	< 2.03

Miscellaneous

Antigen Name	Analyte	Scale	Value *	Not Significant
Bromelain *	IgG		NP	< 2.71
Cane Sugar	IgG	Not Significant	0.61	< 4.47
Cocoa Bean	IgG	Not Significant	0.62	< 4.47
Coffee	IgG	Not Significant	2.11	< 4.47
Green Tea	IgG	Not Significant	1.33	< 4.47
Honey	IgG	Not Significant	2.31	< 4.47
Meat Glue	IgG	Not Significant	0.36	< 4.47
Oolong Tea	IgG	Not Significant	1.03	< 4.47

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Comments

IgG Food MAP uses food-derived antigens to assess IgG immune reactivity to each of 190 foods:

A patient's serum or dry blood spot 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 low, moderate, or 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.

The IgG Food MAP Test includes two separate reports: the IgG Food MAP report (190 foods) and the IgG Yeast Allergy report (Candida albicans and Saccharomyces cerevisiae yeast).

Because yeasts' primary antigens are rich in glycans, and not suited for the protein-specific assay, they are tested by an ELISA method and results are provided **in a separate report,** which may occasionally be delivered or available in the portal on a different date.

For additional information and references on IgG and dietary intervention, please visit
https://MosaicDx.com/functional-assessment/allergies-food-sensitivities/

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Congratulations, Sofie

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

Mosaic Diagnostics.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load , as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also “unmask” hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

For additional information and references on IgG and dietary intervention, please visit https://MosaicDx.com/functional-assessment/allergies-food-sensitivities/

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Four Day Rotation Diet – Customized for Sofie Rendlova

Day 1	Day 2	Day 3	Day 4
Dairy			
Mozzarella Cheese		Goat's Milk	
Beans and Peas			
Kidney Bean Navy Bean	Adzuki Bean Soybean	Lima Bean	Green Pea
Fruits			
Apple Lychee	Acai Berry Cantaloupe Guava Lemon Orange Watermelon	Apricot Blueberry Cranberry Kiwi Plum Raspberry Strawberry	Banana Coconut
Grains			
Millet Sorghum Teff	Amaranth Buckwheat Oat Quinoa	Corn	Barley Rice

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Fish/Seafood			
Anchovy	Abalone	Perch	Bass
Codfish	Jack Mackerel	Red Snapper	Bonito
Halibut	Octopus	Salmon	Pacific Mackerel (Saba)
Sardine	Oyster	Trout	Pacific Saury
	Scallop		Tuna
	Shrimp		
	Squid		
	Tilapia		

Meat/Fowl			
Beef	Chicken		Pork
Lamb	Duck		
	Goose		
	Turkey		

Nuts/Seeds			
Almond	Hazelnut	Chia Seed	Brazil Nut
Flax Seed	Pecan	Macadamia Nut	Peanut
Pine Nut	Sunflower Seed		Pistachio
			Pumpkin Seed

Vegetables			
Broccoli	Artichoke	Asparagus	Bamboo Shoot
Brussel Sprout	Bitter Gourd	Chili Pepper	Bean Sprout
Cabbage	Burdock Root	Garlic	Carrot
Cauliflower	Cucumber	Leek	Enoki Mushroom
Radish	Seaweed Nori	Onion	Lettuce
Yam	Spinach	Potato	Lotus Root
	Yellow Squash		Portabella Mushroom
	Zucchini		Shitake Mushroom

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Herbs/Spices

Bay Leaf
Cinnamon
Cloves
Black Pepper
Paprika
Turmeric
Mint
Oregano
Rosemary
Sage
Thyme
Cilantro
Curry
Dill

Miscellaneous

Miscellaneous foods are not rotated. Remove foods with a moderate or high antibody response.

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