VibrantWellness

Food Zoomer

Your Food Health Report

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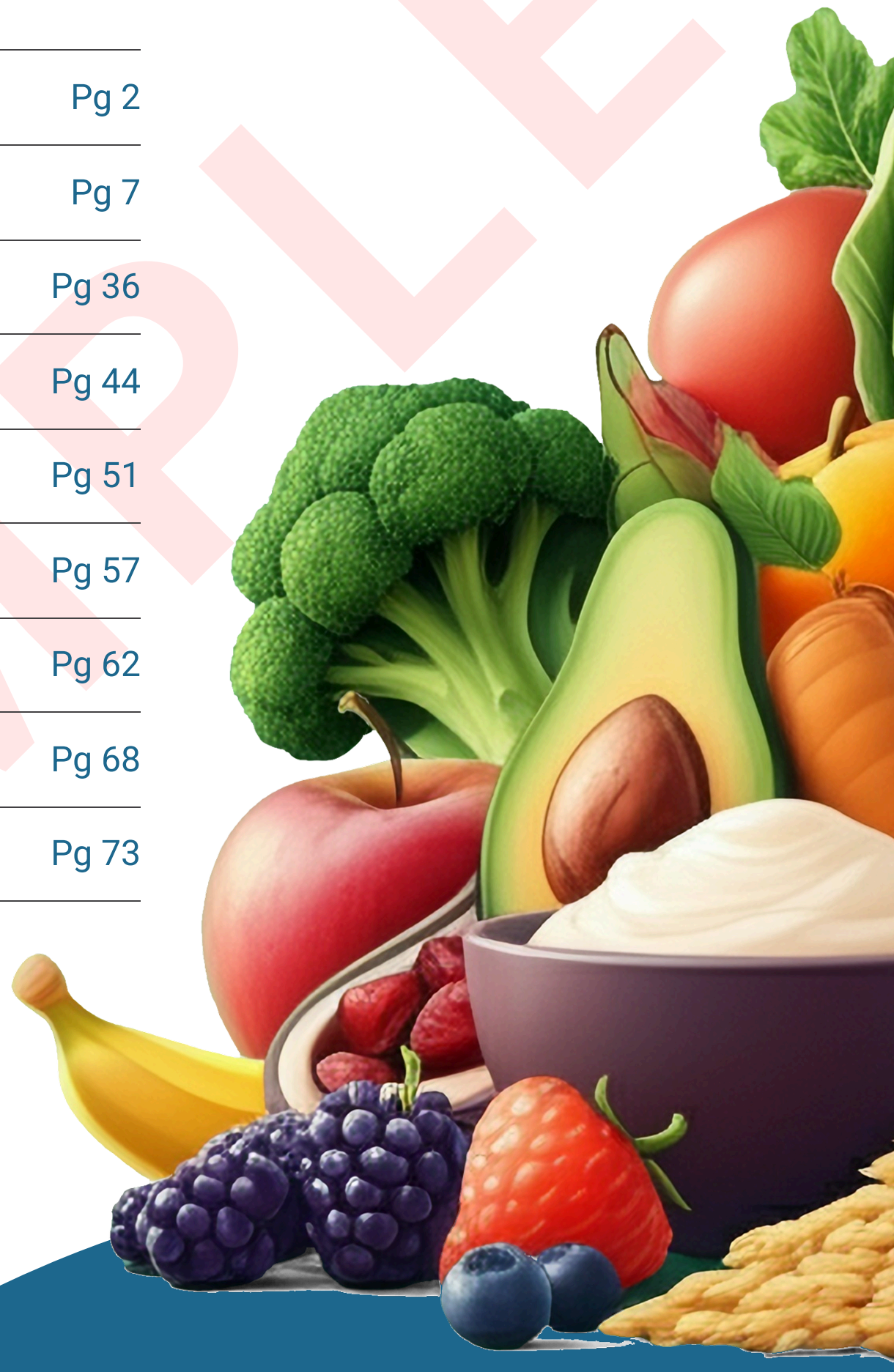

Food Zoomer - Summary

Food Personalization Summary

Non-Reactive Foods	Category	Reactive Foods
Spelt, Rye, Barley, Malt, Oats	**Gluten containing grains**	Wheat, Corn
Millet, Barley, Brown Rice, Amaranth, Buckwheat	**Gluten free grains**	/
Cassava, Tiger Nut, Taro Root	**Gluten free alternative starches**	Tapioca, Arrowroot
Cous Cous, Tempeh, Tofu, Vegan Cheese	**Vegan**	/
Coriander Seed, Rapeseed, Sunflower Seed, Sesame	**Seeds**	Flax Seed, Poppy Seed, Chia, Hemp, Mustard
Buffalo Milk, Buttermilk, Cheddar Cheese, Sheep's Milk, Goat's Milk, Whey Protein	**Dairy**	Kefir, Yoghurt, Cow's Milk
Egg White, Egg Yolk, Duck Meat, Rabbit, Veal, Beef, Chicken, Lamb, Pork, Turkey	**Meat**	Goose Meat
Alaska Pollock, Anchovy, Carp, Eel, Flounder, Sardine, Sea Bass, Sole, Catfish, Halibut, Lake Trout, Mackerel, Perch, Salmon, Tuna	**Fish**	Codfish
Crayfish, Crab, Lobster, Shrimp	**Shellfish**	/
Pacific Squid, Squid, Clam, Oyster, Scallops	**Mollusks**	Blue Mussel, Grapevine Snail, Octopus
Asparagus, Bamboo Shoots, Beet Root, Endive, Leek, Roquette, Savoy Cabbage, Turnip, White Radish, Artichoke, Chard, Kale, Shiitake Mushroom, Zucchini, Purple Potato, Green Onion/scallions, Shallots, Acorn Squash, Butternut Squash, Spaghetti Squash, Cucumber, Lima Bean, Spinach, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Garlic, Green Bean, Green Peas, Lettuce, Mushrooms, Onion, Seaweed(kelp), Summer Squash (zucchini), Ginger, Sweet Potato	**Vegetables**	Vine Leaf, Parsnip, Portabella Mushroom
Eggplant, Green Pepper, White Potato	**Nightshades**	/
Broad Bean, Chickpea, Mung Beans, Black Beans, Pinto Beans, Pea, Kidney Bean, Navy Bean	**Legumes**	Soybean, Lentils, Peanut, Black-eye Peas

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Food Zoomer - Summary

Food Personalization Summary

Non-Reactive Foods	Category	Reactive Foods
Lemon, Fig, Guava, Honeydew Melon, Kiwi Fruit, Litchi, Mandarin, Plum, Capers, Apple, Apricot, Banana, Blackberry, Blueberry, Cantaloupe, Cherry, Coconut, Cranberry, Grape, Grapefruit, Orange, Peach, Pear, Pineapple, Raspberry, Strawberry, Watermelon	**Fruits**	Tomato, Avocado, Olive, Mango, Papaya
Anise, Bay Leaf, Caraway, Cayenne Pepper, Common Thyme, Curry Powder, Hot Paprika Powder, Oregano, Turmeric, Cumin, Jalapeno Pepper, Habanero Pepper, Black Pepper, Cinnamon, Nutmeg	**Spices**	Woo-hsiang Powder
Hazelnut, Pine Nut, Sweet Chestnut, Macadamia Nut, Almond, English Walnut, Pecan	**Nuts(Tree)**	Pistachio Nut, Brazilnut, Black Walnut, Cashews
/	**Allergen**	/
Acid Blue #3 (patent Blue V), Acid Red #14 (carmoisine), Annatto, Beta-carotene, Blue #1 (brilliant Blue), Blue #2 (indigo Carmine), Brilliant Black, Cochineal Extract, Green #3 (fast Green), Red #2 (amaranth Red), Red #3 (erythrosine), Red #4 (carmine), Red #40 (allura Red), Yellow #5 (tartrazine), Yellow #6 (sunset Yellow)	**Food Dyes and Pigments**	/
Arabic Gum, Beta-glucan, Carrageenan, Guar Gum, Gum Tragacanth, Locust Bean Gum, Mastic Gum, Xanthan Gum	**Gums and Thickening Agents**	Cottonseed
Ispaghula	**Fibrous Additives**	/
Lecithin (egg Yolk), Lecithin (soy), Polysorbate 80	**Emulsifiers and Surfactants**	/
Ammonium Chloride, Monosodium Glutamate (msg), Sodium Citrate	**Flavor Enhancers**	/
Acesulfame K, Aspartame, Erythritol, Mannitol, Monk Fruit, Saccharin, Sorbitol, Stevia, Sucralose (splenda), Xylitol	**Sweeteners**	/
Butylated Hydroxyanisole (bha), Butylated Hydroxytoluene (bht), Citric Acid, Formaldehyde, Sodium Benzoate, Sodium Nitrate, Sodium Sulfite, Sorbic Acid	**Preservatives and Antioxidants**	Benzoic Acid
Deltamethrin, Glyphosate	**Pesticides**	/
Fluoride, Nickel Sulfate, Titanium Dioxide	**Elements**	/

Food Zoomer - Summary

Food Personalization Summary

Non-Reactive Foods	Category	Reactive Foods
Black Tea, Cane Sugar, Dill, Lemon Grass, Molasses, Oolong Tea, Parsley, Green Tea, Agave, Cilantro, Cocoa, Coffee, Hops, Rosemary, Vanilla Bean, Yeast	**Miscellaneous**	Espresso, Tobacco
Bisphenol A (bpa), Latex	**Other**	/

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Food Zoomer - Summary

Food Sensitivity

Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

High	IgA	IgG	IgE	Integrated Peptide Score
Corn	5	7	<0.1	
Flax seed	4	27		
Peanut	21	23	<0.1	
Soybean	3	5	<0.1	
Olive	>30	14		
Woo-hsiang powder	5	>30		
Brazilnut	4	>30		
Cashews	4	30		

Moderate	IgA	IgG	IgE	Integrated Peptide Score
Tapioca	7	12		
Poppy seed	4	13		
Hemp	5	12		
Kefir	3	12		
Beta-Casein	8	20		
Codfish	3	15		
Octopus	7	11		
Parsnip	11	8		
Black-eye Peas	5	13		
Papaya	11	5		
Tobacco				

High	IgA	IgG	IgE	Integrated Peptide Score
Wheat	3	3	<0.1	
Blue mussel	5	27		
Lentils	7	25		
Avocado	29	>30		
Tomato	5	5		
Pistachio nut	1	>30		
Black Walnut	4	22		

Moderate	IgA	IgG	IgE	Integrated Peptide Score
Arrowroot	7	15		
Chia	5	17		
Mustard	6	15		
Yoghurt	3	17		
Goose meat	4	12		
Grapevine snail	6	15		
Vine leaf	14	7		
Portabella Mushroom	6	14		
Mango	4	17		
Espresso	5	14		

Food Additives

Current Result ▼ Lectin Score Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

Moderate	IgA	IgG	IgE	Integrated Peptide Score
Cottonseed	3.9	12.8		

Moderate	IgA	IgG	IgE	Integrated Peptide Score
Benzoic Acid	3.0	12.1		

Food Sensitivity

INTRODUCTION

Vibrant Wellness is pleased to present to you, “Food Sensitivity” Testing, to help you make healthy lifestyle and dietary choices in consultation with your healthcare providers and dietitians. It is intended to be used as a tool to encourage a general state of health and well-being.
The Vibrant Food Sensitivity is an array of commonly consumed food antigens and additives which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual’s IgG, IgA, C3D and IgG4 reactivity to food antigens and food additives.

Methodology:

The Vibrant Food Sensitivity test is a semiquantitative assay that detects IgG, IgA, IgG4, and C3D antibodies in human serum/DBS for the food profile antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The food sensitivity summary page provides concise information on the list of foods that are outside the normal reference range. Reference ranges have been established using 2000 healthy individuals. Vibrant utilizes proprietary reporter-based analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2), C3D and IgG4 antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

This is followed by a complete list of all foods tested including IgG, IgA, C3D, IgG4 titers (as ordered). A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Food Sensitivity offered by Vibrant Wellness is performed by Vibrant America LLC, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrantwellness.com. By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your Healthcare provider for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.

Patient Name: DEMO DEMO
Date of Birth: 11-12-1990 Accession ID: 2767832948
Service Date: 2026-01-15 10:00 (PST)

Food Sensitivity - Summary

Food Sensitivity

Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

High	Current IgA	Current IgG	Previous IgA	Previous IgG
Corn	5	7		
Flax seed	4	27		
Peanut	21	23		
Soybean	3	5		
Olive	>30	14		
Woo-hsiang powder	5	>30		
Brazilnut	4	>30		
Cashews	4	30		

Moderate	Current IgA	Current IgG	Previous IgA	Previous IgG
Tapioca	7	12		
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Food Additives

Reference Range: In Control: ≤10 Moderate: 10.1-20 Risk: >20

Moderate	Current IgA	Current IgG	Previous IgA	Previous IgG
Cottonseed	3.9	12.8		

Moderate	Current IgA	Current IgG	Previous IgA	Previous IgG
Benzoic Acid	3.0	12.1		

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Corn

FOOD DESCRIPTION

An oblong yellow or multi-colored grain on a cob.

COMMONLY FOUND IN

Mixed grain products, tortillas, breads, baked goods, breaded or fried foods, corn syrup, sweets, candy, soft drinks, cornmeal, popcorn, polenta, salsa, ceviche, breakfast cereals, chips, snack foods, hominy, grits, salad, tamales, casseroles.

HIDDEN SOURCES

Maize, baking powder derived from corn starch, some Vitamin C supplements, caramel color or caramel coloring in soft drinks, vegetable cellulose, dextrin or maltodextrin, honey (may contain corn syrup), maltitol, mannitol, modified food starch, some powdered sugar, sorbitol, starch, vanilla extract (contains corn syrup), xylitol.

PRECAUTION

Over 90% of the corn grown in the United States is GMO and may contain pesticide residues such as glyphosate.

Wheat

FOOD DESCRIPTION

A commonly used gluten-containing grain.

COMMONLY FOUND IN

Flour, baked goods, crackers, packaged foods, soy sauce, sauces, dressings, soups, pasta, beer, chips, cereal, flour tortillas, bread crumbs, fried foods, croutons.

HIDDEN SOURCES

Durum wheat, bulgur, kamut, matzoh, spelt, cous cous, bran, wheat germ, farina, semolina, sprouted wheat, triticale, wheat berries; modified food starch, common food fillers, some spice blends, marinades, licorice candy, ice cream, deli meat.

PRECAUTION

Contains gluten. Also, found in cosmetics and shampoo.

Flax seed

FOOD DESCRIPTION

Flaxseed (or linseed) is a member of the genus Linum in the family Linaceae. It is a food and fiber crop cultivated in cooler regions of the world. The textiles made from flax are known as linen. Flaxseeds contain 54% omega-3 fatty acids.

COMMONLY FOUND IN

Flax seeds are commonly found in cereals, breads, muffins and other baked goods, vegan protein powders, and gluten free flours and foods.

HIDDEN SOURCES

Hidden sources of flax seed include vegetarian and vegan protein powders and omega-three fatty acid supplements.

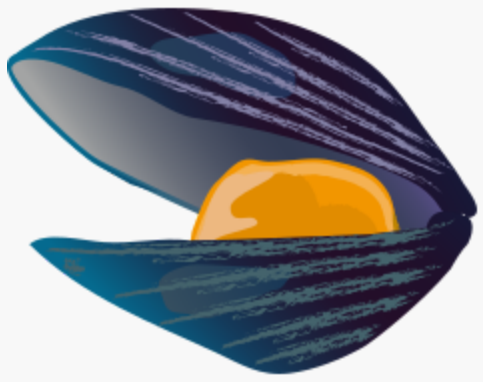
PRECAUTION

While less common, flax seeds may have possible cross-reactivity with other seeds.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Blue mussel



FOOD DESCRIPTION

The blue mussel is also known as the common mussel. It is a mid-sized edible marine mollusc that has been subject to intensive aquaculture

Peanut

FOOD DESCRIPTION

A species of the legume family, although commonly referred to as a nut; native to South America. The edible brown shelled peanut is enclosed in a pod.

COMMONLY FOUND IN

Peanut butter (peanut butter and jelly sandwiches), peanut oil (Asian cuisine and sautéed foods), peanut flour which is used as a thickener in soups, and as a flavor and aromatic enhancer in breads, pastries and main dishes. Also found in snack foods (trail mixes, snack bars, and candy bars).

HIDDEN SOURCES

Can be referred to as peanut kernel, groundnut (because it grows in the ground as opposed to a tree), monkey-nut or earth nut.

PRECAUTION

One of the top 8 common allergens. High source of lectins, which are most commonly associated with digestive issues and other immunological issues.

Lentils

FOOD DESCRIPTION

The lentil, Lens culinaris, is a member of the legume plant family and considered an edible, flattened pulse. Lentils grow on a bushy annual plant that produces the edible, lens-shaped seeds within pods. There are different lentil seeds and each of them is a good source of protein, carbohydrate and fiber. They are loaded with minerals like magnesium, calcium, potassium and zinc.

COMMONLY FOUND IN

Lentils are commonly found in Indian, African and Middle Eastern cuisine.

HIDDEN SOURCES

Lentil hummus (instead of traditional chickpea hummus).

PRECAUTION

One of the biggest issues surrounding all legumes, including lentils, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Soybean

FOOD DESCRIPTION

A species of the legume family; native to East Asia. Fresh soybeans are green in color; as they start to dry out, they turn yellow.

COMMONLY FOUND IN

Soy sauce, soybean oil, soy milk, soy cheese, soy flour, natto, tempeh, tamari, tofu, miso, chocolate, mayonnaise, hot dogs, processed foods.

HIDDEN SOURCES

Soja bean or soya bean. Soya. Edamame. The shoots of the soybean can be eaten raw, known as soybean sprouts. Hidden in many processed foods. Avoid products with the ingredient 'natural flavorings' (may contain soy).

PRECAUTION

One of the top 8 common allergens. Full of phytoestrogens (can cause estrogen related health disorders) and goitrogens (can cause thyroid disorders). High source of lectins, which are most commonly associated with digestive issues and other immunological issues.

Avocado

FOOD DESCRIPTION

A stone fruit, bright orange in color with a velvety skin and flesh; related to peaches but usually smaller in diameter and not as juicy.

COMMONLY FOUND IN

Whole fruit, salads, guacamole, salad dressings, ceviche, Mexican cuisine (tacos/burritos), sometimes in omelets or egg dishes.

HIDDEN SOURCES

Alligator Pear is an alternative name.

Olive

FOOD DESCRIPTION

The fruit of an olive tree; plump and round with a pit in the center, often they are sold with the pit removed. They have a sweet and creamy texture due to oil content. Variety of color ranging from black, purple, and green.

COMMONLY FOUND IN

Whole olives, tapenade, stuffed olives, olive oil (salad dressings, marinades, mayonnaise, desserts), dips, Mexican cuisine, cocktail garnish.

HIDDEN SOURCES

Black olives, green olives, pitted olives, Kalamata olives, olive oil.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Tomato

FOOD DESCRIPTION

The fruit of a tomato plant; the size and shape of a tomato can vary depending on the variety, but they are usually round and plump. They grow green and then ripen to a red, orange, or yellow color.

COMMONLY FOUND IN

Whole fruit, sauces (chili, tomato, pizza, BBQ), catsup, salsa, soups, meat loaf, Spanish rice, omelets, sandwiches, salads, V8-Juice, Bloody Mary Mix.

PRECAUTION

This is a nightshade.

Woo-hsiang powder

FOOD DESCRIPTION

Also known as "five spice" powder, woo-hsiang powder is very common in Chinese cuisine. As its name would suggest, the powder is a mixture from five spices – star anise, cloves, cinnamon, fennel seed and Sichuan peppercorn. Five spice powder has a very pungent and mildly sweet flavor, and a tiny amount goes a long way. Five spice powder can be used to season various ingredients, including pork, beef, poultry, seafood, and vegetables. In home cooking, the powder is usually used in braising, as a dry rub for grilling, or for making marinades.

HIDDEN SOURCES

Because this is a spice blend and can be used in a variety of dishes, particularly Chinese cuisine, it is important to read labels and ask ingredient questions when dining out.

Pistachio nut

FOOD DESCRIPTION

The pistachio, a member of the cashew family, is a small tree originating from Central Asia and the Middle East. The tree produces pistachio seeds that are widely consumed as food. Pistacia vera often is confused with other species in the genus Pistacia that are also known as pistachio.

COMMONLY FOUND IN

Pistachios are commonly found in ice cream, baked goods, nougat, fudge and other desserts, and may be found in stuffings and crusts.

HIDDEN SOURCES

Hidden sources of pistachio include pistachio flavorings and extracts used in ice cream and baked goods.

PRECAUTION

Pistachio is not suitable for individuals with tree nut allergy.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Brazilnut

FOOD DESCRIPTION

Brazilnut is a South American tree in the family Lecythidaceae. They are native to the amazon rain forest in Brazil, Bolivia and Peru. They have a smooth, buttery texture and nutty flavor. They have several health benefits and help regulate thyroid glands, and support the immune system.

COMMONLY FOUND IN

Brazil nuts nuts are commonly found in mixed nuts, Brazil nut butter and mixed nut butters, desserts and other baked goods, chocolates, and other confectionaries.

HIDDEN SOURCES

Tree nut proteins can be found in cereals, crackers, flavored coffees, flavored syrups, marinades,

PRECAUTION

Brazil nut oil is derived from Brazil nuts and should be avoided by people with Brazil nut sensitivity.

Black Walnut

FOOD DESCRIPTION

A nut. Native American walnut, not to be confused with the more common English Walnut. Sweet, robust and woodsy flavor.

COMMONLY FOUND IN

Generally not found in meals, but rather eaten on its own.

PRECAUTION

Commonly used for medicinal purposes.

Cashews

FOOD DESCRIPTION

The true fruit of the cashew tree is a kidney or boxing-glove shaped drupe that grows at the end of the cashew apple. Within the true fruit is a single seed, which is often considered a nut, in the culinary sense. Native to Brazil.

COMMONLY FOUND IN

Nut milk (cashew milk), stir fries, curries or ground in sauces (to thicken a sauce), snack bars or trail mixes, eaten raw (which is hard to digest) or roasted, vegan cheese, nut/cashew butter.

HIDDEN SOURCES

Cookies; chocolate.

PRECAUTION

Tree nut allergies are one of the most common food allergies.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Tapioca

FOOD DESCRIPTION

Tapioca is a starch extracted from the storage roots of the cassava plant. Most of the fiber is removed through extraction, thus tapioca is a low fiber starch often used as a thickening agent in baking, particularly gluten and egg free baking.

COMMONLY FOUND IN

Tapioca flour is a very versatile gluten free flour. It has become a staple in gluten free alternative foods including gluten free flour blends, baked goods, soups, sauces, pie fillings and more. Tapioca pudding is a well known dessert made from tapioca "pearls" or instant tapioca.

HIDDEN SOURCES

As tapioca is a very popular gluten free alternative starch, always read ingredient lists on any gluten free alternative product such as bread, crackers, tortillas, pre-mixed baking powders, soups and sauces.

PRECAUTION

Tapioca is a high carbohydrate food. Tapioca is derived from Cassava root vegetable. See individual food sensitivity result to cassava.

Arrowroot

FOOD DESCRIPTION

Arrowroot is a starch obtained from the rhizomes of several tropical plants such as Maranta arundinacea, Zamia integrifolia. It is gluten and grain free and is often used as a thickener in recipes to replace wheat flour or corn starch.

COMMONLY FOUND IN

Arrowroot powder, also called flour or starch is an effective thickening agent used to add texture and structure in cooking and baking applications.

PRECAUTION

Arrowroot is similar in appearance to other root vegetables such as cassava and yucca. Cassava and arrowroot are often confused and sometimes mislabeled as each other.

Poppy seed

FOOD DESCRIPTION

Poppy seed is an oilseed obtained from the poppy plant, Papaver somniferum. The tiny kidney-shaped seeds have been harvested from dried seed pods by various civilizations for thousands of years.

COMMONLY FOUND IN

Poppy seeds are commonly found in breads, muffins, pastries and cakes.

HIDDEN SOURCES

Because of the opiate-like compounds in poppy seeds, poppy seeds extracts or additives are not common.

PRECAUTION

Home brewed poppy seed tea can be lethal.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Chia

FOOD DESCRIPTION

Chia seeds are the edible seeds derived from the Salvia hispanica, a flowering plant in the mint family native to Central America. The seeds are hydrophilic and are capable of absorbing up to 12 times their weight in liquid when soaked. They are a good source of omega-3 fatty acids, fiber, antioxidants, iron and calcium.

COMMONLY FOUND IN

Chia seeds are commonly found in chia seed butter and mixed seed and nut butters, cereals, yogurt, smoothies, chia 'puddings' and 'overnight oats' recipes, and nutrition bars.

HIDDEN SOURCES

Hidden sources of chia seeds include egg replacers, fiber supplements, and vegan protein powders.

PRECAUTION

Chia seed oil is derived from chia seeds and should be avoided by people with chia seed sensitivity.

Hemp

FOOD DESCRIPTION

Hemp seeds are the most nutritious seeds in the world. They have the most concentrated balance of proteins, essential fats, vitamins and enzymes. They are from the same species as cannabis, but a different variety.

COMMONLY FOUND IN

Hemp seeds are commonly found in hemp seed butter and mixed seed and nut butters, cereals, smoothies, and nutrition bars.

HIDDEN SOURCES

Hidden sources of hemp seeds include fiber supplements and vegan protein powders.

PRECAUTION

Hemp seed oil and CBD oil is derived from hemp seeds and should be avoided by people with chia seed sensitivity.

Mustard

FOOD DESCRIPTION

Mustard seeds are cabbage family members. They come in black (B. nigra), brown (B. juncea) or white (B. hirta).

COMMONLY FOUND IN

Most commonly used to make the mustard condiment: yellow mustard, Dijon mustard, spicy mustard. Common in pickles and salad dressings.

HIDDEN SOURCES

Soups, curries, stir-fries.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Kefir

FOOD DESCRIPTION

Kefir (or kephir) is a fermented cow, goat, or sheep milk drink made with a yeast or bacterial fermentation starter of kefir grains.

Yoghurt

FOOD DESCRIPTION

Yoghurt (or Yogurt) is produced by bacterial fermentation of milk. The bacteria used to make yoghurt are known as yoghurt cultures. The fermentation of lactose by these bacteria produces lactic acid, which acts on milk protein to give yoghurt its texture and characteristic tart flavor.

COMMONLY FOUND IN

Yoghurt is commonly found in dips, dressings, smoothies, and the Indian drink lassi.

HIDDEN SOURCES

Because of its perishability, yoghurt is not typically used as an additive, filler, or flavoring agent.

PRECAUTION

Yoghurt is not suitable for people with cow milk allergy or sensitivity, these individuals may substitute coconut or almond yoghurt in place of yoghurt derived from cow's milk.

Beta-Casein

FOOD DESCRIPTION

Beta-casein is a class of cow's milk protein that may provide effects beyond nutrition, due to the release of biologically active peptides on digestion.

COMMONLY FOUND IN

A1 beta-casein is in cow's milk. Human milk, goat milk, sheep milk and other species' milk contain beta-casein A2.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Goose meat

FOOD DESCRIPTION

Goose meat is the flesh from the goose (bird). Goose meat be cooked in the same way as cooking other types of poultry

Codfish

FOOD DESCRIPTION

A mild-flavored, dense, flaky white fish.

COMMONLY FOUND IN

Fish entrees labeled Atlantic or Pacific Cod; common fish base used in 'fish and chips.'

HIDDEN SOURCES

Cod liver oil.

PRECAUTION

Only Atlantic cod and Pacific cod are true cod fish; other names such as blue cod or Eastern freshwater cod are a different genus of fish, such as grouper.

Grapevine snail

FOOD DESCRIPTION

The practice of rearing snails for food is known as heliciculture. Their texture when cooked is slightly chewy.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Octopus

FOOD DESCRIPTION

A cephalopod mollusk with eight sucker-bearing arms, a soft body, strong bear-like jaws and no internal shell.

Vine leaf

FOOD DESCRIPTION

Also known as grape leaf, they are used in a number of cultural including Turkish, Arab, Greek and Romanian cuisine. Stuffed grape leaves, served as a main dish or side dish. They are most often picked fresh from the vine and stuffed with a mixture of rice, meat, and spices, and then cooked by boiling or steaming.

HIDDEN SOURCES

The leaves can also be sold in jars, by brand names such as Orlando California Grape Leaves, Ziyad, Alafia, Krinos, and Roland grape leaves.

PRECAUTION

In indigenous medicine, grape leaves are used to stop bleeding, inflammation, and pain.

Parsnip

FOOD DESCRIPTION

Parsnip is a root vegetable that belongs to the family of Apiaceae, which includes carrot, dill, cumin, parsley and caraway. It is high in vitamins, minerals. It contains antioxidants and both soluble and insoluble dietary fiber. The tuber is white, pale yellow or pale orange in color both on the exterior and interior.

COMMONLY FOUND IN

They can be eaten raw, but generally are cooked in soups and stews.

PRECAUTION

The root of the parsnip is edible; however, the shoots and leaves of the plant requires caution as the sap is toxic.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Portabella Mushroom

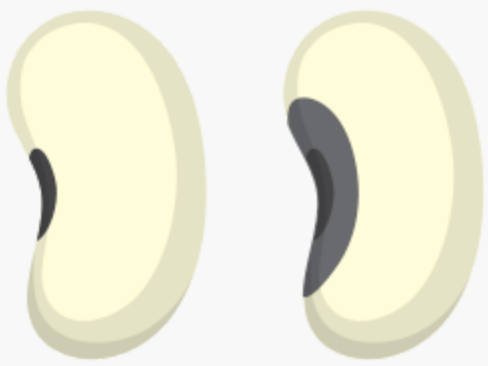
FOOD DESCRIPTION

Portabella mushrooms are large in size and have a rounded, flat cap, which is firm, thick and spongy. They belong to the Agaricaceae family. They grow individually in the grass, near manure piles and on leaf litter near conifers, especially Monterey cypress tress in the northern hemisphere. Tender and meaty, portobello mushrooms have a wide variety of uses in meal preparation. They can be used in dishes as a meat alternative, stuffed, in stir frys, in casseroles, in sauces, in salads, served as a side dish (roasted or sauteed) and the list goes on. A very easy food to incorprate into different dishes.

PRECAUTION

Portobello mushrooms consist of a high amount of purines that in some cases can be link to health issues like gout and kidney stones, which takes place when purines break down and uric acid is produced.

Black-eye Peas



FOOD DESCRIPTION

Black-eye peas, also called black-eyed beans and souther, are a subspecies of the cowpea. They are good sources of calcium, folate, iron, potassium and fiber. Named for its appearance, black-eye peas are pale in color with a prominent black spot.

COMMONLY FOUND IN

Black-eyed peas are common additions to stews, soups, curries and salads. They can also be used as a side dish or they can be mashed into a dip.

PRECAUTION

One of the biggest issues surrounding all legumes, including black-eye peas, is that they naturally contain antinutrient factors, such as trypsin inhibitors, and a relatively high phytate content, in addition to lectins. Trypsin is an enzyme involved in digestion; phytate reduces the bioavailability of dietary minerals; and lectins can disturb digestion.

Mango

FOOD DESCRIPTION

Mango is a popular tropical fruit. The fruit has a smooth, leathery skin with varying colors of green, yellow and red. There are hundreds of mango varieties, varying in shape, size, interior texture and flavor. All mangoes have a soft, orange, juicy flesh that clings to a large, flat pit that is typically fibrous.

COMMONLY FOUND IN

Eaten fresh, juiced, used in fruit salads, used in green salads, used to make smoothies, sorbets or ice creams and other desserts.

HIDDEN SOURCES

Immature mangos are used to make chutneys and relish.

PRECAUTION

Mangoes, and their relatives poison ivy, poison oak and poison sumac, contain urushiol. For people with allergies, this toxic resin can cause an allergic reactive, which tends to be more problematic with contact to the skin and juice of the mango, versus the flesh. Immature fruits should be less problematic. Eating mangoes to excess may cause itching or skin reactions. Do not eat the pit or skin of the mango.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Papaya

FOOD DESCRIPTION

Papaya is oblong in shape and tastes similar to melons, although it is not in fact a melon. Papaya is also known as pawpaw. This fruit has a sweet, silky texture that is pink to orange in color with black edible seeds that can be ground and used as an alternative to black pepper.

COMMONLY FOUND IN

Papayas support digestion through its unique protein-digesting enzymes; hence, look for and avoid papain as a common papaya enzyme is digestive enzymes. Other common sources of papaya are fresh fruit, fruit salad, kabobs, frozen desserts and in smoothies.

HIDDEN SOURCES

Green, immature papayas are used throughout the tropics as a squash-like vegetable.

PRECAUTION

Papayas contain a substance called chitinase that is associated with latex-fruit allergy syndrome; if you have a latex allergy, you are very likely to be allergic to papayas. Approximately 50% of Hawaiian papayas are genetically modified; companies are not required to disclose genetic modifications to food labels.

Espresso

FOOD DESCRIPTION

Espresso is coffee brewed by forcing a small amount of nearly boiling water under pressure through finely ground coffee beans. It has more caffeine per unit volume than most coffee beverages.

COMMONLY FOUND IN

Espresso is most typically ordered at a coffee shop and made by a barista. It can also be ordered at restaurants or other places of food service. Espresso can be ordered as an “espresso” or as contained in: cappuccino, café latte, Americano, Café mocha, iced coffee, and a flat white.

HIDDEN SOURCES

Beware of any coffee flavored food such as ice cream, chocolate, popsicles, cake, cookies, biscotti, cheesecakes, brownies or other dessert items. Coffee/espresso can also be used to flavor sauces such as barbeque sauce and mole. Additionally, it can be found in drinks sold over the counter such as kombucha as well as specialty alcoholic drinks made at a bar.

PRECAUTION

Be careful of any dessert item labelled with a "coffee" flavor. Read labels for sauces such as barbeque and mole

Cottonseed

FOOD DESCRIPTION

Cottonseed is the seed of the cotton plant. It is genetically modified and processed to remove gossypol in order to make it fit for human consumption. It is used as a cooking oil and in salad dressings. After hydrogenation, it is used in making shortenings and margarine. The meal remaining after the oil is extracted is used in poultry and livestock feeds.

Food Sensitivity - Summary

Food Sensitivity - Summary Comments

Benzoic Acid

FOOD DESCRIPTION

Benzoic acid is a colorless crystalline compund which occurs naturally in many plants such as cherry bark, tea, anise, and cassia bark. It is used as a preservative in foods like chocolate, ice cream, chewing gums, baked goods, and condiments. The level of addition in foods ranges from 0.05-0.1%.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Food Sensitivity

Food Sensitivity

Reference Range: In Control: ≤10 | Moderate: 10.1-20 | Risk: >20

Gluten containing grains	Current IgA	Current IgG	Previous IgA	Previous IgG
Spelt	3	3		
Barley	5	5		
Malt	3	4		
Oats	5	6		
Rye	1	2		
Wheat	3	3		
Corn	5	7		

Gluten free grains	Current IgA	Current IgG	Previous IgA	Previous IgG
Millet	5	6		
Amaranth	5	5		
Brown Rice	5	4		
Buckwheat	4	7		

Gluten free alternative starches	Current IgA	Current IgG	Previous IgA	Previous IgG
Cassava	2	7		
Tapioca	7	12		
Tiger nut	6	9		
Taro Root	5	8		
Arrowroot	7	15		

Vegan	Current IgA	Current IgG	Previous IgA	Previous IgG
Cous Cous	3	5		
Tempeh	8	10		
Tofu	5	8		
Vegan Cheese	6	9		

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Food Sensitivity

Food Sensitivity

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Seeds	Current IgA	Current IgG	Previous IgA	Previous IgG
Coriander seed	4	8		
Flax seed	4	27		
Poppy seed	4	13		
Rapeseed	6	9		
Sunflower seed	3	6		
Chia	5	17		
Hemp	5	12		
Mustard	6	15		
Sesame	8	8		

Dairy	Current IgA	Current IgG	Previous IgA	Previous IgG
Buffalo milk	4	10		
Buttermilk	4	6		
Cheddar cheese	1	3		
Kefir	3	12		
Sheep's milk	1	4		
Yoghurt	3	17		
Beta-Casein	8	20		
Casomorphin	5	6		
Cow's Milk	8	8		
Goat's Milk	4	2		
Whey Protein	8	6		

Meat	Current IgA	Current IgG	Previous IgA	Previous IgG
Duck meat	4	6		

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Meat	Current IgA	Current IgG	Previous IgA	Previous IgG
Goose meat	4	12		
Rabbit	7	7		
Veal	5	4		
Beef	4	3		
Chicken	5	2		
Egg White	3	3		
Egg Yolk	2	6		
Lamb	4	7		
Pork	6	7		
Turkey	4	10		

Fish	Current IgA	Current IgG	Previous IgA	Previous IgG
Alaska pollock	7	6		
Anchovy	7	9		
Carp	8	10		
Eel	3	6		
Flounder	8	8		
Sardine	6	7		
Sea bass	6	5		
Sole	5	9		
Catfish	9	7		
Codfish	3	15		
Halibut	3	4		
Lake Trout	2	6		

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Fish	Current IgA	Current IgG	Previous IgA	Previous IgG
Mackerel	4	4		
Perch	10	9		
Salmon	7	10		
Tuna	5	3		
Shellfish	**Current IgA**	**Current IgG**	**Previous IgA**	**Previous IgG**
Crayfish	4	6		
Crab	4	5		
Lobster	5	9		
Shrimp	3	8		
Mollusks	**Current IgA**	**Current IgG**	**Previous IgA**	**Previous IgG**
Grapevine snail	6	15		
Blue mussel	5	27		
Octopus	7	11		
Pacific squid	2	9		
Squid	5	6		
Clam	3	10		
Oyster	6	10		
Scallops	5	9		
Vegetables	**Current IgA**	**Current IgG**	**Previous IgA**	**Previous IgG**
Asparagus	5	5		
Bamboo shoots	3	7		
Beet root	5	7		
Endive	8	10		

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Vegetables	Current IgA	Current IgG	Previous IgA	Previous IgG
Leek	5	6		
Roquette	4	6		
Savoy cabbage	3	9		
Turnip	4	8		
Vine leaf	14	7		
White radish	3	8		
Artichoke	5	8		
Chard	9	7		
Kale	5	9		
Shiitake mushroom	4	7		
Zucchini	4	8		
Purple Potato	5	9		
Green onion/Scallions	3	10		
Shallots	3	4		
Acorn Squash	4	9		
Butternut Squash	3	9		
Spaghetti Squash	3	8		
Parsnip	11	8		
Portabella Mushroom	6	14		
Broccoli	4	9		
Cabbage	4	9		
Carrot	4	8		
Cauliflower	3	8		

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Vegetables	Current IgA	Current IgG	Previous IgA	Previous IgG
Celery	3	7		
Cucumber	4	5		
Garlic	3	9		
Green Bean	4	8		
Green Peas	4	6		
Lettuce	4	6		
Lima Bean	4	8		
Mushrooms	2	6		
Onion	5	8		
Seaweed(Kelp)	4	4		
Spinach	6	9		
Summer Squash (Zucchini)	4	8		
Ginger	7	10		
Sweet Potato	5	8		
Nightshades	**Current IgA**	**Current IgG**	**Previous IgA**	**Previous IgG**
Eggplant	5	6		
Green Pepper	4	7		
White Potato	4	6		
Legumes	**Current IgA**	**Current IgG**	**Previous IgA**	**Previous IgG**
Broad bean	7	6		
Chickpea	4	7		
Mung beans	3	8		
Black Beans	5	6		

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Legumes	Current IgA	Current IgG	Previous IgA	Previous IgG
Pinto Beans	6	7		
Black-eye Peas	5	13		
Lentils	7	25		
Kidney Bean	4	7		
Navy Bean	4	8		
Peanut	21	23		
Soybean	3	5		

Fruits	Current IgA	Current IgG	Previous IgA	Previous IgG
Lemon	4	4		
Fig	2	7		
Guava	5	6		
Honeydew melon	4	9		
Kiwi fruit	4	6		
Litchi	6	8		
Mandarin	7	6		
Mango	4	17		
Plum	5	8		
Capers	6	7		
Papaya	11	5		
Apple	4	9		
Apricot	7	4		
Avocado	29	>30		
Banana	4	5		

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Fruits	Current IgA	Current IgG	Previous IgA	Previous IgG
Blackberry	3	7		
Blueberry	4	1		
Cantaloupe	3	2		
Cherry	4	3		
Coconut	4	4		
Cranberry	4	6		
Grape	7	8		
Grapefruit	4	8		
Orange	4	6		
Peach	3	6		
Pear	4	7		
Pineapple	2	3		
Raspberry	4	8		
Strawberry	4	9		
Watermelon	4	9		
Tomato	5	5		
Olive	>30	14		

Spices	Current IgA	Current IgG	Previous IgA	Previous IgG
Anise	1	6		
Bay leaf	4	6		
Caraway	6	7		
Cayenne pepper	5	8		
Common thyme	8	9		

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Spices	Current IgA	Current IgG	Previous IgA	Previous IgG
Curry powder	5	5		
Hot paprika powder	4	5		
Oregano	5	5		
Woo-hsiang powder	5	>30		
Turmeric	5	5		
Cumin	5	7		
Jalapeno pepper	3	8		
Habanero pepper	4	7		
Black pepper	6	8		
Cinnamon	3	8		
Nutmeg	5	9		

Nuts(Tree)	Current IgA	Current IgG	Previous IgA	Previous IgG
Hazelnut	2	4		
Pine nut	3	8		
Pistachio nut	1	>30		
Sweet chestnut	6	8		
Macadamia Nut	8	4		
Brazilnut	4	>30		
Almond	3	7		
Black Walnut	4	22		
Cashews	4	30		
English Walnut	4	9		
Pecan	5	8		

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Miscellaneous	Current IgA	Current IgG	Previous IgA	Previous IgG
Black tea	3	9		
Cane sugar	5	9		
Dill	4	4		
Lemon grass	6	10		
Molasses	6	7		
Oolong tea	4	7		
Parsley	4	8		
Green Tea	4	8		
Agave	2	4		
Cilantro	5	10		
Espresso	5	14		
Cocoa	5	7		
Coffee	3	10		
Hops	3	8		
Rosemary	4	9		
Vanilla Bean	5	2		
Yeast	5	5		

Food Additives

Reference Range: In Control: ≤10 | Moderate: 10.1-20 | Risk: >20

Food Dyes and Pigments	Current IgA	Current IgG	Previous IgA	Previous IgG
Acid Blue #3 (Patent Blue V)	8.3	9.2		
Acid Red #14 (Carmoisine)	7.8	7.4		
Annatto	4.7	1.5		
Beta-Carotene	3.1	5.5		

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Food Sensitivity

Food Additives

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Food Dyes and Pigments	Current IgA	Current IgG	Previous IgA	Previous IgG
Blue #1 (Brilliant Blue)	4.3	8.1		
Blue #2 (Indigo Carmine)	4.3	7.5		
Brilliant Black	3.8	6.2		
Cochineal Extract	1.5	8.0		
Green #3 (Fast Green)	1.9	5.4		
Red #2 (Amaranth Red)	3.1	8.0		
Red #3 (Erythrosine)	4.7	5.6		
Red #4 (Carmine)	4.3	9.3		
Red #40 (Allura Red)	4.0	4.0		
Yellow #5 (Tartrazine)	2.8	5.3		
Yellow #6 (Sunset Yellow)	3.5	8.2		

Gums and Thickening Agents	Current IgA	Current IgG	Previous IgA	Previous IgG
Arabic Gum	2.7	9.7		
Beta-Glucan	4.1	4.3		
Carrageenan	6.9	8.1		
Cottonseed	3.9	12.8		
Guar Gum	6.1	7.1		
Gum Tragacanth	4.3	8.5		
Locust Bean Gum	5.8	5.2		
Mastic Gum	4.8	7.3		
Xanthan Gum	5.8	6.0		

Fibrous Additives	Current IgA	Current IgG	Previous IgA	Previous IgG
Ispaghula	4.8	5.3		

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Food Additives

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Emulsifiers and Surfactants	Current IgA	Current IgG	Previous IgA	Previous IgG
Lecithin (Egg yolk)	2.3	9.3		
Lecithin (Soy)	4.5	9.5		
Polysorbate 80	4.7	5.9		

Flavor Enhancers	Current IgA	Current IgG	Previous IgA	Previous IgG
Ammonium Chloride	3.8	5.7		
Monosodium Glutamate (MSG)	4.5	9.0		
Sodium Citrate	4.0	9.9		

Sweeteners	Current IgA	Current IgG	Previous IgA	Previous IgG
Acesulfame K	4.2	6.1		
Aspartame	2.8	6.0		
Erythritol	5.3	2.2		
Mannitol	4.1	6.4		
Monk fruit	2.6	7.2		
Saccharin	4.3	6.8		
Sorbitol	5.4	7.4		
Stevia	5.1	5.6		
Sucralose (Splenda)	3.5	5.2		
Xylitol	4.6	5.1		

Preservatives and Antioxidants	Current IgA	Current IgG	Previous IgA	Previous IgG
Benzoic Acid	3.0	12.1		
Butylated Hydroxyanisole (BHA)	6.2	1.8		
Butylated Hydroxytoluene (BHT)	5.1	1.8		
Citric Acid	5.2	6.9		

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Food Sensitivity

Food Additives

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Preservatives and Antioxidants	Current IgA	Current IgG	Previous IgA	Previous IgG
Formaldehyde	5.1	8.3		
Sodium Benzoate	2.9	1.5		
Sodium Nitrate	3.9	4.0		
Sodium Sulfite	4.3	4.3		
Sorbic Acid	3.5	6.6		

Pesticides	Current IgA	Current IgG	Previous IgA	Previous IgG
Deltamethrin	5.3	5.8		
Glyphosate	3.6	4.2		

Elements	Current IgA	Current IgG	Previous IgA	Previous IgG
Fluoride	4.7	4.7		
Nickel Sulfate	2.3	6.7		
Titanium dioxide	3.5	4.2		

Other	Current IgA	Current IgG	Previous IgA	Previous IgG
Bisphenol A (BPA)	3.7	7.4		
Latex	3.7	4.4		

Food Sensitivity

Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Quantification of specific IgG, IgA, IgG4 and C3D antibodies is not an FDA- recognized diagnostic indicator of allergy.

Food Sensitivity testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions. Tested individuals may find their experience is not consistent with Vibrant's selected peer reviewed scientific research findings of relative improvement for study groups. The science in this area is still developing and many personal health factors affect diet and health. Since subjects in the scientific studies referenced in this report may have had personal health and other factors different from those of tested individuals, results from these studies may not be representative of the results experienced by tested individuals. Further, some recommendations may or may not be attainable, depending on the tested individual's physical ability or other personal health factors. A limitation of this testing is that many of these scientific studies may have been performed in selected populations only. The interpretations and recommendations are done in the context of these studies, but the results may or may not be relevant to tested individuals of different or mixed ethnicities.

Vibrant Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of medication, supplementation, or dietary changes.

The supplement recommendations and dosage guidelines provided are intended for general informational purposes only and should not replace professional medical advice; final dosage decisions must be made in consultation with your healthcare provider. Vibrant disclaims any liability for adverse effects, outcomes, or consequences arising from the use of these suggestions.

Wheat Antibodies

INTRODUCTION

Vibrant Wellness is pleased to present to you Wheat Antibodies testing, to help you make healthy lifestyle and dietary choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being.
The Vibrant Wheat Antibodies is a wheat sensitivity analytics tool consisting of a microarray platform of wheat antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to these antigens at the peptide and protein level. Additionally, the panel tests for the HLA isoforms associated with celiac disease and wheat allergy testing is performed by testing for IgE antibodies against wheat.

Methodology:

The Vibrant Wheat Antibodies test is a semiquantitative assay that detects IgG, IgA, IgM and IgE antibodies in human serum/DBS for wheat antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The summary score provided for Wheat Antibodies is a unified score calculated from the IgE, IgA and IgG reactivity of the individual to the respective antigens with higher weightage for IgE than IgA than IgG. Weightage is also assigned to the antigens based on their importance and abundance in the specific food that is tested. The intestinal permeability score is a unified score calculated from the serum zonulin result and antibody reactivity to the antigens in the Intestinal Permeability panel (anti-zonulin IgA, anti-zonulin IgG, anti-actin IgA, anti-actin IgG, and anti-LPS IgA and anti-LPS IgG+IgM), with higher weightage for IgA than IgG. This considers the titer value even when the result may be in control. Additionally, the summary page summarizes the list of antigens with antibody titers that are outside the normal reference range.

This is followed by a complete list of all antigens tested including IgG, IgA and IgM antibody titers (as applicable for each analyte tested). Reference ranges have been established for pediatric and adult population using 2000 healthy individuals. A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range. Vibrant utilizes proprietary reporter analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2) and total IgM antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Wheat Antibodies panel is performed by Vibrant America, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrant-wellness.com. By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to accept these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your healthcare provider for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Wheat Antibodies - Summary

Allergen

No markers are outside the normal reference range

Wheat Antibodies

Wheat Score	Current	Previous	Result	Reference
Wheat Zoomer Score	>6		0 2 4	≤2.0
Intestinal Permeability Score	4.1		0 2 4	≤2.0

Intestinal Permeability Panel		Current	Previous	Result	Reference
Anti-Zonulin	IgG	2.55	0.54 (01-15-2026)	0 0.89 1.1	≤0.89

Zonulin acts as the gate-keeper between the cells of the intestinal lining and is considered the "mortar" that holds the cells together. When intestinal permeability is present, the intestinal lining is compromised allowing larger protein molecules to get into the bloodstream thereby causing an immune response. Increased levels of zonulin/anti-zonulin antibodies indicate the presence of intestinal permeability. Since bacteria can significantly impact intestinal permeability, consider subsequent testing of your gut bacteria profile with the Vibrant's Gut Zoomer.

Anti-Actin	IgG	1.79	0.57 (01-15-2026)	0 0.89 1.1	≤0.89

F-Actin is a smooth muscle protein that participates in the “contractile belt function” of the intestinal epithelial cells. It is also a structural protein which holds up the shape of the cell and controls the cellular junction complexes. Increased levels of actin suggest epithelial cell damage leading to increased intestinal permeability and decreased barrier function. Antibodies to actin suggest intestinal permeability. Consider identifying the potential causes of intestinal permeability such as dysbiosis, nutritional deficiency, stress, medications, toxicity, and food sensitivities.

Human Anti-Lipopolysaccharide	IgG+IgM	495.6	199.0 (01-15-2026)	0 281	≤281.0 (U/ml)

LPS (lipopolysaccharide) is a bacterial endotoxin that is a major component of the outer membrane of gram-negative bacteria. With intestinal permeability, LPS gains access to the circulatory system (especially when more fat is consumed) and can stimulate proinflammatory cytokines to induce cell death. Increased levels of lipopolysaccharides antibodies indicate intestinal permeability and can drive endotoxin-related inflammation. Consider subsequent testing of your gut bacteria profile with the Vibrant's Gut Zoomer test to identify possible species of gram-negative bacteria that could be contributing to intestinal permeability.

Wheat Antibodies - Summary

Wheat Antibodies

Gliadin Panel		Current	Previous	Result	Reference
Alpha-Beta Gliadin	IgA	2.51		0 0.89 1.1	≤0.89
	IgG	1.21		0 0.89 1.1	≤0.89

Gliadin is a gluten component which gives bread the ability to rise properly during baking. In celiac patient, gliadin peptides are modified by the tissue transglutaminase enzyme (tTG) located in the extracellular space of the intestinal mucosa; conversion of glutamine residues into glutamic acid facilitates the binding of gliadin peptides to HLA antigens of class II DQ2 or DQ8 expressed on antigen-presenting cells. Antigliadin antibodies (AGA) were the only serologic test to identify patients with celiac disease for many years until the identification of tTG and DGP antibodies. AGA determination remains useful in certain diagnostic purposes. Our recent study published in Plos One has determined novel sets of epitopes derived from gliadin yielding 99% sensitivity and 100% specificity in differentiating celiac disease patients from controls. Gliadins can be classified according to their different primary structures into the alpha/beta-, gamma- and omega-type, which are all tested within the panel.

Prodynorphin	IgA	1.11		0 0.89 1.1	≤0.89
	IgG	1.33		0 0.89 1.1	≤0.89

Prodynorphin, also known as proenkephalin B, is an opioid polypeptide hormone involved with chemical signal transduction and cell communication. Endogenous prodynorphin is a building block for endorphins, the neurotransmitters involved in anxiety, stress, deep emotional bonds, learning, and memory. Prodynorphin from wheat can compete with human body's prodynorphin at receptor sites. Consider subsequent testing of your neural antibody profile with the Vibrant's Neural Zoomer.

Alpha Gliadin	IgG	1.07		0 0.89 1.1	≤0.89

Gliadin is a gluten component which gives bread the ability to rise properly during baking. In celiac patient, gliadin peptides are modified by the tissue transglutaminase enzyme (tTG) located in the extracellular space of the intestinal mucosa; conversion of glutamine residues into glutamic acid facilitates the binding of gliadin peptides to HLA antigens of class II DQ2 or DQ8 expressed on antigen-presenting cells. Antigliadin antibodies (AGA) were the only serologic test to identify patients with celiac disease for many years until the identification of tTG and DGP antibodies. AGA determination remains useful in certain diagnostic purposes. Our recent study published in Plos One has determined novel sets of epitopes derived from gliadin yielding 99% sensitivity and 100% specificity in differentiating celiac disease patients from controls. Gliadins can be classified according to their different primary structures into the alpha/beta-, gamma- and omega-type, which are all tested within the panel.

Gamma Gliadin	IgG	1.00		0 0.89 1.1	≤0.89

Gliadin is a gluten component which gives bread the ability to rise properly during baking. In celiac patient, gliadin peptides are modified by the tissue transglutaminase enzyme (tTG) located in the extracellular space of the intestinal mucosa; conversion of glutamine residues into glutamic acid facilitates the binding of gliadin peptides to HLA antigens of class II DQ2 or DQ8 expressed on antigen-presenting cells. Antigliadin antibodies (AGA) were the only serologic test to identify patients with celiac disease for many years until the identification of tTG and DGP antibodies. AGA determination remains useful in certain diagnostic purposes. Our recent study published in Plos One has determined novel sets of epitopes derived from gliadin yielding 99% sensitivity and 100% specificity in differentiating celiac disease patients from controls. Gliadins can be classified according to their different primary structures into the alpha/beta-, gamma- and omega-type, which are all tested within the panel.

Patient Name: **DEMO DEMO**
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Wheat Antibodies - Summary

Wheat Antibodies

Glutenin Panel		Current	Previous	Result	Reference
LMW Glutenin	IgA	2.75		0 0.89 1.1	≤0.89
	IgG	2.52		0 0.89 1.1	≤0.89

LMW Glutenin antibodies have been shown to be indicator associated with wheat sensitivity in Atopic dermatitis, Urticaria, Anaphylaxis. As an insoluble storage protein, glutenins are also antigens associated with baker's asthma.

Non-Gluten Wheat Panel		Current	Previous	Result	Reference
Amylase/Protease Inhibitors	IgA	2.71		0 0.89 1.1	≤0.89
	IgG	2.47		0 0.89 1.1	≤0.89

Inhibitors of α-amylases and proteases play an important protective role in wheat and they have more balanced amino acid compositions than gluten proteins and contribute important reserves for both seedling growth and human nutrition. However, α-amylase/protease inhibitors may also cause IgE-mediated occupational and food sensitivities. α-amylase/protease inhibitors' IgG/IgA antibodies were identified in 60% of tested celiac disease and dermatitis herpetiformis patient samples. Similar to gluten proteins, α-amylase/protease inhibitors are resistant to proteolytic digestion and are therefore likely to be present in the form of long stretches of incompletely digested, and potentially immunogenic, sequences in the small intestine.

Serpin	IgG	0.92		0 0.89 1.1	≤0.89

Serpin proteins belong to the super family of serine protease inhibitors that are present in many organisms. Most Serpins act as suicide substrate inhibitors of chymotrypsin-like proteases. Serpins were identified as the most reactive nongluten antigen in wheat (75% of tested celiac disease and dermatitis herpetiformis patient samples). Serpins make up a substantially lower percentage of total protein content but were a more frequent target of patient antibody response. The reactive centers of some serpin antigens resemble the glutamine-rich repeats in gluten proteins. Similar to gluten proteins, serpins are resistant to proteolytic digestion and are therefore likely to be present in the form of long stretches of incompletely digested, and potentially immunogenic, sequences in the small intestine.

Patient Name: **DEMO DEMO**
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Wheat Antibodies

Allergen

Test Name	Current	Previous	Result	Reference
Wheat IgE (kU/L)	<0.1		0 0.34 3.49	≤0.34

Wheat Antibodies

Celiac		Current	Previous	Result	Reference
DGP	IgA	0.49		0 0.94 1.05	≤0.94
	IgG	0.33		0 0.94 1.05	≤0.94
Transglutaminase 2	IgA	0.41		0 0.94 1.05	≤0.94
	IgG	0.44		0 0.94 1.05	≤0.94

Gliadin Panel		Current	Previous	Result	Reference
Alpha Gliadin	IgA	0.71		0 0.89 1.1	≤0.89
	IgG	1.07		0 0.89 1.1	≤0.89
Alpha-Beta Gliadin	IgA	2.51		0 0.89 1.1	≤0.89
	IgG	1.21		0 0.89 1.1	≤0.89
Gamma Gliadin	IgA	0.48		0 0.89 1.1	≤0.89
	IgG	1.00		0 0.89 1.1	≤0.89
Omega Gliadin	IgA	0.31		0 0.89 1.1	≤0.89
	IgG	0.41		0 0.89 1.1	≤0.89
Gluteomorphin	IgA	0.66		0 0.89 1.1	≤0.89
	IgG	0.74		0 0.89 1.1	≤0.89
Prodynorphin	IgA	1.11		0 0.89 1.1	≤0.89
	IgG	1.33		0 0.89 1.1	≤0.89

Intestinal Permeability Panel	Current	Previous	Result	Reference
Zonulin (ng/mL)	11.3	18.0 (01-15-2026)	0 45.3 55.3	≤45.3

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Wheat Antibodies

Wheat Antibodies

Intestinal Permeability Panel		Current	Previous	Result	Reference
Anti-Zonulin	IgA	0.42	0.38 (01-15-2026)	0 0.89 1.1	≤0.89
	IgG	2.55	0.54 (01-15-2026)	0 0.89 1.1	≤0.89
Anti-Actin	IgA	0.51	0.66 (01-15-2026)	0 0.89 1.1	≤0.89
	IgG	1.79	0.57 (01-15-2026)	0 0.89 1.1	≤0.89
Human Anti-Lipopolysaccharide	IgA	24.9	18.0 (01-15-2026)	0 30	≤30.0 (U/ml)
	IgG+IgM	495.6	199.0 (01-15-2026)	0 281	≤281.0 (U/ml)

tTG/DGP Complex		Current	Previous	Result	Reference
tTG/DGP Fusion Peptide	IgA	0.24		0 0.89 1.1	≤0.89
	IgG	0.34		0 0.89 1.1	≤0.89

Glutenin Panel		Current	Previous	Result	Reference
HMW Glutenin	IgA	0.52		0 0.89 1.1	≤0.89
	IgG	0.33		0 0.89 1.1	≤0.89
LMW Glutenin	IgA	2.75		0 0.89 1.1	≤0.89
	IgG	2.52		0 0.89 1.1	≤0.89

Non-Gluten Wheat Panel		Current	Previous	Result	Reference
Serpin	IgA	0.40		0 0.89 1.1	≤0.89
	IgG	0.92		0 0.89 1.1	≤0.89
Farinins	IgA	0.29		0 0.89 1.1	≤0.89
	IgG	0.47		0 0.89 1.1	≤0.89
Amylase/Protease Inhibitors	IgA	2.71		0 0.89 1.1	≤0.89
	IgG	2.47		0 0.89 1.1	≤0.89
Globulins	IgA	0.37		0 0.89 1.1	≤0.89
	IgG	0.40		0 0.89 1.1	≤0.89

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Wheat Antibodies

Wheat Antibodies

Non-Gluten Wheat Panel		Current	Previous	Result	Reference
Purinin	IgA	0.57		0 0.89 1.1	≤0.89
	IgG	0.58		0 0.89 1.1	≤0.89
Wheat Germ Panel		**Current**	**Previous**	**Result**	**Reference**
Wheat Germ Agglutinin	IgA	0.49		0 0.89 1.1	≤0.89
	IgG	0.28		0 0.89 1.1	≤0.89
Transglutaminase Panel		**Current**	**Previous**	**Result**	**Reference**
Transglutaminase 3	IgA	0.28		0 0.89 1.1	≤0.89
	IgG	0.36		0 0.89 1.1	≤0.89
Transglutaminase 6	IgA	0.21		0 0.89 1.1	≤0.89
	IgG	0.34		0 0.89 1.1	≤0.89

Wheat Antibodies

Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Allergen-specific IgE assays do not demonstrate absolute positive and negative predictive values for allergic disease. Clinical history must be incorporated into the diagnostic determination. Quantification of specific IgG, IgA, IgM antibodies is not an FDA- recognized diagnostic indicator of allergy.

Wheat Antibodies testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions. Tested individuals may find their experience is not consistent with Vibrant's selected peer reviewed scientific research findings of relative improvement for study groups. The science in this area is still developing and many personal health factors affect diet and health. Since subjects in the scientific studies referenced in this report may have had personal health and other factors different from those of tested individuals, results from these studies may not be representative of the results experienced by tested individuals. Further, some recommendations may or may not be attainable, depending on the tested individual's physical ability or other personal health factors. A limitation of this testing is that many of these scientific studies may have been performed in selected populations only. The interpretations and recommendations are done in the context of these studies, but the results may or may not be relevant to tested individuals of different or mixed ethnicities

Vibrant Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of medication, supplementation, or dietary changes.

The supplement recommendations and dosage guidelines provided are intended for general informational purposes only and should not replace professional medical advice; final dosage decisions must be made in consultation with your healthcare provider. Vibrant disclaims any liability for adverse effects, outcomes, or consequences arising from the use of these suggestions.

Lectin Antibodies

INTRODUCTION

Vibrant Wellness is pleased to present to you 'Lectin Antibodies', to help you make healthy lifestyle and dietary choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being.
The Vibrant Lectin Antibodies is an array of commonly consumed food lectin and aquaporin antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to these antigens at the peptide and protein level.

Methodology:

The Vibrant Lectin Antibodies test is a semiquantitative assay that detects IgG and IgA antibodies in human serum/DBS for lectin antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The summary score provided for Lectin Antibodies is a unified score calculated from the IgA and IgG reactivity of the individual to the respective antigens with higher weightage for IgA than IgG. Weightage is also assigned to the antigens based on their importance and abundance in the specific food that is tested. This considers the titer value even when the result may be in control. Additionally, the summary page summarizes the list of antigens with antibody titers that are outside the normal reference range.

This is followed by a complete list of all antigens tested including IgG, and IgA antibody titers (as applicable for each analyte tested). Reference ranges have been established for adult population using 2000 healthy individuals. A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range. Vibrant utilizes proprietary reporter analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2) antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Lectin Antibodies panel is performed by Vibrant America, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrant-wellness.com. By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your healthcare provider for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Lectin Antibodies - Summary

Lectin Antibodies

Lectin & Aquaporin Score	Current	Previous	Result	Reference
Tomato Score	4.2	1.0 (03-24-2025)	0 2 4	≤2.0
Tobacco Score	4.0	1.0 (03-24-2025)	0 2 4	≤2.0
Barley Score	1.3	1.0 (03-24-2025)	0 2 4	≤2.0
Green Pepper Score	1.5	1.0 (03-24-2025)	0 2 4	≤2.0
Chickpea Score	1.3	1.0 (03-24-2025)	0 2 4	≤2.0
Corn Score	1.2	1.0 (03-24-2025)	0 2 4	≤2.0
Cucumber Score	1.0	1.0 (03-24-2025)	0 2 4	≤2.0
Lentil Score	1.4	1.0 (03-24-2025)	0 2 4	≤2.0
Lima Bean Score	1.0	1.0 (03-24-2025)	0 2 4	≤2.0
Mung Bean Score	0.9	1.0 (03-24-2025)	0 2 4	≤2.0
Pea Score	1.0	1.0 (03-24-2025)	0 2 4	≤2.0
Peanut Score	1.2	1.0 (03-24-2025)	0 2 4	≤2.0
Potato Score	1.3	1.0 (03-24-2025)	0 2 4	≤2.0
Rice Score	1.0	1.0 (03-24-2025)	0 2 4	≤2.0
Rye Score	1.3	1.0 (03-24-2025)	0 2 4	≤2.0
Soy Score	1.8	1.0 (03-24-2025)	0 2 4	≤2.0
Kidney Bean Score	0.8	1.0 (03-24-2025)	0 2 4	≤2.0
Spinach Score	1.7	1.0 (03-24-2025)	0 2 4	≤2.0

Lectin Antibodies - Summary

Lectin Antibodies

AQUAPORINS		Current	Previous	Result	Reference
Tomato	IgA	4.1	1.0 (03-24-2025)	0 2 4	≤2.0

Tomatoes, as members of the nightshade family, are high in fiber and vitamin C. Tomatoes provide a good source of potassium, folate, and vitamin K1. The antioxidant lycopene in tomatoes has been found to reduce inflammation, heart disease, and may even protect against cancer. Aquaporins from tomatoes show similarity to the brain Aquaporin 4 (AQR-4). The antibodies against tomato aquaporins might induce cross- reactivity to human AQR-4 and therefore, may have some connection to neuroautoimmune disorders. Therefore, a tomato free diet may be appropriate for individuals with neurological autoimmunity. For a comprehensive testing of neural autoantigens, consider running the Vibrant Neural Zoomer panel.

Tobacco	IgA	2.3	1.0 (03-24-2025)	0 2 4	≤2.0

Tobacco is a product prepared from curing the leaves of tobacco plants. Tobacco contains the alkaloid nicotine, a stimulant, and harmala alkaloids, which are natural forms of monoamine oxidase inhibitors (MAOIs) and cause central nervous system stimulation. Tobacco use is a risk factor for many diseases, especially those affecting the heart, liver, lungs, as well as many cancers. In 2008, the World Health Organization named tobacco as the world's single greatest preventable cause of death. High sequence similarities occur between tobacco and aquaporin which leads to the production of cross reactive antibodies against the autoimmune target site of nerve tissue. It is recommended to quit smoking and chewing tobacco in individuals with tobacco aquaporin antibodies. For a comprehensive testing of neural autoantigens, consider running the Vibrant Neural Zoomer panel.

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Lectin Antibodies

Lectin Antibodies

LECTINS		Current	Previous	Result	Reference
Barley	IgA	1.1	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.9	1.0 (03-24-2025)	0 2 4	≤2.0
Bell pepper	IgA	1.0	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.6	1.0 (03-24-2025)	0 2 4	≤2.0
Chickpea	IgA	1.1	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.8	1.0 (03-24-2025)	0 2 4	≤2.0
Corn	IgA	1.1	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.8	1.0 (03-24-2025)	0 2 4	≤2.0
Cucumber	IgA	0.9	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.6	1.0 (03-24-2025)	0 2 4	≤2.0
Lentil	IgA	1.3	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.7	1.0 (03-24-2025)	0 2 4	≤2.0
Lima bean	IgA	0.8	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.5	1.0 (03-24-2025)	0 2 4	≤2.0
Mung bean	IgA	0.7	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.5	1.0 (03-24-2025)	0 2 4	≤2.0
Pea	IgA	0.8	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.6	1.0 (03-24-2025)	0 2 4	≤2.0
Peanut	IgA	0.9	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	2.0	1.0 (03-24-2025)	0 2 4	≤2.0
Potato	IgA	1.0	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.7	1.0 (03-24-2025)	0 2 4	≤2.0

Patient Name: **DEMO DEMO**
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Lectin Antibodies

Lectin Antibodies

LECTINS		Current	Previous	Result	Reference
Rice	IgA	0.8	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.5	1.0 (03-24-2025)	0 2 4	≤2.0
Rye	IgA	1.2	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.6	1.0 (03-24-2025)	0 2 4	≤2.0
Soybean	IgA	1.8	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.3	1.0 (03-24-2025)	0 2 4	≤2.0
Tomato	IgA	1.3	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.8	1.0 (03-24-2025)	0 2 4	≤2.0
Kidney bean	IgA	0.7	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.0	1.0 (03-24-2025)	0 2 4	≤2.0
AQUAPORINS		**Current**	**Previous**	**Result**	**Reference**
Corn	IgA	1.1	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	0.8	1.0 (03-24-2025)	0 2 4	≤2.0
Soybean	IgA	2.0	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.7	1.0 (03-24-2025)	0 2 4	≤2.0
Spinach	IgA	1.7	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.9	1.0 (03-24-2025)	0 2 4	≤2.0
Tobacco	IgA	2.3	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.9	1.0 (03-24-2025)	0 2 4	≤2.0
Tomato	IgA	4.1	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.7	1.0 (03-24-2025)	0 2 4	≤2.0
Potato	IgA	1.5	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	0.9	1.0 (03-24-2025)	0 2 4	≤2.0

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Lectin Antibodies

Lectin Antibodies

AQUAPORINS		Current	Previous	Result	Reference
Bell pepper	IgA	1.8	1.0 (03-24-2025)	0 2 4	≤2.0
	IgG	1.7	1.0 (03-24-2025)	0 2 4	≤2.0

Lectin Antibodies

Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Quantification of specific IgG, IgA antibodies is not an FDA- recognized diagnostic indicator of allergy.

Lectin Antibodies testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

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The supplement recommendations and dosage guidelines provided are intended for general informational purposes only and should not replace professional medical advice; final dosage decisions must be made in consultation with your healthcare provider. Vibrant disclaims any liability for adverse effects, outcomes, or consequences arising from the use of these suggestions.

Corn Antibodies

INTRODUCTION

Vibrant Wellness is pleased to present to you 'Corn Antibodies', to help you make healthy lifestyle and dietary choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being.
The Vibrant Corn Antibodies is an array of corn antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to these antigens at the peptide and protein level. Additionally corn allergy testing is also performed by checking for IgE antibodies against corn.

Methodology:

The Vibrant Corn Antibodies test is a semiquantitative assay that detects IgG, IgA, and IgE antibodies in human serum/DBS for corn antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The summary score provided for Corn Antibodies is a unified score calculated from the IgE, IgA and IgG reactivity of the individual to the respective antigens with higher weightage for IgE than IgA than IgG. Weightage is also assigned to the antigens based on their importance and abundance in the specific food that is tested. This considers the titer value even when the result may be in control. Additionally, the summary page summarizes the list of antigens with antibody titers that are outside the normal reference range.

This is followed by a complete list of all antigens tested including IgG, IgA and IgE antibody titers (as applicable for each analyte tested). Reference ranges have been established for adult population using 2000 healthy individuals. A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range. Vibrant utilizes proprietary reporter analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2) and total IgE antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Corn Antibodies panel is performed by Vibrant America, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrant-wellness.com. By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your healthcare provider for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.

Corn Antibodies - Summary

Allergen

No markers are outside the normal reference range

Corn Antibodies

Corn Score		Current	Previous	Result	Reference
Corn Score		4.6		0 2 4	≤2.0

In kernel		Current	Previous	Result	Reference
Corn Lipid Transfer Protein	IgA	3.7		0 2 4	≤2.0
	IgG	4.9		0 2 4	≤2.0

One of the major groups of antigens in corn is the lipid transfer proteins (LTP) such as Zea m 14. LTPs are located in the cell wall of corn seeds and are capable of transferring phospholipids across membranes. Corn LTPs are well known for resistance to proteolytic attack and food processing. Stability of corn LTPs allows them to reach the gastrointestinal lining without any conformational change, thus inducing severe immune symptoms. Corn LTP is exceptionally heat-stable; even after cooking at 100 0C for 160 min, they were able to retain their antigenicity. Hence, food processing at high temperatures does not affect the adverse effects of LTP proteins in corn. The corn LTPs show a high degree of cross reactivity with peach and rice LTPs, hence it may cause adverse effects if corn sensitive individuals consume peach or rice.

Corn Cry Proteins	IgA	5.9		0 2 4	≤2.0
	IgG	2.1		0 2 4	≤2.0

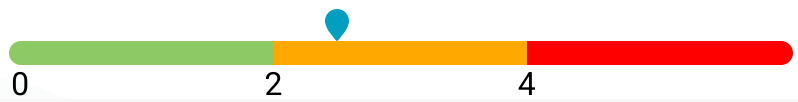
Pesticidal crystal proteins (thus the name "cry" proteins, short for crystal) are endotoxins produced by Bacillus thuringiensis (Bt) and have been used to control crop pests since the 1920s. Cry proteins have been used as pesticides by either spraying on crops or adding to the DNA of genetically modified corns. Cry proteins kill insects only when ingested. They form pores in the gastrointestinal tract of the insect thus causing water and cations to enter. This leads to swelling and ultimately lysis resulting in death of the insect. Thereby, reducing the need for the use of insecticides. Cry proteins were claimed to be digestible in humans but a study in different populations has shown that the Bt toxin has been found in the blood of: 93% of pregnant women tested, 80% of umbilical blood in their babies, 67% of non-pregnant women.

Corn Globulin	IgG	2.3		0 2 4	≤2.0

The salt-soluble water-insoluble globulins in corn belong to the Cupin superfamily. The most abundant antigens of this family are globulin-1 and globulin-2 (Zea m G2) located in the embryo of the grain, thus serving as embryo storage proteins. Globulin-2 is a main antigenic protein in corn. The route of exposure of this antigen is via corn seeds. The accumulation of globulins shows a maximum concentration in matured corn.

Corn Antibodies - Summary

Corn Antibodies

In pollen		Current	Previous	Result	Reference
Other Corn pollen allergens	IgG	2.5			≤2.0

Besides the pollen allergens described above, several seasonal sensitivities caused by corn pollen antigens have been characterized. Some of these pollen antigens are present in corn kernel as well. To name a few, Zea m 2 belongs to group 2 pollen antigens in corn. Its function is yet unknown but is believed to participate in sexual reproduction in plants. Zea m 7 belongs to polcalcin superfamily and functions as a calcium binding antigenic protein in maize pollen. Zea m 11 belongs to 2s albumin family and can be found in both pollens and corn seeds. Zea m zm13 is another pollen antigen that belongs to Ole e 1 superfamily. Its function includes contribution in hydration, germination and/or pollen tube growth, and other reproductive functions in pollen physiology. Zea m 22 belongs to Enolase superfamily with glycolytic function.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Corn Antibodies

Allergen

Test Name	Current	Previous	Result	Reference
Corn IgE (kU/L)	<0.1		0 0.34 3.49	≤0.34

Corn Antibodies

In kernel

		Current	Previous	Result	Reference
Corn Zein	IgA	1.1		0 2 4	≤2.0
	IgG	1.2		0 2 4	≤2.0
Corn-Wheat overlap epitopes	IgA	1.0		0 2 4	≤2.0
	IgG	1.4		0 2 4	≤2.0
Corn Albumin	IgA	0.6		0 2 4	≤2.0
	IgG	1.9		0 2 4	≤2.0
Corn Globulin	IgA	1.6		0 2 4	≤2.0
	IgG	2.3		0 2 4	≤2.0
Corn Glutelin	IgA	0.7		0 2 4	≤2.0
	IgG	1.9		0 2 4	≤2.0
Corn Lipid Transfer Protein	IgA	3.7		0 2 4	≤2.0
	IgG	4.9		0 2 4	≤2.0
Corn Thioredoxin	IgA	0.8		0 2 4	≤2.0
	IgG	1.6		0 2 4	≤2.0
Corn Cry Proteins	IgA	5.9		0 2 4	≤2.0
	IgG	2.1		0 2 4	≤2.0

In pollen

		Current	Previous	Result	Reference
Corn Expansin	IgA	1.2		0 2 4	≤2.0
	IgG	1.6		0 2 4	≤2.0

Corn Antibodies

Corn Antibodies

In pollen		Current	Previous	Result	Reference
Corn Endochitinase	IgA	1.1		0 2 4	≤2.0
	IgG	1.6		0 2 4	≤2.0
Corn Profilin	IgA	1.1		0 2 4	≤2.0
	IgG	1.6		0 2 4	≤2.0
Corn Exopolygalacturonase	IgA	0.6		0 2 4	≤2.0
	IgG	1.8		0 2 4	≤2.0
Other Corn pollen allergens	IgA	1.7		0 2 4	≤2.0
	IgG	2.5		0 2 4	≤2.0

Corn Antibodies

Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Allergen-specific IgE assays do not demonstrate absolute positive and negative predictive values for allergic disease. Clinical history must be incorporated into the diagnostic determination. Quantification of specific IgG, IgA antibodies is not an FDA- recognized diagnostic indicator of allergy.

Corn Antibodies testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

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Dairy Antibodies

INTRODUCTION

Vibrant Wellness is pleased to present to you 'Dairy Antibodies', to help you make healthy lifestyle and dietary choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being.
The Vibrant Dairy Antibodies is an array of dairy antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to these antigens at the peptide and protein level. Additionally, dairy allergy testing is also performed by checking for IgE antibodies against cow's milk.

Methodology:

The Vibrant Dairy Antibodies test is a semiquantitative assay that detects IgG, IgA, and IgE antibodies in human serum/DBS for dairy antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The summary score provided for Dairy Antibodies is a unified score calculated from the IgE, IgA and IgG reactivity of the individual to the respective antigens with higher weightage for IgE than IgA than IgG. Weightage is also assigned to the antigens based on their importance and abundance in the specific food that is tested. This considers the titer value even when the result may be in control. Additionally, the summary page summarizes the list of antigens with antibody titers that are outside the normal reference range.

This is followed by a complete list of all antigens tested including IgG, IgA and IgE antibody titers (as applicable for each analyte tested). Reference ranges have been established for adult population using 2000 healthy individuals. A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range. Vibrant utilizes proprietary reporter analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2) and total IgE antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

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Please note:

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Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Dairy Antibodies - Summary

Allergen

No markers are outside the normal reference range

Dairy Antibodies

Dairy Score	Current	Previous	Result	Reference
Milk Score	1.6			≤2.0

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Dairy Antibodies

Allergen

Test Name	Current	Previous	Result	Reference
Dairy IgE (kU/L)	<0.1		0 0.34 3.49	≤0.34

Dairy Antibodies

CASEIN		Current	Previous	Result	Reference
αS1-casein & αS2-casein	IgA	1.3		0 2 4	≤2.0
	IgG	1.6		0 2 4	≤2.0
αS2-casein & Retinal S-antigen overlap	IgA	0.5		0 2 4	≤2.0
	IgG	1.3		0 2 4	≤2.0 (kU/L)
κ-casein	IgA	0.8		0 2 4	≤2.0
	IgG	1.9		0 2 4	≤2.0
A1 β-casein & Islet cell overlap	IgA	1.1		0 2 4	≤2.0
	IgG	1.3		0 2 4	≤2.0
β-casein	IgA	0.6		0 2 4	≤2.0
	IgG	1.8		0 2 4	≤2.0
Beta-casomorphin (BCM)	IgA	0.7		0 2 4	≤2.0
	IgG	1.1		0 2 4	≤2.0

WHEY		Current	Previous	Result	Reference
α -Lactalbumin	IgA	0.6		0 2 4	≤2.0
	IgG	1.7		0 2 4	≤2.0
ß - Lactoglobulin	IgA	0.9		0 2 4	≤2.0
	IgG	1.1		0 2 4	≤2.0
Serum albumin	IgA	0.8		0 2 4	≤2.0
	IgG	1.5		0 2 4	≤2.0

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Dairy Antibodies

Dairy Antibodies

WHEY		Current	Previous	Result	Reference
Lactoferrin	IgA	0.6		0 2 4	≤2.0
	IgG	1.4		0 2 4	≤2.0
Butyrophilin	IgA	0.8		0 2 4	≤2.0
	IgG	1.3		0 2 4	≤2.0

Dairy Antibodies

Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Allergen-specific IgE assays do not demonstrate absolute positive and negative predictive values for allergic disease. Clinical history must be incorporated into the diagnostic determination. Quantification of specific IgG, IgA antibodies is not an FDA- recognized diagnostic indicator of allergy.

Dairy Antibodies testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

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The supplement recommendations and dosage guidelines provided are intended for general informational purposes only and should not replace professional medical advice; final dosage decisions must be made in consultation with your healthcare provider. Vibrant disclaims any liability for adverse effects, outcomes, or consequences arising from the use of these suggestions.

Peanut Antibodies

INTRODUCTION

Vibrant Wellness is pleased to present to you 'Peanut Antibodies', to help you make healthy lifestyle and dietary choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being.
The Vibrant Peanut Antibodies is an array of Peanut antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to these antigens at the peptide and protein level. Additionally, peanut allergy testing is also performed by checking for IgE antibodies against peanut.

Methodology:

The Vibrant Peanut Antibodies test is a semiquantitative assay that detects IgG, IgA, and IgE antibodies in human serum/DBS for peanut antigens with multiplexed chemiluminescence immunoassay methodology.

Interpretation of Report:

The summary score provided for Peanut Antibodies is a unified score calculated from the IgE, IgA and IgG reactivity of the individual to the respective antigens with higher weightage for IgE than IgA than IgG. Weightage is also assigned to the antigens based on their importance and abundance in the specific food that is tested. This considers the titer value even when the result may be in control. Additionally, the summary page summarizes the list of antigens with antibody titers that are outside the normal reference range.

This is followed by a complete list of all antigens tested including IgG, IgA and IgE antibody titers (as applicable for each analyte tested). Reference ranges have been established for adult population using 2000 healthy individuals. A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range. Vibrant utilizes proprietary reporter analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2) and total IgE antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

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Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.

Peanut Antibodies - Summary

Allergen

No markers are outside the normal reference range

Peanut Antibodies

Peanut Score	Current	Previous	Result	Reference
Peanut Score	3.1		0 2 4	≤2.0

Cupin Family		Current	Previous	Result	Reference
Ara h 1	IgG	2.8		0 2 4	≤2.0

Ara h 1 is a major antigen located in the peanut cotyledon. It is a vicilin family seed storage protein and is alternatively known as conarachin. Ara h 1 protein acts as a nitrogen and amino acid source for developing new peanut plants. It is resistant to heat and proteolytic digestion. High concentrations of Ara h 1 are seen in larger kernels compared to smaller seeds; hence, the expression of the protein is associated with the maturity of peanuts. In addition to providing nourishment to the plant, Ara h 1 is considered one of the most important antigens in the etiology of peanut sensitivity. Over 90% of individuals show that Ara h 1 protein is recognized in the serum of peanut sensitive individuals, thus confirming its vital role in peanut sensitivity. Different cooking methods can reduce the antigenicity of peanuts to different levels, while the relative amounts of Ara h 1 are greatly reduced in fried and boiled peanuts compared to roasted peanuts. It has also been shown that Ara h 1 can persist in saliva after peanut ingestion and invoke immune responses in peanut sensitive individuals. Thus, it is advised to take precautions if sharing utensils or kissing. Moreover, lupin, a substitute for wheat or soy has a significant cross-reactivity with Ara h 1.

Ara h 3	IgG	3.3		0 2 4	≤2.0

Ara h 3 is a major antigen, which belongs to legumin like 11s globulin proteins. It is a seed storage protein located in the peanut cotyledon and acts as a trypsin inhibitor. Previously distinct Ara h 3 and Ara h 4 are now considered to be the same antigens due to their high sequence similarity. Ara h 3 has high sequence similarity to soybean glycinin protein. It also shares some structural similarities with tree nuts that accounts for the cross reactivity between peanut and tree nuts. Moreover, mustard antigen has cross reactivity between 11S globulins from peanuts and tree nuts.

Prolamin Family		Current	Previous	Result	Reference
Ara h 7	IgG	3.2		0 2 4	≤2.0

Ara h 7 is a minor antigen, which is a 2s albumin protein that belongs to the conglutin protein family. It functions as a trypsin inhibitor in plants. Two isoforms of Ara h 7.0101 and Ara h 7.0201 were recently discovered, but only Ara h 7.0201 was found as a peanut antigen. Ara h 7 shows structural similarities to Ara h 2 and Ara h 6 but has not shown high antigenicity as in Ara h 2 or 6.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Peanut Antibodies - Summary

Peanut Antibodies

Oleosin Family		Current	Previous	Result	Reference
Oleosin Variant A	IgG	2.1		0 2 4	≤2.0

These minor antigenic peanut oil body proteins were found recently and classified as isoforms of Ara h 14. Isoforms Ara h 14.0101 and Ara h 14.0102 are considered oleosin variant A and oleosin variant B, respectively. Both oleosin variant A and oleosin variant B, are of the same size (176 amino acids) differing by seven amino acids . Oleosin variant B shows a sequence identity of 96% to variant A.

Oleosin Variant B	IgG	2.3		0 2 4	≤2.0

These minor antigenic peanut oil body proteins were found recently and classified as isoforms of Ara h 14. Isoforms Ara h 14.0101 and Ara h 14.0102 are considered oleosin variant A and oleosin variant B, respectively. Both oleosin variant A and oleosin variant B, are of the same size (176 amino acids) differing by seven amino acids . Oleosin variant B shows a sequence identity of 96% to variant A.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Peanut Antibodies

Allergen

Test Name	Current	Previous	Result	Reference
Peanut IgE (kU/L)	<0.1		0 0.34 3.49	≤0.34

Peanut Antibodies

Cupin Family		Current	Previous	Result	Reference
Ara h 1	IgA	1.4		0 2 4	≤2.0
	IgG	2.8		0 2 4	≤2.0
Ara h 3	IgA	0.7		0 2 4	≤2.0
	IgG	3.3		0 2 4	≤2.0
Arachin	IgA	0.9		0 2 4	≤2.0
	IgG	1.3		0 2 4	≤2.0
Glycinin	IgA	1.2		0 2 4	≤2.0
	IgG	2.0		0 2 4	≤2.0

Prolamin Family		Current	Previous	Result	Reference
Ara h 2	IgA	1.0		0 2 4	≤2.0
	IgG	1.3		0 2 4	≤2.0
Ara h 6	IgA	0.9		0 2 4	≤2.0
	IgG	1.8		0 2 4	≤2.0
Ara h 7	IgA	0.7		0 2 4	≤2.0
	IgG	3.2		0 2 4	≤2.0
Ara h 9	IgA	1.0		0 2 4	≤2.0
	IgG	1.1		0 2 4	≤2.0

Profilin Family		Current	Previous	Result	Reference
Ara h 5	IgA	1.0		0 2 4	≤2.0
	IgG	1.6		0 2 4	≤2.0

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Peanut Antibodies

Peanut Antibodies

Bet V1 Family		Current	Previous	Result	Reference
Ara h 8 and Ara h 8 isoform	IgA	0.9		0 2 4	≤2.0
	IgG	1.5		0 2 4	≤2.0

Oleosin Family		Current	Previous	Result	Reference
Ara h 10	IgA	1.1		0 2 4	≤2.0
	IgG	1.0		0 2 4	≤2.0
Ara h 11	IgA	1.9		0 2 4	≤2.0
	IgG	1.9		0 2 4	≤2.0
Oleosin Variant A	IgA	1.3		0 2 4	≤2.0
	IgG	2.1		0 2 4	≤2.0
Oleosin Variant B	IgA	1.6		0 2 4	≤2.0
	IgG	2.3		0 2 4	≤2.0

Defensin Family		Current	Previous	Result	Reference
Ara h 12	IgA	0.7		0 2 4	≤2.0
	IgG	1.9		0 2 4	≤2.0
Ara h 13	IgA	1.1		0 2 4	≤2.0
	IgG	1.5		0 2 4	≤2.0

Peanut Antibodies

Risk and Limitations

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Egg Antibodies

INTRODUCTION

Vibrant Wellness is pleased to present to you 'Egg Antibodies', to help you make healthy lifestyle and dietary choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being.
The Vibrant Egg Antibodies is an array of egg antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to these antigens at the peptide and protein level. Additionally, egg allergy testing is also performed by checking for IgE antibodies against egg white and egg yolk.

Methodology:

The Vibrant Egg Antibodies test is a semiquantitative assay that detects IgG, IgA, and IgE antibodies in human serum/DBS for egg antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The summary score provided for Egg Antibodies is a unified score calculated from the IgE, IgA and IgG reactivity of the individual to the respective antigens with higher weightage for IgE than IgA than IgG. Weightage is also assigned to the antigens based on their importance and abundance in the specific food that is tested. This considers the titer value even when the result may be in control. Additionally, the summary page summarizes the list of antigens with antibody titers that are outside the normal reference range.

This is followed by a complete list of all antigens tested including IgG, IgA and IgE antibody titers (as applicable for each analyte tested). Reference ranges have been established for adult population using 2000 healthy individuals. A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range. Vibrant utilizes proprietary reporter analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2) and total IgE antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for Egg Antibodies panel is performed by Vibrant America, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrant-wellness.com. By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your healthcare provider for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Egg Antibodies - Summary

Allergen

No markers are outside the normal reference range

Egg Antibodies

Egg Score	Current	Previous	Result	Reference
Egg Yolk Score	1.3	>6 (03-25-2025)	0 2 4	≤2.0
Egg White Score	0.9	>6 (03-25-2025)	0 2 4	≤2.0

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Service Date: **2026-01-15 10:00 (PST)**

Egg Antibodies

Allergen

Test Name	Current	Previous	Result	Reference
Egg White IgE (kU/L)	<0.1	1.00 (03-25-2025)	0 0.34 3.49	≤0.34
Egg Yolk IgE (kU/L)	<0.1	1.00 (03-25-2025)	0 0.34 3.49	≤0.34

Egg Antibodies

EGG WHITE PROTEINS		Current	Previous	Result	Reference
Ovomucoid (Gal d 1)	IgA	0.8	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	0.9	1.0 (03-25-2025)	0 2 4	≤2.0
Ovalbumin (Gal d 2)	IgA	1.0	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	0.9	1.0 (03-25-2025)	0 2 4	≤2.0
Ovomucin	IgA	0.5	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	1.3	1.0 (03-25-2025)	0 2 4	≤2.0
Ovotransferrin (Gal d 3)	IgA	0.4	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	1.2	1.0 (03-25-2025)	0 2 4	≤2.0
Lysozyme (Gal d 4)	IgA	1.3	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	1.8	1.0 (03-25-2025)	0 2 4	≤2.0
Avidin	IgA	0.9	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	1.9	1.0 (03-25-2025)	0 2 4	≤2.0

EGG YOLK PROTEINS		Current	Previous	Result	Reference
Lipovitellin	IgA	1.0	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	2.0	1.0 (03-25-2025)	0 2 4	≤2.0
YGP42 (Gal d 6)	IgA	0.8	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	1.4	1.0 (03-25-2025)	0 2 4	≤2.0
Vitellogenin-1	IgA	1.1	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	1.4	1.0 (03-25-2025)	0 2 4	≤2.0

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Egg Antibodies

Egg Antibodies

EGG YOLK PROTEINS		Current	Previous	Result	Reference
Alpha-livetin (Gal d 5)	IgA	1.4	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	1.3	1.0 (03-25-2025)	0 2 4	≤2.0
Apovitellenin	IgA	1.1	1.0 (03-25-2025)	0 2 4	≤2.0
	IgG	1.4	1.0 (03-25-2025)	0 2 4	≤2.0

Egg Antibodies

Risk and Limitations

This test has been developed and its performance characteristics determined by Vibrant America LLC., a CLIA certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in a more descriptive fashion.

Allergen-specific IgE assays do not demonstrate absolute positive and negative predictive values for allergic disease. Clinical history must be incorporated into the diagnostic determination. Quantification of specific IgG, IgA antibodies is not an FDA- recognized diagnostic indicator of allergy.

Egg Antibodies testing is performed at Vibrant America, a CLIA certified laboratory, and utilizes ISO-13485 developed technology. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

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Soy Antibodies

INTRODUCTION

Vibrant Wellness is pleased to present to you 'Soy Antibodies', to help you make healthy lifestyle and dietary choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being.
The Vibrant Soy Antibodies is an array of soy antigens which offers very specific antibody-to-antigen recognition. The panel is designed to assess an individual's IgG and IgA sensitivity to these antigens at the peptide and protein level. Additionally, soy allergy testing is also performed by checking for IgE antibodies against soybean.

Methodology:

The Vibrant Soy Antibodies test is a semiquantitative assay that detects IgG, IgA, and IgE antibodies in human serum/DBS for soy antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology.

Interpretation of Report:

The summary score provided for Soy Antibodies is a unified score calculated from the IgE, IgA and IgG reactivity of the individual to the respective antigens with higher weightage for IgE than IgA than IgG. Weightage is also assigned to the antigens based on their importance and abundance in the specific food that is tested. This considers the titer value even when the result may be in control. Additionally, the summary page summarizes the list of antigens with antibody titers that are outside the normal reference range.

This is followed by a complete list of all antigens tested including IgG, IgA and IgE antibody titers (as applicable for each analyte tested). Reference ranges have been established for adult population using 2000 healthy individuals. A classification of Green denotes a results that is within the normal reference range, the classification of Yellow denotes a result that is moderately elevated titer with respect to the reference range and the classification of Red denotes a result that is elevated with respect to the normal reference range. Vibrant utilizes proprietary reporter analysis which is designed to assay specific total IgG (subclasses 1, 2, 3, 4), total IgA (subclasses 1, 2) and total IgE antibodies. Additionally, the previous value (if available) is also indicated to help check for improvements every time the test is ordered.

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Please note:

It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric reference ranges have not been established for this test.

Soy Antibodies - Summary

Allergen

No markers are outside the normal reference range

Soy Antibodies

Soy Score	Current	Previous	Result	Reference
Soy Score	>6		0 2 4	≤2.0

Soy Protein		Current	Previous	Result	Reference
Gly m 3	IgA	4.6		0 2 4	≤2.0
	IgG	4.4		0 2 4	≤2.0

Gly m 3 (15 kDa), also known as profilin, is a metabolic protein found in both plant and animal sources but only plant profilins are recognized as antigens. Profilins regulate polymerization of actin into filaments through the formation of profilactin complexes. Individuals with sensitivity to profilin from one plant source may react to profilins in other plant sources. Fractional peptides of recombinant soy profilin (rGlym3, 14 kDa) has been shown to have no significant binding reactivity to antibodies. Food processing (i.e., heating, enzymatic hydrolysis, fermentation) may reduce antibody-binding capacity of profilin and, therefore, remove profilin of soy.

Gly m 8	IgA	2.2		0 2 4	≤2.0
	IgG	5.2		0 2 4	≤2.0

Gly m 8, also known as Gly m 2S albumin, is a soy protein that has the best diagnostic value in adults. In a recent study, IgE to Gly m 8 was analyzed among children from the US who underwent oral food challenges for the evaluation of suspected soy antigen. Gly m 8 was proven to be more specific for predicting clinical reactivity, and equally sensitive to skin prick test and the soy specific IgE test.

Gly m 2	IgA	2.3		0 2 4	≤2.0
	IgG	2.2		0 2 4	≤2.0

Gly m 2 (8 kDa), also known as defensin, is localized in soybean hulls. Gly m 2 in soybeans could protect against diseases which affect soybean plants. Gly m 2 has been discovered as one of the three principal antigens that causes soybean dust sensitivity besides Gly m 1A and Gly m 1B. Gly m 2 N-terminal amino acid sequence lacks homology with that reported for the allergen Gly m 1, but has a homology of 71% with a storage protein from cotyledon of cow pea and 64% with a disease response protein from green pea.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Soy Antibodies - Summary

Soy Antibodies

Soy Protein		Current	Previous	Result	Reference
Gly m Bd 30k	IgA	3.0		0 2 4	≤2.0
	IgG	2.4		0 2 4	≤2.0

Gly m Bd 30K is most strongly and frequently recognized by the antibodies in sera of soybean-sensitive patients with atopic dermatitis. Gly m Bd 30K had an N-terminal amino acid sequence and amino acid composition identical with those of the soybean seed 34-kDa oil-body-associated protein or the soybean vacuolar protein P34 with close homology to papain-like thiol proteinases. Gly m Bd 30K was shown to have about 30% sequence homology with Der pI, a house dust mite allergen that is a thiol proteinase from house dust mites.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
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Soy Antibodies

Allergen

Test Name	Current	Previous	Result	Reference
Soy IgE (kU/L)	<0.1		0 0.34 3.49	≤0.34

Soy Antibodies

Soy Protein		Current	Previous	Result	Reference
Gly m 1	IgA	1.1		0 2 4	≤2.0
	IgG	2.0		0 2 4	≤2.0
Gly m 2	IgA	2.3		0 2 4	≤2.0
	IgG	2.2		0 2 4	≤2.0
Gly m 3	IgA	4.6		0 2 4	≤2.0
	IgG	4.4		0 2 4	≤2.0
Gly m 4	IgA	0.9		0 2 4	≤2.0
	IgG	1.5		0 2 4	≤2.0
Gly m 5	IgA	1.0		0 2 4	≤2.0
	IgG	1.4		0 2 4	≤2.0
Gly m 6	IgA	1.0		0 2 4	≤2.0
	IgG	1.1		0 2 4	≤2.0
Gly m 7	IgA	0.8		0 2 4	≤2.0
	IgG	1.7		0 2 4	≤2.0
Gly m 8	IgA	2.2		0 2 4	≤2.0
	IgG	5.2		0 2 4	≤2.0
Gly m Bd 30k	IgA	3.0		0 2 4	≤2.0
	IgG	2.4		0 2 4	≤2.0
Kunitz soybean trypsin inhibitor	IgA	0.7		0 2 4	≤2.0
	IgG	1.7		0 2 4	≤2.0

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2767832948**
Service Date: **2026-01-15 10:00 (PST)**

Soy Antibodies

Soy Antibodies

Soy Protein		Current	Previous	Result	Reference
Cry1Ac GMO protein	IgA	0.4		0 2 4	≤2.0
	IgG	0.3		0 2 4	≤2.0

Soy Antibodies

Risk and Limitations

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