



# PRECISION POINT DIAGNOSTICS

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## P88-DIY Dietary Antigen Test

A Targeted Approach to Wellness

### PATIENT INFO

NAME: **Testing KILCOYNE**

REQUISITION ID: DIY2406030003

DOB: 11/24/1982

SAMPLE DATE: 05/20/2024

RECEIVE DATE: 05/22/2024

DRAFT DATE: 8/1/2024

### CLINIC INFO

**Theradura-Diagnostik**

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75392 Deckenpfronn, Germany

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### Patient Report: Summary

DIETARY ANTIGEN	ALLERGY			SENSITIVITY	
	IgE	IgG4	Immune Tolerance IgG4 > IgE Abs*	IgG	C3d
Almond	LOW	LOW	YES	LOW	MODERATE
Apple		LOW			
Asparagus	LOW				
Aspergillus Mix	LOW	LOW	YES	LOW	
Avocado	MODERATE	MODERATE	YES	MODERATE	MODERATE
Banana	LOW	LOW			
Barley	LOW				
Beef				LOW	
Black Pepper				MODERATE	
Blueberry					LOW
Brewer's Yeast		LOW			
Broccoli				LOW	
Cabbage	LOW	LOW			
Cacao	MODERATE	MODERATE		MODERATE	MODERATE
Candida	LOW			LOW	LOW
Cantaloupe					
Carrot				LOW	
Casein	HIGH	LOW		LOW	MODERATE
Cashew	LOW			LOW	
Cauliflower	LOW				
Celery					
Cherry				HIGH	
Chicken	LOW			LOW	
Cinnamon				LOW	
Clam	LOW	LOW		LOW	
Coconut	LOW			LOW	
Codfish		LOW		MODERATE	HIGH
Coffee				LOW	
Corn					
Cottonseed					
Cow's Milk	MODERATE	LOW	YES	MODERATE	HIGH
Crab	LOW			HIGH	
Cucumber	LOW				
Egg Albumin	LOW	LOW		LOW	
Egg Yolk	LOW	MODERATE	YES	MODERATE	HIGH
English Walnut	MODERATE			MODERATE	LOW
Flax Seed				HIGH	
Flounder				MODERATE	

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PATIENT NAME:

Testing KILCOYNE

REQUISITION ID:

DIY2406030003

DRAFT DATE:

8/1/2024

## Patient Report: Summary

DIETARY ANTIGEN	ALLERGY			SENSITIVITY	
	IgE	IgG4	Immune Tolerance IgG4 > IgE Abs*	IgG	C3d
Garlic					
Ginger					LOW
Gluten		LOW	YES	HIGH	
Goat's Milk	MODERATE			LOW	HIGH
Grapefruit					
Grapes					
Green Olive	LOW	LOW		MODERATE	
Green Pea	LOW			LOW	HIGH
Green Pepper					LOW
Halibut	LOW			HIGH	
Honeydew					
Hops				LOW	
Kidney Bean	LOW	LOW		LOW	HIGH
Lemon				LOW	
Lettuce	LOW	LOW		MODERATE	
Lima Bean	MODERATE			LOW	MODERATE
Lobster				MODERATE	
Mushroom	MODERATE			LOW	
Mustard	MODERATE				
Navy Bean	LOW			MODERATE	
Oat	LOW				
Onion	LOW				
Orange	MODERATE			LOW	LOW
Peach	MODERATE	MODERATE		MODERATE	HIGH
Peanut		LOW		LOW	LOW
Pear				LOW	HIGH
Pecan	LOW			MODERATE	MODERATE
Pineapple	MODERATE			MODERATE	LOW
Plum	LOW			LOW	MODERATE
Pork	LOW				
Rice					
Rye				MODERATE	LOW
Salmon	LOW	LOW	YES	LOW	MODERATE
Scallops	MODERATE			MODERATE	
Sesame				MODERATE	
Shrimp					
Soybean	LOW			LOW	MODERATE
Spinach	LOW				
Strawberry	LOW				
String Bean	LOW			LOW	
Sweet Potato	MODERATE			MODERATE	
Tea	MODERATE			LOW	
Tomato					
Tuna	MODERATE			LOW	
Turkey					
Vanilla	LOW	MODERATE	YES	LOW	HIGH
Watermelon		LOW			
White Potato	LOW			LOW	
Whole Wheat				LOW	
Yellow Squash				LOW	

Reference Range	High	Medium	Low	Normal
Increased Prevalence	> 90%	> = 50-90%	> 10-50%	< 10%
Average Prevalence	> 95%	> =75-95%	> 10-75%	< 10%

Reference Range is based on how reactive a person is compared to population distribution.

Increased Prevalence: Foods that more people have a reaction to including dairy and casein, wheat and gluten, shellfish, tree nuts, and eggs.

Average Prevalence: All other foods.

\* Immune Tolerance is based upon the absolute (Abs) value of IgG4 compared to the absolute value of IgE.

This is different from percent reactivity which is given in the summary page to easily see which foods are the most reactive. Find absolute values for each food in the references range on the test results between pages 6-12.

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PATIENT NAME:

Testing KILCOYNE

REQUISITION ID:

DIY2406030003

DRAFT DATE:

8/1/2024

## Patient Report: Less Restrictive Diet

## Criteria for Less Restrictive Diet Logic

**Eliminate:** High IgG and/or High IgE foods**Rotate:** Moderate IgG with High, Moderate, or Low Complement**Eliminate (IgG4):** Based on presence of IgG-4 RD conditions (see Understanding the P88 for more information)

\* Anytime gluten is removed, the rotation diet will remove all gluten containing grains regardless of IgE or IgG reactivity.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Almond Apple Asparagus Aspergillus Mix Banana Beef Black Pepper Blueberry Brewer's Yeast Broccoli Cabbage Candida Cantaloupe Carrot Cashew Cauliflower Celery Chicken Cinnamon Clam Coconut Coffee Corn Cottonseed Cucumber Egg Albumin Flounder Garlic Ginger Goat's Milk Grapefruit Grapes Green Olive Green Pea Green Pepper Honeydew Hops Kidney Bean Lemon Lettuce Lima Bean Lobster Mushroom Mustard	Avocado Cacao Codfish Cow's Milk Egg Yolk English Walnut Peach Pecan Pineapple	Barley Casein Cherry Crab Flax Seed Gluten Halibut Oat Rye Whole Wheat	

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## Patient Report: More Restrictive Diet

Criteria for Logic of More Restrictive Diet

**Eliminate:** High and Moderate IgE and/or IgG

**Rotate:** Low IgG with High, Moderate or Low Complement

**Eliminate (IgG4):** Based on presence of IgG-4 RD conditions (see Understanding the P88 for more information)

\* Anytime gluten is removed, the rotation diet will remove all gluten containing grains regardless of IgE or IgG reactivity.

NO LIMITATION	ROTATE	ELIMINATE	ELIMINATE (IgG4)
These foods produce no immune reaction within your system at this time.	These foods should be rotated out of your diet for a period of 72 hrs or reduced in overall intake.	Remove these foods entirely from your diet.	Remove at Provider's Discretion
Apple Asparagus Aspergillus Mix Banana Beef Blueberry Brewer's Yeast Broccoli Cabbage Cantaloupe Carrot Cashew Cauliflower Celery Chicken Cinnamon Clam Coconut Coffee Corn Cottonseed Cucumber Egg Albumin Garlic Ginger Grapefruit Grapes Green Pepper Honeydew Hops Lemon Onion Pork Rice Shrimp Spinach Strawberry String Bean Tomato Turkey Watermelon White Potato Yellow Squash	Almond Candida Green Pea Kidney Bean Peanut Pear Plum Salmon Soybean Vanilla	Avocado Barley Black Pepper Cacao Casein Cherry Codfish Cow's Milk Crab Egg Yolk English Walnut Flax Seed Flounder Gluten Goat's Milk Green Olive Halibut Lettuce Lima Bean Lobster Mushroom Mustard Navy Bean Oat Orange Peach Pecan Pineapple Rye Scallops Sesame Sweet Potato Tea Tuna Whole Wheat	Avocado Cacao Egg Yolk Peach Vanilla

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## Patient Report: Immune Index

The Immune Index is a calculation in which IgE, IgG, C3d are added together to show cumulative reactivity. If IgG4 is greater than IgE it blocks the reaction and IgE is not added into cumulative inflammatory formula. This is used to highlight foods that are creating multiple immune reactions.

Rank	DIETARY ANTIGEN	Immune Index
1	Peach	HIGH
2	Cow's Milk	HIGH
3	Avocado	MODERATE
4	Cacao	MODERATE
5	Egg Yolk	MODERATE
6	Casein	MODERATE
7	Goat's Milk	MODERATE
8	English Walnut	MODERATE
9	Green Pea	MODERATE
10	Kidney Bean	MODERATE
11	Pecan	MODERATE
12	Lima Bean	MODERATE
13	Pineapple	MODERATE
14	Vanilla	MODERATE
15	Almond	MODERATE
16	Codfish	MODERATE
17	Orange	MODERATE
18	Plum	MODERATE
19	Salmon	MODERATE
20	Soybean	MODERATE
21	Candida	LOW
22	Crab	LOW
23	Halibut	LOW
24	Pear	LOW
25	Scallops	LOW
26	Sweet Potato	LOW
27	Green Olive	LOW
28	Lettuce	LOW
29	Mushroom	LOW
30	Navy Bean	LOW
31	Rye	LOW
32	Tea	LOW
33	Tuna	LOW
34	Aspergillus Mix	LOW
35	Cashew	LOW
36	Cherry	LOW
37	Chicken	LOW
38	Clam	LOW
39	Coconut	LOW
40	Egg Albumin	LOW
41	Gluten	LOW
42	Flax Seed	LOW
43	Peanut	LOW
44	String Bean	LOW

Rank	DIETARY ANTIGEN	Immune Index
45	White Potato	LOW
46	Black Pepper	LOW
47	Flounder	LOW
48	Lobster	LOW
49	Mustard	LOW
50	Sesame	LOW
51	Asparagus	
52	Banana	
53	Barley	
54	Beef	
55	Blueberry	
56	Broccoli	
57	Cabbage	
58	Carrot	
59	Cinnamon	
60	Coffee	
61	Cucumber	
62	Cauliflower	
63	Green Pepper	
64	Lemon	
65	Ginger	
66	Oat	
67	Onion	
68	Hops	
69	Pork	
70	Spinach	
71	Yellow Squash	
72	Strawberry	
73	Whole Wheat	
74	Apple	
75	Brewer's Yeast	
76	Cantaloupe	
77	Celery	
78	Corn	
79	Cottonseed	
80	Garlic	
81	Grapefruit	
82	Grapes	
83	Honeydew	
84	Rice	
85	Shrimp	
86	Tomato	
87	Turkey	
88	Watermelon	

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## P88-DIY (IgE/IgG4)

A Targeted Approach to Wellness



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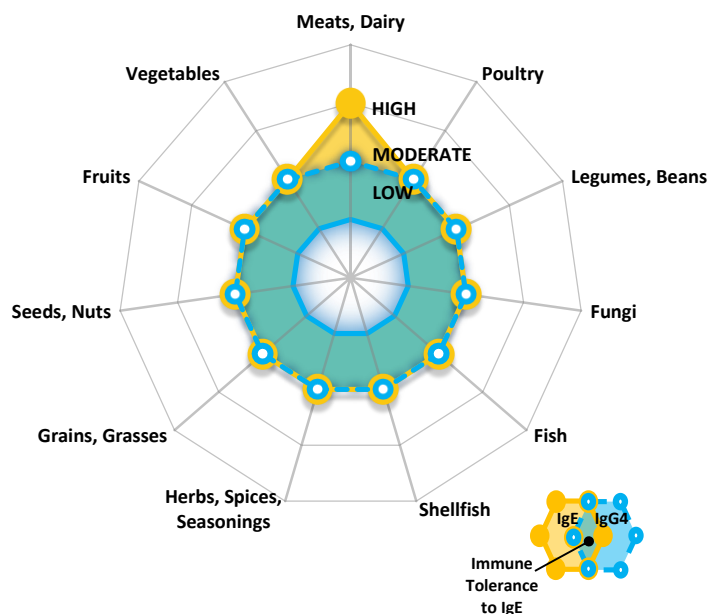
### CLINIC INFO

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PHONE: +49-(0)7056-964-7442  
FAX: [Info@theradura-diagnostik.com](mailto:Info@theradura-diagnostik.com)

## Physician Report: IgE/IgG4 Food Allergies

### Dietary Antigen Exposure by Food Group

	IgE	IgG4
Meats, Dairy	<b>MODERATE</b>	LOW
Poultry	LOW	LOW
Legumes, Beans	LOW	LOW
Fungi	LOW	LOW
Fish	LOW	LOW
Shellfish	LOW	LOW
Herbs, Spices,	LOW	LOW
Grains, Grasses	LOW	LOW
Seeds, Nuts	LOW	LOW
Fruits	LOW	LOW
Vegetables	LOW	LOW



### Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgE and IgG4 antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgE and IgG4 results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

### Immune Tolerance To IgE

In high levels, IgG4 antibodies alone can trigger an immune response within the body. However, data is available that provides support for the notion that IgG4 can serve another specific function of controlling antigen recognition by IgE and consequently regulating anaphylactic reactions and IgE-mediated immunity. IgG4 can act as a blocking agent by preventing IgE from binding to targeted receptor sites and releasing histamine. We refer to this as the Immune Tolerance to IgE.

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## Physician Report: IgE/IgG4 Food Allergies

## Understanding the Key

These results show the quantitative amount of antibodies the patient is making in response to individual foods.

Immune Tolerance denotes that IgG4 is greater than IgE and will block the IgE reaction. That is to say, the patient has gained tolerance to the food.

## Patient Results

ANTIGEN	IgE (µg/mL)	RESULT	REF. RANGE	IMMUNE TOLERANCE
MEATS, DAIRY				
Beef	0.00		<0.16 ug/ml	
Casein	1.63	HIGH	<0.05 ug/ml	
Cow's Milk	1.17	MODERATE	<0.1 ug/ml	YES
Goat's Milk	1.17	MODERATE	<0.07 ug/ml	
Pork	0.37	LOW	<0.06 ug/ml	
POULTRY				
Chicken	0.13	LOW	<0.08 ug/ml	
Egg Albumin	14.48	LOW	<5.76 ug/ml	
Egg Yolk	0.65	LOW	<0.18 ug/ml	YES
Turkey	0.00		<0.12 ug/ml	
LEGUMES, BEANS				
Green Pea	0.13	LOW	<0.12 ug/ml	
Kidney Bean	0.88	LOW	<0.19 ug/ml	
Lima Bean	1.34	MODERATE	<0.17 ug/ml	
Navy Bean	0.31	LOW	<0.3 ug/ml	
Peanut	0.00		<0.09 ug/ml	
Soybean	1.23	LOW	<0.7 ug/ml	
String Bean	1.63	LOW	<0.37 ug/ml	
FUNGI				
Aspergillus Mix	0.13	LOW	<0.09 ug/ml	YES
Brewer's Yeast	0.00		<0.04 ug/ml	
Candida	0.77	LOW	<0.16 ug/ml	
Mushroom	2.15	MODERATE	<0.63 ug/ml	
FISH				
Codfish	0.00		<0.07 ug/ml	
Flounder	0.00		<0.05 ug/ml	
Halibut	0.13	LOW	<0.07 ug/ml	
Salmon	0.19	LOW	<0.04 ug/ml	YES
Tuna	0.88	MODERATE	<0.08 ug/ml	
SHELLFISH				
Clam	7.74	LOW	<2.95 ug/ml	
Crab	0.08	LOW	<0.07 ug/ml	
Lobster	0.00		<0.07 ug/ml	
Scallops	0.83	MODERATE	<0.07 ug/ml	
Shrimp	0.00		<0.03 ug/ml	
HERBS, SPICES, SEASONINGS				
Black Pepper	0.00		<0.09 ug/ml	
Cinnamon	0.00		<0.05 ug/ml	
Garlic	0.00		<0.04 ug/ml	
Ginger	0.00		<0.08 ug/ml	
Hops	0.00		<0.06 ug/ml	
Mustard	1.92	MODERATE	<0.05 ug/ml	
Vanilla	0.48	LOW	<0.06 ug/ml	YES

ANTIGEN	IgG4 (µg/mL)	RESULT	REF. RANGE
MEATS, DAIRY			
Beef	0.00		<0.1 ug/ml
Casein	0.77	LOW	<0.08 ug/ml
Cow's Milk	1.69	LOW	<0.15 ug/ml
Goat's Milk	0.00		<0.1 ug/ml
Pork	0.00		<0.06 ug/ml
POULTRY			
Chicken	0.00		<0.08 ug/ml
Egg Albumin	8.96	LOW	<4.22 ug/ml
Egg Yolk	4.51	MODERATE	<0.21 ug/ml
Turkey	0.00		<0.07 ug/ml
LEGUMES, BEANS			
Green Pea	0.01		<0.14 ug/ml
Kidney Bean	0.48	LOW	<0.14 ug/ml
Lima Bean	0.00		<0.12 ug/ml
Navy Bean	0.00		<0.14 ug/ml
Peanut	0.14	LOW	<0.1 ug/ml
Soybean	0.43		<0.48 ug/ml
String Bean	0.00		<0.09 ug/ml
FUNGI			
Aspergillus Mix	0.27	LOW	<0.06 ug/ml
Brewer's Yeast	0.27	LOW	<0.03 ug/ml
Candida	0.00		<0.08 ug/ml
Mushroom	0.00		<0.17 ug/ml
FISH			
Codfish	0.31	LOW	<0.06 ug/ml
Flounder	0.00		<0.03 ug/ml
Halibut	0.00		<0.05 ug/ml
Salmon	0.48	LOW	<0.03 ug/ml
Tuna	0.00		<0.07 ug/ml
SHELLFISH			
Clam	1.525	LOW	<0.92 ug/ml
Crab	0.00		<0.06 ug/ml
Lobster	0.00		<0.04 ug/ml
Scallops	0.01		<0.06 ug/ml
Shrimp	0.00		<0.03 ug/ml
HERBS, SPICES, SEASONINGS			
Black Pepper	0.06		<0.06 ug/ml
Cinnamon	0.00		<0.03 ug/ml
Garlic	0.00		<0.06 ug/ml
Ginger	0.00		<0.07 ug/ml
Hops	0.00		<0.04 ug/ml
Mustard	0.00		<0.67 ug/ml
Vanilla	1.69	MODERATE	<0.05 ug/ml

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## Physician Report: IgE/IgG4 Food Allergies

## Patient Results

ANTIGEN	IgE (µg/mL)	RESULT	REF. RANGE	IMMUNE TOLERANCE
GRAINS, GRASSES				
Barley	0.54	LOW	<0.1 ug/ml	
Corn	0.00		<0.06 ug/ml	
Gluten	0.94		<0.99 ug/ml	YES
Oat	0.13	LOW	<0.04 ug/ml	
Rice	0.00		<0.08 ug/ml	
Rye	0.00		<0.06 ug/ml	
Whole Wheat	0.00		<0.05 ug/ml	
SEEDS, NUTS				
Almond	0.25	LOW	<0.14 ug/ml	YES
Cacao	0.77	MODERATE	<0.06 ug/ml	
Cashew	0.83	LOW	<0.11 ug/ml	
Coffee	0.00		<0.06 ug/ml	
Cottonseed	0.00		<0.03 ug/ml	
English Walnut	1.40	MODERATE	<0.21 ug/ml	
Flax Seed	0.00		<0.07 ug/ml	
Pecan	0.37	LOW	<0.06 ug/ml	
Sesame	0.00		<0.03 ug/ml	
FRUITS				
Apple	0.00		<0.08 ug/ml	
Avocado	1.58	MODERATE	<0.23 ug/ml	YES
Banana	0.13	LOW	<0.04 ug/ml	
Blueberry	0.00		<0.18 ug/ml	
Cantaloupe	0.00		<0.08 ug/ml	
Cherry	0.00		<0.04 ug/ml	
Coconut	0.13	LOW	<0.07 ug/ml	
Cucumber	0.25	LOW	<0.04 ug/ml	
Grapefruit	0.00		<0.03 ug/ml	
Grapes	0.00		<0.03 ug/ml	
Green Olive	0.54	LOW	<0.06 ug/ml	
Green Pepper	0.00		<0.06 ug/ml	
Honeydew	0.00		<0.04 ug/ml	
Lemon	0.00		<0.04 ug/ml	
Orange	0.83	MODERATE	<0.06 ug/ml	
Peach	1.17	MODERATE	<0.06 ug/ml	
Pear	0.02		<0.03 ug/ml	
Pineapple	0.31	MODERATE	<0.03 ug/ml	
Plum	0.13	LOW	<0.05 ug/ml	
Strawberry	0.08	LOW	<0.05 ug/ml	
Tomato	0.00		<0.03 ug/ml	
Watermelon	0.00		<0.06 ug/ml	
Yellow Squash	0.00		<0.13 ug/ml	
VEGETABLES				
Asparagus	0.25	LOW	<0.08 ug/ml	
Broccoli	0.00		<0.09 ug/ml	
Cabbage	0.19	LOW	<0.04 ug/ml	
Carrot	0.00		<0.07 ug/ml	
Cauliflower	0.19	LOW	<0.09 ug/ml	
Celery	0.00		<0.06 ug/ml	
Lettuce	0.13	LOW	<0.07 ug/ml	
Onion	0.25	LOW	<0.03 ug/ml	
Spinach	0.42	LOW	<0.08 ug/ml	
Sweet Potato	1.46	MODERATE	<0.13 ug/ml	
Tea	0.48	MODERATE	<0.03 ug/ml	
White Potato	0.48	LOW	<0.12 ug/ml	

ANTIGEN	IgG4 (µg/mL)	RESULT	REF. RANGE
GRAINS, GRASSES			
Barley	0.00		<0.07 ug/ml
Corn	0.00		<0.07 ug/ml
Gluten	21.63	LOW	<11.29 ug/ml
Oat	0.00		<0.03 ug/ml
Rice	0.00		<0.05 ug/ml
Rye	0.00		<0.06 ug/ml
Whole Wheat	0.00		<0.05 ug/ml
SEEDS, NUTS			
Almond	0.48	LOW	<0.13 ug/ml
Cacao	0.69	MODERATE	<0.04 ug/ml
Cashew	0.00		<0.16 ug/ml
Coffee	0.00		<0.04 ug/ml
Cottonseed	0.00		<0.03 ug/ml
English Walnut	0.00		<0.08 ug/ml
Flax Seed	0.00		<0.05 ug/ml
Pecan	0.00		<0.06 ug/ml
Sesame	0.00		<0.03 ug/ml
FRUITS			
Apple	0.27	LOW	<0.06 ug/ml
Avocado	2.32	MODERATE	<0.13 ug/ml
Banana	0.06	LOW	<0.04 ug/ml
Blueberry	0.00		<0.08 ug/ml
Cantaloupe	0.00		<0.07 ug/ml
Cherry	0.00		<0.03 ug/ml
Coconut	0.00		<0.07 ug/ml
Cucumber	0.00		<0.03 ug/ml
Grapefruit	0.00		<0.04 ug/ml
Grapes	0.00		<0.02 ug/ml
Green Olive	0.31	LOW	<0.05 ug/ml
Green Pepper	0.00		<0.05 ug/ml
Honeydew	0.00		<0.04 ug/ml
Lemon	0.00		<0.02 ug/ml
Orange	0.00		<0.04 ug/ml
Peach	1.06	MODERATE	<0.05 ug/ml
Pear	0.00		<0.04 ug/ml
Pineapple	0.00		<0.02 ug/ml
Plum	0.00		<0.03 ug/ml
Strawberry	0.00		<0.04 ug/ml
Tomato	0.00		<0.02 ug/ml
Watermelon	0.35	LOW	<0.06 ug/ml
Yellow Squash	0.00		<0.16 ug/ml
VEGETABLES			
Asparagus	0.00		<0.06 ug/ml
Broccoli	0.00		<0.07 ug/ml
Cabbage	0.06	LOW	<0.04 ug/ml
Carrot	0.00		<0.05 ug/ml
Cauliflower	0.00		<0.05 ug/ml
Celery	0.00		<0.06 ug/ml
Lettuce	0.10	LOW	<0.05 ug/ml
Onion	0.00		<0.03 ug/ml
Spinach	0.00		<0.06 ug/ml
Sweet Potato	0.00		<0.08 ug/ml
Tea	0.00		<0.05 ug/ml
White Potato	0.00		<0.06 ug/ml

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## P88-DIY (IgG/C3d)

A Targeted Approach to Wellness



### PATIENT INFO

NAME: **Testing KILCOYNE**

REQUISITION ID: DIY2406030003

DOB: 11/24/1982

SAMPLE DATE: 05/20/2024

RECEIVE DATE: 05/22/2024

DRAFT DATE: 8/1/2024

### CLINIC INFO

**Theradura-Diagnostik**

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75392 Deckenpfronn, Germany

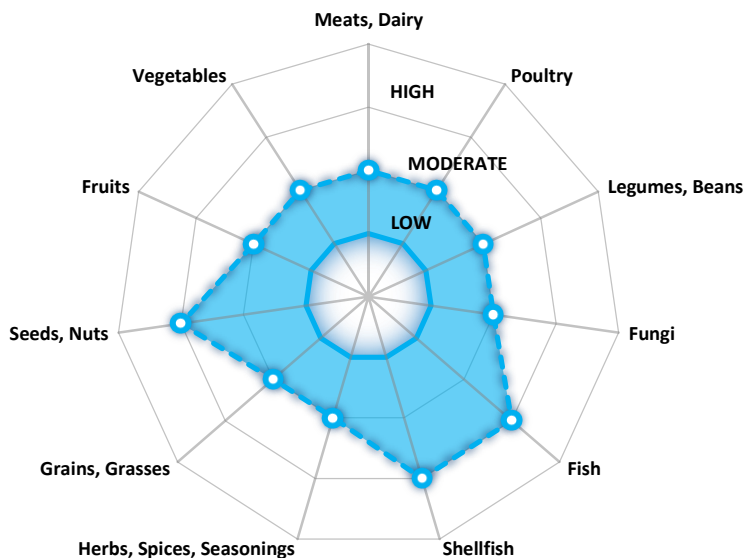
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## Physician Report: IgG/C3d Food Sensitivities

### Dietary Antigen Exposure by Food Group

	IgG
Meats, Dairy	LOW
Poultry	LOW
Legumes, Beans	LOW
Fungi	LOW
Fish	MODERATE
Shellfish	MODERATE
Herbs, Spices,	LOW
Grains, Grasses	LOW
Seeds, Nuts	MODERATE
Fruits	LOW
Vegetables	LOW



### Dietary Antigen Exposure by Food Group

In this test, a human serum sample is probed for the presence of IgG antibodies which have an exact affinity for specific dietary allergens. Dietary allergens are clustered by the food groups shown in the table and graph above. The quantitative summation of the IgG results within the offending food groups are expressed graphically. The exclusion of the offending food group(s) from the diet has been shown to reduce the severity of symptoms associated with food allergies.

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## Physician Report: IgG/C3d Food Sensitivities

### Understanding the Key

These results show the quantitative amount of antibodies the patient is making in response to individual foods.

If a patient has both IgG and C3d the reaction will be 1000 fold or more greater than just having an IgG reaction alone. C3d alone will not provoke significant reactions.

### Patient Results

ANTIGEN	IgG (µg/mL)	RESULT	REF. RANGE
<b>MEATS, DAIRY</b>			
Beef	26.05	LOW	<11.49 ug/ml
Casein	5.25	LOW	<1.27 ug/ml
Cow's Milk	98.86	MODERATE	<31.33 ug/ml
Goat's Milk	7.03	LOW	<0.79 ug/ml
Pork	0.79		<1.02 ug/ml
<b>POULTRY</b>			
Chicken	2.28	LOW	<0.32 ug/ml
Egg Albumin	84.60	LOW	<11.54 ug/ml
Egg Yolk	29.62	MODERATE	<1.71 ug/ml
Turkey	0.00		<0.4 ug/ml
<b>LEGUMES, BEANS</b>			
Green Pea	1.98	LOW	<1.16 ug/ml
Kidney Bean	4.06	LOW	<1.18 ug/ml
Lima Bean	2.87	LOW	<1.55 ug/ml
Navy Bean	12.98	MODERATE	<1.19 ug/ml
Peanut	6.14	LOW	<0.82 ug/ml
Soybean	28.13	LOW	<4.12 ug/ml
String Bean	3.17	LOW	<1.12 ug/ml
<b>FUNGI</b>			
Aspergillus Mix	7.33	LOW	<3.73 ug/ml
Brewer's Yeast	0.00		<0.42 ug/ml
Candida	28.43	LOW	<2.86 ug/ml
Mushroom	43.88	LOW	<15.7 ug/ml
<b>FISH</b>			
Codfish	8.52	MODERATE	<0.51 ug/ml
Flounder	5.55	MODERATE	<0.26 ug/ml
Halibut	23.68	HIGH	<0.33 ug/ml
Salmon	2.58	LOW	<0.18 ug/ml
Tuna	1.09	LOW	<0.35 ug/ml
<b>SHELLFISH</b>			
Clam	20.41	LOW	<8.04 ug/ml
Crab	23.97	HIGH	<0.35 ug/ml
Lobster	4.95	MODERATE	<0.56 ug/ml
Scallops	7.33	MODERATE	<0.53 ug/ml
Shrimp	0.00		<0.21 ug/ml
<b>HERBS, SPICES, SEASONINGS</b>			
Black Pepper	12.68	MODERATE	<1.91 ug/ml
Cinnamon	0.79	LOW	<0.64 ug/ml
Garlic	0.00		<0.31 ug/ml
Ginger	0.00		<1.12 ug/ml
Hops	0.79	LOW	<0.33 ug/ml
Mustard	0.00		<1.9 ug/ml
Vanilla	14.17	LOW	<1.32 ug/ml

ANTIGEN	C3d (µg/mL)	RESULT	REF. RANGE
<b>MEATS, DAIRY</b>			
Beef	0.00		<0.05 ug/ml
Casein	0.84	MODERATE	<0.04 ug/ml
Cow's Milk	6.22	HIGH	<0.04 ug/ml
Goat's Milk	1.95	HIGH	<0.03 ug/ml
Pork	0.00		<0.05 ug/ml
<b>POULTRY</b>			
Chicken	0.00		<0.04 ug/ml
Egg Albumin	0.00		<0.5 ug/ml
Egg Yolk	11.44	HIGH	<0.05 ug/ml
Turkey	0.00		<0.03 ug/ml
<b>LEGUMES, BEANS</b>			
Green Pea	1.79	HIGH	<0.06 ug/ml
Kidney Bean	2.74	HIGH	<0.11 ug/ml
Lima Bean	1.16	MODERATE	<0.05 ug/ml
Navy Bean	0.00		<0.05 ug/ml
Peanut	0.21	LOW	<0.05 ug/ml
Soybean	4.32	MODERATE	<0.32 ug/ml
String Bean	0.00		<0.05 ug/ml
<b>FUNGI</b>			
Aspergillus Mix	0.00		<0.03 ug/ml
Brewer's Yeast	0.00		<0.02 ug/ml
Candida	0.05	LOW	<0.05 ug/ml
Mushroom	1.79		<4.68 ug/ml
<b>FISH</b>			
Codfish	3.85	HIGH	<0.05 ug/ml
Flounder	0.00		<0.03 ug/ml
Halibut	0.00		<0.03 ug/ml
Salmon	0.53	MODERATE	<0.02 ug/ml
Tuna	0.00		<0.04 ug/ml
<b>SHELLFISH</b>			
Clam	0.00		<0.23 ug/ml
Crab	0.00		<0.03 ug/ml
Lobster	0.00		<0.03 ug/ml
Scallops	0.00		<0.04 ug/ml
Shrimp	0.00		<0.02 ug/ml
<b>HERBS, SPICES, SEASONINGS</b>			
Black Pepper	0.00		<0.06 ug/ml
Cinnamon	0.00		<0.05 ug/ml
Garlic	0.00		<0.02 ug/ml
Ginger	0.21	LOW	<0.07 ug/ml
Hops	0.00		<0.04 ug/ml
Mustard	0.00		<0.03 ug/ml
Vanilla	8.27	HIGH	<0.04 ug/ml

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## Physician Report: IgG/C3d Food Sensitivities

## Patient Results

ANTIGEN	IgG (µg/mL)	RESULT	REF. RANGE
GRAINS, GRASSES			
Barley	0.00		<0.89 ug/ml
Corn	0.00		<0.36 ug/ml
Gluten	468.85	HIGH	<150.36 ug/ml
Oat	0.20		<0.21 ug/ml
Rice	0.00		<0.44 ug/ml
Rye	4.95	MODERATE	<0.29 ug/ml
Whole Wheat	0.50	LOW	<0.47 ug/ml
SEEDS, NUTS			
Almond	1.98	LOW	<0.6 ug/ml
Cacao	17.43	MODERATE	<0.75 ug/ml
Cashew	2.28	LOW	<0.83 ug/ml
Coffee	1.39	LOW	<0.53 ug/ml
Cottonseed	0.00		<0.39 ug/ml
English Walnut	31.11	MODERATE	<2.81 ug/ml
Flax Seed	29.92	HIGH	<0.46 ug/ml
Pecan	14.46	MODERATE	<0.61 ug/ml
Sesame	7.93	MODERATE	<0.35 ug/ml
FRUITS			
Apple	0.20		<0.3 ug/ml
Avocado	44.78	MODERATE	<3.16 ug/ml
Banana	0.00		<0.21 ug/ml
Blueberry	1.39		<2.15 ug/ml
Cantaloupe	0.00		<0.35 ug/ml
Cherry	10.60	HIGH	<0.43 ug/ml
Coconut	2.58	LOW	<0.52 ug/ml
Cucumber	0.00		<0.16 ug/ml
Grapefruit	0.00		<0.22 ug/ml
Grapes	0.00		<0.14 ug/ml
Green Olive	9.71	MODERATE	<0.45 ug/ml
Green Pepper	0.20		<0.24 ug/ml
Honeydew	0.00		<0.21 ug/ml
Lemon	0.50	LOW	<0.09 ug/ml
Orange	1.68	LOW	<0.3 ug/ml
Peach	17.43	MODERATE	<0.55 ug/ml
Pear	4.36	LOW	<0.33 ug/ml
Pineapple	1.39	MODERATE	<0.13 ug/ml
Plum	1.39	LOW	<0.27 ug/ml
Strawberry	0.00		<0.28 ug/ml
Tomato	0.00		<0.15 ug/ml
Watermelon	0.00		<0.27 ug/ml
Yellow Squash	0.79	LOW	<0.75 ug/ml
VEGETABLES			
Asparagus	0.00		<0.67 ug/ml
Broccoli	3.17	LOW	<0.46 ug/ml
Cabbage	0.00		<0.18 ug/ml
Carrot	5.25	LOW	<0.76 ug/ml
Cauliflower	0.00		<0.38 ug/ml
Celery	0.00		<0.27 ug/ml
Lettuce	3.17	MODERATE	<0.39 ug/ml
Onion	0.00		<0.1 ug/ml
Spinach	0.00		<0.3 ug/ml
Sweet Potato	15.65	MODERATE	<3.08 ug/ml
Tea	1.98	LOW	<0.58 ug/ml
White Potato	16.25	LOW	<3.87 ug/ml

ANTIGEN	C3d (µg/mL)	RESULT	REF. RANGE
GRAINS, GRASSES			
Barley	0.05		<0.06 ug/ml
Corn	0.00		<0.03 ug/ml
Gluten	0.00		<0.04 ug/ml
Oat	0.00		<0.02 ug/ml
Rice	0.00		<0.04 ug/ml
Rye	0.05	LOW	<0.04 ug/ml
Whole Wheat	0.00		<0.03 ug/ml
SEEDS, NUTS			
Almond	2.11	MODERATE	<0.07 ug/ml
Cacao	1.48	MODERATE	<0.04 ug/ml
Cashew	0.00		<0.09 ug/ml
Coffee	0.00		<0.05 ug/ml
Cottonseed	0.00		<0.02 ug/ml
English Walnut	1.63	LOW	<0.4 ug/ml
Flax Seed	0.00		<0.04 ug/ml
Pecan	0.84	MODERATE	<0.06 ug/ml
Sesame	0.00		<0.02 ug/ml
FRUITS			
Apple	0.00		<0.04 ug/ml
Avocado	13.49	MODERATE	<0.34 ug/ml
Banana	0.00		<0.03 ug/ml
Blueberry	0.37	LOW	<0.3 ug/ml
Cantaloupe	0.00		<0.04 ug/ml
Cherry	0.00		<0.05 ug/ml
Coconut	0.00		<0.06 ug/ml
Cucumber	0.00		<0.01 ug/ml
Grapefruit	0.00		<0.02 ug/ml
Grapes	0.00		<0.02 ug/ml
Green Olive	0.00		<0.06 ug/ml
Green Pepper	0.21	LOW	<0.03 ug/ml
Honeydew	0.00		<0.03 ug/ml
Lemon	0.00		<0.02 ug/ml
Orange	0.05	LOW	<0.03 ug/ml
Peach	9.70	HIGH	<0.04 ug/ml
Pear	2.58	HIGH	<0.02 ug/ml
Pineapple	0.05	LOW	<0.02 ug/ml
Plum	0.53	MODERATE	<0.03 ug/ml
Strawberry	0.00		<0.04 ug/ml
Tomato	0.00		<0.02 ug/ml
Watermelon	0.00		<0.04 ug/ml
Yellow Squash	0.00		<0.08 ug/ml
VEGETABLES			
Asparagus	0.00		<0.03 ug/ml
Broccoli	0.00		<0.05 ug/ml
Cabbage	0.00		<0.03 ug/ml
Carrot	0.00		<0.09 ug/ml
Cauliflower	0.00		<0.04 ug/ml
Celery	0.00		<0.03 ug/ml
Lettuce	0.00		<0.07 ug/ml
Onion	0.00		<0.02 ug/ml
Spinach	0.00		<0.03 ug/ml
Sweet Potato	0.84		<1.22 ug/ml
Tea	0.00		<0.03 ug/ml
White Potato	0.21		<1.29 ug/ml

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## Physician Report: Biogenic Compounds List

This table shows grouping of reactions based on IgE, IgG and C3d in categories that are generally considered nonimmunogenic. If many reactions show up in a column, this may provide evidence to consider diets that remove foods that are high in these biogenic compounds, even those not included on this test, because the immune system has a pattern of reacting to foods in this category.

DIETARY ANTIGEN	Oxalates	Amines	Glutamate	Histamine	Lectins	Nitrite	FOD-MAP	Phenol	Salicylates
Almond		M							M
Apple									
Asparagus									
Avocado							M		
Banana									
Barley									
Blueberry									
Broccoli									
Cabbage									
Casein				H					
Cashew									
Cauliflower									
Celery									
Coconut									
Coffee									
Corn									
Grapefruit									
Kidney Bean	H			H	H		H		
Lettuce						M			
Mushroom			M				M		
Navy Bean	M			M	M		M		
Onion									
Orange	M								
Peach							H		
Peanut									
Pear							H		
Pineapple		M							M
Plum		M					M		M
Shrimp									
Soybean	M			M			M		
Spinach									
Strawberry									
Tea	M								
Tomato									
Turkey									
Watermelon									
White Potato									
Whole Wheat									



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