



Arminlabs | Medicum Bad Aibling MVZ GmbH • Standort Zirbelstr. 58 • 86154 Augsburg
Basic Plus Foodscreen IgG • Date of birth: - • Age: - • Sex: unknown



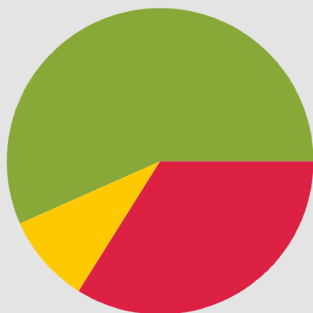
IgG food hypersensitivity

Individual short report

Basic Plus Foodscreen IgG

Date of birth: - • Age: - • Sex: unknown • Sample-ID: 839452222

Your personal results



102

Low food specific IgG

17

Elevated food specific IgG

61

High food specific IgG

Sender

Arminlabs | Medicum Bad Aibling MVZ
Standort Zirbelstr. 58
86154 Augsburg

Sample type:

Serum

Sample-ID:

839452222

Examination method:

ELISA for the detection of foodstuff spec. IgG

Specimen collection:

16/06/2025

Reception of specimen:

17/06/2025

Date of Report:

25/06/2025

Report authorized by:

Dr. Armin Schwarzbac

The information in your documents does not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert. Please immediately consult your practitioner in case of any health-related concerns. The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severeness of serious clinical symptoms.



Vegetables

Type of food	µg/ml IgG	
Artichoke	12.7	
Asparagus	6.2	
Aubergine	< 2.5	
Beetroot	< 2.5	
Broad bean	6.1	
Broccoli	3.1	
Brussels sprouts	5.1	
Carrots	6.3	
Cauliflower	4.8	
Celeriac, knob celery	4.2	
Chard, beet greens	4.4	
Chickpeas	187.7	
Chili Cayenne	3.9	
Chinese cabbage	13.6	
Courgette	< 2.5	
Cucumber	< 2.5	
Green bean	< 2.5	
Kale, curled kale	16.3	
Leek	2.8	
Lentil	< 2.5	
Mung bean, green gram	14.0	
Olive	< 2.5	
Onion	7.3	
Parsnip	162.2	
Pea	4.1	
Potato	3.9	
Pumpkin	< 2.5	



Vegetables

Type of food	µg/ml IgG	
Radish-mix	13.0	
Red cabbage	< 2.5	
Rutabaga	5.3	
Savoy cabbage	26.4	
Soybean	25.6	
Spinach	5.6	
Stalk celery	< 2.5	
Sweet pepper	62.0	
Sweet potato	172.0	
Tomato	< 2.5	
Turnip cabbage	< 2.5	
White cabbage	17.2	



Fruits

Type of food	µg/ml IgG	
Apple	< 2.5	
Apricot	< 2.5	
Avocado	5.6	
Banana	< 2.5	
Cherry	7.1	
Date	12.9	
Fig	< 2.5	
Grape	< 2.5	
Kiwi	110.6	
Lemon	< 2.5	
Lychee	9.0	



Fruits

Type of food	µg/ml IgG	
Mango	116.7	
Nectarine	< 2.5	
Orange	5.4	
Papaya	32.6	
Peach	5.7	
Pear	13.2	
Pineapple	11.9	
Plum	< 2.5	
Strawberry	2.8	
Watermelon	4.5	
Yellow plum	< 2.5	



Spices and herbs

Type of food	µg/ml IgG	
Basil	< 2.5	
Chive	18.4	
Cinnamon	< 2.5	
Garlic	20.5	
Horseradish	< 2.5	
Mustard seed	9.5	
Nutmeg	< 2.5	
Oregano	< 2.5	
Paprika, spice	139.6	
Parsley	5.7	
Pepper, black	5.3	
Rosemary	< 2.5	



Spices and herbs

Type of food	µg/ml IgG	
Thyme	< 2.5	
Vanilla	6.4	



Fish and seafood

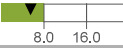
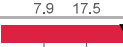
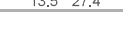
Type of food	µg/ml IgG	
Anchovy	8.3	
Carp	< 2.5	
Cod, codling	4.8	
Crayfish	< 2.5	
Gilthead bream	< 2.5	
Haddock	< 2.5	
Hake	< 2.5	
Halibut	4.2	
Herring	15.4	
Mackerel	< 2.5	
Ocean perch	< 2.5	
Plaice	< 2.5	
Pollock	< 2.5	
Salmon	< 2.5	
Sardine	< 2.5	
Shark	< 2.5	
Sole	11.4	
Squid, cuttlefish	2.9	
Swordfish	< 2.5	
Trout	4.4	
Tunafish	< 2.5	



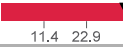
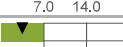
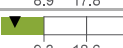
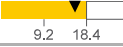
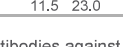
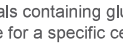
Fish and seafood

Type of food	µg/ml IgG	
Zander	2.6	

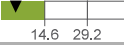
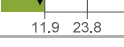
Cereals containing gluten

Type of food	µg/ml IgG	
Barley *	5.5	
Gluten	197.9	
Kamut	180.5	
Rye	130.7	
Spelt	188.2	
Wheat	180.4	

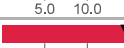
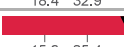
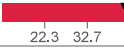
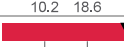
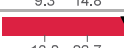
Meat

Type of food	µg/ml IgG	
Beef	82.2	
Chicken	3.0	
Deer	< 2.5	
Duck	7.3	
Goat meat	57.8	
Goose	4.4	
Hare	3.0	
Lamb	29.0	
Ostrich meat	15.9	
Pork	< 2.5	
Quail	< 2.5	
Rabbit	8.2	
Roe deer	< 2.5	

Meat

Type of food	µg/ml IgG	
Turkey	< 2.5	
Veal	4.7	
Wild boar	10.6	

Seeds and nuts

Type of food	µg/ml IgG	
Almond	198.2	
Brazil nut	163.0	
Cashew	143.9	
Cocoa bean	3.0	
Coconut	171.8	
Hazelnut	198.6	
Linseed	152.2	
Macadamia nut	19.6	
Peanut	132.4	
Pine nut	18.8	
Pistachio	197.9	
Poppy seeds	80.1	
Pumpkin seeds	188.9	
Sesame	198.1	
Sunflower seeds	197.8	
Walnut	26.4	

Mushrooms

Type of food	µg/ml IgG	
Meadow mushrooms	2.8	

* This cereal contains gluten. Due to technical reasons, IgG antibodies against cereals normally containing gluten (e. g. wheat) and gluten itself must be measured separately. In the case of a positive reaction to gluten, all cereals containing gluten must be avoided just like gluten. This is important in order to prevent persistence of symptoms due to gluten consumption. If the measured value for a specific cereals' extract is below the cut-off, the cereal may be consumed if it is commercially available as "certified gluten-free".



Type of food	µg/ml IgG	
Rennet cheese (cow)	21.4	
Ricotta	9.4	
Sheep milk and cheese	37.0	
Sour milk products (cow)	121.2	



Type of food	$\mu\text{g/ml IgG}$	
Butterhead lettuce	< 2.5	
Chicory	3.4	
Endive	5.1	
Iceberg lettuce	42.8	
Lamb's lettuce	4.1	
Lollo rosso	< 2.5	
Radicchio	3.2	
Rocket	3.0	
Romaine / cos lettuce	6.5	



Type of food	$\mu\text{g/ml IgG}$	
Camel's milk	18.2	
Cow's milk	149.7	
Goat milk, cheese	46.7	
Halloumi	118.5	
Kefir	12.6	
Mare's milk	24.8	
Milk cooked	105.2	



Type of food	µg/ml IgG
Yeast	< 2.5



Type of food	µg/ml IgG	
Peppermint	< 2.5	



Food additives

Type of food	µg/ml IgG	
Guar flour (E412)	< 2.5	



Eggs

Type of food	µg/ml IgG	
Chicken egg	121.2	
Goose egg	6.4	
Quail eggs	4.5	



Sweeteners

Type of food	µg/ml IgG	
Cane sugar	< 2.5	
Honey (mixture)	3.3	