



Arminlabs | Medicum Bad Aibling MVZ GmbH • Standort Zirbelstr. 58 • 86154 Augsburg
Hilde Muster • Date of birth: 08/08/1990 • Age: 34 • Sex: female



IgG food hypersensitivity

Individual short report

Hilde Muster

Date of birth: 08/08/1990 • Age: 34 • Sex: female • Sample-ID: 888889999

Your personal results



123

Low food specific IgG

39

Elevated food specific IgG

107

High food specific IgG

Candida albicans:

negative

Sender

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

Sample type:

Serum

Sample-ID:

888889999

Examination method:

ELISA for the detection of foodstuff spec. IgG

Specimen collection:

02/06/2025

Reception of specimen:

03/06/2025

Date of Report:

18/06/2025

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	
Bamboo shoots	32.0	
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	
Chili Habanero	11.4	
Chili Jalapeno	24.3	
Chinese cabbage	13.6	
Courgette	< 2.5	
Cucumber	< 2.5	
Fennel	16.0	
Green bean	< 2.5	
Kale, curled kale	16.3	
Leek	2.8	
Lentil	< 2.5	
Moluchia	22.0	
Mung bean, green gram	14.0	
Okra, lady's finger	12.3	



Vegetables

Type of food	µg/ml IgG	
Olive	< 2.5	
Onion	7.3	
Parsnip	162.2	
Pea	4.1	
Potato	3.9	
Pumpkin	< 2.5	
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	
Blackberry	10.3	

 **Fruits**

Type of food	µg/ml IgG	
Blueberry	7.6	
Cherry	7.1	
Cranberry	8.2	
Currant	18.6	
Date	12.9	
Fig	< 2.5	
Gooseberry	62.1	
Grape	< 2.5	
Grapefruit	28.9	
Guava	7.3	
Honeydew melon	11.2	
Kiwi	110.6	
Lemon	< 2.5	
Lime	197.9	
Lingonberry	189.0	
Lychee	9.0	
Mandarin	19.1	
Mango	116.7	
Nectarine	< 2.5	
Orange	5.4	
Papaya	32.6	
Peach	5.7	
Pear	13.2	
Pineapple	11.9	
Plum	< 2.5	
Pomegranate	15.2	
Prickly pear	14.8	

Fruits

Type of food	µg/ml IgG	
Quince	43.4	
Raspberry	33.5	
Rhubarb	20.5	
Sea buckthorn	30.5	
Strawberry	2.8	
Watermelon	4.5	
Yellow plum	< 2.5	

**Spices and herbs**

Type of food	µg/ml IgG	
Alfafla	11.9	
Allspice	12.5	
Aniseed	39.5	
Basil	< 2.5	
Bay leaf	9.7	
Capers	65.2	
Caraway	18.0	
Cardamom	16.0	
Chervil	28.6	
Chive	18.4	
Cinnamon	< 2.5	
Clove	31.0	
Coriander	67.5	
Cumin	23.6	
Dill	15.2	
Garden cress	25.6	



Type of food	$\mu\text{g/ml}$ IgG	
Garlic	20.5	
Ginger	23.8	
Horseradish	< 2.5	
Juniper berry	28.2	
Lavender	12.7	
Lemon balm	13.7	
Lovage	5.6	
Marjoram	22.3	
Mustard seed	9.5	
Nutmeg	< 2.5	
Oregano	< 2.5	
Paprika, spice	139.6	
Parsley	5.7	
Pepper, black	5.3	
Rosemary	< 2.5	
Saffron	60.5	
Sage	21.3	
Savory	9.6	
Thyme	< 2.5	
Vanilla	6.4	
White pepper	7.0	
Wild garlic	19.8	



Type of food	µg/ml IgG	
Spirulina	10.0	

Type of food	µg/ml IgG	
Anchovy	8.3	
Angler, monkfish	21.5	
Blue mussels	9.0	
Carp	< 2.5	
Cod, codling	4.8	
Crayfish	< 2.5	
Eel	17.8	
Gilthead bream	< 2.5	
Haddock	< 2.5	
Hake	< 2.5	
Halibut	4.2	
Herring	15.4	
Iridescent shark	17.4	
Lobster	16.5	
Mackerel	< 2.5	
Ocean perch	< 2.5	
Octopus	9.8	
Oysters	29.5	
Plaice	< 2.5	
Pollock	< 2.5	
Red Snapper	12.1	
Salmon	< 2.5	



Fish and seafood

Type of food	µg/ml IgG	
Sardine	< 2.5	
Scallop	13.0	
Sea bass	17.9	
Shark	< 2.5	
Shrimp, prawn	27.1	
Sole	11.4	
Squid, cuttlefish	2.9	
Swordfish	< 2.5	
Trout	4.4	
Tunafish	< 2.5	
Zander	2.6	

Meat

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

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	

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	

Meat

Type of food	µg/ml IgG	
Beef	82.2	
Chicken	3.0	
Deer	< 2.5	

* 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".



Seeds and nuts

Type of food	µg/ml IgG	
Pistachio	197.9	16.1 27.1
Poppy seeds	80.1	11.4 17.4
Pumpkin seeds	188.9	10.2 18.6
Sesame	198.1	9.3 14.8
Sunflower seeds	197.8	13.8 22.7
Walnut	26.4	7.5 15.0



Mushrooms

Type of food	µg/ml IgG	
Bay boletus	43.9	10.6 21.2
Cep (boletus)	12.5	8.6 17.2
Chanterelle	8.9	13.2 26.4
Meadow mushrooms	2.8	10.2 20.4
Oyster mushrooms	15.4	4.9 9.8
Shiitake	27.3	10.8 21.6



Cereals w/o gluten and alternatives

Type of food	µg/ml IgG	
Amaranth	175.4	3.7 7.4
Arrowroot	18.9	3.6 7.2
Buckwheat	22.9	13.3 19.6
Carob	9.2	9.5 19.0
Cassava	198.1	10.9 21.8
Fonio	31.5	6.5 13.0
Jerusalem artichoke	198.2	5.2 10.4
Lupine	132.3	22.2 44.4



Cereals w/o gluten and alternatives

Type of food	µg/ml IgG	
Maize, sweet corn	16.3	17.5 24.7
Millet	3.9	19.6 39.2
Oats	195.6	16.8 25.5
Quinoa	71.3	16.6 24.5
Rice	10.4	6.2 12.4
Sweet chestnut	174.8	11.1 22.2
Tapioca, cassava	27.6	4.0 8.0
Teff	87.7	14.5 29.0



Milk products

Type of food	µg/ml IgG	
Camel's milk	18.2	23.3 32.1
Cow's milk	149.7	12.6 38.8
Goat milk, cheese	46.7	17.9 34.2
Halloumi	118.5	21.7 29.9
Kefir	12.6	36.2 100.0
Mare's milk	24.8	11.5 16.7
Milk cooked	105.2	23.6 59.0
Rennet cheese (cow)	21.4	20.1 37.4
Ricotta	9.4	16.2 41.8
Sheep milk and cheese	37.0	12.4 29.5
Sour milk products (cow)	121.2	18.9 49.5



Salads

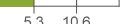
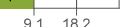
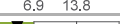
Type of food	µg/ml IgG	
Butterhead lettuce	< 2.5	5.6 11.2



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Salads

Type of food	µg/ml IgG	
Chicory	3.4	
Dandelion	25.2	
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	



Food additives

Type of food	µg/ml IgG	Visual scale
Agar-Agar (E406)	10.8	
Benzoic acid (E210)	6.5	
Carrageen (E407)	4.6	
Curcumin (E100)	12.1	
Guar flour (E412)	< 2.5	
Pectin (E440)	3.1	
Sorbic acid (E200)	14.2	
Tragacanth (E413)	14.2	
Xanthan gum	19.0	

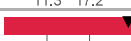


Yeast

Type of food	µg/ml IgG	
Yeast	< 2.5	



Teas, coffee and beverages

Type of food	$\mu\text{g/ml}$ IgG	
Black tea	12.4	
Camomile	11.6	
Coffee	23.6	
Green tea	46.0	
Nettle	19.4	
Peppermint	< 2.5	
Rooibos tea	13.1	
Rose hip	8.8	
Tannin	11.4	



Eggs

Type of food	µg/ml IgG	
Chicken egg-white	6.5	
Chicken yolk	195.8	
Goose egg	6.4	
Quail eggs	4.5	



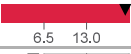
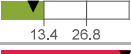
Sweeteners

Type of food	µg/ml IgG	
Agave nectar	14.7	
Cane sugar	< 2.5	
Honey (mixture)	3.3	
Maple syrup	22.7	



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Specials

Type of food	µg/ml IgG	
Aloe vera	26.8	
Aspergillus niger	10.1	
Candied lemon peel	25.2	
Vine leaves	9.9	