



FOODTEST 200+ REPORT Medical Partner Humán Diagnosztikai Laboratórium



MEDICAL PARTNER
Humán Diagnosztikai Laboratórium

Patient data

Patient name: Teszt Elek	Date of birth: 16/02/1979	Phone:
Mother's name: Teszt Gizella	Patient number:	E-mail: info@budalabor.hu
	Sample date: 05/05/2015	Doctor's name: Dr. Krkos Károly

Result

● **Elevated: > 44** ○ *Borderline: 30-44* Normal: < 30

Diary/eggs

Alpha-lactalbumin	0	Beta-lactoglobulin	0	Buffalo milk	0	Casein	● 57
Cow's milk	● 82	Egg white	○ 32	Egg yolk	16	Goat milk	○ 42
Sheep milk	29						

Fish/seefood

Alga espagouette	8	Alga spirulina	18	Alga wakame	○ 30	Anchovy	4
Barnacle	4	Bass	6	Carp	1	Caviar	1
Clam	9	Cockle	0	Cod	13	Crab	24
Cuttlefish	5	Dorado/sea bream	0	Eel	0	Haddock	7
Hake	1	Herring	2	Lobster	10	Mackerel	5
Monkfish	1	Mussel	18	Octopus	7	Oyster	4
Perch	2	Pike	2	Plaice	4	Razor clam	2
Salmon	11	Sardine	12	Scallop	10	Shrimp/prawn	11
Sole	8	Squid	4	Swordfish	2	Trout	7
Tuna	3	Turbot	0	Winkle	10		

Fruit

Apple	1	Apricot	0	Avocado	5	Banana	1
Blackberry	0	Blackcurrant	3	Blueberry	0	Cherry	7
Cranberry	4	Date	0	Fig	○ 36	Grape	1
Grapefruit	1	Guava	12	Kiwi	0	Lemon	2
Lime	1	Lychee	1	Mango	8	Melon (honeydew)	2
Mulberry	0	Nectarine	0	Olive	0	Orange	12
Papaya	0	Peach	0	Pear	1	Pineapple	0
Plum	11	Pomegranate	0	Raisin	3	Raspberry	5
Redcurrant	0	Rhubarb	1	Strawberry	0	Tangerine	2
Tomato	0	Watermelon	2				

Grains

Barley	● 45	Buckwheat	6	Corn (maize)	○ 35	Couscous	14
Durum wheat	17	Flax seed	14	Gliadin	12	Malt	28
Millet	0	Oat	16	Polenta	1	Quinoa	3
Rice	10	Rye flour	8	Spelt	16	Transglutaminase	0
Wheat	● 64	Wheat bran	3				

Herbs/spices

Aloe vera	27	Aniseed	0	Basil	1	Bayleaf	2
Camomile	8	Cayenne	13	Cinnamon	6	Clove	1
Coriander (leaf)	0	Cumin	5	Curry (mixed spices)	○ 37	Dill	0
Garlic	0	Ginger	23	Ginkgo	18	Ginseng	14
Hops	3	Liquorice	6	Marjoram	0	Mint	11
Mustard seed	15	Nettle	0	Nutmeg	11	Parsley	0
Peppercorns (b/w)	9	Peppermint	9	Red chilli	5	Rosemary	4
Saffron	1	Sage	0	Tarragon	1	Thyme	3
Vanilla	0						



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Meat

Beef	1	Billy goat	0	Chicken	1	Duck	0
Horse	1	Lamb	3	Ostrich	0	Ox	7
Partridge	0	Pork	1	Quail	1	Rabbit	2
Turkey	4	Veal	0	Venison	2	Wild boar	0

Nuts/seeds

Almond	○ 35	Brazil nut	16	Cashew nut	● 50	Coconut	0
Hazelnut	24	Macadamia nut	0	Peanut	14	Pine nut	1
Pistachio	● 68	Tiger nut	15	Walnut	6		

Vegetables

Amaranth	6	Artichoke	2	Asparagus	9	Aubergine	1
Bean (broad)	13	Bean (green)	6	Bean (red kidney)	17	Bean (white haricot)	20
Beetroot	7	Broccoli	9	Brussel sprout	10	Cabbage	4
Cabbage (red)	0	Caper	0	Carrot	13	Cauliflower	7
Celery	○ 41	Chard	7	Chickpea	4	Chicory	3
Cucumber	15	Fennel (leaf)	0	Gourd (squash)	15	Leek	8
Lentil	8	Lettuce	1	Marrow	6	Onion	6
Pea	○ 32	Peppers (mixed)	2	Potato	○ 39	Radish	○ 32
Rocket	1	Shallot	6	Soya bean	10	Spinach	3
Sweet potato	8	Turnip	6	Watercress	0	Manioc	13

Miscellaneous

Agar agar	● 98	Cane sugar	20	Carob	0	Chestnut	2
Cocoa bean	4	Coffee	2	Cola nut	● 64	Honey	3
Mushroom	28	Rapeseed	0	Sesame seed	0	Sunflower seed	24
Tapioca	0	Tea (black)	7	Tea (green)	1	Yeast (baker's)	20
Yeast (brewer's)	● 52						

Interpretation

Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated.

Date: Diósd, 05/05/2015

Signature:



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Krkos Karoly
MD