

# Cyrex Array 10 Sample Report

| TEST   | RESULT               |            |              |                            |
|--|----------------------|------------|--------------|----------------------------|
|  | IN RANGE<br>(Normal) | EQUIVOCAL* | OUT OF RANGE | REFERENCE<br>(ELISA Index) |
| <b>Array 10 - Food Immune Reactivity Screen **</b> |                      |            |              |                            |
| <b>DAIRY and EGGS, Modified</b>                    |                      |            |              |                            |
| Egg White, cooked                                  | 0.75                 |            |              | 0.1-1.6                    |
| Egg Yolk, cooked                                   | 0.85                 |            |              | 0.1-1.7                    |
| Goat's Milk  | 0.70                 |            |              | 0.1-1.9                    |
| Soft Cheese + Hard Cheese                          | 0.54                 |            |              | 0.1-1.7                    |
| Yogurt   | 0.74                 |            |              | 0.1-2.0                    |
| <b>GRAINS, Raw and Modified</b>                    |                      |            |              |                            |
| Rice, white + brown, cooked                        | 0.48                 |            |              | 0.1-1.3                    |
| Rice Cake  | 0.42                 |            |              | 0.2-1.8                    |
| Rice Protein                                       | 0.81                 |            |              | 0.2-1.7                    |
| Rice Endochitinase                                 | 1.08                 |            |              | 0.2-1.7                    |
| Wild Rice, cooked                                  | 0.88                 |            |              | 0.1-1.3                    |
| Wheat + Alpha-Gliadins                             | 0.73                 |            |              | 0.2-1.9                    |
| <b>BEANS and LEGUMES, Modified</b>                 |                      |            |              |                            |
| Black Bean, cooked                                 | 0.26                 |            |              | 0.3-2.1                    |
| Bean Agglutinins                                   | 0.90                 |            |              | 0.3-1.9                    |
| Dark Chocolate + Cocoa                             | 0.40                 |            |              | 0.2-1.2                    |
| Fava Bean, cooked                                  |                      | 1.20       |              | 0.3-1.5                    |
| Garbanzo Bean, cooked                              | 0.58                 |            |              | 0.2-1.8                    |
| Kidney Bean, cooked                                | 0.39                 |            |              | 0.3-1.5                    |
| Lentil, cooked                                     | 1.27                 |            |              | 0.3-2.0                    |
| Lentil Lectin                                      | 1.26                 |            |              | 0.2-1.9                    |
| Lima Bean, cooked                                  | 0.82                 |            |              | 0.1-1.8                    |
| Pinto Bean, cooked                                 | 0.36                 |            |              | 0.4-2.4                    |
| Soybean Agglutinin                                 | 0.64                 |            |              | 0.1-1.7                    |
| Soybean Oleosin + Aquaporin                        | 0.91                 |            |              | 0.2-1.8                    |
| Soy Sauce, gluten-free                             | 0.71                 |            |              | 0.2-1.9                    |

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Mark G. Kartub, M.D., Medical Director

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|   |      |      |  |         |
|---|------|------|--|---------|
| Tofu                                    | 1.04 |      |  | 0.2-1.4 |
| <b>NUTS and SEEDS, Raw and Modified</b> |      |      |  |         |
| Almond                                  | 0.78 |      |  | 0.2-1.8 |
| Almond, roasted                         | 0.63 |      |  | 0.2-2.0 |
| Brazil Nut, raw + roasted               | 0.63 |      |  | 0.1-1.8 |
| Cashew                                  | 0.79 |      |  | 0.2-1.5 |
| Cashew, roasted                         | 1.11 |      |  | 0.2-2.3 |
| Cashew Vicilin                          | 0.65 |      |  | 0.3-1.7 |
| Chia Seed                               | 0.46 |      |  | 0.2-1.7 |
| Flax Seed                               | 0.87 |      |  | 0.1-1.3 |
| Hazelnut, raw + roasted                 | 0.94 |      |  | 0.1-1.7 |
| Macadamia Nut, raw + roasted            | 1.27 |      |  | 0.3-2.3 |
| Mustard Seed                            |      | 1.46 |  | 0.4-1.5 |
| Pecan, raw + roasted                    | 0.91 |      |  | 0.3-1.5 |
| Peanut, roasted                         | 0.40 |      |  | 0.2-1.4 |
| Peanut Butter                           | 0.70 |      |  | 0.2-1.9 |
| Peanut Agglutinin                       | 1.29 |      |  | 0.3-1.9 |
| Peanut Oleosin                          | 1.13 |      |  | 0.3-1.8 |
| Pistachio, raw + roasted                | 0.75 |      |  | 0.4-2.0 |
| Pumpkin Seeds, roasted                  | 0.78 |      |  | 0.2-1.6 |
| Sesame Albumin                          | 0.66 |      |  | 0.2-1.3 |
| Sesame Oleosin                          | 0.61 |      |  | 0.2-1.6 |
| Sunflower Seeds, roasted                | 0.53 |      |  | 0.2-1.5 |
| Walnut                                  | 1.55 |      |  | 0.3-2.0 |
| <b>VEGETABLES, Raw and Modified</b>     |      |      |  |         |
| Artichoke, cooked                       | 0.88 |      |  | 0.1-2.7 |
| Asparagus                               | 0.82 |      |  | 0.3-2.1 |
| Asparagus, cooked                       | 0.61 |      |  | 0.1-2.2 |
| Beet, cooked                            | 0.46 |      |  | 0.1-1.5 |
| Bell Pepper                             |      | 1.55 |  | 0.1-1.8 |
| Broccoli                                | 0.89 |      |  | 0.1-1.5 |

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|                               |      |      |      |         |
|-------------------------------|------|------|------|---------|
| Broccoli, cooked              | 0.58 |      |      | 0.1-2.0 |
| Brussels Sprouts, cooked      | 0.54 |      |      | 0.1-3.0 |
| Cabbage, red + green          | 0.92 |      |      | 0.1-2.5 |
| Cabbage, red + green, cooked  | 0.62 |      |      | 0.1-2.5 |
| Canola Oleosin                | 0.87 |      |      | 0.1-1.9 |
| Carrot                        | 0.59 |      |      | 0.1-2.7 |
| Carrot, cooked                | 0.49 |      |      | 0.1-2.2 |
| Cauliflower, cooked           | 0.44 |      |      | 0.1-2.2 |
| Celery                        | 0.76 |      |      | 0.1-2.3 |
| Chili Pepper                  | 1.21 |      |      | 0.1-1.9 |
| Corn + Aquaporin, cooked      | 0.55 |      |      | 0.1-1.8 |
| Popped Corn                   | 0.71 |      |      | 0.1-1.9 |
| Corn Oleosin                  | 0.19 |      |      | 0.1-1.4 |
| Cucumber, pickled             | 0.51 |      |      | 0.1-2.6 |
| Eggplant, cooked              | 1.07 |      |      | 0.1-2.1 |
| Garlic                        | 0.44 |      |      | 0.1-2.2 |
| Garlic, cooked                | 0.53 |      |      | 0.1-1.9 |
| Green Bean, cooked            | 0.45 |      |      | 0.1-1.5 |
| Lettuce                       | 0.51 |      |      | 0.1-1.5 |
| Mushroom, raw + cooked        | 0.75 |      |      | 0.1-1.6 |
| Okra, cooked                  | 0.63 |      |      | 0.1-1.5 |
| Olive, green + black, pickled | 0.88 |      |      | 0.1-1.7 |
| Onion + Scallion              | 0.67 |      |      | 0.1-1.7 |
| Onion + Scallion, cooked      | 0.24 |      |      | 0.1-1.5 |
| Pea, cooked                   | 0.71 |      |      | 0.1-1.5 |
| Pea Protein                   |      |      | 3.12 | 0.1-2.3 |
| Pea Lectin                    |      |      | 1.74 | 0.1-1.7 |
| Potato, white, cooked (baked) | 0.34 |      |      | 0.1-1.8 |
| Potato, white, cooked (fried) | 0.86 |      |      | 0.1-1.6 |
| Pumpkin + Squash, cooked      |      | 1.01 |      | 0.1-1.3 |
| Radish                        |      | 1.64 |      | 0.1-1.7 |

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|                                |      |      |  |         |
|--------------------------------|------|------|--|---------|
| Safflower + Sunflower Oleosin  | 0.55 |      |  | 0.1-1.5 |
| Seaweed                        |      | 0.96 |  | 0.1-1.2 |
| Spinach + Aquaporin            | 0.74 |      |  | 0.1-1.5 |
| Tomato + Aquaporin             | 1.00 |      |  | 0.2-2.2 |
| Tomato Paste                   | 0.59 |      |  | 0.2-2.1 |
| Yam + Sweet Potato, cooked     | 0.73 |      |  | 0.3-1.9 |
| Zucchini, cooked               | 0.53 |      |  | 0.3-1.9 |
| <b>FRUIT, Raw and Modified</b> |      |      |  |         |
| Apple                          | 0.88 |      |  | 0.2-1.5 |
| Apple Cider                    | 0.80 |      |  | 0.3-1.3 |
| Apricot                        | 1.58 |      |  | 0.2-2.8 |
| Avocado                        | 1.30 |      |  | 0.6-2.5 |
| Banana                         | 0.17 |      |  | 0.1-2.3 |
| Banana, cooked                 | 0.26 |      |  | 0.2-2.8 |
| Latex Hevein                   | 0.33 |      |  | 0.3-2.0 |
| Blueberry                      | 0.79 |      |  | 0.1-1.6 |
| Cantaloupe + Honeydew Melon    | 0.50 |      |  | 0.1-1.2 |
| Cherry                         |      | 1.36 |  | 0.2-1.4 |
| Coconut, meat + water          | 0.92 |      |  | 0.2-2.0 |
| Cranberry                      | 0.84 |      |  | 0.3-2.4 |
| Date                           | 0.66 |      |  | 0.2-1.4 |
| Fig                            | 0.85 |      |  | 0.2-2.2 |
| Grape, red + green             | 0.60 |      |  | 0.2-1.0 |
| Red Wine                       | 1.21 |      |  | 0.1-2.3 |
| White Wine                     |      | 1.89 |  | 0.1-2.6 |
| Grapefruit                     | 0.80 |      |  | 0.2-1.9 |
| Kiwi                           | 0.56 |      |  | 0.2-1.7 |
| Lemon + Lime                   | 0.43 |      |  | 0.2-1.3 |
| Mango                          | 0.48 |      |  | 0.2-1.5 |
| Orange                         | 1.14 |      |  | 0.2-1.7 |
| Orange Juice                   | 0.65 |      |  | 0.2-1.8 |

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|   |      |  |      |         |
|---|------|--|------|---------|
| Papaya                                    | 1.11 |  |      | 0.2-1.7 |
| Peach + Nectarine                         |      |  | 2.30 | 0.2-2.0 |
| Pear                                      | 0.63 |  |      | 0.2-2.6 |
| Pineapple                                 | 0.35 |  |      | 0.1-1.9 |
| Pineapple Bromelain                       | 0.84 |  |      | 0.2-2.6 |
| Plum                                      | 0.84 |  |      | 0.3-2.2 |
| Pomegranate                               | 0.97 |  |      | 0.4-2.2 |
| Strawberry                                | 0.84 |  |      | 0.3-2.3 |
| Watermelon                                | 0.55 |  |      | 0.2-1.8 |
| <b>FISH and SEAFOOD, Raw and Modified</b> |      |  |      |         |
| Cod, cooked                               | 1.25 |  |      | 0.2-1.8 |
| Halibut, cooked                           | 1.04 |  |      | 0.1-1.6 |
| Mackerel, cooked                          | 0.94 |  |      | 0.2-2.0 |
| Red Snapper, cooked                       | 0.98 |  |      | 0.1-1.5 |
| Salmon                                    | 0.74 |  |      | 0.2-2.3 |
| Salmon, cooked                            | 0.38 |  |      | 0.2-2.4 |
| Sardine + Anchovy, cooked                 | 0.67 |  |      | 0.3-2.9 |
| Sea Bass, cooked                          | 0.53 |  |      | 0.2-2.8 |
| Tilapia, cooked                           | 0.79 |  |      | 0.1-1.8 |
| Trout, cooked                             | 0.81 |  |      | 0.1-2.4 |
| Tuna                                      | 0.50 |  |      | 0.1-2.7 |
| Tuna, cooked                              | 0.39 |  |      | 0.1-1.3 |
| Whitefish, cooked                         | 0.51 |  |      | 0.1-1.4 |
| Crab + Lobster, cooked                    | 0.82 |  |      | 0.2-2.1 |
| Imitation Crab, cooked                    | 0.65 |  |      | 0.1-1.7 |
| Clam, cooked                              | 0.78 |  |      | 0.1-1.9 |
| Oyster, cooked                            | 0.84 |  |      | 0.1-1.6 |
| Scallops, cooked                          | 0.81 |  |      | 0.1-2.0 |
| Squid (Calamari), cooked                  | 0.85 |  |      | 0.1-2.0 |
| Shrimp, cooked                            | 0.48 |  |      | 0.1-2.1 |
| Shrimp Tropomyosin                        | 0.91 |  |      | 0.1-1.6 |

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|                       |      |      |       |         |
|-----------------------|------|------|-------|---------|
| Parvalbumin           | 0.95 |      |       | 0.1-1.7 |
| <b>MEAT, Modified</b> |      |      |       |         |
| Beef, cooked medium   | 0.79 |      |       | 0.3-1.9 |
| Chicken, cooked       | 1.08 |      |       | 0.2-1.5 |
| Lamb, cooked          | 0.57 |      |       | 0.1-1.3 |
| Pork, cooked          | 0.28 |      |       | 0.1-2.2 |
| Turkey, cooked        | 0.19 |      |       | 0.1-1.3 |
| Gelatin               | 0.48 |      |       | 0.1-1.3 |
| Meat Glue             | 0.40 |      |       | 0.1-1.3 |
| <b>HERBS, Raw</b>     |      |      |       |         |
| Basil                 |      |      | 1.87  | 0.2-1.8 |
| Cilantro              | 0.83 |      |       | 0.1-1.5 |
| Cumin                 |      |      | >3.00 | 0.2-2.3 |
| Dill                  | 0.88 |      |       | 0.3-1.7 |
| Mint                  |      |      | 2.36  | 0.3-2.1 |
| Oregano               | 0.60 |      |       | 0.4-2.6 |
| Parsley               | 0.51 |      |       | 0.1-1.3 |
| Rosemary              | 1.02 |      |       | 0.3-2.2 |
| Thyme                 |      |      | 2.21  | 0.4-1.8 |
| <b>SPICES, Raw</b>    |      |      |       |         |
| Cinnamon              | 0.79 |      |       | 0.3-1.7 |
| Clove                 | 0.86 |      |       | 0.4-1.8 |
| Ginger                | 0.86 |      |       | 0.1-2.5 |
| Nutmeg                | 0.87 |      |       | 0.2-1.9 |
| Paprika               |      | 2.08 |       | 0.2-2.1 |
| Turmeric (Curcumin)   | 0.40 |      |       | 0.1-1.7 |
| Vanilla               | 0.94 |      |       | 0.1-2.4 |
| <b>GUMS</b>           |      |      |       |         |
| Beta-Glucan           | 0.37 |      |       | 0.1-1.3 |
| Carrageenan           | 0.58 |      |       | 0.2-2.0 |
| Gum Guar              | 0.56 |      |       | 0.2-2.4 |

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|                                       |      |      |  |         |
|---------------------------------------|------|------|--|---------|
| Gum Tragacanth                        | 0.20 |      |  | 0.1-1.4 |
| Locust Bean Gum                       | 0.44 |      |  | 0.2-1.4 |
| Mastic Gum + Gum Arabic               | 0.32 |      |  | 0.1-1.1 |
| Xanthan Gum                           | 0.58 |      |  | 0.1-1.7 |
| <b>BREWED BEVERAGES and ADDITIVES</b> |      |      |  |         |
| Coffee Bean Protein, brewed           | 0.41 |      |  | 0.2-1.8 |
| Black Tea, brewed                     | 0.96 |      |  | 0.3-1.6 |
| Green Tea, brewed                     | 0.83 |      |  | 0.3-1.8 |
| Honey, raw +processed                 |      | 0.99 |  | 0.1-1.3 |
| Food Coloring                         | 0.67 |      |  | 0.2-1.8 |

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