

Congratulations and thank you!

Dear Friend,

Congratulations on your wise decision to complete the first step on your road to wellness by taking Immuno Laboratories' world-renown test. We have been helping people like you for over 30 years. Our files are flowing with letters and video taped interviews of satisfied people and physicians from all over the world – often reporting as high as a 95% rate of success.

With over 25 million toxic food tests performed, you can begin your program with a high level of confidence on the accuracy and reliability of your test results from Immuno Laboratories. Our accuracy was validated independently in blind studies conducted at a healthcare training institution and published in a medical newsletter.

Your Immuno Laboratories team is here to help you...

We feel that our service and support just begins with providing your test results. Our commitment continues as we provide a team of nutritionists, consultants and other healthcare providers available via toll free phone lines and online at www.BetterHealthUSA.com. We are here to answer questions and support your success whenever you feel that we may add to the personalized support your healthcare provider and team already provide for you.

A few tips on getting the most from your results

Your key to success is in carefully following your personalized test results and the program outlined in the accompanying materials. The pocket size food avoidance reminder card is easily removed from this sheet and provided for you to carry wherever you go. It's a very handy reminder of the foods you'll want to avoid.

Please help spread the word about this test

We are a privately owned, nationally licensed, and certified medical testing lab. We grow primarily by referrals by friends just like you after making a difference in their lives and helping them achieve better health - satisfied people refer family and friends. As you gain benefit from Immuno Laboratories' test information, we ask that you help spread the word – about the doctor that referred you for this testing and about the testing through our free literature, DVDs, CDs and video tapes. It would be our pleasure to provide you with additional information for you to share with your family, friends and business associates.

Thank you and best wishes for a life in great health,

Jeffrey and Cher Zavik

P.S. The human body has the instinctive and innate ability to heal.
When it comes to your pursuit for better health, NEVER GIVE UP!

We personally invite you to contact us with any suggestions you may wish to make or other comments and observations about our testing, our printed materials, and how we might serve you better in the future. Feel free to write, email (*our favorite form of communication*) or call:

Jeffrey S. Zavik, CEO
Cher Zavik, President

Immuno Laboratories
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

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cher@ImmunoLabs.com

(954) 691-2500

Peel Here ↓

Patient: Sample Patient
Physician: Sample Physician

Immuno Bloodprint™ Reactive Foods:

Bean, Kidney (+2)	Milk, Goat's (+1)	Sesame (+1)
Bean, Pinto (+1)	Mushroom (+1)	Soybean (+1)
Cheese (+1)	Oat (+1)	Spinach (+3)
Chili Pepper (+1)	Pepper, B/W (+2)	Sugar, Cane (+2)
Corn (+1)	Pepper, Green (+1)	Wheat (+1)
Egg (+3)	Pumpkin (+1)	Yeast, Baker's (+2)
Milk, Cow's (+1)	Radish (+1)	Yeast, Brewer's (+3)
	Rye (+1)	

Suggested Retest Date: 10/15/08

Your personalized food avoidance card

*FPO - Card Position



Immuno 1 Bloodprint™

IgG Standard Food Family Sensitivity Assay (115)

6801 Powerline Road, Fort Lauderdale, FL 33309-2215
 Ph: (954) 691-2500 Toll Free: (800) 231-9197 Int: (001) (954) 691-2500
 Fax: (954) 691-2505 www.ImmunoLabs.com
 CLIA No. 10D0284781 - State license inquiries, inquire to the above.

Patient Name: Sample Patient
Lab ID Code: 502829
Testing Date: 17-Feb-08
Spec. Coll. Date: 13-Feb-08

Physician: Sample Physician
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

Reactive Test Results

(Your blood serum reacted to these food antigens)

Bean, Kidney (+2)	Milk, Cow's (+1)	Pumpkin (+1)	Sugar, Cane (+2)
Bean, Pinto (+1)	Milk, Goat's (+1)	Radish (+1)	Wheat (+1)
Cheese (+1)	Mushroom (+1)	Rye (+1)	Yeast, Baker's (+2)
Chili Pepper (+1)	Oat (+1)	Sesame (+1)	Yeast, Brewer's (+3)
Corn (+1)	Pepper, B/W (+2)	Soybean (+1)	
Egg (+3)	Pepper, Green (+1)	Spinach (+3)	

Total number of IgG sensitivity reactions: **22**

Non-Reactive Test Results

(Your blood serum did not react to these food antigens)

Alfalfa	Chicken	Lime	Potato, White
Almond	Cinnamon	Lobster	Quinoa
Amaranth	Clam	Mackerel	Rape Seed (Canola)
Apple	Clove	Millet	Rice
Asparagus	Cocoa-Chocolate	Mung Bean	Safflower
Avocado	Coconut	Mustard	Sage
Banana	Cod	Nutmeg	Salmon
Barley	Coffee	Olive	Scallops
Bean, Green	Crab	Onion	Shrimp
Bean, Lima	Cranberry	Orange	Snapper
Bean, Yellow Wax	Eggplant	Oregano	Sole
Beef	Flounder	Oyster	Strawberry
Beet	Garlic	Papaya	Sunflower
Brazil Nut	Ginger	Parsley	Tangerine
Broccoli	Grape	Pea	Tea
Brussels Sprouts	Grapefruit	Peach	Tomato
Buckwheat	Haddock	Peanut	Trout
Cabbage	Halibut	Pecan	Tuna
Cantaloupe	Herring	Perch	Turkey
Carrot	Lamb	Pineapple	Walnut
Cashew Nut	Lemon	Plum	White fish
Cauliflower	Lentil	Pork	Yam
Celery	Lettuce	Potato, Sweet	Zucchini

Scoring and Evaluation

(Key) +1 +2 +3 +4 (Increasing levels of antibodies)

These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.

This test was developed and performance characteristics determined by Immuno Laboratories. It has not been cleared or approved by the U.S. Food and Drug Administration.

Laboratory Director

Immuno 1 Bloodprint™

IgG Comprehensive Food Sensitivity Assay (154)

Patient Name: Sample Patient
Lab ID Code: 502829
Testing Date: 17-Feb-08
Spec. Coll. Date: 13-Feb-08

Physician: Sample Physician
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

Reactive Test Results

(Your blood serum reacted to these food antigens)

Total number of IgG sensitivity reactions: **0**

Non-Reactive Test Results

(Your blood serum did not react to these food antigens)

Alfalfa	Coconut	Mushroom	Safflower
Almond	Cod	Mustard	Sage
Amaranth	Coffee	Nut, Filbert	Salmon
Apple	Corn	Nutmeg	Sardine
Apricot	Crab	Oat	Scallops
Asparagus	Cranberry	Olive	Sea Bass
Avocado	Cucumber	Onion	Seed, Caraway
Banana	Cumin	Orange	Seed, Dill
Barley	Currant	Oregano	Sesame
Basil	Date	Oyster	Shrimp
Bay Leaf	Duck	Papaya	Snapper
Bean, Green	Egg	Paprika	Sole
Bean, Kidney	Eggplant	Parsley	Soybean
Bean, Lima	Flounder	Pea	Spinach
Bean, Navy	Garlic	Peach	Squash, Yellow
Bean, Pinto	Ginger	Peanut	Strawberry
Bean, Yellow Wax	Goose	Pear	Sugar, Cane
Beef	Grape, Concord	Pecan	Sunflower
Beet	Grape, White	Pepper, B/W	Tangerine
Blackberry	Grapefruit	Pepper, Cayenne	Tapioca
Blueberry	Greens, Mustard	Pepper, Green	Tea
Brazil Nut	Haddock	Pepper, Red	Thyme
Broccoli	Halibut	Peppermint	Tomato
Brussels Sprouts	Horseradish	Pimento	Trout
Buckwheat	Herring	Perch	Tuna
Cabbage	Lamb	Pineapple	Turkey
Cantaloupe	Lemon	Plum	Turnip
Carrot	Lentil	Pork	Vanilla
Cashew Nut	Lettuce	Potato, Sweet	Venison
Catfish	Lime	Potato, White	Walnut, Black
Cauliflower	Lobster	Pumpkin	Walnut, English
Celery	Mackerel	Quinoa	Watermelon
Cheese	Malt	Rabbit	Wheat
Cherry	Melon, Honeydew	Radish	White fish
Chicken	Milk, Cow's	Rape Seed (Canola)	Yeast, Baker's
Cinnamon	Milk, Goat's	Raspberry	Yeast, Brewer's
Clam	Millet	Rhubarb	Zucchini
Clove	Mint	Rice	
Cocoa-Chocolate	Mung Bean	Rye	

Scoring and Evaluation

(Key) +1 +2 +3 +4 (Increasing levels of antibodies)

These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.

This test was developed and performance characteristics determined by Immuno Laboratories. It has not been cleared or approved by the U.S. Food and Drug Administration.

Standard Food Plan

Sample Patient: 4-Day Rotation (115 foods)

This four-day rotation plan has been created for you using the foods that were tested and were non-reactive. You may eat each food as often on that day as you choose. If you need to move a food from one day to another (for example, if you like peas and rice together), that is fine, just be careful not to repeat the same food two days in a row. Remember, do not eat any item to which you are reactive. Consult your physician or counselor for further guidance.

Day One

Protein:

Beef/Veal
 Chicken
 Cod
 Clams
 Crab
 Flounder

Day Two

Haddock
 Halibut
 Herring
 Lamb
 Lobster
 Mackerel

Day Three

Oyster
 Perch
 Pork
 Salmon
 Scallops
 Shrimp

Day Four

Snapper
 Sole
 Trout
 Turkey
 Tuna
 White fish

Vegetables:

Bean, Yellow Wax
 Broccoli
 Brussels Sprouts
 Cabbage
 Carrot
 Cauliflower

Celery
 Onion
 Parsley
 Potato, Sweet
 Potato, White
 Zucchini

Asparagus
 Avocado
 Bean, Green
 Beet
 Eggplant
 Lettuce

Squash, Yellow
 Tomato
 Yam

Beans/Grains/Legumes:

Alfalfa
 Amaranth
 Barley

Bean, Lima
 Millet
 Pea

Buckwheat
 Lentil
 Mung Bean

Quinoa
 Rice

Fruits and Nuts: (Plus beverages derived from these foods)

Almond
 Brazil Nut
 Cantaloupe
 Cashew Nut
 Coconut
 Orange

Peach
 Pineapple
 Strawberry
 Tangerine
 Walnut

Apple
 Banana
 Cherry
 Cranberry
 Grape
 Grapefruit

Papaya
 Peanut
 Pecan
 Plum
 Sunflower

Condiments:

Garlic
 Ginger
 Mustard

Nutmeg
 Safflower
 Sage

Cinnamon
 Clove
 Cocoa-Chocolate
 Lemon

Lime
 Olive
 Oregano
 Rape Seed (Canola)

Beverages: (*Rotate brands)

Coffee*
 Tea*
 Water (64 oz)

Coffee*
 Tea*
 Water (64 oz)

Coffee*
 Rice Milk
 Tea*
 Water (64 oz)

Coffee*
 Tea*
 Water (64 oz)

Comprehensive Food Plan

Sample Patient: 4-Day Rotation (154 foods)

This four-day rotation plan has been created for you using the foods that were tested and were non-reactive. You may eat each food as often on that day as you choose. If you need to move a food from one day to another (for example, if you like peas and rice together), that is fine, just be careful not to repeat the same food two days in a row. Remember, do not eat any item to which you are reactive. Consult your physician or counselor for further guidance.

Day One

Protein:

Beef/Veal
 Chicken
 Cod
 Clams
 Crab
 Duck
 Flounder

Vegetables:

Bean, Yellow Wax
 Broccoli
 Brussels Sprouts
 Cabbage
 Carrot
 Cauliflower
 Celery

Beans/Grains/Legumes:

Alfalfa
 Amaranth
 Barley

Fruits and Nuts: (Plus beverages derived from these foods)

Almond
 Apricot
 Blackberry
 Brazil Nut
 Cantaloupe
 Cashew Nut
 Coconut
 Melon, Honeydew

Condiments:

Basil
 Cumin
 Garlic
 Ginger
 Horseradish
 Mint

Beverages: (*Rotate brands)

Coffee*
 Malt
 Tea*
 Water (64 oz)

Day Two

Goose
 Haddock
 Halibut
 Herring
 Lamb
 Lobster
 Mackerel

Cucumber
 Onion
 Parsley
 Potato, Sweet
 Potato, White
 Zucchini

Bean, Navy
 Bean, Lima
 Millet

Nut, Filbert
 Orange
 Peach
 Pear
 Pineapple
 Strawberry
 Tangerine
 Walnut, Black

Mustard
 Nutmeg
 Paprika
 Safflower
 Sage
 Seed, Caraway

Coffee*
 Tea*
 Water (64 oz)

Day Three

Catfish
 Oyster
 Perch
 Pork
 Rabbit
 Salmon
 Scallops

Asparagus
 Avocado
 Bean, Green
 Beet
 Eggplant
 Greens, Mustard

Buckwheat
 Lentil
 Pea

Apple
 Banana
 Blueberry
 Cherry
 Cranberry
 Currant
 Date
 Grape, Concord

Bay Leaf
 Cinnamon
 Clove
 Cocoa-Chocolate
 Lemon
 Lime

Coffee*
 Rice Milk
 Water (64 oz)

Day Four

Shrimp
 Sea Bass
 Snapper
 Sole
 Trout
 Turkey
 Tuna
 White fish

Lettuce
 Pepper, Red
 Squash, Yellow
 Tomato

Mung Bean
 Quinoa
 Rice

Grape, White
 Grapefruit
 Papaya
 Peanut
 Pecan
 Plum
 Sunflower
 Watermelon

Olive
 Oregano
 Pepper, Cayenne
 Peppermint
 Pimento
 Rape Seed (Canola)
 Seed, Dill

Tea*
 Water (64 oz)

Standard Food Plan

Sample Patient: Food Combining (115 foods)

This food plan is targeted towards food combining, using foods to which your blood serum was not reactive. Foods to which you are sensitive have been eliminated. Combine foods as described, being sure not to eat the same food two days in a row. You may eat the same food more than once during the same day. Please consult with your healthcare provider for your nutritional balance.

Breakfast

Eat one kind of any of the following:

Cereal		OR	Fruit		
Amaranth	Millet		Apple	Grapefruit	Pumpkin
Barley	Oat		Banana	Orange	Strawberry
Buckwheat	Potato Patties		Cherry	Papaya	Tangerine
Corn Grits	Quinoa		Coconut	Peach	
Corn Tortillas			Grape	Plum	

Lunch and Dinner

Eat one kind of any of the following:

Protein		OR	Starch		
Beef	Haddock	Oyster	Sole	Corn	Yam
Cheese	Halibut	Perch	Soy/Tofu	Lentil	
Chicken	Herring	Pork	Trout	Pea	
Clam	Lamb	Salmon	Tuna	Potato, Sweet	
Cod	Lobster	Scallops	Turkey	Potato, White	
Crab	Mackerel	Shrimp	White fish	Rice	
Flounder	Milk, Goat's	Snapper			

In addition you may choose any of the following:

Up to TWO Cooked Vegetables		AND/OR	Any Raw Vegetable combo of	
Alfalfa Sprouts	Cabbage		Bean, Pinto	Pepper, Green
Asparagus	Carrot		Beans, Yellow	Radish
Bean, Green	Cauliflower		Lettuce	Spinach
Beet	Celery		Mung Bean	Tomato
Broccoli	Eggplant		Mushroom	Zucchini
Brussels Sprouts	Fresh Peas		Onion	

Snacks

Eat one kind of any of the following:

Vegetable		OR	Nuts	OR	Other
Avocado	Carrot	Radishes	Almond	Peanut	Rice Cake
Bean, Lima	Cauliflower	Tomato	Brazil Nut	Pecan	Sunflower
Broccoli	Pepper, Green	Zucchini	Cashew Nut	Popcorn	Walnut

Seasonings

Optional-use sparingly:

Cinnamon	Garlic	Lime	Oregano	Rape Seed (Canola)
Clove	Ginger	Nutmeg	Parsley	Safflower
Cocoa-Chocolate	Lemon	Olive	Pepper, B/W	Sage

Beverages

Coffee	Oat Milk	Rice Milk	Soy Milk	Tea	Water (64 oz.)
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Comprehensive Food Plan

Sample Patient: Food Combining (154 foods)

This food plan is targeted towards food combining, using foods to which your blood serum was not reactive. Foods to which you are sensitive have been eliminated. Combine foods as described, being sure not to eat the same food two days in a row. You may eat the same food more than once during the same day. Please consult with your healthcare provider for your nutritional balance.

Breakfast

Eat one kind of any of the following:

Cereal		OR	Fruit			
Amaranth	Millet		Apple	Cherry	Orange	Pumpkin
Barley	Oat		Apricot	Coconut	Papaya	Raspberry
Buckwheat	Potato Patties		Banana	Grape, Concord	Peach	Strawberry
Corn Grits	Quinoa		Blackberry	Grapefruit	Pear	Tangerine
Corn Tortillas			Blueberry	Melon, Honeydew	Plum	Watermelon

Lunch and Dinner

Eat one kind of any of the following:

Protein			OR	Starch		
Beef	Duck	Lobster		Corn		
Catfish	Flounder	Mackerel		Lentil		
Cheese	Goose	Milk, Cow's		Pea		
Chicken	Haddock	Milk, Goat's		Rice		
Clam	Halibut	Oyster		Potato, Sweet		
Cod	Herring	Perch		Potato, White		
Crab	Lamb	Pork		Tapioca		
		Rabbit				
		Salmon				
		Sardine				
		Sea Bass				
		Scallops				
		Shrimp				
		Snapper				
		Sole				
		Soy/Tofu				
		Trout				
		Tuna				
		Turkey				
		Venison				
		White fish				

In addition you may choose any of the following:

Up to TWO Cooked Vegetables		AND/OR	Any Raw Vegetable combo of	
Asparagus	Bean, Green	Mushroom	Alfalfa Sprouts	Mung Bean
Broccoli	Beans, Navy	Pepper, Green	Beet	Onion
Brussels Sprouts	Bean, Pinto	Squash, Yellow	Carrot	Peppers
Cabbage	Beans, Yellow	Turnip	Celery	Radish
Cauliflower	Greens, Mustard	Zucchini	Fresh Peas	Spinach
Eggplant			Lettuce	Tomato

Snacks

Eat one kind of any of the following:

Vegetable		OR	Nuts		OR	Other	
Avocado	Cucumber	Zucchini	Almond	Date		Popcorn	
Bean, Lima	Pepper, Green		Brazil Nut	Nut, Filbert		Rice Cake	
Broccoli	Radishes		Cashew Nut	Peanut		Sunflower	
Cauliflower	Tomato		Currant	Pecan		Walnut, Black	

Seasonings

Optional-use sparingly:

Basil	Clove	Garlic	Lime	Olive	Pepper, B/W	Seed, Caraway	Sage
Bay Leaf	Cocoa	Ginger	Mint	Oregano	Rape Seed	Seed, Dill	Thyme
Cinnamon	Cumin	Lemon	Nutmeg	Parsley	(Canola)	Safflower	Vanilla

Beverages

Coffee	Malt	Oat Milk	Rice Milk	Soy Milk	Tea	Water (64 oz.)
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Sub-Fractions Milk

IgG ELISA Food Sensitivity Assay

Patient Name: Sample Patient
Lab ID Code: 502829
Testing Date: 17-Feb-08
Spec. Coll. Date: 13-Feb-08

Physician: Sample Physician
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

Sub-fractions of milk are: Casein, Alpha-lactalbumin (ALA), Beta-lactoglobulin (BLG), Bovine serum albumin (BSA), and Lactoferrin (LF). Casein is found in cheese. Whey protein contains the other four proteins – ALA, BLG, BSA and LF.

YOUR TEST RESULTS ARE:

Casein: **Positive (+1)**

ALA: **Negative**

BLG: **Negative**

BSA: **Negative**

LF: **Negative**

Individuals positive to Casein should not eat cheese.

Individuals positive to any of the four whey proteins should not include whey or whey products in their diet.

Scoring and Evaluation (Key) +1 +2 +3 +4 (Increasing levels of antibodies)

These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.

This test was developed and performance characteristics determined by Immuno Laboratories. It has not been cleared or approved by the U.S. Food and Drug Administration.

Laboratory Director

Sub-Fractions Egg

IgG ELISA Food Sensitivity Assay

Patient Name: Sample Patient
Lab ID Code: 502829
Testing Date: 17-Feb-08
Spec. Coll. Date: 13-Feb-08

Physician: Sample Physician
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

The two main components of egg are egg-white and egg-yolk. These two sub-fractions of egg are tested separately. Most people are positive to both. When positive to one sub-fraction and negative to the other, the negative component may be eaten.

YOUR TEST RESULTS ARE:

Egg-white: Positive (+3)

Egg-yolk: Negative

Scoring and Evaluation (Key) +1 +2 +3 +4 (Increasing levels of antibodies)

These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.

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Laboratory Director

Anti-Gliadin Antibody

IgG and IgA Gluten Antibody Assay

Patient Name: Sample Patient
Lab ID Code: 502829
Testing Date: 17-Feb-08
Spec. Coll. Date: 13-Feb-08

Physician: Sample Physician
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

IgG or IgA Anti-gliadin antibodies are often elevated in celiac disease patients or in patients suffering from gluten enteropathy. These antibodies may also be elevated in patients with other diseases such as dermatitis herpetiformis, autism and epilepsy associated with cerebral calcifications.

YOUR TEST RESULTS ARE: Positive

IgG ELISA Test: 82 Units
Positive

IgA ELISA Test: 36 Units
Positive

ELISA KEY – Scoring and Evaluation

IgG And IgA

Antibody Titer:	Negative	< 20 units
	Weak Positive	20-30 units
	Moderate to Strong Positive	> 30 units

Note: The ordering physician should be familiar with gluten/gliadin antibody profiles prior to treatment.

tTG Antibody

IgA Antibody (Human) Assay

Patient Name: Sample Patient
Lab ID Code: 502829
Testing Date: 17-Feb-08
Spec. Coll. Date: 13-Feb-08

Physician: Sample Physician
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

An Enzyme-Linked Immunosorbant Assay (ELISA) for the semi-quantitative detection of IgA antibodies to tissue transglutaminase (tTG) in human serum. Detection of these antibodies is an aid in diagnosis of certain gluten sensitive enteropathies such as celiac disease and dermatitis herpetiformis.

YOUR TEST RESULT IS: Positive

tTG: 31 Units

ELISA KEY – Scoring and Evaluation

Antibody Titer:	Negative	< 20 units
	Weak Positive	20-30 units
	Moderate to Strong Positive	> 30 units

Note: The ordering physician should be familiar with gluten/gliadin antibody profiles prior to treatment.

Total Immunoglobulin E

Total IgE Assay

Patient Name: Sample Patient
Lab ID Code: 502829
Testing Date: 17-Feb-08
Spec. Coll. Date: 13-Feb-08

Physician: Sample Physician
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

Immunoglobulins of the IgE class play an important role in mediating the atopic reactions that occur when sensitive individuals are exposed to allergens. In deciding on a course of therapy, it is important to distinguish between IgE-mediated and non-IgE mediated reactions. Measurement of the total circulating IgE level in conjunction with other supporting diagnostic information can aid in making this diagnosis. In general, the total IgE level increases with the number of allergies which a person has and with the amount of exposure to relevant allergens. The finding of an elevated total IgE result may justify testing for allergen-specific IgE.

YOUR TEST RESULTS ARE:

<u>Test</u>	<u>Result</u>	<u>Units</u>	<u>Reference Interval</u>
Total IgE		IU/ml	0-80 IU/ml (95% CI)

Evaluation of Results

Usually Negative for Atopic Allergy	<18 IU/ml
Equivocal for Atopic Allergy	18-80 IU/ml
Probably Atopic Allergy	>80 IU/ml

Note: The ordering physician should be familiar with the patient's clinical history prior to selecting a specific IgE food/mold and /or environmental inhalant panel as a reflex test should the total IgE level be greater than 80 IU/ml. Furthermore, a total IgE value <80 IU/ml does not necessarily mean the patient does not have a positive reaction to a specific allergen.