

# Patient Report



06/07/2023

Dear Mr Abcde Fghijk,

Please find enclosed the Patient Report for your OptiWay® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

#### TEST REPORT

Two different types of Test Report are provided with every OptiWay® IgG antibody test:

- 1) **Food Groups** – foods are listed according to their respective food group
- 2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED**, **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

#### PATIENT GUIDEBOOK

- ✓ Information about food sensitivity and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food sensitivities
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the OptiWay® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and may cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact us.

Kind regards  
The Optiway Team



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[www.optiway.co.za](http://www.optiway.co.za)

## Test Report : Food Groups

**Patient Name:** Abcde Fghijk  
**Patient Number:** #0001  
**Date of Birth:** 10/10/1990

**Sample Date:** 28/06/2023  
**Analysis Date:** 30/06/2023  
**Clinic:** Optiway

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
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### DAIRY / EGG

<15	Alpha-Lactalbumin	65	Egg White	85	Milk (Cow)
<15	Beta-Lactoglobulin	<15	Egg Yolk	33	Milk (Goat)
64	Casein	<15	Milk (Buffalo)	49	Milk (Sheep)

### GRAINS (Gluten-Containing)\*

<15	Barley	<15	Malt	30	Wheat
<15	Couscous	<15	Oat	<15	Wheat Bran
<15	Durum Wheat	<15	Rye		
33	Gliadin*	<15	Spelt		

### GRAINS (Gluten-Free)

<15	Amaranth	<15	Millet	<15	Rice
<15	Buckwheat	<15	Polenta	<15	Tapioca
18	Corn (Maize)	<15	Quinoa		

### FRUIT

<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	<15	Plum
<15	Banana	<15	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant
<15	Cherry	<15	Mulberry	<15	Rhubarb
<15	Cranberry	<15	Nectarine	<15	Strawberry
<15	Date	<15	Olive	<15	Tangerine
<15	Fig	18	Orange	<15	Watermelon
<15	Grape (Black/Red/White)	<15	Papaya		
<15	Grapefruit	<15	Peach		

### VEGETABLES

<15	Artichoke	<15	Cauliflower	<15	Potato
<15	Asparagus	<15	Celery	34	Radish
<15	Aubergine	<15	Chard	<15	Rocket
25	Bean (Broad)	<15	Chickpea	<15	Shallot
<15	Bean (Green)	<15	Chicory	<15	Soya Bean
23	Bean (Red Kidney)	<15	Cucumber	<15	Spinach
35	Bean (White Haricot)	<15	Fennel (Leaf)	<15	Squash (Butternut/Carnival)
<15	Beetroot	<15	Leek	<15	Sweet Potato
<15	Broccoli	18	Lentil	<15	Tomato
<15	Brussel Sprout	22	Lettuce	<15	Turnip
<15	Cabbage (Red)	<15	Marrow	<15	Watercress
<15	Cabbage (Savoy/White)	<15	Onion	<15	Yuca
<15	Caper	21	Pea		
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

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### FISH / SEAFOOD

<15	Alga Espaguette	<15	Haddock	<15	Sardine
<15	Alga Spirulina	<15	Hake	<15	Scallop
<15	Alga Wakame	<15	Herring	<15	Sea Bream (Gilthead)
<15	Anchovy	<15	Lobster	<15	Sea Bream (Red)
<15	Barnacle	<15	Mackerel	<15	Shrimp/Prawn
<15	Bass	<15	Monkfish	<15	Sole
<15	Carp	<15	Mussel	<15	Squid
<15	Caviar	<15	Octopus	<15	Swordfish
<15	Clam	<15	Oyster	<15	Trout
<15	Cockle	<15	Perch	<15	Tuna
<15	Cod	<15	Pike	<15	Turbot
<15	Crab	<15	Plaice	<15	Winkle
<15	Cuttlefish	<15	Razor Clam		
<15	Eel	<15	Salmon		

### MEAT

<15	Beef	17	Ostrich	<15	Turkey
<15	Chicken	15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	<15	Wild Boar
<15	Horse	<15	Quail		
<15	Lamb	19	Rabbit		

### HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nutmeg
<15	Basil	<15	Garlic	<15	Parsley
<15	Bayleaf	<15	Ginger	<15	Peppercorn (Black/White)
<15	Camomile	<15	Ginkgo	<15	Peppermint
19	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	16	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
15	Cumin	<15	Mustard Seed	<15	Vanilla
<15	Curry (Mixed Spices)	<15	Nettle		

### NUTS / SEEDS

<15	Almond	<15	Hazelnut	<15	Rapeseed
<15	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
<15	Cashew Nut	26	Peanut	<15	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
<15	Flax Seed	15	Pistachio	<15	Walnut

### MISCELLANEOUS

28	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)
17	Aloe Vera	<15	Coffee	<15	Tea (Green)
<15	Cane Sugar	17	Cola Nut	<15	Transglutaminase
<15	Carob	<15	Honey	<15	Yeast (Baker's)
<15	Chestnut	33	Mushroom	34	Yeast (Brewer's)

\* 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. Please refer to the Patient Guidebook for further information.

## Test Report : Order of Reactivity

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### ELEVATED FOODS (≥30 U/ml)

85	Milk (Cow)	35	Bean (White Haricot)	33	Milk (Goat)
65	Egg White	34	Radish	33	Mushroom
64	Casein	34	Yeast (Brewer's)	30	Wheat
49	Milk (Sheep)	33	Gliadin*		

### BORDERLINE FOODS (24-29 U/ml)

28	Agar Agar	26	Peanut	25	Bean (Broad)
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### NORMAL FOODS (≤23 U/ml)

23	Bean (Red Kidney)	<15	Barley	<15	Rice
22	Lettuce	<15	Brazil Nut	<15	Soya Bean
21	Pea	<15	Venison	<15	Tiger Nut
19	Cayenne	<15	Bean (Green)	<15	Cucumber
19	Rabbit	<15	Eel	<15	Partridge
18	Corn (Maize)	<15	Trout	<15	Raspberry
18	Lentil	<15	Anchovy	<15	Sea Bream (Gilthead)
18	Orange	<15	Bass	<15	Spelt
17	Aloe Vera	<15	Lamb	<15	Squid
17	Cola Nut	<15	Mustard Seed	<15	Turkey
17	Ostrich	<15	Pork	<15	Winkle
16	Saffron	<15	Barnacle	<15	Amaranth
15	Cumin	<15	Buckwheat	<15	Beetroot
15	Ox	<15	Cauliflower	<15	Cane Sugar
15	Pistachio	<15	Marrow	<15	Carp
<15	Malt	<15	Plum	<15	Duck
<15	Horse	<15	Watercress	<15	Garlic
<15	Potato	<15	Alga Spirulina	<15	Goat
<15	Yeast (Baker's)	<15	Aniseed	<15	Grapefruit
<15	Broccoli	<15	Cabbage (Red)	<15	Guava
<15	Squash (Butternut/Carnival)	<15	Carrot	<15	Lime
<15	Wild Boar	<15	Celery	<15	Lychee
<15	Almond	<15	Chard	<15	Onion
<15	Ginkgo	<15	Clam	<15	Perch
<15	Sunflower Seed	<15	Curry (Mixed Spices)	<15	Salmon
<15	Cashew Nut	<15	Durum Wheat	<15	Sole
<15	Cranberry	<15	Egg Yolk	<15	Spinach
<15	Pepper (Green/Red/Yellow)	<15	Fig	<15	Turnip
<15	Cabbage (Savoy/White)	<15	Hazelnut	<15	Apple
<15	Shallot	<15	Pike	<15	Basil
<15	Alga Wakame	<15	Quail	<15	Beef

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### NORMAL FOODS ...continued

<15	Blackcurrant	<15	Cinnamon	<15	Peppercorn (Black/White)
<15	Cherry	<15	Clove	<15	Peppermint
<15	Chicory	<15	Cockle	<15	Pine Nut
<15	Ginger	<15	Cocoa Bean	<15	Pineapple
<15	Haddock	<15	Coconut	<15	Polenta
<15	Kiwi	<15	Cod	<15	Quinoa
<15	Leek	<15	Coffee	<15	Raisin
<15	Mackerel	<15	Coriander (Leaf)	<15	Rapeseed
<15	Monkfish	<15	Couscous	<15	Razor Clam
<15	Mulberry	<15	Crab	<15	Redcurrant
<15	Mussel	<15	Cuttlefish	<15	Rhubarb
<15	Nectarine	<15	Date	<15	Rocket
<15	Oyster	<15	Dill	<15	Rosemary
<15	Pear	<15	Fennel (Leaf)	<15	Rye
<15	Plaice	<15	Flax Seed	<15	Sage
<15	Pomegranate	<15	Ginseng	<15	Sardine
<15	Shrimp/Prawn	<15	Grape (Black/Red/White)	<15	Scallop
<15	Tuna	<15	Hake	<15	Sea Bream (Red)
<15	Alga Espaguetto	<15	Herring	<15	Sesame Seed
<15	Alpha-Lactalbumin	<15	Honey	<15	Strawberry
<15	Apricot	<15	Hops	<15	Sweet Potato
<15	Artichoke	<15	Lemon	<15	Swordfish
<15	Asparagus	<15	Liquorice	<15	Tangerine
<15	Aubergine	<15	Lobster	<15	Tapioca
<15	Avocado	<15	Macadamia Nut	<15	Tarragon
<15	Banana	<15	Mango	<15	Tea (Black)
<15	Bayleaf	<15	Marjoram	<15	Tea (Green)
<15	Beta-Lactoglobulin	<15	Melon (Galia/Honeydew)	<15	Thyme
<15	Blackberry	<15	Milk (Buffalo)	<15	Tomato
<15	Blueberry	<15	Millet	<15	Transglutaminase
<15	Brussel Sprout	<15	Mint	<15	Turbot
<15	Camomile	<15	Nettle	<15	Vanilla
<15	Caper	<15	Nutmeg	<15	Veal
<15	Carob	<15	Oat	<15	Walnut
<15	Caviar	<15	Octopus	<15	Watermelon
<15	Chestnut	<15	Olive	<15	Wheat Bran
<15	Chicken	<15	Papaya	<15	Yuca
<15	Chickpea	<15	Parsley		
<15	Chilli (Red)	<15	Peach		

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