

CLIENT ID : 330233410
CLIENT NAME : Janine Hegendorf

Pinner Test FOOD INTOLERANCE TEST

Food Intolerance Test Results



Dear Janine Hegendorf

Please find the enclosed results of your Pinnertest Food Intolerance Test. The test analyzed your blood sample for food specific Immunoglobulin G (IgG) reactions by Microarray Technology.

We know, from our research, that many patients who alter their diet in accordance with their test results show a significant improvement in their symptom(s) within three to four weeks. We hope that you are one of them and we would be interested to learn of your progress and improvement in due course.

We wish you good health,



Dr. Mark Schena

IMPORTANT: This is a food intolerance test, not an allergy test. If you suffer classic allergic (IgE) reactions to any of these foods, DO NOT eat them even if they are on the green column. Your test results are complementary to and not a substitute for the best medical help. This test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic for celiac disease. If your chronic symptoms do not improve significantly over the next few weeks, we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.

HOW TO UNDERSTAND YOUR PINNERTEST REPORT:

RED COLUMN (AVOID)

The red column indicates you have an intolerance to these particular foods and it is suggested that you should try to eliminate them completely from your diet.

GREEN COLUMN (NO REACTION)

The green column indicates that you do not have an intolerance to these particular foods. The foods in the green column may be eaten without restriction, **unless you already know that these foods do cause you any negative effects such as food allergies or discomfort.**

DEGREES:

The numbers in your report next to the foods you are intolerant to, are the reaction levels. However, the varying levels suggest that your body has a reaction to those foods and should be avoided.

- +1..... LOW REACTION
- +2.....MODERATE REACTION
- +3.....HIGH REACTION

Your Pinnertest Food Intolerance Report

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	Reaction (Avoid)	No Reaction
Grains		
		Barley
		Buckwheat
		Corn
		Kamut
		Millet
	Oat (+3 degree)	
		Quinoa
		Rice
		Rye
		Spelt
	Wheat (+3 degree)	
Legumes		
		Black Bean
		Chickpea
		Fava Bean
		Kidney Bean
		Lentils
		Peanut
		Pinto Bean
	Soybean (+3 degree)	
Dairy/Eggs		
		Cow's Milk
		Egg White
		Egg Yolk
		Goat's Milk
		Sheep's Milk
Meat		
		Beef
		Chicken
		Duck
		Lamb
		Pork
		Rabbit
		Quail
		Turkey
Fish/Seafood		
		Anchovy
		Bluefish
		Clam

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Reaction (Avoid)	No Reaction
	Cod
	Crab
	Eel
	Haddock
	Herring
	Lobster
	Mackerel
	Mussel
	Octopus
	Oyster
	Red Snapper
	Salmon
	Sardine
	Sea Bass
	Shrimp
	Sole
	Squid
	Sword Fish
	Tilapia
	Trout
	Tuna
Vegetables	
	Artichoke
	Arugula
	Asparagus
	Beet
	Bell Pepper
	Broccoli
	Brussel Sprouts
	Cabbage
	Carrot
	Cauliflower
	Celery
	Chard
	Cucumber
	Eggplant
	Endive
	Fennel
	Grape Leaf
	Kale

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	Reaction (Avoid)	No Reaction
		Leek
		Lettuce
		Mushrooms
		Okra
		Onion
		Parsley
		Pea
		Potato
		Pumpkin
		Radicchio
		Radish
		Rutabaga
		Spinach
		Butternut Squash
		String Bean
		Sweet Potato
		Tomato
		Turnip
		Watercress
		Zucchini
Fruits		
		Acai Berry
		Apple
		Apricot
		Avocado
		Banana
		Blackberry
		Blueberry
		Cantaloupe
		Cherry
		Cranberry
		Currant
		Date
		Fig
		Grape
		Grapefruit
		Guava
		Kiwi
		Lemon
		Lime

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	Reaction (Avoid)	No Reaction
		Lyvhee
	Mango (+2 degree)	
		Nectarine
		Olive
		Orange
		Papaya
		Peach
		Pear
		Pineapple
		Plum
		Pomegranate
		Raspberry
		Rhubarb
		Strawberry
		Watermelon
Seeds/Nuts		
		Almond
		Brazil
		Cashew
		Chestnut
		Coconut
		Flaxseed
		Hazelnut
		Hemp
		Macadamia
		Pine Nut
		Pistachio
		Sesame Seed
		Sunflower Seed
		Walnut
Spices/Herbs		
		Allspice
		Anise Seed
		Basil
		Capers
		Cardamom
		Carob
		Chili Pepper
		Chive
		Cilantro

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	Reaction (Avoid)	No Reaction
		Cinnamon
		Clove
		Coriander
		Cumin
		Dill
		Garlic
		Ginger
		Lavender
		Mint
		Mustard Seed
		Nutmeg
		Oregano
		Paprika
		Peppercorn
		Poppy Seed
		Rosemary
		Saffron
		Sage
		Tarragon
		Thyme
		Turmeric
		Vanilla
Drinks		
		Black Tea
		Chamomile
		Chicory
		Cocoa Bean
		Coffee
		Cola Nut
		Ginseng
		Hibiscus
		Hops
		Jasmin
		Rooibos
Others		
		Agar
		Agave
		Aloe Vera
		Amaranth
		Aspartame

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Reaction (Avoid)

No Reaction

	Cane Sugar
	Canola Oil
	Fructose
	Gluten (Gliadin)
	Honey
	Maple Syrup
	Pectin
	Saccharin
	Sucralose
	Tapioca
	Yeast