

KnowMy GutEatIQTM

Precision Nutrition Powered by Your Immune Intelligence

Patient ID:

 6010104874

Patient Name:

 Emily Rosewood

Date of Birth:

 19/09/1977

Sample Code:

 26010104874

QR-Code:

 80AMC187

Analysed on:

 16/01/2026

Tested Antigens:

 287

Test method:

 IgG

Overview of the EatIQ IgG profile



MILK & EGG



VEGETABLES



MEAT



SPICES



FISH & SEAFOOD



EDIBLE MUSHROOMS



CEREALS & SEEDS



NOVEL FOODS



NUTS



COFFEE & TEA



LEGUMES



OTHERS



FRUITS



Highest measured IgG concentration

0 - 9.99 µg/ml



Low IgG level

10 - 19.99 µg/ml



Intermediate IgG level

≥ 20 µg/ml



Highly elevated IgG level

Milk & Egg

Buttermilk	< 5.00 µg/ml	●	Cow's milk Bos d 8 * (Casein)	< 5.00 µg/ml	●
Camembert	6.77 µg/ml	●	Buffalo milk	< 5.00 µg/ml	●
Emmental	5.44 µg/ml	●	Camel milk	< 5.00 µg/ml	●
Gouda	7.74 µg/ml	●	Goat cheese	6.46 µg/ml	●
Cottage cheese	6.12 µg/ml	●	Goat milk	< 5.00 µg/ml	●
Cow's milk	< 5.00 µg/ml	●	Quail egg	< 5.00 µg/ml	●
Mozzarella	8.66 µg/ml	●	Egg white	7.17 µg/ml	●
Parmesan	7.31 µg/ml	●	Egg yolk	< 5.00 µg/ml	●
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	< 5.00 µg/ml	●	Sheep cheese	< 5.00 µg/ml	●
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	24.35 µg/ml	●●●	Sheep milk	< 5.00 µg/ml	●

Meat

Duck	< 5.00 µg/ml	●	Chicken	< 5.00 µg/ml	●
Beef	< 5.00 µg/ml	●	Turkey	< 5.00 µg/ml	●
Veal	< 5.00 µg/ml	●	Rabbit	< 5.00 µg/ml	●
Venison	< 5.00 µg/ml	●	Lamb	< 5.00 µg/ml	●
Goat	< 5.00 µg/ml	●	Ostrich	< 5.00 µg/ml	●
Stag	< 5.00 µg/ml	●	Pork	< 5.00 µg/ml	●
Horse	< 5.00 µg/ml	●	Boar	< 5.00 µg/ml	●

Fish & Seafood

Caviar	< 5.00 µg/ml	●	Trout	< 5.00 µg/ml	●
Eel	< 5.00 µg/ml	●	Oyster	12.91 µg/ml	●●
Noble crayfish	5.64 µg/ml	●	Northern prawn	< 5.00 µg/ml	●
Cockle	13.35 µg/ml	●●	Scallop	7.00 µg/ml	●
Crab	7.31 µg/ml	●	Razor shell	7.15 µg/ml	●
Atlantic herring	< 5.00 µg/ml	●	European plaice	< 5.00 µg/ml	●
Carp	< 5.00 µg/ml	●	Thornback Ray	< 5.00 µg/ml	●
European anchovy	< 5.00 µg/ml	●	Venus clam	12.50 µg/ml	●●
Northern pike	< 5.00 µg/ml	●	Salmon	< 5.00 µg/ml	●
Atlantic cod	< 5.00 µg/ml	●	European pilchard	< 5.00 µg/ml	●
Abalone	11.90 µg/ml	●●	Turbot	5.90 µg/ml	●
Lobster	9.19 µg/ml	●	Mackerel	< 5.00 µg/ml	●
Shrimp mix	6.32 µg/ml	●	Atlantic redfish	< 5.00 µg/ml	●