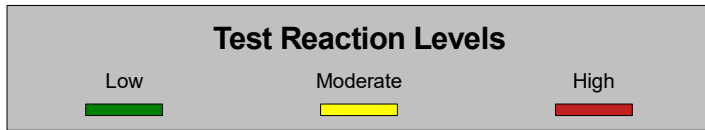


Physician: **Sample Practitioner, MD**  
 Patient: **Sample Patient**  
 Identifier: **SAMPLE176**  
 Profile: **MRT 176**  
 Test Date: **02/16/2023**  
 Technologist: **GB**  
 Page: **1 of 2**



Oxford Biomedical Technologies  
 3555 Fiscal Court, Suite #9  
 Riviera Beach, FL 33404  
 Phone: (561) 848-7111  
 FL License #: 800027063  
 CLIA ID #: 10D0914874  
 U.S. Patents: 6,114,174 6,200,815



Chemicals	Reaction Level
Potassium nitrate	0.1
Caffeine	0.3
FD&C red #4	0.3
FD&C red #3	0.3
Sorbic acid	0.3
MSG	0.5
Capsaicin	0.5
Solanine	0.6
Ibuprophen	0.6
Polysorbate 80	0.6
Sodium sulfite	0.7
Tyramine	0.7
Acetaminophen	0.9
FD&C green #3	1.0
FD&C yellow #6	1.1
FD&C yellow #5	1.1
Candida albicans	1.3
Benzoic acid	1.3
Saccharin	1.5
Potassium nitrite	1.5
FD&C red #40	1.6
Lecithin (soy)	1.8
Salicylic acid	1.8
Fructose (HFCS)	2.2
FD&C blue #1	2.3
FD&C blue #2	2.3
Aspartame	2.9
Sodium metabisulfite	2.9
Phenylethylamine	3.2

Vegetables	Reaction Level
Green bean	0.1
Leek	0.2
Sweet potato	0.2
Cabbage	0.4
Chard	0.4
Lettuce	0.4
Broccoli	0.5
Cucumber	0.5
Beet	0.6
Zucchini	0.6
Scallions	0.6
Onion	0.7
Cauliflower	0.9
Asparagus	0.9
Radish	1.0
Pumpkin	1.1
Brussels sprouts	1.1
Bok choy	1.2
Jalapeño	1.2
Green pea	1.2
Celery	1.5
Butternut squash	1.5
Carrot	1.6
Mushroom	1.7
Kale	1.7
Spinach	1.8
Bell pepper	1.9
Tomato	1.9
White potato	2.2
Corn	2.9
Eggplant	2.9

Seafood	Reaction Level
Sole	0.4
Scallop	0.4
Tuna	0.6
Catfish	1.2
Halibut	1.5
Salmon	1.5
Rainbow trout	1.6
Clam	1.7
Tilapia	1.7
Crab	1.9
Codfish	1.9
Shrimp	2.4

Beans/Nuts/Legumes/Seeds	Reaction Level
Lentil	0.3
Almond	0.4
Sunflower seed	0.5
Navy bean	1.0
Pecan	1.1
Pinto bean	1.1
Hazelnut	1.1
Cashew	1.4
Flaxseed	1.4
Black bean	1.5
Mung bean	1.6
Garbanzo bean	1.6
Pistachio	1.7
Sesame	1.7
Walnut	1.7
Red kidney bean	1.7
Lima bean	1.9
Peanut	2.6
Soybean	3.3

Dairy	Reaction Level
Whey	0.1
Cheddar cheese	0.5
American cheese	1.0
Yogurt	1.1
Goat's milk	1.4
Cottage cheese	2.2
Cow's milk	2.9

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Flavor Enhancers	Reaction Level
Ginger	0.1
Maple	0.1
Carob	0.2
Black pepper	0.2
Vanilla	0.3
Cinnamon	0.4
Coriander seed	0.5
Honey	0.5
Peppermint	0.6
Dill	0.6
Cayenne pepper	0.6
Turmeric	0.7
Parsley	0.8
Lemon	1.0
Tamarind	1.1
Rosemary	1.2
Cumin	1.4
Sage	1.4
Nutmeg	1.5
Garlic	1.6
Mustard seed	1.7
Basil	1.7
Cardamom	1.8
Oregano	1.9
Lime	1.9
Paprika	2.2
Cane sugar	2.2

Meats/Poultry	Reaction Level
Beef	0.5
Lamb	0.5
Turkey	1.3
Venison	1.4
Chicken	1.5
Egg yolk	1.5
Egg white	1.7
Collagen (beef)	1.8
Pork	2.5

Fruits	Reaction Level
Grape	0.1
Olive	0.2
Avocado	0.3
Orange	0.3
Plum	0.4
Strawberry	0.4
Cherry	0.5
Pear	0.5
Watermelon	0.6
Banana	0.8
Date	1.2
Blueberry	1.2
Peach	1.3
Raspberry	1.3
Cranberry	1.5
Mango	1.6
Apricot	1.8
Cantaloupe	1.9
Papaya	1.9
Honeydew melon	1.9
Grapefruit	2.2
Pineapple	2.2
Apple	3.1

Grains	Reaction Level
Buckwheat	0.2
Kamut	0.3
Spelt	0.5
Oat	0.9
Millet	1.0
Rice	1.1
Quinoa	1.1
Amaranth (grain)	1.6
Barley	2.2
Rye	2.5
Wheat	3.5

Miscellaneous	Reaction Level
Cocoa	0.4
Coconut	0.5
Tapioca	1.2
Rooibos tea	1.6
Coffee	1.8
Yeast-baker's/brewer's	1.9
Tea	2.1
Hops	2.3

It is recommended to completely avoid all tested items with Moderate or High reactivity scores. If tested Low reactive foods have been consumed regularly before testing, there is a high probability that they are not likely to provoke symptoms, as long as there is no history of allergic, autoimmune, or other types of inflammation-provoking or symptom-provoking reaction. Degrees of test reactivity may not in all cases correlate with the levels of clinical symptoms provoked by the tested food or chemical. These test results can form the basis of an eating plan developed under the guidance of a physician, dietitian, or other qualified healthcare practitioners.

# SAMPLE176

PATIENT:  
Sample Patient  
PHYSICIAN:  
Sample Practitioner, MD  
TEST PROFILE:  
MRT 176  
TEST DATE:  
02/16/2023



APPLE	SOYBEAN
PHENYLETH.	WHEAT
ASPARTAME	HOPS
BARLEY	PAPRIKA
BLUE #1	PEANUT
BLUE #2	PINEAPPLE
CANE SUGAR	PORK
CORN	POTATO
COT. CHEESE	RYE
COW'S MILK	S.M.B.SULFITE
EGGPLANT	SHRIMP
FRUCTOSE	TEA
GRAPEFRUIT	

## REACTIVE FOOD CARD:

Consider making multiple paper copies to carry with-  
if shared with wait staff, or family, you won't lose  
your original laminated card. Leave a copy with  
family/friends if you eat with them often.