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 1905 Wilcox Ave, Suite 214, Los Angeles, CA 90068

## Customer Testing Report

Generated On: 12/16/2024  
 Report Status: FINAL

### Performing Laboratory:

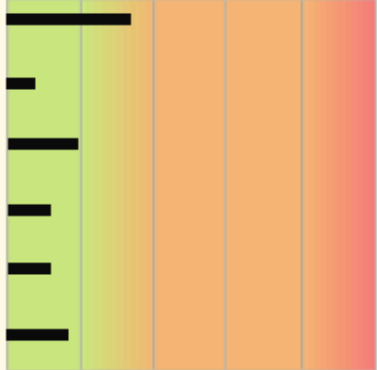
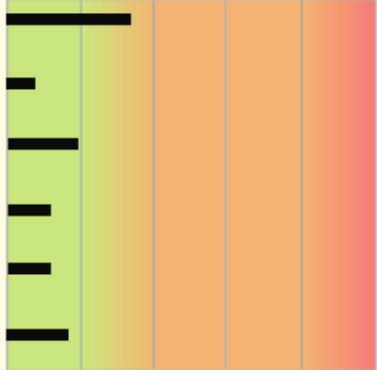
P23 Labs, LLC | 7426 Hodgson Memorial Dr., Savannah, GA 31406 | Phone: 501-246-7311  
 CLIA #: 04D2181098 | Laboratory Director: Bernadette M. Mandes-Wildemore M.D.  
 Ordering Physician: Kulbersh Health Screening Services | Phone: 866-781-4007

Patient Information here.

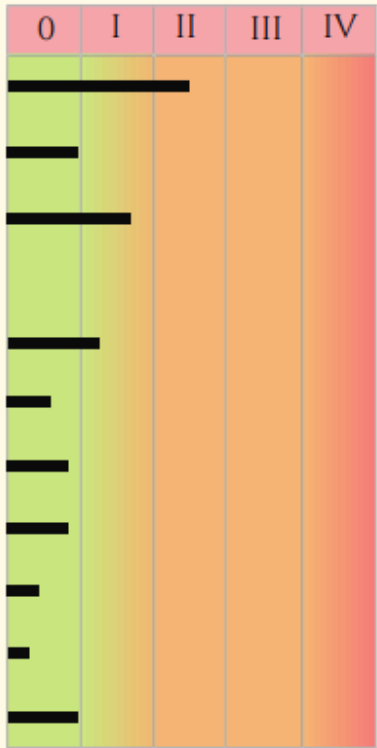
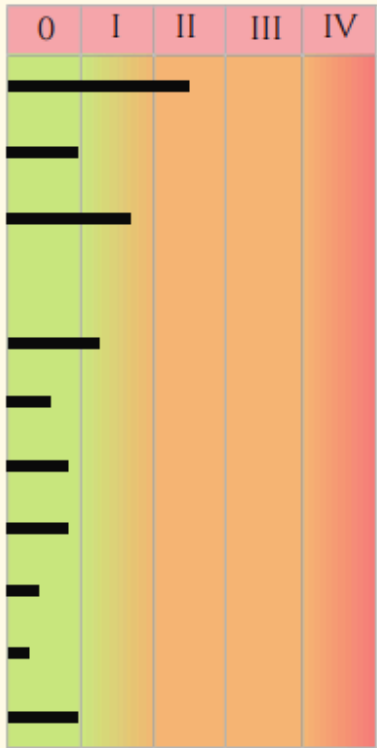
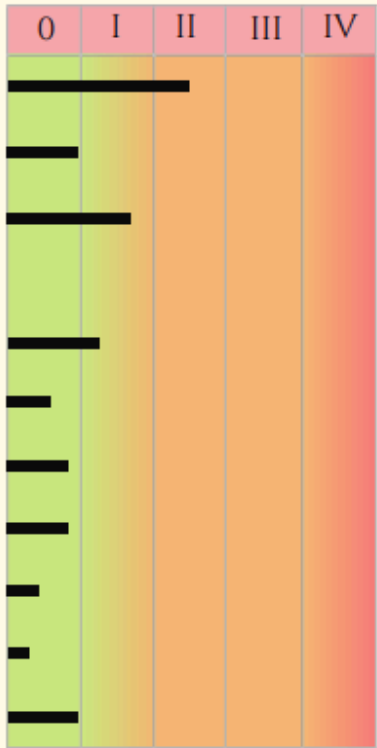
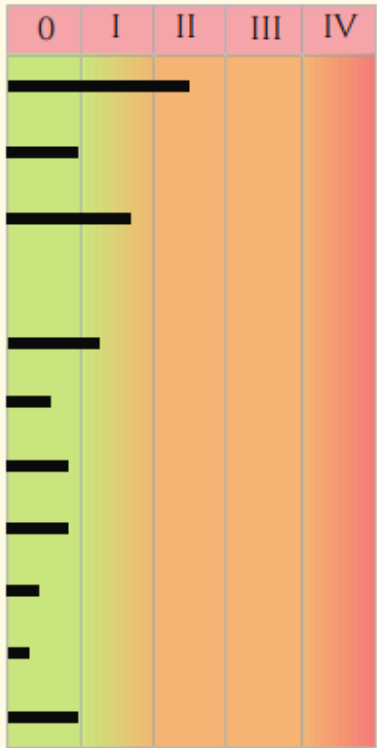
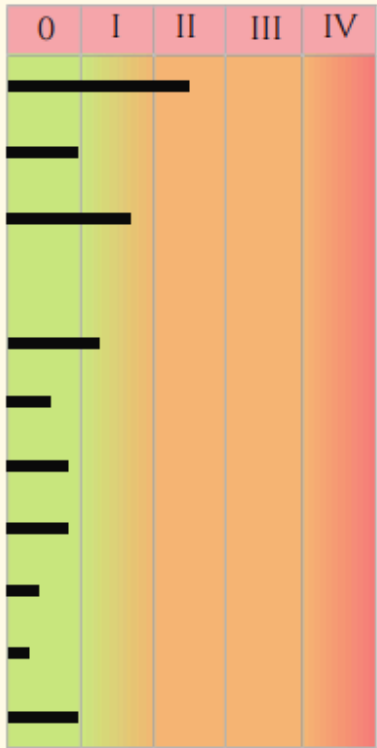
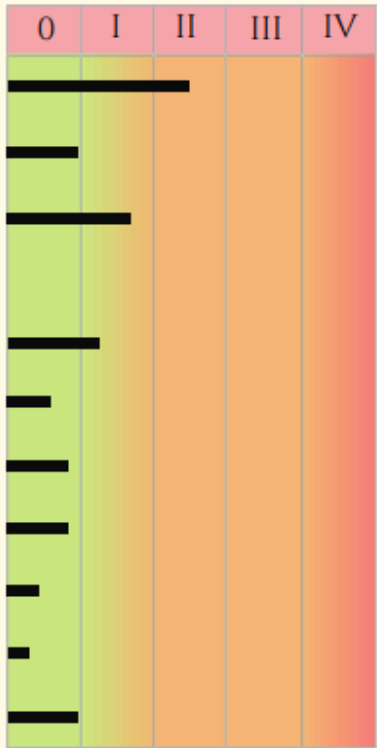
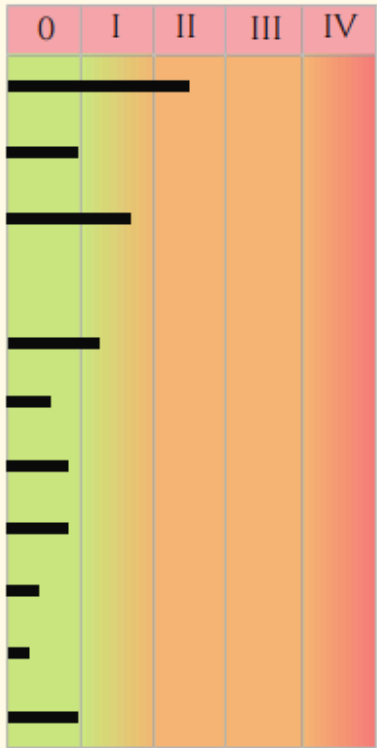
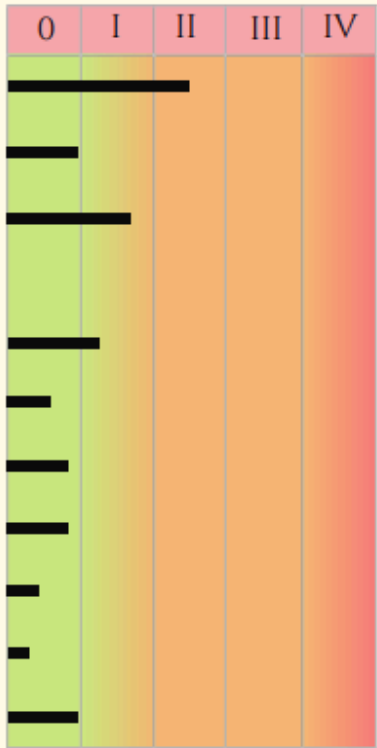
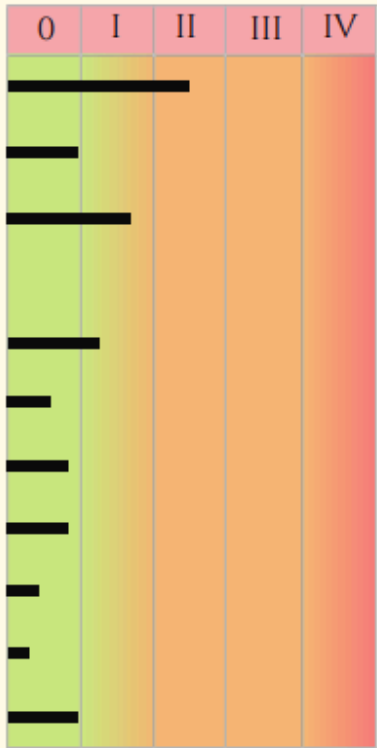
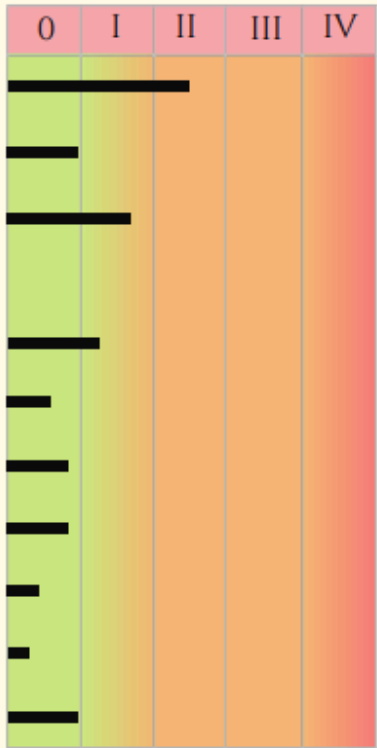
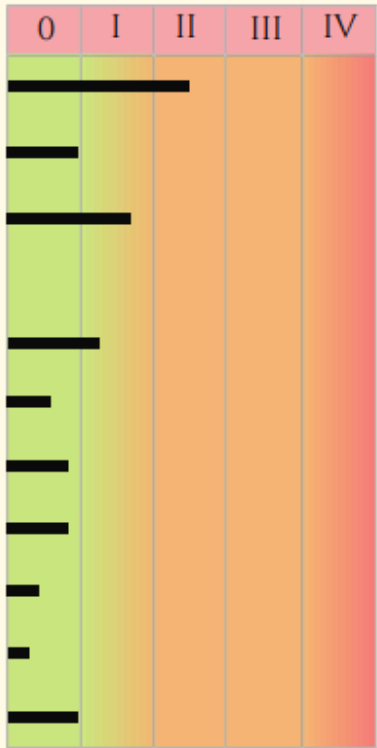
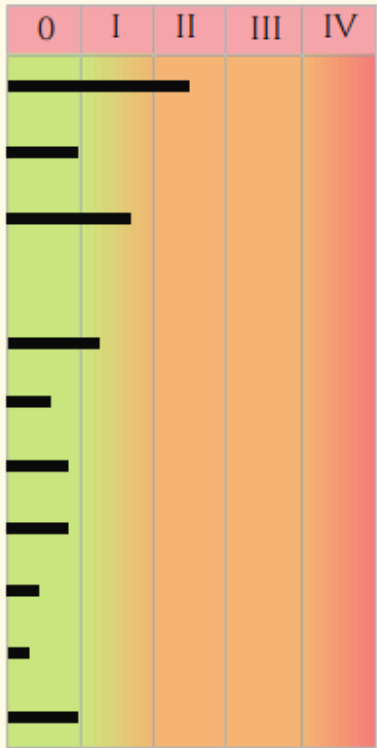
CANDIDA SCREEN														
Allergen	Value	Very Low Range	Reaction											
Candida albicans	38.25 mg/L	0-25 mg/L	MODERATE	<table border="1"> <thead> <tr> <th>0</th> <th>I</th> <th>II</th> <th>III</th> <th>IV</th> </tr> </thead> <tbody> <tr> <td style="background-color: #90EE90;">█</td> <td style="background-color: #FFD700;">█</td> <td style="background-color: #FFA500;">█</td> <td style="background-color: #FF8C00;">█</td> <td style="background-color: #FF4500;">█</td> </tr> </tbody> </table>	0	I	II	III	IV	█	█	█	█	█
0	I	II	III	IV										
█	█	█	█	█										
DAIRY														
Allergen	Value	Very Low Range	Reaction											
Casein	16.12 mg/L	0-3 mg/L	HIGH	<table border="1"> <thead> <tr> <th>0</th> <th>I</th> <th>II</th> <th>III</th> <th>IV</th> </tr> </thead> <tbody> <tr> <td style="background-color: #90EE90;">█</td> <td style="background-color: #FFD700;">█</td> <td style="background-color: #FFA500;">█</td> <td style="background-color: #FF8C00;">█</td> <td style="background-color: #FF4500;">█</td> </tr> </tbody> </table>	0	I	II	III	IV	█	█	█	█	█
0	I	II	III	IV										
█	█	█	█	█										
Cheddar Cheese	16.55 mg/L	0-3 mg/L	HIGH	<table border="1"> <thead> <tr> <th>0</th> <th>I</th> <th>II</th> <th>III</th> <th>IV</th> </tr> </thead> <tbody> <tr> <td style="background-color: #90EE90;">█</td> <td style="background-color: #FFD700;">█</td> <td style="background-color: #FFA500;">█</td> <td style="background-color: #FF8C00;">█</td> <td style="background-color: #FF4500;">█</td> </tr> </tbody> </table>	0	I	II	III	IV	█	█	█	█	█
0	I	II	III	IV										
█	█	█	█	█										
Cows Milk	11.1 mg/L	0-2 mg/L	HIGH	<table border="1"> <thead> <tr> <th>0</th> <th>I</th> <th>II</th> <th>III</th> <th>IV</th> </tr> </thead> <tbody> <tr> <td style="background-color: #90EE90;">█</td> <td style="background-color: #FFD700;">█</td> <td style="background-color: #FFA500;">█</td> <td style="background-color: #FF8C00;">█</td> <td style="background-color: #FF4500;">█</td> </tr> </tbody> </table>	0	I	II	III	IV	█	█	█	█	█
0	I	II	III	IV										
█	█	█	█	█										
Goats Milk	5.03 mg/L	0-2 mg/L	MODERATE	<table border="1"> <thead> <tr> <th>0</th> <th>I</th> <th>II</th> <th>III</th> <th>IV</th> </tr> </thead> <tbody> <tr> <td style="background-color: #90EE90;">█</td> <td style="background-color: #FFD700;">█</td> <td style="background-color: #FFA500;">█</td> <td style="background-color: #FF8C00;">█</td> <td style="background-color: #FF4500;">█</td> </tr> </tbody> </table>	0	I	II	III	IV	█	█	█	█	█
0	I	II	III	IV										
█	█	█	█	█										
Whey	11.99 mg/L	0-2 mg/L	HIGH	<table border="1"> <thead> <tr> <th>0</th> <th>I</th> <th>II</th> <th>III</th> <th>IV</th> </tr> </thead> <tbody> <tr> <td style="background-color: #90EE90;">█</td> <td style="background-color: #FFD700;">█</td> <td style="background-color: #FFA500;">█</td> <td style="background-color: #FF8C00;">█</td> <td style="background-color: #FF4500;">█</td> </tr> </tbody> </table>	0	I	II	III	IV	█	█	█	█	█
0	I	II	III	IV										
█	█	█	█	█										
EGG/MEAT/POULTRY														
Allergen	Value	Very Low Range	Reaction											
Beef	4.14 mg/L	0-3 mg/L	LOW	<table border="1"> <thead> <tr> <th>0</th> <th>I</th> <th>II</th> <th>III</th> <th>IV</th> </tr> </thead> <tbody> <tr> <td style="background-color: #90EE90;">█</td> <td style="background-color: #FFD700;">█</td> <td style="background-color: #FFA500;">█</td> <td style="background-color: #FF8C00;">█</td> <td style="background-color: #FF4500;">█</td> </tr> </tbody> </table>	0	I	II	III	IV	█	█	█	█	█
0	I	II	III	IV										
█	█	█	█	█										
Chicken	2.8 mg/L	0-4 mg/L	VERY LOW	<table border="1"> <thead> <tr> <th>0</th> <th>I</th> <th>II</th> <th>III</th> <th>IV</th> </tr> </thead> <tbody> <tr> <td style="background-color: #90EE90;">█</td> <td style="background-color: #FFD700;">█</td> <td style="background-color: #FFA500;">█</td> <td style="background-color: #FF8C00;">█</td> <td style="background-color: #FF4500;">█</td> </tr> </tbody> </table>	0	I	II	III	IV	█	█	█	█	█
0	I	II	III	IV										
█	█	█	█	█										

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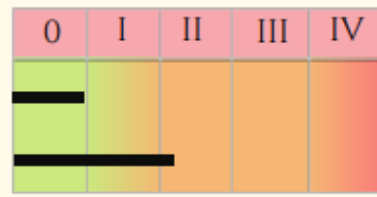
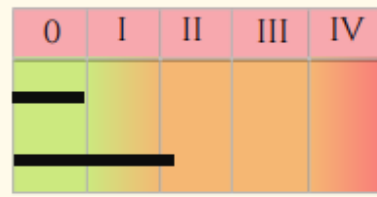
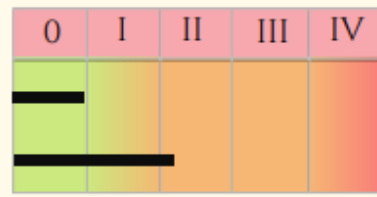
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Chicken Egg White	6.21 mg/L	0-3.5 mg/L	LOW	
Duck Egg Whole	0.75 mg/L	0-2.8 mg/L	VERY LOW	
Chicken Egg Yolk	2.87 mg/L	0-3 mg/L	VERY LOW	
Lamb	2.23 mg/L	0-3 mg/L	VERY LOW	
Pork	2.05 mg/L	0-3 mg/L	VERY LOW	
Turkey	2.26 mg/L	0-3 mg/L	VERY LOW	

### FISH/CRUSTACEA/MOLLUSK

Allergen	Value	Very Low Range	Reaction	
Clam	7.23 mg/L	0-2.5 mg/L	MODERATE	
Cod	4.52 mg/L	0-3 mg/L	VERY LOW	
Crab	5.25 mg/L	0-3 mg/L	LOW	
Halibut	0.99 mg/L	0-2 mg/L	VERY LOW	
Lobster	5.31 mg/L	0-4 mg/L	LOW	
Salmon	2.03 mg/L	0-3 mg/L	VERY LOW	
Scallop	2.99 mg/L	0-3 mg/L	VERY LOW	
Shrimp	1.01 mg/L	0-2.5 mg/L	VERY LOW	
Sole	2.11 mg/L	0-2.5 mg/L	VERY LOW	
Trout	1.48 mg/L	0-2.5 mg/L	VERY LOW	
Tuna	3.33 mg/L	0-5 mg/L	VERY LOW	

### FRUITS

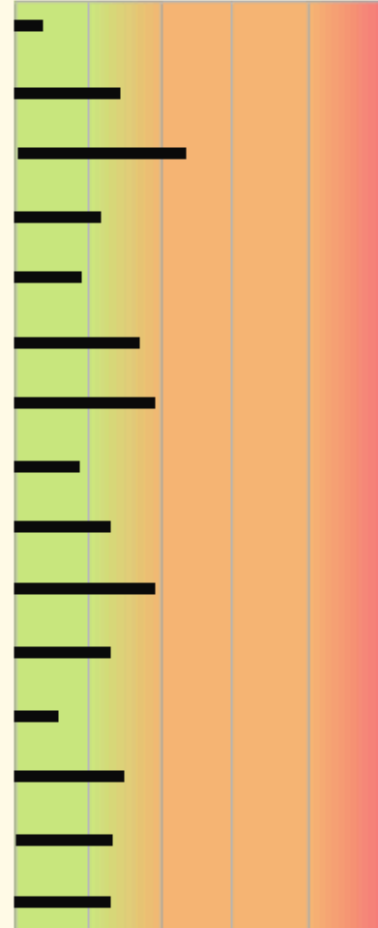
Allergen	Value	Very Low Range	Reaction	
Apple	3.84 mg/L	0-5 mg/L	VERY LOW	
Apricot	6.31 mg/L	0-2 mg/L	MODERATE	

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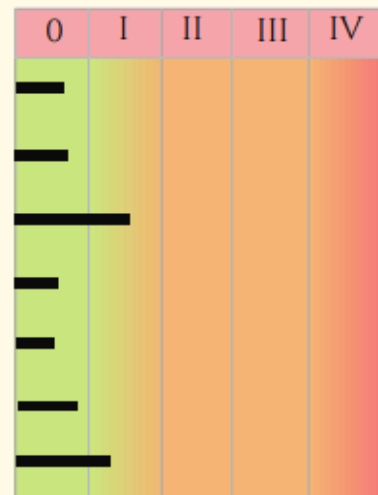
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Banana	0.24 mg/L	0-4 mg/L	VERY LOW
Blueberry	6.66 mg/L	0-8 mg/L	LOW
Cranberry	8.81 mg/L	0-2.8 mg/L	MODERATE
Grape	6.55 mg/L	0-5 mg/L	LOW
Grapefruit	1.87 mg/L	0-3 mg/L	VERY LOW
Lemon	6.06 mg/L	0-3.5 mg/L	LOW
Olive	2.31 mg/L	0-2 mg/L	LOW
Orange	1.88 mg/L	0-3 mg/L	VERY LOW
Papaya	5.04 mg/L	0-4 mg/L	LOW
Peach	4.49 mg/L	0-3.5 mg/L	LOW
Pear	3.31 mg/L	0-4 mg/L	LOW
Pineapple	5.27 mg/L	0-8 mg/L	VERY LOW
Plum	3.41 mg/L	0-3.2 mg/L	LOW
Raspberry	6.36 mg/L	0-4 mg/L	LOW
Strawberry	4.44 mg/L	0-3 mg/L	LOW



### GRAINS/LEGUMES/NUTS















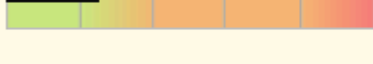
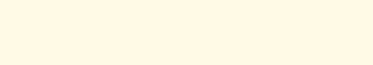
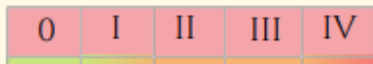

Allergen	Value	Very Low Range	Reaction
Almond	1.74 mg/L	0-3 mg/L	VERY LOW
Barley	6.41 mg/L	0-10 mg/L	VERY LOW
Buckwheat	4.44 mg/L	0-3 mg/L	LOW
Chickpea	2.22 mg/L	0-3 mg/L	VERY LOW
Chestnut	3.31 mg/L	0-4 mg/L	VERY LOW
Coconut	2.51 mg/L	0-4 mg/L	VERY LOW
Corn	5.99 mg/L	0-4 mg/L	LOW





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Green Pea	3.33 mg/L	0-3 mg/L	LOW	
Green Bean	1.22 mg/L	0-8 mg/L	VERY LOW	
Hazelnut	2.01mg/L	0-4 mg/L	LOW	
Kidney Bean	1.59 mg/L	0-8 mg/L	VERY LOW	
Lentil	2.11 mg/L	0-4 mg/L	VERY LOW	
Lima Bean	1.4 mg/L	0-3 mg/L	VERY LOW	
Oat	6.19 mg/L	0-4 mg/L	MODERATE	
Pecan	3.02 mg/L	0-4 mg/L	LOW	
Pinto Bean	2.55 mg/L	0-4 mg/L	VERY LOW	
Peanut	6.56 mg/L	0-4 mg/L	MODERATE	
Rye	3.92 mg/L	0-4 mg/L	LOW	
Soybean	2.22 mg/L	0-3 mg/L	VERY LOW	
Spelt	5.94 mg/L	0-6 mg/L	LOW	
Walnut	4.93 mg/L	0-5 mg/L	LOW	
Gliadin	3.15 mg/L	0-3.5 mg/L	LOW	
Gluten	5.66 mg/L	0-3.5 mg/L	MODERATE	
Wheat	7.56 mg/L	0-3.5 mg/L	MODERATE	
White Rice	3.07 mg/L	0-3.5 mg/L	LOW	

### HERBS/SPICES

Allergen	Value	Very Low Range	Reaction	0	I	II	III	IV
Ginger	3.32 mg/L	0-12 mg/L	VERY LOW					
Oregano	11.77 mg/L	0-8 mg/L	MODERATE					

### MISCELLANEOUS

Allergen	Value	Very Low Range	Reaction	0	I	II	III	IV		
Cane Sugar	16.66 mg/L	0-12 mg/L	MODERATE	[Bar chart showing reaction level between 0 and II]						
Cocoa Bean (Chocolate)	2.33 mg/L	0-24 mg/L	LOW	[Bar chart showing reaction level between 0 and I]						
Coffee Bean	23.39 mg/L	0-8 mg/L	VERY HIGH	[Bar chart showing reaction level between 0 and III]						
Flaxseed	2.22 mg/L	0-3 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and I]						
Honey	1.09 mg/L	0-4 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and I]						
Button Mushroom	4.89 mg/L	0-8 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and I]						
Sesame Seed	15.51 mg/L	0-8 mg/L	MODERATE	[Bar chart showing reaction level between 0 and II]						
Sunflower Seed	2.14 mg/L	0-3.5 mg/L	LOW	[Bar chart showing reaction level between 0 and I]						
Bakers/Brewers Yeast	5.09 mg/L	0-3.5 mg/L	MODERATE	[Bar chart showing reaction level between 0 and II]						

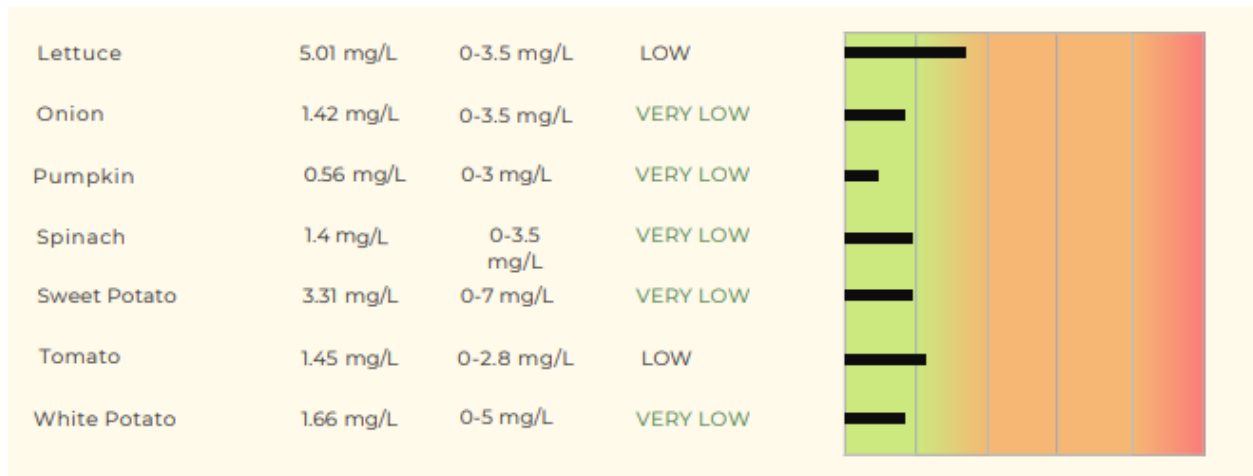
### VEGETABLES

Allergen	Value	Very Low Range	Reaction	0	I	II	III	IV	
Asparagus	5.26 mg/L	0-5 mg/L	LOW	[Bar chart showing reaction level between 0 and II]					
Avocado	0.92 mg/L	0-2 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and I]					
Beet	6.91 mg/L	0-6 mg/L	LOW	[Bar chart showing reaction level between 0 and III]					
Broccoli/Brussel Sprouts	2.82 mg/L	1-7.5 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and I]					
Cabbage	2.23 mg/L	1-3.5 mg/L 2-4 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and I]					
Carrot	10.76 mg/L		LOW	[Bar chart showing reaction level between 0 and I]					
Cauliflower	2.69 mg/L	0-3 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and II]					
Celery	4.49 mg/L	0-4 mg/L	LOW	[Bar chart showing reaction level between 0 and I]					
Cucumber	2.05 mg/L	0-3 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and II]					
Garlic	5.62 mg/L	0-6 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and I]					
Green Bell Pepper	3.93 mg/L	0-4 mg/L	VERY LOW	[Bar chart showing reaction level between 0 and I]					

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### Testing Methods

Testing is performed by P23 Labs using a Self-Collected, At-Home, Unsupervised testing method. In this method, a small sample of your blood is taken, usually from your arm or finger.

Clinical Laboratory Scientists look for something called antibodies, like IgG or IgA, which your body makes when it doesn't get along with certain foods. If they find high levels of these antibodies for a specific food, it might mean your body doesn't like that food very much.

The test measures how much your immune system reacts to specific foods by looking at antibody levels in your blood. High antibody levels for a food suggest your body might have trouble with it. These foods could make you feel bad, causing stomach issues, tiredness, or other symptoms.

### What It Means:

The results help you understand which foods to avoid or limit to feel your best. For example:

- Avoid foods with "High" reactions, like cow's milk.
- Be cautious with "Moderate" foods, like clams or cranberries.
- Foods with "Low" or "Very Low" reactions are generally safe.

### Next Steps:

If you experience symptoms like bloating or fatigue after eating certain foods, you can use this report to identify triggers. A doctor or nutritionist can help make a plan based on these results.

Please reach out to MyLab Box with any questions regarding your test results, or to order additional tests to help you better understand your body!

### About your test results

Laboratory tests performed by myLAB Box clinical laboratory affiliates on at-home self-collection kits deliver highly accurate results that are as good as testing done in a doctor's office or clinical laboratory.

myLAB Box clinical laboratory affiliates use the most sensitive and specific testing methods available to analyze test samples. In some cases, however, testing might not provide clear or valid results.

### Disclaimer

This food sensitivity report is for informational purposes only and is not intended to diagnose, treat, or cure any medical condition. The results are based on IgG antibody responses, which are not definitive indicators of allergies or intolerances.



[www.mylabbox.com](http://www.mylabbox.com) | [customerservice@mylabbox.com](mailto:customerservice@mylabbox.com)  
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but rather suggest potential sensitivities. Tests used in myLAB Box kits have been developed by myLAB Box clinical laboratory affiliates, who determine precise performance characteristics for each test. These performance characteristics help ensure the consistency and accuracy of test results. Tests have not been approved by the US Food and Drug Administration (FDA), although individual components of some tests performed in the laboratory are FDA-cleared. The FDA has determined that such clearance or approval is not necessary for laboratory-developed tests such as those offered by myLAB Box. These tests are used for clinical purposes and should not be regarded as investigational or for research. myLAB Box clinical laboratory affiliates follow the rigorous accreditation guidelines of the College of American Pathologists (CAP) and are certified by the Clinical Laboratory Improvement Act (CLIA) of 1988 as qualified to perform high-complexity clinical testing.