



Harbor Wellness Clinic

FOOD INTOLERANCE PANEL

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Demographics



Patient Information & Order Details

Food Sensitivity Test

Patient

Name	Jane Doe	Specimen ID	EBWMXXXX
DOB	01/10/XXXX	Gender	Female

Order

Provider

Collected	01/10/2025	Name	John Doe
Received	01/14/2025	Clinic Name	123 Clinic
Reported	01/18/2025	Address	123 Street Ste 2, Austin TX 78732
Specimen Type	Serum	NPI	1234XXXXXX



Food Intolerance

Welcome

At Harbor Wellness Clinic, we believe clarity is the foundation of lasting wellness. Food Intolerance testing helps illuminate how your immune system may respond to specific foods over time. IgG-mediated responses contribute to delayed symptoms such as bloating, fatigue, skin irritation, headaches, joint discomfort, and mood.

This report is not a diagnosis, but a roadmap. It is designed to help you and your provider connect potential foods to how you feel day to day, and to guide a personalized nutrition plan that supports gut health, reduces inflammation, promotes more stable energy, and builds resilience.



What is Food Intolerance?

Food Intolerance can result from your body reacting badly to certain foods. Often, the foods we include regularly in our diet or the foods we crave may be the ones causing us a problem. Research has shown that food intolerance can be linked to IgG antibodies produced when these 'problem' foods are eaten.

Normally, these antibodies do not have any ill effects, but if the immune or digestive system is not working optimally, their presence may provoke a wide range of symptoms.



This personalized, integrative approach helps you understand how your body reacts to specific foods.

This report is designed to translate Food Intolerance (IgG) results into clear, structured insights you can use with your Harbor provider to support digestion, energy, inflammation, and overall wellness.

FOOD INTOLERANCE vs FOOD ALLERGY

Food intolerance and food allergy involve different immune pathways and produce different types of reactions.

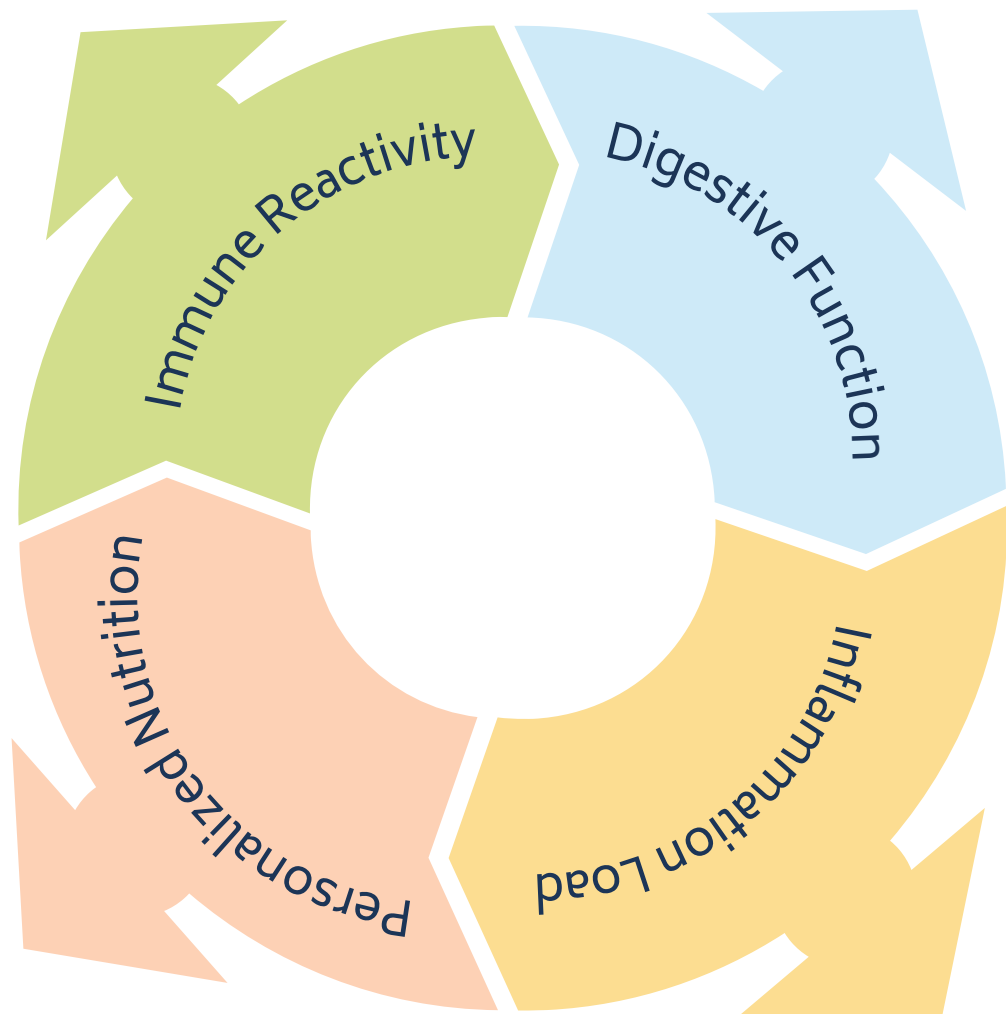
Food allergies cause a rapid, sometimes severe symptoms that require an immediate medical attention while **Food Intolerance** often delayed immune reactions, are not life-threatening but they significantly impact daily well being and chronic inflammation over time.

Feature	Food Intolerance	Food Allergy
Immune Pathway	IgG Driven	IgE Driven
Symptom Onset	Delayed Hours to Days	immediate (minutes)
Typical Symptoms	Bloating, Fatigue, Headaches, Skin Issues, joint discomfort.	Hives, Swelling, Breathing difficulty, Itching.
Severity	Affects chronic diseases and quality of life	Can be severe or life threatening.
Common Use Case	Identifying chronic triggers and inflammation	Diagnosing acute allergic responses

Core Elements

1. Immune Reactivity: How strongly your immune system (IgG) responds to specific foods.

2. Digestive Function: How well your gut breaks down and tolerates the foods you eat every day.



3. Inflammation Load: How reactive foods may contribute to systemic stress, discomfort, and inflammation.

4. Personalized Nutrition: Using your results to design a food plan that is sustainable, nourishing, and aligned with your goals.



Your Results

FOOD SENSITIVITY REPORT - RESULTS

ELEVATED (≥ 30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤ 23 U/ml)

MISCELLANEOUS

72 Agar Agar	<15 Aloe Vera	23 Cane Sugar
<15 Carob	<15 Chestnut	<15 Cocoa Bean
<15 Coffee	85 Cola Nut	<15 Honey
<15 Mushroom	<15 Tea (Black)	32 Tea (Green)
<15 Transglutaminase	81 Yeast (Baker'S)	30 Yeast (Brewer'S)

FISH / SEAFOOD

20 Alga Espaguette	<15 Alga Spirulina	28 Alga Wakame
<15 Anchovy	<15 Barnacle	<15 Bass
<15 Carp	15 Caviar	24 Clam
<15 Cockle	<15 Cod	<15 Crab
<15 Cuttlefish	<15 Eel	<15 Haddock
<15 Hake	<15 Herring	<15 Lobster
<15 Mackerel	<15 Monkfish	45 Mussel
<15 Octopus	28 Oyster	<15 Perch
<15 Pike	<15 Plaice	<15 Razor Clam
<15 Salmon	<15 Sardine	<15 Scallop
<15 Sea Bream (Gilthead)	<15 Sea Bream (Red)	39 Shrimp/Prawn
<15 Sole	<15 Squid	<15 Swordfish
<15 Trout	<15 Tuna	<15 Turbot
22 Winkle		

NUTS / SEEDS

30 Almond	65 Brazil Nut	<15 Cashew Nut
<15 Coconut	<15 Flax Seed	<15 Hazelnut
<15 Macadamia Nut	31 Peanut	<15 Pine Nut
36 Pistachio	<15 Rapeseed	<15 Sesame Seed
22 Sunflower Seed	16 Tiger Nut	<15 Walnut

DAIRY / EGG

<15 Alpha-Lactalbumin	<15 Beta-Lactoglobulin	40 Casein
32 Egg White	<15 Egg Yolk	<15 Milk (Buffalo)
69 Milk (Cow)	27 Milk (Goat)	18 Milk (Sheep)

GRAINS (Gluten-Free)

17	Amaranth	<15	Buckwheat	43	Corn (Maize)
<15	Millet	<15	Polenta	<15	Quinoa
<15	Rice	<15	Tapioca		

GRAINS (Gluten-Containing)

22	Barley	<15	Couscous	<15	Durum Wheat
<15	Gliadin	22	Malt	<15	Oat
17	Rye	<15	Spelt	<15	Wheat
18	Wheat Bran				

HERBS / SPICES

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

MEAT

<15	Beef	<15	Chicken	<15	Duck
<15	Goat	<15	Horse	<15	Lamb
<15	Ostrich	52	Ox	<15	Partridge
<15	Pork	<15	Quail	<15	Rabbit
<15	Turkey	<15	Veal	<15	Venison
<15	Wild Boar				

FRUIT

<15	Apple	<15	Apricot	<15	Avocado
<15	Banana	<15	Blackberry	16	Blackcurrant
<15	Blueberry	<15	Cherry	37	Cranberry
<15	Date	<15	Fig	<15	Grape (Black/Red/White)
<15	Grapefruit	<15	Guava	<15	Kiwi
<15	Lemon	<15	Lime	<15	Lychee
<15	Mango	<15	Melon (Galia/Honeydew)	<15	Mulberry
<15	Nectarine	<15	Olive	39	Orange
<15	Papaya	<15	Peach	<15	Pear
<15	Pineapple	<15	Plum	<15	Pomegranate
<15	Raisin	<15	Raspberry	<15	Redcurrant
<15	Rhubarb	<15	Strawberry	<15	Tangerine
<15	Watermelon				

VEGETABLES

<15	Ar tichoke	<15	Asparagus	<15	Aubergine
19	Bean (Broad)	<15	Bean (Green)	<15	Bean (Red Kidney)
<15	Bean(White Haricot)	<15	Beetroot	<15	Broccoli
<15	Brussel Sprout	<15	Cabbage (Red)	<15	Cabbage (Savoy/White)
<15	Caper	<15	Carrot	<15	Cauliflower
<15	Celery	<15	Chard	17	Chickpea
<15	Chicory	<15	Cucumber	<15	Fennel (Leaf)
<15	Leek	<15	Lentil	<15	Lettuce
<15	Marrow	<15	Onion	36	Pea
<15	Pepper (Green/Red/Yellow)	29	Potato	15	Radish
<15	Rocket	<15	Shallot	<15	Soya Bean
<15	Spinach	<15	Squash (Butternut/Carnival)	<15	Sweet Potato
<15	Tomato	<15	Turnip	<15	Watercress
<15	Yuca				

NORMAL FOODS

20	Alga Espaguettes	<15	Alga Spirulina	<15	Aloe Vera
<15	Alpha-Lactalbumin	17	Amaranth	<15	Anchovy
<15	Aniseed	<15	Apple	<15	Apricot
<15	Artichoke	<15	Asparagus	<15	Aubergine
<15	Avocado	<15	Banana	22	Barley
<15	Barnacle	<15	Basil	<15	Bass
<15	Bayleaf	19	Bean (Broad)	<15	Bean (Green)
<15	Bean (Red Kidney)	<15	Bean (White Haricot)	<15	Beef
<15	Beetroot	<15	Beta-Lactoglobulin	<15	Blackberry
16	Blackcurrant	<15	Blueberry	<15	Broccoli
<15	Brussel Sprout	<15	Buckwheat	<15	Cabbage (Red)
<15	Cabbage (Savoy/White)	<15	Camomile	23	Cane Sugar
<15	Caper	<15	Carob	<15	Carp
<15	Carrot	<15	Cashew Nut	<15	Cauliflower
15	Caviar	<15	Cayenne	<15	Celery
<15	Chard	<15	Cherry	<15	Chestnut
<15	Chicken	17	Chickpea	<15	Chicory
<15	Chilli (Red)	<15	Cinnamon	<15	Clove
<15	Cockle	<15	Cocoa Bean	<15	Coconut
<15	Cod	<15	Coffee	<15	Coriander (Leaf)
<15	Couscous	<15	Crab	<15	Cucumber
<15	Cumin	<15	Curry (Mixed Spices)	<15	Cuttlefish
<15	Date	<15	Dill	<15	Duck
<15	Durum Wheat	<15	Eel	<15	Egg Yolk
<15	Fennel (Leaf)	<15	Fig	<15	Flax Seed
<15	Garlic	<15	Ginger	<15	Ginkgo
<15	Ginseng	<15	Gliadin	<15	Goat
<15	Grape (Black/Red/White)	<15	Grapefruit	<15	Guava
<15	Haddock	<15	Hake	<15	Hazelnut
<15	Herring	<15	Honey	<15	Hops
<15	Horse	<15	Kiwi	<15	Lamb
<15	Leek	<15	Lemon	<15	Lentil
<15	Lettuce	<15	Lime	<15	Liquorice
<15	Lobster	<15	Lychee	<15	Macadamia Nut
<15	Mackerel	22	Malt	<15	Mango
<15	Marjoram	<15	Marrow	<15	Melon (Galia/Honeydew)
<15	Milk (Buffalo)	18	Milk (Sheep)	<15	Millet
<15	Mint	<15	Monkfish	<15	Mulberry
<15	Mushroom	<15	Mustard Seed	<15	Nectarine
<15	Nettle	<15	Nutmeg	<15	Oat

ELEVATED FOODS

72	Agar Agar	30	Almond	65	Brazil Nut
40	Casein	85	Cola Nut	43	Corn (Maize)
37	Cranberry	32	Egg White	69	Milk (Cow)
45	Mussel	39	Orange	52	Ox
36	Pea	31	Peanut	36	Pistachio
39	Shrimp/Prawn	32	Tea (Green)	81	Yeast (Baker'S)
30	Yeast (Brewer'S)				

BORDERLINE FOODS

28	Alga Wakame	24	Clam	27	Milk (Goat)
28	Oyster	29	Potato		

Reproductive Overview

First Day of Last Cycle: 12/04/25

Irregular Cycles

Hysterectomy: No

Ovaries Removed: Both , 2010

Currently Pregnant: No

Using Birth Control: No

Lifestyle

Sleep Pattern: Regular

Stress Level: Moderate

Exercise Frequency: Rarely

Alcohol Use: Yes

Smoking/Vaping: No

Medication

Levothyroxine, one per day, been using it since 2022.

Disclaimer

Ebien Inc. is regulated by CLIA to perform high-complexity testing under License No. 45D2232931. All tests are performed for screening purposes and are not intended to substitute medical advice; please consult your healthcare practitioner for diagnosis, recommendation, and treatment. No test has been cleared by the U.S. Food and Drug Administration (FDA); the FDA has determined that such clearance is not necessary.

The optimal ranges provided in this report were selected at the client's discretion and do not constitute medical advice or endorsement by the Ebien Inc. team. Interpretation of these laboratory results should be conducted by a qualified healthcare professional, taking into account the client's health context and any specific protocols from the provider ordering the test.



What is Next

Next Steps with Your Harbor Provider

- ✓ **Review the results with your medical provider to identify the required changes.**
- ✓ **Choose a start date for your 60–90 day food plan.**
- ✓ **Focus on removing or reducing most reactive foods.**
- ✓ **Support digestion (chewing, mindful eating, enzymes).**
- ✓ **Prioritizing gut healing foods (broths, fibers, etc).**
- ✓ **Ensuring adequate protein, healthy fats, and hydration.**
- ✓ **Plan a follow-up visit to assess progress and adjust your plan.**



What Symptoms may improve?

Eliminating foods that trigger immune responses may help reduce chronic inflammation and support digestive balance. Identifying and removing reactive foods allows the body to reset, often leading to increased energy, clearer skin, better mood, and overall enhanced well-being.

Bloating

Constipation

Diarrhea

Flatulence

Lethargy

Nausea

Stomach Cramps

Abdominal Pain

Headaches

Nausea

Skin issues

Joint Discomfort

Inflammation

and More.





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