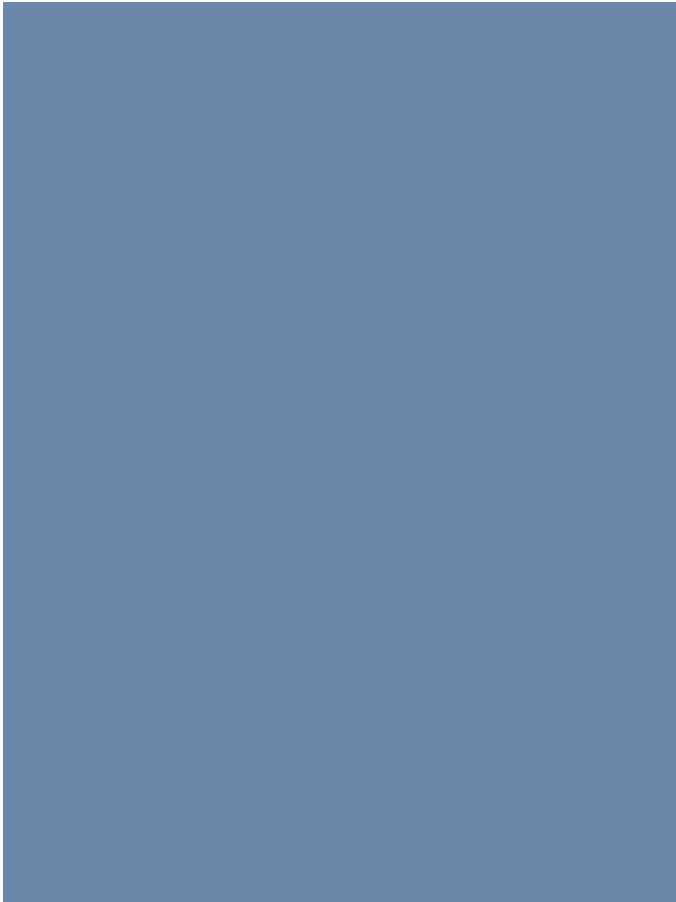




Jane Doe

AllerTest® Report  
Test ID: 879026  
03/29/2010





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## Your AllerTest® Report

# Introduction

Allergic reactions to foods have been recognized since the earliest times, first being recorded sometime around 400 BC by Hippocrates, the “Father of Medicine,” when he observed that milk could cause stomach upsets. However, the frequency of food allergies has increased dramatically in recent times, and according to some researchers, now affects between 10% and 15% of the population. In children, the incidence is even higher, reportedly at about 25%.

The increase in food allergies and sensitivities has been linked to changes in infant nutrition (early weaning), repeated exposure to a number of the same foods (often hidden in processed and packaged commercial products), and the increased adulteration of our food and water supply. Under the impact of these influences, the lining of the intestinal wall can become permeable, allowing larger food particles to enter the system. These particles are mistaken for foreign invaders, initiating an immune response. Repeated exposure to the “antigen” (daily eating of the food) can give rise to a host of issues (see symptom chart on the

The AllerTest provides important information on hidden food sensitivities, that underlie many common health concerns.

next page). These are often hard to relate to a specific food because, unlike immediate food sensitivities (called IgE), these hidden food sensitivities (called IgG) can appear hours or even days after the offending food is eaten. Fortunately, there are now sophisticated methods for uncovering hidden food allergies. The AllerTest detects reactions to the top 10 most commonly reactive foods that are eaten by virtually everyone everyday.

Jane, your AllerTest results are found in the following pages, along with specific dietary and supplement recommendations for supporting gastrointestinal health and minimizing your chances of reactions.

## Your AllerTest® Report

# Symptoms & Conditions

Some Common Symptoms and Conditions that Researchers Have Linked to Food Sensitivities

### Respiratory

- Asthma
- Bronchitis (chronic)
- Coughing/wheezing
- Ear infections (recurrent)

### Gastrointestinal/Genitourinary

- Bladder infections
- Celiac disease
- Chronic bed-wetting
- Chronic constipation
- Chronic diarrhea
- Colitis
- Gas
- Gastritis
- Malabsorption
- Ulcers

### Immune

- Chronic infections

### Auto-immune

- Lupus
- Multiple Sclerosis
- Rheumatoid arthritis

### Musculoskeletal

- Bursitis
- Joint and muscle pain
- Low back pain
- Osteoarthritis

### Neurological

- Anxiety
- Depression
- Fatigue
- Headache
- Hyperactivity
- Irritability

### Dermatologic

- Acne
- Canker sores
- Dermatitis
- Eczema
- Rashes

### Miscellaneous

- Anemia
- Arrhythmia
- Fainting
- Low blood sugar



Note:  
Symptoms can  
appear hours  
or days after the  
offending food  
is eaten.

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## Your AllerTest® Report Results

Jane,  
here are your AllerTest results:

In the first column are the top 10 most commonly reactive foods in the general population. Your individual responses to these foods are listed in the second column.

Any food you may have reacted to is scored from  
Negative to +3 (Severe).

Negative    Borderline    +1 (Mild)    +2 (Moderate)    +3 (Severe)

10 Commonly  
Reactive Foods in the  
General Population

Your individual reaction  
to the 10 Commonly  
Reactive Foods

Beef	Negative
Corn	Negative
Egg	Negative
Milk	Negative
Mustard	Negative
Peanut	Negative
Baker's Yeast	Negative
Soy	Negative
Tuna	Negative
Wheat	Negative

## Your Report Results Explanation

- If you tested negative to all the foods, you may continue to include these foods in your diet as you desire. To avoid future problems, a varied diet is always recommended. **NOTE: If you have a history of a known immediate (IgE) allergic reaction to a tested food, do NOT add that food to your diet, even if the IgG reaction is negative. The AllerTest tests only for "Hidden," or IgG, reactions. Please consult your physician.**
- Borderline foods should immediately be rotated in the diet, eating them no more often than every four days. Rotation should continue indefinitely.
- All foods that are +1 or above should be completely eliminated from the diet for 4-8 weeks.
- If symptoms persist after 14 days of complete elimination of reactive foods, you may need to eliminate the entire food family for the next six weeks since cross-reactivity can occur within food families. For all the foods in each food family, see the chart at the end of this report. If elimination of entire food families is problematic, continue to eliminate the specific reactive food and rotate the other foods in the family, eating them no more often than once every four days.
- Be aware that elimination of reactive foods can sometimes cause withdrawal symptoms similar to the effect of the allergy itself. These symptoms will subside in a few days, so stick with it.
- After four weeks, reactive foods may be reintroduced, one at a time, using the reintroduction guidelines outlined on the next page.

## Your AllerTest® Report

# Reintroduction

### Reintroduction Guidelines for Reactive Foods:

**After Four weeks of elimination**, begin reintroducing your reactive foods. Pick one food to start.

***NOTE: if you have a history of a known immediate (IgE) allergic reaction to a tested food, do NOT add that food to your diet, even if the IgG reaction is negative. The AllerTest tests only for "Hidden", or IgG, reactions. Please consult your physician.***

**Keep a food symptom journal** including: (1) time food is eaten, (2) amount of food eaten, (3) any changes in attitude, alertness, aches, pains, skin, pulse, hearing, vision, or fatigue.

**Record any reactions or symptoms** that occur during the **72 hours** following ingestion of the food.

If no reactions occur after 72 hours, add the food back into your diet, but eat it only one day out of every four. In other words, rotate this food every four days.

**If reactions do occur, continue to eliminate the food from your diet** and try to re-introduce it again in 2-4 weeks.

Reintroduce each of your reactive foods in this manner, one food at a time, waiting one week in between each re-introduction.



#### Most Importantly:

Occasionally, there may be a food to which you have a severe response that will not be able to be reintroduced without causing symptoms every time, and you may have to permanently eliminate this food from your diet. However, this is relatively unusual.

Don't worry. Most IgG delayed food allergies ARE NOT PERMANENT. The purpose of eliminating the allergenic foods is to allow time for the body to rest and repair itself so that no reaction occurs once the foods are reintroduced.

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### Other Recommendations and Tips:

- Remember to take your AllerCaps® as directed to support gastrointestinal health and reduce and minimize the risk of triggering reactions.
- Never eat when you are hurried or upset. Take a few minutes to relax before meals, and **chew your food well** to break down food as much as possible for digestion.
- Read all food ingredient labels and become familiar with the many names a food may be called.
- Many commercially prepared foods and supplements have hidden additives like wheat, yeast, or eggs.
- Avoid consuming canned, packaged, and/or fast foods. They contain many hidden and possibly reactive foods and often lack wholesome ingredients.
- Keep this report handy and refer to it once per month. Your health and well-being is worth it.

# Questions & Answers

**Q** *I tested to be sensitive to one of the ten foods.*

*Do I need to eliminate only that food from my diet for the recommended period of time, or do I also need to eliminate all the foods in that food family?*

**A** It is not necessary to eliminate all of the foods in the food family initially. First, follow the recommendations outlined for your level of sensitivity to see how you respond. If after a period of a month or two you see no improvement in your symptoms or overall health, it would make sense to go ahead and eliminate the other foods in that family. See the Food Families Chart on the last page of this report.

**Q** *What if I don't have any symptoms related to the foods*

*I am supposedly sensitive to? How will I know when I'm better?*

**A** The type of sensitivities we are testing for often don't have blatant symptoms like the immediate response allergies. Many times the symptoms are something as seemingly unrelated as skin conditions, arthritic pain, frequent yeast infections, chronic fatigue, and even migraines. People don't associate these conditions with "hidden" food sensitivities because the symptoms may be chronic or may not appear in response to eating the offending food until many hours or even days later. Our best suggestion is to be alert to all symptoms you are experiencing, perhaps even making a log of them, and then do a health check in a month or two to see if anything has changed. People are often surprised at how many nagging symptoms have disappeared after eliminating the offending food for a while.

**Q** *How long should I take the AllerCaps®, and when should I be retested?*

**A** You should take the AllerCaps for at least 4-6 months while following the food restrictions outlined in your results literature. It is very important to eliminate the offending foods if you want good results. The AllerCaps are designed to heal your gut lining once the source of irritation is eliminated. If you follow the instructions carefully, you can retest in 6-9 months to make sure you no longer have a sensitivity to that food.

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## Your AllerTest® Report

# AllerCaps® Ingredients

**Vitamin C** – In addition to its antioxidant functions, vitamin C is a known natural antihistamine.

**Lactobacillus sporogenes** – “Friendly” intestinal bacteria that remain viable at room temperature, included to help promote a more healthful balance of organisms in the gastrointestinal tract.

**Fructo-oligosaccharides** – Short-chain sugars that are not digested by humans, but are a favorite food of the friendly intestinal bacteria, helping to promote their growth and normalize intestinal function.

**Methylsulfonylmethane (MSM)** – A sulfur-containing compound that supports detoxification and gut healing. Research also indicates that MSM may block histamine-receptor sites, minimizing the allergic response.

**Quercetin dihydrate** – A bioflavonoid that research has shown to be particularly useful in allergic conditions.

**Ginger root** – A soothing herb, often used as a spice,

and traditionally known for its use as a gastrointestinal tonic.

**Stinging nettle** – Another healing herb known for its natural histamine-modulating activity.

**Plant-source digestive enzymes** – Included to help aid the complete digestion of carbohydrates, fats, and proteins. Smaller food fragments minimize the development of food allergies. Because plant-source enzymes work across a wide range of acid conditions, these are particularly helpful for those with low stomach acid, a condition that is increasingly common with aging.

**Glutamine** – A primary amino acid used for fuel by the cells lining the gastrointestinal tract.

**Triphala** – The most revered general tonic in Ayurvedic medicine, this blend of three fruit powders is very high in vitamin C and benefits every system of the body. It is particularly beneficial to the digestive and respiratory systems.

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 30



Vitamin C (as ascorbic acid): 30 mg

Lactobacillus sporogenes:  
200 million CFU

Fructo-oligosaccharides: 100 mg

MSM (methylsulfonylmethane):  
500 mg

Plant-Source Digestive  
Enzyme Concentrate: 50mg

L-Glutamine: 50 mg

Quercetin dihydrate: 25 mg

Ginger root extract: 25 mg

Stinging nettle: 25 mg

Ayurvedic Triphala Herbal Blend:  
25mg

Other ingredients: gelatin, calcium sulfate, cellulose, vegetable stearate, and silica.

## Your AllerTest® Report

# Foods Tested

If you have eliminated all the foods you showed sensitivity to but still feel you could be making more progress in your health, you may need to remove other foods in the same family that can cause cross reactions. You can find these in the table on the right.

If you have questions, call Clinical Services, at 1-800-768-7667.

### Food Families Chart

(foods in **bold** type were tested)

#### Bovine Family

■ **Milk** ■ Butter ■ Cheese ■ **Beef**

#### Mustard Family

■ **Mustard seed** ■ Broccoli ■ Brussel sprouts ■ Cabbage  
 ■ Cauliflower ■ Chinese cabbage ■ Collards ■ Horseradish  
 ■ Kohlrabi ■ Mustard greens ■ Radish ■ Turnip

#### Legume Family

■ **Peanut** ■ **Soy** ■ Alfalfa ■ All beans ■ Carob ■ Clover  
 ■ Fenugreek ■ Flaxseed ■ Lentil ■ Licorice  
 ■ Peas (sweet/green/chick) ■ Snow pea

#### Domestic Chicken Family

■ **Egg** ■ Cornish hen ■ Domestic pheasant ■ Peafowl ■ Quail

#### Mackerel Family

■ Albacore ■ Bonito ■ Mackerel ■ *Tuna*

#### Fungi Family

■ **Baker's yeast** ■ Brewer's yeast ■ Cheese mold  
 ■ Mushroom ■ Truffle

#### Grass Family

(rotate using these groupings every four days)

- 1 — *wheat*, rye, triticale, barley, oats
- 2 — *corn*, sorghum, sugarcane, pearl millet
- 3 — rice, wild rice

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