

READING THE RESULTS

Here is a guide that will help you read the Nutriscan results.

Understanding the Nutriscan Report

1. On the first column, you will see the **Test Requested**. This will list all of the different foods that were tested with both the IgA and IgM antibodies.
2. On the second column, you will see the **Results** of the individual food testing.
3. On the third column, you will see the **Case Specific** results of the individual food testing.
4. On the last columns, you will see the **General Range** of the individual food testing and units measured.
5. Later on the report under **Final Results**, you will be given a brief overview of the results and possible recommendations.

Species	Breed	Sex	Pet Age	Reported
Canine	Bernese Mountain Dog	M	5 Yrs 6 Months 70 lbs	12/31/15
Test Requested	Result	Case Specific	General Range	Units
Beef Salivary IgA	9.050 Negative Reaction		< 10	U/mL
Beef Salivary IgM	9.850 Negative Reaction		< 10	U/mL
Chicken Salivary IgA	9.640 Negative Reaction		< 10	U/mL
Chicken Salivary IgM	11.111 Weak Reaction		< 10	U/mL
Corn Salivary IgA	10.674 Weak Reaction		< 10	U/mL
Corn Salivary IgM	11.899 Borderline Reaction; Avoid		< 10	U/mL
Duck Salivary IgA	10.547 Weak Reaction		< 10	U/mL
Duck Salivary IgM	10.912 Weak Reaction		< 10	U/mL
Lamb Salivary IgA	9.205 Negative Reaction		< 10	U/mL
Lamb Salivary IgM	9.495 Negative Reaction		< 10	U/mL
Milk Salivary IgA	10.576 Weak Reaction		< 10	U/mL
Milk Salivary IgM	12.501 Intermediate reaction, Avoid		< 10	U/mL
Pork Salivary IgA	10.550 Weak Reaction		< 10	U/mL
Pork Salivary IgM	10.900 Weak Reaction		< 10	U/mL
Soy Salivary IgA	10.139 Weak Reaction		< 10	U/mL
Soy Salivary IgM	10.839 Weak Reaction		< 10	U/mL
Turkey Salivary IgA	11.321 Weak Reaction		< 10	U/mL
Turkey Salivary IgM	11.701 Borderline Reaction; Avoid		< 10	U/mL
Venison Salivary IgA	11.104 Weak Reaction		< 10	U/mL
Venison Salivary IgM	12.172 Intermediate reaction, Avoid		< 10	U/mL
Wheat Salivary IgA	10.363 Weak Reaction		< 10	U/mL
Wheat Salivary IgM	11.345 Weak Reaction		< 10	U/mL
White Fish Salivary IgA	11.660 Borderline Reaction; Avoid		< 10	U/mL
White Fish Salivary IgM	11.900 Borderline Reaction; Avoid		< 10	U/mL

UNDERSTANDING THE RESULTS

Your focus will be on the Results column. **Pets should not consume food or treats containing ingredient(s) showing results of 11.5 or greater and that state “Avoid” for either the IgA or IgM antibodies.** It is a good idea to highlight the foods to avoid. Here is a breakdown of the degree of reactivity of each ingredient:

- **< 10 U/ml** indicates a normal food tolerance level so you will see a **negative** result meaning it is okay for a pet to eat these foods.
- **10 – 11.4 U/ml** indicates a **weak reaction** which means this may be a food to consider eliminating but the reaction was not strong enough so we suggest starting by eliminating the stronger reacting foods first.
- **11.5 – 11.9 U/ml** indicates a **borderline reaction**. This is a food that should be eliminated from a pet’s diet.
- **12 – 12.9 U/ml** indicates an **intermediate reaction**. This is a food that should be eliminated from a pet’s diet.
- **13 – 14.9 U/ml** indicates a **medium reaction**. This is a food that should be eliminated from a pet’s diet.
- **>/= 15U/ml** indicates a **strong reaction**. This is a food that should be eliminated from a pet’s diet.

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Avoid → White Fish Salivary IgA	11.660 Borderline Reaction; Avoid		< 10	U/ml
Avoid → White Fish Salivary IgM	11.900 Borderline Reaction; Avoid		< 10	U/ml
Barley Salivary IgA	9.350 Negative Reaction		< 10	U/ml
Barley Salivary IgM	10.750 Weak Reaction		< 10	U/ml
Egg Salivary IgA	7.140 Negative Reaction		< 10	U/ml
Egg Salivary IgM	7.630 Negative Reaction		< 10	U/ml
Lentil Salivary IgA	8.052 Negative Reaction		< 10	U/ml
Lentil Salivary IgM	10.857 Weak Reaction		< 10	U/ml
Millet Salivary IgA	8.613 Negative Reaction		< 10	U/ml
Millet Salivary IgM	9.384 Negative Reaction		< 10	U/ml
Oatmeal Salivary IgA	9.450 Negative Reaction		< 10	U/ml
Oatmeal Salivary IgM	9.950 Negative Reaction		< 10	U/ml
Peanut Salivary IgA	8.401 Negative Reaction		< 10	U/ml
Peanut Salivary IgM	10.068 Weak Reaction		< 10	U/ml
Potato Salivary IgA	9.853 Negative Reaction		< 10	U/ml
Potato Salivary IgM	10.617 Weak Reaction		< 10	U/ml
Quinoa Salivary IgA	8.400 Negative Reaction		< 10	U/ml
Quinoa Salivary IgM	9.744 Negative Reaction		< 10	U/ml
Rabbit Salivary IgA	9.240 Negative Reaction		< 10	U/ml
Rabbit Salivary IgM	10.735 Weak Reaction		< 10	U/ml
Rice Salivary IgA	9.150 Negative Reaction		< 10	U/ml
Rice Salivary IgM	10.800 Weak Reaction		< 10	U/ml
Salmon Salivary IgA	9.125 Negative Reaction		< 10	U/ml
Salmon Salivary IgM	9.250 Negative Reaction		< 10	U/ml
Sweet Potato Salivary IgA	9.830 Negative Reaction		< 10	U/ml
Sweet Potato Salivary IgM	9.523 Negative Reaction		< 10	U/ml

FINDING THE BEST FOOD

FOR YOUR PET

The following ingredients should be avoided if test results show 11.5 or greater for the IgA or IgM antibodies. Remember that many supplements and parasites preventives may contain them too.

BEEF

Beef
Bison
Buffalo
Beef Stock
Beef Meal
Beef Fat (most animal fats to be safe)
Beef Byproducts
Beef Lung or Trachea
Tallow
** If Beef measures 11.4 or less,
Buffalo or Bison should be acceptable

CHICKEN

Chicken
Chicken Stock/Broth
Chicken Meal
Chicken and Poultry Fat (most animal fat to be safe)
Chicken By-products
Chicken Liver
Chicken Hearts
Chicken Gizzards
Chicken Necks
Poultry
Poultry Meal
Poultry By-products

LENTILS

Lentils
Peas
Pea Protein
Pea Fiber
Lentil Flour
Pea Flour

SOY

Soy
Soy Flour
Soybean Meal
Soybean Oil
Tofu

QUINOA

Quinoa
Quinoa Flour
Quinoa Husks

CORN

Corn
Corn Bran
Corn Cellulose
Corn Flour
Corn Meal
Corn Gluten Meal
Cornstarch

COW'S MILK

Milk
Cheeses
String Cheese
Whey
Yogurt
Cream
Ice Cream
Dairy from related species (buffalo, bison)

LAMB

Lamb
Lamb Meal
Lamb By-products
Lamb Liver
Lamb Lungs and Trachea
** If Lamb measures 11.4 or less, Goat or
Goat's Milk or Yogurt should be acceptable.

PORK

Pork
Pork Meal
Pork Byproducts
Pork Liver
Pork Lungs and Trachea
Hot Dogs
Sausage
Bacon and Ham

MILLET

Millet
Millet Flour
Millet Hulls
** Note: Millet is a gluten when cooked

DUCK

Duck
Duck Meal
Duck Fat
Duck By-products
Duck Liver

TURKEY

Turkey
Turkey Meal
Turkey By-products
Turkey Liver
Turkey Necks
Poultry
Poultry Meal
Poultry By-products
Poultry Fat

VENISON

Venison
Venison Meal
Venison By-products
Venison Liver
Elk (and related meat)
Deer & Elk Velvet/Antler

RABBIT

Rabbit
Rabbit Meal
Rabbit By-products
Rabbit Liver

SALMON

Salmon
Salmon Skin
Salmon Oil
Salmon Meal

OATMEAL

Oatmeal
Oats
Oat Bran
Oat Fiber
Oat Flour
Oat Hulls
** Note: Oats can contain glutens, unless
labelled gluten-free

RICE

Rice
Rice Bran
Rice Flour
Rice Gluten Meal
Rice Hulls
Rice Flakes

WHEAT

Wheat
Wheat Flour
Wheat Meal
Wheat Germ
Wheat Gluten
Wheat Bran
** Note: Wheat is a gluten

WHITE FISH

White Colored Fish
Pollock
Pollock Oil
Sardines
Herring
White colored Fish Oils
** Watch for White Fish Oils in many foods
as these will cause problems as well if the
pet is reactive to White Fish. Many
manufacturers add this oil to their foods
so be sure to check the ingredient panel.

BARLEY

Barley
Brown Rice Syrup (contains sprouted barley)
Maltose (in germinating barley seeds)
** Note: Barley is a gluten

POTATOES

Potatoes
Potato Flakes
Potato Flour
Potato Starch

SWEET POTATO

Sweet Potatoes
Sweet Potato Flakes
Sweet Potato Flour
Yams

HEN'S EGG

Eggs
Dried Egg
Egg Whites
Powdered Egg
Ground Egg Shells

PEANUTS

Peanuts
Peanut Hulls
Peanut Butter
Peanut Flour

FAQ



What to do when all 24 foods are reactive:

This pet has a true “leaky gut” so all foods can be reactive. We recommend suggesting tapioca (cassava root) which is a gluten-free starch and trying chickpeas or garbanzo beans, pinto or kidney beans, carrots, zucchini, spinach, green beans, but no peas or pea fiber and never any onions (garlic is safe in moderation). Avoid grapes, raisins and strawberries, but blueberries, cranberries, raspberries, apples, pears, bananas, pomegranates, papayas and melons including watermelon are fine to give. The dog may also be able to tolerate quail, pheasant, kangaroo, or emu. This enables them to add more unique proteins as listed above.

More about Food Sensitivities

The body produces antibodies to defend itself from these foreign invaders such as viruses, bacteria, fungi, and parasites. Antibodies can also be produced after eating a food the body deems as harmful. For instance, the body may produce the antibody IgE to fight off a food allergy which reacts immediately and violently (anaphylaxis). However, these types of true food allergies are rare.

In contrast to food allergy reactions, the body produces the antibodies IgA and IgM to combat food sensitivity and intolerance, which is more common and can be a long term reaction. Intolerance here is a response to a particular food. It may also happen from an abnormality in the ability to absorb certain nutrients. Gastrointestinal reactions such as an irritable bowel (also called “leaky gut”) syndrome can be due to malabsorption or other abnormalities. Prior to the development of NutriScan, the diagnostic procedures that identified a food sensitivity and intolerance were time consuming and lacked specifying the exact food.

IgA Antibodies

Antibodies to IgA measure the immune response to certain foods in secretions, like saliva, that have occurred over the last 2 years. They act as a mechanical barrier or the “first line of defense” to help protect the bowel from invasion by foreign substances, infectious agents, chemicals, and certain foods that it cannot or poorly tolerate.

IgM Antibodies

Antibodies to IgM measure the body’s primary immune response to a recent exposure within the last **6 months** to a certain food ingredient.

Today, new studies have revealed that long term reactions – as well as delayed reactions – to foods are more accurately identified by using the NutriScan saliva based test, which measures the level of the antibodies IgA and IgM in saliva. Offensive foods have been shown to lead to the early production of IgA or IgM antibodies in saliva, as soon as 5 months before the clinical signs of bowel disease become apparent. In some cases, antibodies to food ingredients can appear in saliva that are not even present in the blood.

