

Patient: **COOK, FRANKLIN CHARLES**
Patient ID: 2820918
Encounter ID:
DOB: 2/13/1944 Age: 69 years Sex: M
Pt. Phone: (503)977-2660
Ordering: POPIEL, BRIAN JAMES
Copy To:

PROVIDENCE HEALTH & SERVICES
Oregon Region Laboratories

For all correspondence use laboratory contact information noted below.

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|---|---|--|--|---|
| Oregon Regional Laboratory CLIA # 38D2032720 (503) 215-6660 | Providence St. Vincent CLIA # 38D0624944 (503) 215-6660 | Providence Portland CLIA # 38D0624031 (503) 215-6660 | Providence Milwaukie CLIA # 38D0624625 (503) 215-6660 | Providence Newberg CLIA # 38D0662978 (503) 537-1787 |
| Providence Seaside CLIA # 38D0622986 (503) 717-7250 | Providence Hood River CLIA # 38D0622025 (541) 387-6332 | Providence Medford CLIA # 38D0627783 (541) 732-5063 | Providence Willamette Falls CLIA # 38D0064519 (503) 215-6660 | |

REFERENCE TESTING

Collected Date 07/23/13
Collected Time 07:48:00

ms 1470

| Analyte | Ref Range | Units |
|---------------------------|---------------|-------|
| Dihydrotestosterone, ARUP | [106.0-719.0] | pg/mL |
| 969.0 Hf | | |

07/23/13 07:48:00 Dihydrotestosterone, ARUP:
INTERPRETIVE INFORMATION: 5-a-Dihydrotestosterone by Tandem Mass Spectrometry, Serum

Test developed and characteristics determined by ARUP Laboratories. See Compliance Statement B: aruplab.com/CS
Performed by ARUP Laboratories,
500 Chipeta Way, SLC, UT 84108 800-522-2787
www.aruplab.com, Jerry W. Hussong, MD - Lab. Director

All tests performed at Providence Oregon Regional Laboratory, 4400 NE Halsey St, Building 3, Portland OR 97213 unless otherwise specified.

Legend: L=Low H=High P=Critical C=Corrected f=Footnote
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POPIEL, BRIAN JAMES
Providence Health Systems
Providence Health System
Portland OR 97213

MRN: 20000266392
Acct #: 50093955733
Printed: 7/26/2013 6:28 AM
Chart ID: 53334339

Pt Type: Outpt
Admit Date: 7/23/2013
Page 1 of 1
N/A

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BLOOD COUNT

Collected Date 07/23/13
 Collected Time 07:48:00

etc but flurle

| Analyte | | Ref Range | Units |
|-----------------|------|--------------|---------------------|
| WBC | 6.4 | [3.9-10.6] | 10 ⁹ /L |
| RBC | 5.41 | [4.40-5.90] | 10 ¹² /L |
| HGB | 16.9 | [13.5-17.7] | g/dL |
| HCT | 50.9 | [40.0-53.0] | % |
| MCV | 93.9 | [80.0-100.0] | fL |
| MCH | 31.3 | [26.3-33.8] | pg |
| MCHC | 33.3 | [31.5-36.3] | g/dL |
| RDW | 12.7 | [11.5-14.5] | % |
| PLT | 212 | [140-444] | 10 ⁹ /L |
| MPV | 7.5 | [6.8-10.8] | fL |
| Neutrophils | 67.0 | [40.0-81.0] | % |
| Lymphocytes | 21.2 | [20.0-53.0] | % |
| Monocytes | 7.0 | [1.0-10.0] | % |
| Eosinophils | 4.3 | [0.0-6.0] | % |
| Basophils | 0.5 | [0.0-2.0] | % |
| Neutrophils Abs | 4.3 | [1.8-8.0] | 10 ⁹ /L |
| Lymphocytes Abs | 1.3 | [1.0-4.8] | 10 ⁹ /L |
| Monocytes Abs | 0.4 | [0.0-0.8] | 10 ⁹ /L |
| Eosinophils Abs | 0.3 | [0.0-0.5] | 10 ⁹ /L |
| Basophils Abs | 0.0 | [0.0-0.2] | 10 ⁹ /L |

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 Providence Health System
 Portland OR 97213

MRN: 20000266392
 Acct #: 50093955733
 Printed: 7/25/2013 3:04 PM
 Chart ID: 53329129

Pt Type: Outpt
 Admit Date: 7/23/2013
 Page 1 of 5
 N/A

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CMP

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | | Ref Range | Units |
|----------------------------|--------------|-------------|----------------|
| Sodium | 138 | [135-144] | mmol/L |
| Potassium | 4.1 | [3.7-5.5] | mmol/L |
| Chloride | 106 | [99-110] | mmol/L |
| Carbon Dioxide | 25 | [20-31] | mmol/L |
| Anion Gap | 7 | [4-13] | |
| Glucose | 97 | [60-99] | mg/dL |
| BUN | 16 | [6-23] | mg/dL |
| Creatinine | 1.16 | [0.60-1.30] | mg/dL |
| Calcium | 9.0 | [8.3-10.4] | mg/dL |
| Alkaline Phos | 50 | [32-110] | IU/L |
| Bilirubin Total | 0.7 | [0.2-1.2] | mg/dL |
| AST (SGOT) | 18 | [11-39] | IU/L |
| ALT (SGPT) | 21 | [6-42] | IU/L |
| Total Protein | 6.4 | [6.1-8.0] | g/dL |
| Albumin | 4.3 | [3.2-4.9] | g/dL |
| Fasting Status | 9 - 12 hours | | |
| eGFR, African American * | >60 | [>=60] | mL/min/1.73 m2 |
| eGFR, Non-African American | >60 | [>=60] | mL/min/1.73 m2 |

7/23/2013 07:48:00 eGFR, African American:

Over 18 years:

Creatinine values and the eGFRs are IDMS standardized. For renal dosing of medications in elderly and/or under-weight patients, use calculated Creatinine Clearance instead of eGFR. To adjust for any other unknown variables, see NKDEP website at www.nkdep.nih.gov

Under 18 years:

eGFRs are not calculated for children < 18 yrs old. To adjust for unknown variables, see NKDEP website at www.nkdep.nih.gov

LIPID

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | | Ref Range | Units |
|-----------------|--------------|-----------|-------|
| Fasting Status | 9 - 12 hours | | |
| Cholesterol | 187 | [<=199] | mg/dL |
| Triglycerides | 113 | [<=149] | mg/dL |
| HDL Cholesterol | 42 | [40-59] | mg/dL |
| Chol HDL Ratio | 4.5 | | |

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| Analyte | Ref Range | Units |
|-------------------------|-----------|-------|
| LDL calc * 122 H | [<=99] | mg/dL |

7/23/2013 07:48:00 LDL calc:
 National Cholesterol Education Panel Classifications:

Cholesterol (mg/dL):
 Moderate Risk: 200-239; High Risk: >/=240
 HDL Cholesterol (mg/dL):
 Low: <40; High: >/=60
 Triglyceride (mg/dL; fasting):
 Borderline High: 150-199; High: 200-499; Very High: >/=500
 LDL Cholesterol (mg/dL):
 Near or above optimal: 100-129; Borderline High: 130-159;
 High: 160-189; Very High: >/=190

GENERAL CHEMISTRY

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | Ref Range | Units |
|---------|-----------|-------|
| GGT 21 | [8-74] | IU/L |

SPECIAL CHEMISTRY

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | Ref Range | Units |
|--------------------------|-----------|--------|
| Cortisol AM 19 | [4-22] | ug/dL |
| DHEA-S 152 | [80-560] | ug/dL |
| Ferritin 54 | [22-322] | ng/mL |
| HB A1c, % 5.2 | [4.0-6.0] | % |
| Insulin Level 3 L | [6-27] | uIU/mL |
| Iron 105 | [50-160] | ug/dL |
| TIBC 350 | [246-436] | ug/dL |
| Transferrin Sat 30 | [13-50] | % |
| Vitamin B12 874 | [211-911] | pg/mL |
| Folate 20.4 | [>=5.4] | ng/mL |

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 Portland OR 97213

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SPECIAL CHEMISTRY

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | | Ref Range | Units |
|------------------------------|-----------|-----------------|--------|
| Estradiol * | 41 | [0-357] | pg/mL |
| Testosterone, Total | 776 H | [302-729] (100) | ng/dL |
| Testosterone, Free * | 146 - 275 | [47-244] | pg/mL |
| Testosterone, % Free | 1.9 | [1.6-2.9] | % |
| Sex Hormone Binding Globulin | 45 | [13-110] | nmol/L |
| Thyroxine (T4) | 6.7 | [4.5-10.9] | ug/dL |
| TSH | 0.02 L | [0.30-4.70] | uIU/mL |
| FT3 | 6.4 H | [2.3-4.2] | pg/mL |
| Vit D 25OH * | 100.3 H | [30.0-100.0] | ng/mL |

7/23/2013 07:48:00 Estradiol:
 MALE: 0-40 pg/mL

FEMALE:
 Follicular 20-144 pg/mL
 Midcycle 64-357 pg/mL
 Luteal 56-214 pg/mL
 Postmenopausal(Untreated) 0-32 pg/mL

7/23/2013 07:48:00 Testosterone, Free:
 The concentration of Free Testosterone is derived from a mathematical expression based on the constant for the binding of testosterone to sex hormone binding globulin.

7/23/2013 07:48:00 Vit D 25OH:
 Adult Nutritional Status:

| | |
|------------------|-----------------------|
| Vitamin D Status | 25 OH Vitamin D Value |
| Deficiency | < 10 ng/mL |
| Insufficiency | 10 - 30 ng/mL |
| Sufficiency | 30 - 100 ng/mL |
| Toxicity | > 100 ng/mL |

REFERENCE TESTING

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | Ref Range | Units |
|------------------|------------|-------|
| ARUP Misc Test 1 | SEE NOTE f | |

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 Providence Health System
 Portland OR 97213

MRN: 20000266392
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 Printed: 7/25/2013 3:04 PM
 Chart ID: 53329129

Pt Type: Outpt
 Admit Date: 7/23/2013
 Page 4 of 5
 N/A

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REFERENCE TESTING

7/23/2013 07:48:00 ARUP Misc Test 1:
 Test Name = Cortisol, Free
 Specimen Type = SST
 Test # = 98391

07/23/13 07:48:00 ARUP Misc Test 1:

| Test name | Result | Units | RefIntvl |
|----------------|--------|-------|----------|
| Cortisol, Free | 1.76 | ug/dL | |

INTERPRETIVE INFORMATION: Cortisol, Free

8-10 a.m. collection: 0.31-1.19 ug/dL
 4-6 p.m. collection: 0.15-0.94 ug/dL

Test developed and characteristics determined by ARUP Laboratories. See Compliance Statement B: aruplab.com/CS
 Performed by ARUP Laboratories,
 500 Chipeta Way, SLC, UT 84108 800-522-2787
 www.aruplab.com, Jerry W. Hussong, MD - Lab. Director

PENDING

| Order Name | Status | Drawn Date | Drawn Time |
|------------------------------------|---------|------------|------------|
| Dihydrotestosterone, 2002349(ARUP) | Ordered | 07/23/13 | 07:48:00 |

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BLOOD COUNT

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | | Ref Range | Units |
|-----------------|------|--------------|---------------------|
| WBC | 6.4 | [3.9-10.6] | 10 ⁹ /L |
| RBC | 5.41 | [4.40-5.90] | 10 ¹² /L |
| HGB | 16.9 | [13.5-17.7] | g/dL |
| HCT | 50.9 | [40.0-53.0] | % |
| MCV | 93.9 | [80.0-100.0] | fL |
| MCH | 31.3 | [26.3-33.8] | pg |
| MCHC | 33.3 | [31.5-36.3] | g/dL |
| RDW | 12.7 | [11.5-14.5] | % |
| PLT | 212 | [140-444] | 10 ⁹ /L |
| MPV | 7.5 | [6.8-10.8] | fL |
| Neutrophils | 67.0 | [40.0-81.0] | % |
| Lymphocytes | 21.2 | [20.0-53.0] | % |
| Monocytes | 7.0 | [1.0-10.0] | % |
| Eosinophils | 4.3 | [0.0-6.0] | % |
| Basophils | 0.5 | [0.0-2.0] | % |
| Neutrophils Abs | 4.3 | [1.8-8.0] | 10 ⁹ /L |
| Lymphocytes Abs | 1.3 | [1.0-4.8] | 10 ⁹ /L |
| Monocytes Abs | 0.4 | [0.0-0.8] | 10 ⁹ /L |
| Eosinophils Abs | 0.3 | [0.0-0.5] | 10 ⁹ /L |
| Basophils Abs | 0.0 | [0.0-0.2] | 10 ⁹ /L |

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MRN: 20000266392
 Acct #: 50093955733
 Printed: 7/23/2013 6:26 PM
 Chart ID: 53310966

Pt Type: Outpt
 Admit Date: 7/23/2013
 Page 1 of 4
 N/A

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CMP

Collected Date 07/23/13
 Collected Time 07:48:00

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|----------------------------|--------------|-------------|----------------|
| Sodium | 138 | [135-144] | mmd/L |
| Potassium | 4.1 | [3.7-5.5] | mmd/L |
| Chloride | 106 | [99-110] | mmd/L |
| Carbon Dioxide | 25 | [20-31] | mmd/L |
| Anion Gap | 7 | [4-13] | |
| Glucose | 97 | [60-99] | mg/dL |
| BUN | 16 | [6-23] | mg/dL |
| Creatinine | 1.16 | [0.60-1.30] | mg/dL |
| Calcium | 9.0 | [8.3-10.4] | mg/dL |
| Alkaline Phos | 50 | [32-110] | IU/L |
| Bilirubin Total | 0.7 | [0.2-1.2] | mg/dL |
| AST (SGOT) | 18 | [11-39] | IU/L |
| ALT (SGPT) | 21 | [6-42] | IU/L |
| Total Protein | 6.4 | [6.1-8.0] | g/dL |
| Albumin | 4.3 | [3.2-4.9] | g/dL |
| Fasting Status | 9 - 12 hours | | |
| eGFR, African American * | >60 | [>=60] | mL/min/1.73 m2 |
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7/23/2013 07:48:00 eGFR, African American:
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LIPID

Collected Date 07/23/13
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|-----------------|--------------|-----------|-------|
| Fasting Status | 9 - 12 hours | | |
| Cholesterol | 187 | [<=199] | mg/dL |
| Triglycerides | 113 | [<=149] | mg/dL |
| HDL Cholesterol | 42 | [40-59] | mg/dL |
| Chol HDL Ratio | 4.5 | | |

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Pt Type: Outpt
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LIPID

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | Ref Range | Units |
|------------|-----------|--------------|
| LDL calc * | 122 H | [<=99] mg/dL |

7/23/2013 07:48:00 LDL calc:
 National Cholesterol Education Panel Classifications:

Cholesterol (mg/dL):
 Moderate Risk: 200-239; High Risk: >/=240
 HDL Cholesterol (mg/dL):
 Low: <40; High: >/=60
 Triglyceride (mg/dL; fasting):
 Borderline High: 150-199; High: 200-499; Very High: >/=500
 LDL Cholesterol (mg/dL):
 Near or above optimal: 100-129; Borderline High: 130-159;
 High: 160-189; Very High: >/=190

GENERAL CHEMISTRY

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | Ref Range | Units |
|---------|-----------|-------------|
| GGT | 21 | [8-74] IU/L |

SPECIAL CHEMISTRY

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | Ref Range | Units |
|----------------------|-----------|-----------------|
| Cortisol AM | 19 | [4-22] ug/dL |
| Ferritin | 54 | [22-322] ng/mL |
| Iron | 105 | [50-160] ug/dL |
| TIBC | 350 | [246-436] ug/dL |
| Transferrin Sat | 30 | [13-50] % |
| Vitamin B12 | 874 | [211-911] pg/mL |
| Folate | 20.4 | [>=5.4] ng/mL |
| Estradiol * | 41 | [0-357] pg/mL |
| Testosterone, Total | 776 H | [302-729] ng/dL |
| Testosterone, Free * | 146 | [47-244] pg/mL |

All tests performed at Providence Oregon Regional Laboratory, 4400 NE Halsey St, Building 3, Portland OR 97213 unless otherwise specified.

Legend: L=Low H=High P=Critical C=Corrected f=Footnote
 @=Abnormal *= Interpretive Comment ^=Corrected micro susceptibility

POPIEL, BRIAN JAMES
 Providence Health Systems
 Providence Health System
 Portland OR 97213

MRN: 20000266392
 Acct #: 50093955733
 Printed: 7/23/2013 6:26 PM
 Chart ID: 53310966

Pt Type: Outpt
 Admit Date: 7/23/2013
 Page 3 of 4
 N/A

Patient: **COOK, FRANKLIN CHARLES**
 Patient ID: 2820918
 Encounter ID:
 DOB: 2/13/1944 Age: 69 years Sex: M
 Pt. Phone: (503)977-2660
 Ordering: POPIEL, BRIAN JAMES
 Copy To:

PROVIDENCE HEALTH & SERVICES
 Oregon Region Laboratories

For all correspondence use laboratory contact information noted below.

| | | | | |
|---|---|--|--|---|
| Oregon Regional Laboratory CLIA # 38D2032720 (503) 215-6660 | Providence St. Vincent CLIA # 38D0624944 (503) 215-6660 | Providence Portland CLIA # 38D0624031 (503) 215-6660 | Providence Milwaukie CLIA # 38D0624625 (503) 215-6660 | Providence Newberg CLIA # 38D0662978 (503) 537-1787 |
| Providence Seaside CLIA # 38D0622986 (503) 717-7250 | Providence Hood River CLIA # 38D0622025 (541) 387-6332 | Providence Medford CLIA # 38D0627783 (541) 732-5063 | Providence Willamette Falls CLIA # 38D0064519 (503) 215-6660 | |

SPECIAL CHEMISTRY

Collected Date 07/23/13
 Collected Time 07:48:00

| Analyte | | Ref Range | Units |
|------------------------------|----------------|--------------|--------|
| Testosterone, % Free | 1.9 | [1.6-2.9] | % |
| Sex Hormone Binding Globulin | 45 | [13-110] | nmol/L |
| Thyroxine (T4) | 6.7 | [4.5-10.9] | ug/dL |
| TSH | 0.02 L | [0.30-4.70] | uIU/mL |
| FT3 | 6.4 H | [2.3-4.2] | pg/mL |
| Vit D 25OH * | 100.3 H | [30.0-100.0] | ng/mL |

7/23/2013 07:48:00 Estradiol:
 MALE: 0-40 pg/mL

FEMALE:
 Follicular 20-144 pg/mL
 Midcycle 64-357 pg/mL
 Luteal 56-214 pg/mL
 Postmenopausal(Untreated) 0-32 pg/mL

7/23/2013 07:48:00 Testosterone, Free:
 The concentration of Free Testosterone is derived from a mathematical expression based on the constant for the binding of testosterone to sex hormone binding globulin.

7/23/2013 07:48:00 Vit D 25OH:
 Adult Nutritional Status:

| | |
|------------------|-----------------------|
| Vitamin D Status | 25 OH Vitamin D Value |
| Deficiency | < 10 ng/mL |
| Insufficiency | 10 - 30 ng/mL |
| Sufficiency | 30 - 100 ng/mL |
| Toxicity | > 100 ng/mL |

PENDING

| Order Name | Status | Drawn Date | Drawn Time |
|------------------------------------|-----------|------------|------------|
| ARUP Misc Test 1, 0097163 | InProcess | 07/23/13 | 07:48:00 |
| DHEA-S | Ordered | 07/23/13 | 07:48:00 |
| Dihydrotestosterone, 2002349(ARUP) | Ordered | 07/23/13 | 07:48:00 |
| Hemoglobin A1c | Ordered | 07/23/13 | 07:48:00 |
| Insulin | Ordered | 07/23/13 | 07:48:00 |

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Legend: L=Low H=High P=Critical C=Corrected f=Footnote
 @=Abnormal *= Interpretive Comment ^=Corrected micro susceptibility

POPIEL, BRIAN JAMES
 Providence Health Systems
 Providence Health System
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MRN: 20000266392
 Acct #: 50093955733
 Printed: 7/23/2013 6:26 PM
 Chart ID: 53310966

Pt Type: Outpt
 Admit Date: 7/23/2013
 Page 4 of 4
 N/A

Immuno 1 Bloodprint™

Bloodprint (154)

Patient Name: Franklin C. Cook
Lab ID Code: 849350
Testing Date: 31-Jul-13
Spec. Coll. Date: 23-Jul-13
Date of Birth: 13-Feb-44 **Sex:** Male **Age:** 69

Physician: Dr. Brian Popiel
9316 E Raintree Drive, Suite 140
Scottsdale, AZ 85260 AZ USA

Reactive Test Results (Your blood serum reacted to these food antigens)

| | | | |
|-------------------|----------------|------------------|----------------------|
| Alfalfa (+2) | Cabbage (+1) | Horseradish (+1) | Squash, Yellow (+1) |
| Banana (+1) | Cheese (+2) | Milk, Cow's (+1) | Tangerine (+1) |
| Bean, Green (+1) | Cranberry (+1) | Mushroom (+1) | Thyme (+1) |
| Bean, Kidney (+2) | Cumin (+1) | Mustard (+1) | Vanilla (+2) |
| Bean, Navy (+1) | Egg (+2) | Nutmeg (+1) | Wheat (+2) |
| Bean, Pinto (+2) | Garlic (+1) | Pepper, B/W (+1) | Yeast, Baker's (+4) |
| Beet (+1) | Ginger (+1) | Pumpkin (+1) | Yeast, Brewer's (+4) |
| Blackberry (+1) | | | |

Total number of IgG sensitivity reactions: **29**

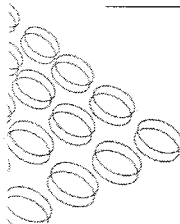
Non-Reactive Test Results (Your blood serum did not react to these food antigens)

| | | | |
|------------------|-----------------|-----------------|--------------------|
| Almond | Coffee | Pecan | Rye |
| Amaranth | Corn | Oat | Safflower |
| Apple | Crab | Olive | Sage |
| Apricot | Currant | Onion | Salmon |
| Asparagus | Date | Orange | Sardine |
| Avocado | Duck | Oregano | Scallops |
| Barley | Eggplant | Oyster | Sea Bass |
| Basil | Flounder | Papaya | Seed, Caraway |
| Bay Leaf | Goose | Paprika | Seed, Dill |
| Bean, Lima | Bean, Garbanzo | Parsley | Rape Seed (Canola) |
| Mung Bean | Grape, White | Pea | Sesame |
| Soybean | Grapefruit | Peach | Sunflower |
| Bean, Yellow Wax | Greens, Mustard | Peanut | Shrimp |
| Beef | Haddock | Pear | Snapper |
| Blueberry | Halibut | Pepper, Cayenne | Sole |
| Broccoli | Nut, Filbert | Pepper, Green | Spinach |
| Brussels Sprouts | Herring | Pepper, Red | Strawberry |
| Buckwheat | Lamb | Peppermint | Sugar, Cane |
| Cantaloupe | Lemon | Pimento | Tapioca |
| Carrot | Lentil | Perch | Tea |
| Catfish | Lettuce | Pineapple | Tomato |
| Cauliflower | Lime | Plum | Trout |
| Celery | Lobster | Pork | Tuna |
| Cherry | Mackerel | Potato, Sweet | Turkey |
| Chicken | Malt | Potato, White | Turnip |
| Cucumber | Melon, Honeydew | Quinoa | Venison |
| Cinnamon | Milk, Goat's | Rabbit | Walnut, Black |
| Clam | Millet | Radish | Walnut, English |
| Clove | Mint | Raspberry | White fish |
| Coco-Chocolate | Brazil Nut | Rhubarb | Watermelon |
| Coconut | Cashew Nut | Rice | Zucchini |

Scoring and Evaluation (Key) +1 +2 +3 +4 (Increasing levels of antibodies)

These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.

This test was developed and performance characteristics determined by Immuno Laboratories. It has not been cleared or approved by the U.S. Food and Drug Administration.



Daniel M. Jacobs, M.D.,
 Medical Director

Comprehensive Food Plan

Franklin C. Cook: 4-Day Rotation (154 foods)

This four-day rotation plan has been created for you using the foods that were tested and were non-reactive. You may eat each food as often on that day as you choose. If you need to move a food from one day to another (for example, if you like peas and rice together), that is fine, just be careful not to repeat the same food two days in a row. Remember, do not eat any item to which you are reactive. Consult your physician or counselor for further guidance.

Day One

Protein:

Beef/Veal
 Catfish
 Haddock
 Mackerel
 Sardine
 Sole
 Trout

Vegetables:

Broccoli
 Brussels Sprouts
 Cauliflower
 Greens, Mustard
 Onion
 Potato, White
 Turnip

Beans/Grains/Legumes:

Amaranth
 Millet
 Mung Bean

Fruits and Nuts:

(Plus beverages derived from these foods)

Almond
 Apricot
 Brazil Nut
 Grape, White
 Peach
 Pineapple
 Raspberry
 Strawberry

Condiments:

Peppermint
 Safflower

Beverages:

(*Rotate Brands)

Coffee
 Goat's Milk
 Tea
 Water

Day Two

Chicken
 Duck
 Flounder
 Herring
 Salmon
 Scallops
 Sea Bass
 Whitefish

Acorn Squash
 Carrot
 Celery
 Parsley
 Pimento
 Potato, Sweet
 Yellow Wax Bean
 Zucchini

Barley
 Bean, Garbanzo
 Bean, Lima
 Pea
 Quinoa

Cantaloupe
 Cashew Nut
 Coconut
 Melon, Honeydew
 Orange
 Walnut, English

Basil
 Bay Leaf
 Mint
 Sage
 Seed, Caraway
 Sesame

Coffee
 Tea
 Water

Day Three

Cod
 Goose
 Lamb
 Lobster
 Oyster
 Perch
 Shrimp
 Tuna
 Venison, Meat

Asparagus
 Avocado
 Eggplant
 Lettuce
 Rhubarb
 Spinach
 Tomato

Buckwheat
 Rye
 Soybean

Apple
 Blueberry
 Cherry
 Filbert Nut
 Peanut
 Pear
 Pecan

Lemon
 Lime
 Olive
 Paprika
 R. Seed (Canola)

Coffee
 Soy Milk
 Tea
 Water

Day Four

Clams
 Crab
 Halibut
 Pork
 Rabbit, Meat
 Snapper
 Turkey

Cucumber
 Green Pepper
 Pepper, Red
 Radish
 Tapioca

Corn
 Lentil
 Malt
 Oat
 Rice

Date
 Grapefruit
 Papaya
 Plum
 Sunflower
 Watermelon

Cane Sugar
 Cinnamon
 Clove
 Cocoa-Chocolate
 Currant
 Oregano
 Pepper, Cayenne
 Seed, Dill

Coffee
 Oat Milk
 Rice Milk
 Tea
 Water