Physician: **Sample Practitioner, MD**
Patient: **Sample Patient**
Identifier: **SAMPLE176**
Profile: **MRT 176**
Test Date: **02/28/2023**
Technologist: **GB**
Page: **2 of 2**

MRT®
Mediator Release Test

Oxford Biomedical Technologies
3555 Fiscal Court, Suite #9
Riviera Beach, FL 33404
Phone: (561) 848-7111
FL License #: 800027063
CLIA ID #: 10D0914874
U.S. Patents: 6,114,174 6,200,815

Flavor Enhancers	Reaction Level
Ginger	0.1
Maple	0.1
Carob	0.2
Black pepper	0.2
Vanilla	0.3
Cinnamon	0.4
Coriander seed	0.5
Honey	0.5
Peppermint	0.6
Dill	0.6
Cayenne pepper	0.6
Turmeric	0.7
Parsley	0.8
Lemon	1.0
Tamarind	1.1
Rosemary	1.2
Cumin	1.4
Sage	1.4
Nutmeg	1.5
Garlic	1.6
Mustard seed	1.7
Basil	1.7
Cardamom	1.8
Oregano	1.9
Lime	1.9
Paprika	2.2
Cane sugar	2.2

Grains	Reaction Level
Buckwheat	0.2
Kamut	0.3
Spelt	0.5
Oat	0.9
Millet	1.0
Rice	1.1
Quinoa	1.1
Amaranth (grain)	1.6
Barley	2.2
Rye	2.5
Wheat	3.5

Meats/Poultry	Reaction Level
Beef	0.5
Lamb	0.5
Turkey	1.3
Venison	1.4
Chicken	1.5
Egg yolk	1.5
Egg white	1.7
Collagen (beef)	1.8
Pork	2.5

Fruits	Reaction Level
Grape	0.1
Olive	0.2
Avocado	0.3
Orange	0.3
Plum	0.4
Strawberry	0.4
Cherry	0.5
Pear	0.5
Watermelon	0.6
Banana	0.8
Date	1.2
Blueberry	1.2
Peach	1.3
Raspberry	1.3
Cranberry	1.5
Mango	1.6
Apricot	1.8
Cantaloupe	1.9
Papaya	1.9
Honeydew melon	1.9
Grapefruit	2.2
Pineapple	2.2
Apple	3.1

Miscellaneous	Reaction Level
Cocoa	0.4
Coconut	0.5
Tapioca	1.2
Rooibos tea	1.6
Coffee	1.8
Yeast-baker's/brewer's	1.9
Tea	2.1
Hops	2.3

Interpretation: The Leukocyte Activation Assay-Mediator Release Test™ (LAA-MRT™) results are based on the Leukocyte Reactivity Index (LRI™), a proprietary algorithm developed by Oxford Biomedical Technologies. The LRI™ quantifies the relative degree of volumetric change of tested peripheral leukocytes and is a reflection of the degree of the inflammatory response to each tested item. LAA-MRT™ test results form the basis of an anti-inflammatory eating plan developed under the guidance of a qualified healthcare practitioner.

Disclaimer: It is recommended to completely avoid all tested items with Moderate or High reaction levels. Reintroduction of items that tested Moderate or High should be done under the supervision of a properly trained healthcare practitioner. If foods and chemicals that tested Low have been consumed regularly before testing, there is a high probability that they are not likely to provoke inflammatory symptoms, as long as there is no history of allergic, autoimmune, or other forms of inflammation-provoking or symptom-provoking reaction.

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Test Reaction Levels

Low | Moderate | High

Chemicals	Reaction Level
Potassium nitrate	0.1
Caffeine	0.3
FD&C red #4	0.3
FD&C red #3	0.3
Sorbic acid	0.3
MSG	0.5
Capsaicin	0.5
Solanine	0.6
Ibuprophen	0.6
Polysorbate 80	0.6
Sodium sulfite	0.7
Tyramine	0.7
Acetaminophen	0.9
FD&C green #3	1.0
FD&C yellow #6	1.1
FD&C yellow #5	1.1
Candida albicans	1.3
Benzoic acid	1.3
Saccharin	1.5
Potassium nitrite	1.5
FD&C red #40	1.6
Lecithin (soy)	1.8
Salicylic acid	1.8
Fructose (HFCS)	2.2
FD&C blue #1	2.3
FD&C blue #2	2.3
Aspartame	2.9
Sodium metabisulfite	2.9
Phenylethylamine	3.2

Seafood	Reaction Level
Sole	0.4
Scallop	0.4
Tuna	0.6
Catfish	1.2
Halibut	1.5
Salmon	1.5
Rainbow trout	1.6
Clam	1.7
Tilapia	1.7
Crab	1.9
Codfish	1.9
Shrimp	2.4

Dairy	Reaction Level
Whey	0.1
Cheddar cheese	0.5
American cheese	1.0
Yogurt	1.1
Goat's milk	1.4
Cottage cheese	2.2
Cow's milk	2.9

Vegetables	Reaction Level
Green bean	0.1
Leek	0.2
Sweet potato	0.2
Cabbage	0.4
Chard	0.4
Lettuce	0.4
Broccoli	0.5
Cucumber	0.5
Beet	0.6
Zucchini	0.6
Scallions	0.6
Onion	0.7
Cauliflower	0.9
Asparagus	0.9
Radish	1.0
Pumpkin	1.1
Brussels sprouts	1.1
Bok choy	1.2
Jalapeño	1.2
Green pea	1.2
Celery	1.5
Butternut squash	1.5
Carrot	1.6
Mushroom	1.7
Kale	1.7
Spinach	1.8
Bell pepper	1.9
Tomato	1.9
White potato	2.2
Corn	2.9
Eggplant	2.9

Beans/Nuts/Legumes/Seeds	Reaction Level
Lentil	0.3
Almond	0.4
Sunflower seed	0.5
Navy bean	1.0
Pecan	1.1
Pinto bean	1.1
Hazelnut	1.1
Cashew	1.4
Flaxseed	1.4
Black bean	1.5
Mung bean	1.6
Garbanzo bean	1.6
Pistachio	1.7
Sesame	1.7
Walnut	1.7
Red kidney bean	1.7
Lima bean	1.9
Peanut	2.6
Soybean	3.3