



LEAP Report

MRT[®] Food Sensitivity Test Results

And

LEAP ImmunoCalm[®] Dietary Management Program

Prepared For: **SAMPLE PATIENT**
Physician: **WELLNESS, MARK MD**
Date: **12/06/2017**
Identifier: **S70120**

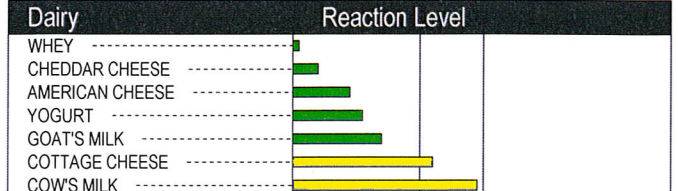
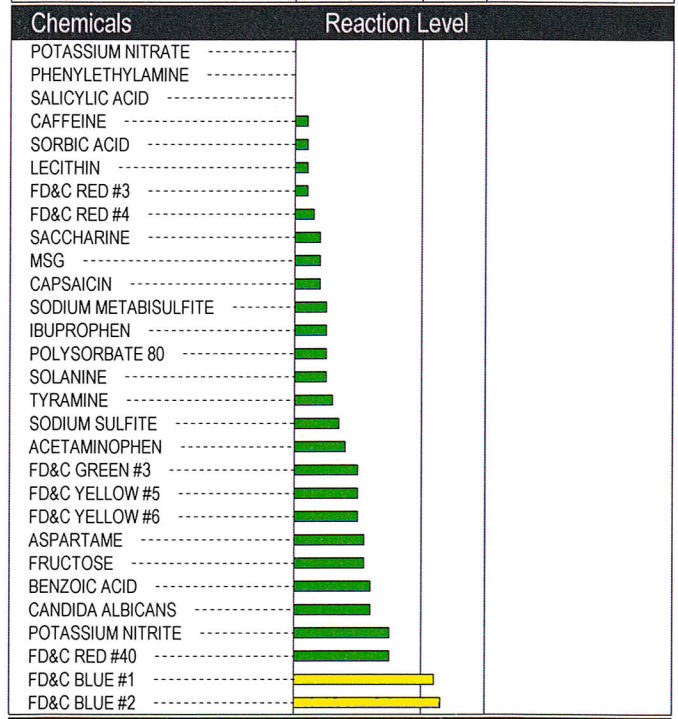
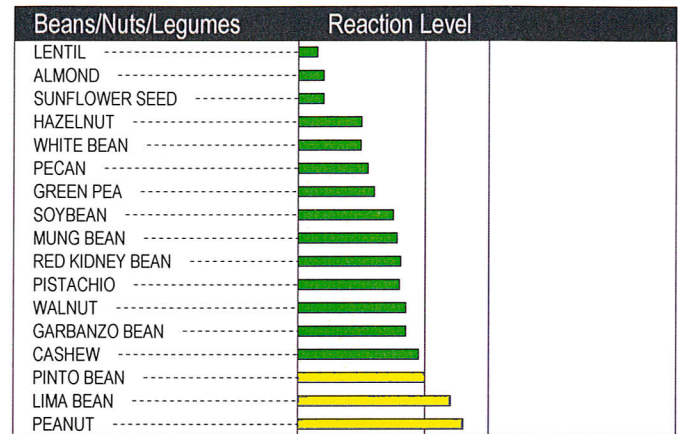
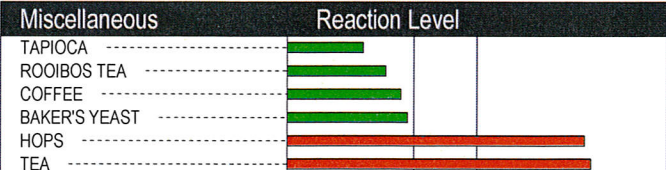
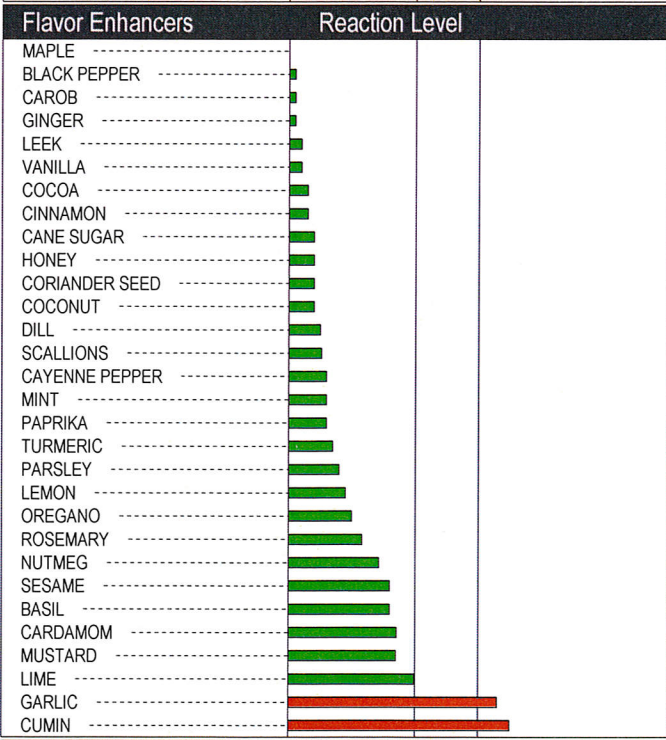
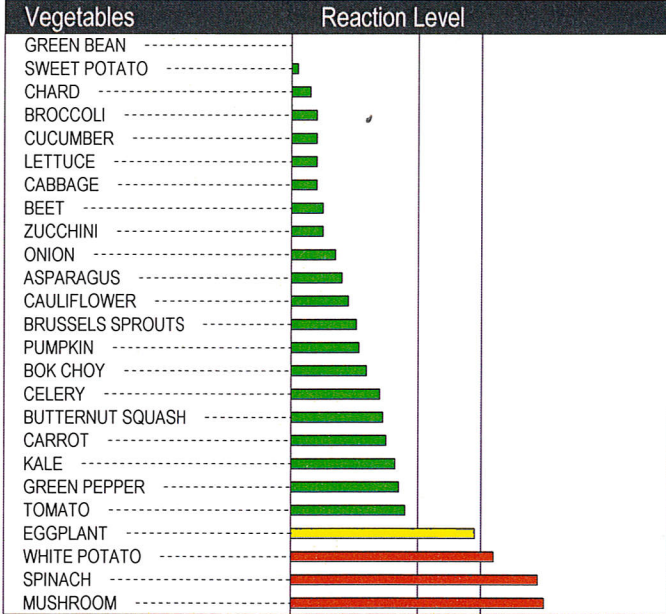
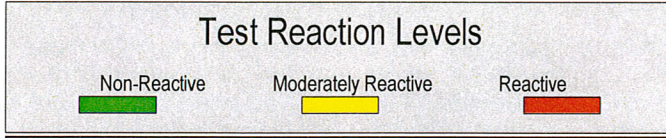


Laboratory Director / Supervisor

Physician: WELLNESS, MARK MD
 Patient: SAMPLE PATIENT
 Identifier: S70120
 Profile: MRT 170
 Test Date: 12/06/2017
 Technologist: JW



Oxford Clinical Laboratory
 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

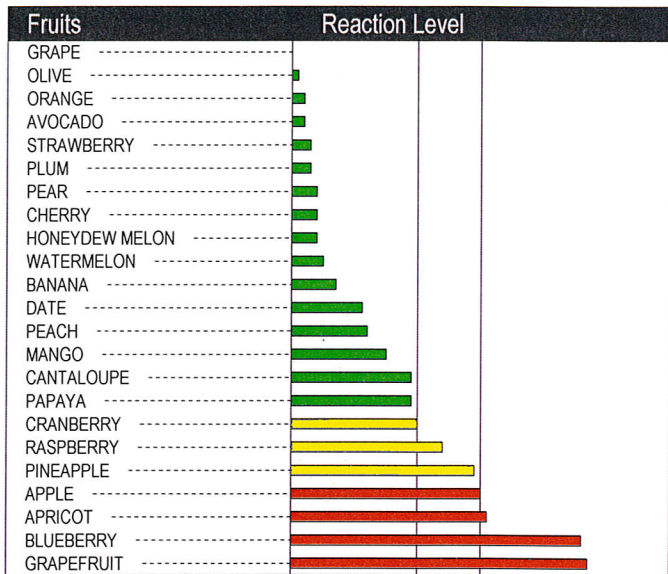
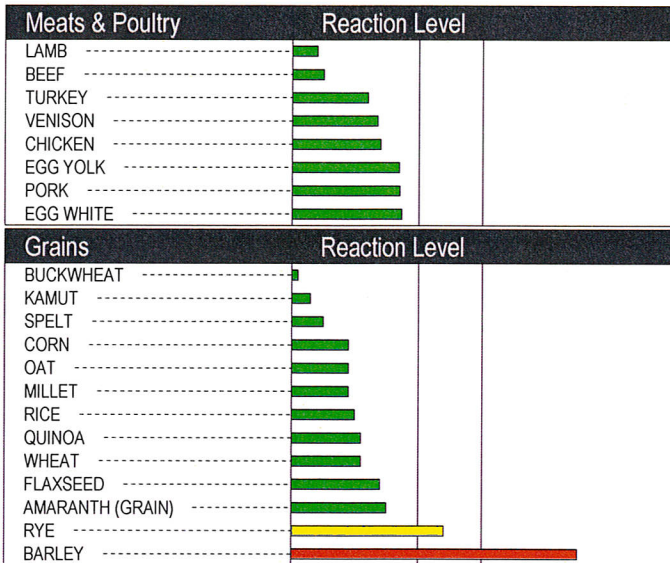


MRT Results for S. PATIENT, page 2 of 2

Physician: **WELLNESS, MARK MD**
 Patient: **SAMPLE PATIENT**
 Identifier: **S70120**
 Profile: **MRT 170**
 Test Date: **12/06/2017**
 Technologist: **JW**



Oxford Clinical Laboratory
 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



Degrees of reactivity may not in all cases correlate with levels of clinical reactivity to the tested food or chemical. It is recommended to completely avoid all tested items with "Reactive," or "Moderately Reactive" scores. If tested "Non-Reactive" foods have been consumed regularly before testing, there is a high probability that they are "safe" and are not likely to provoke symptoms, as long as there is no history of allergic, autoimmune, or other type of inflammation-provoking or symptom-provoking reaction. These test results can form the basis of an eating plan developed under the guidance of a physician, dietitian, or other qualified healthcare practitioner.



LEAP ImmunoCalm Diet Program - Food Reintroduction Schedule

Patient name:
SAMPLE PATIENT

Physician:
WELLNESS, MARK MD

Identifier:
S70120-0

Test date:
12/06/2017

Phase 1
DAYS 1 - 7

Phase 2
DAYS 8 - 12

Phase 3
DAYS 13 - 17

Phase 4
DAYS 18 - 22

Phase 5
DAYS 23 - 27

Proteins



LENTIL
LAMB
SCALLOP
SOLE
BEEF

TUNA
SALMON
SHRIMP
TURKEY
VENISON

CHICKEN
HALIBUT
SOYBEAN
RAINBOW TROUT
MUNG BEAN

CLAM
TILAPIA
RED KIDNEY BEAN
EGG YOLK
GARBANZO BEAN

PORK
EGG WHITE
CRAB

Starches



BUCKWHEAT
SWEET POTATO
KAMUT

SPELT
CORN
MILLET

OAT
WHITE BEAN
RICE

QUINOA
WHEAT
TAPIOCA

FLAXSEED
AMARANTH (GRAIN)

Vegetables



CHARD
BROCCOLI
CABBAGE
CUCUMBER

LETTUCE
BEET
ZUCCHINI
ONION

ASPARAGUS
CAULIFLOWER
BRUSSELS SPROUTS
PUMPKIN

BOK CHOY
GREEN PEA
CELERY
BUTTERNUT SQUASH

CARROT
KALE
GREEN PEPPER
TOMATO

Fruits



GRAPE
OLIVE
AVOCADO
ORANGE

PLUM
STRAWBERRY
CHERRY
HONEYDEW MELON

PEAR
WATERMELON
BANANA
DATE

PEACH
MANGO
CANTALOUPE
PAPAYA

Dairy / Miscellaneous



WHEY
COCOA

CHEDDAR CHEESE
AMERICAN CHEESE

YOGURT
GOAT'S MILK

COFFEE

Nuts / Seeds / Oils



OLIVE
ALMOND
SUNFLOWER SEED

CORN
HAZELNUT
PECAN

SOYBEAN
PISTACHIO
SESAME

WALNUT
CASHEW

Flavor Enhancers



MAPLE
BLACK PEPPER
CAROB
GINGER
LEEK
VANILLA

CINNAMON
CANE SUGAR
COCONUT
CORIANDER SEED
HONEY
DILL

SCALLIONS
CAYENNE PEPPER
MINT
PAPRIKA
TURMERIC
PARSLEY

LEMON
OREGANO
ROSEMARY
NUTMEG
BASIL
SESAME

MUSTARD
CARDAMOM
LIME



LEAP ImmunoCalm Diet Program, Phase 6 - 3 Day Rotation Diet

Patient name:
SAMPLE PATIENT

Physician:
WELLNESS, MARK MD

Identifier:
S70120-0

Test date:
12/06/2017

Day 1

Day 2

Day 3

Proteins



BEEF
EGG WHITE
GARBANZO BEAN
LAMB
LENTIL
RAINBOW TROUT
SOLE

CHICKEN
CRAB
EGG YOLK
MUNG BEAN
RED KIDNEY BEAN
SHRIMP
TILAPIA

CLAM
HALIBUT
PORK
SALMON
SCALLOP
SOYBEAN
TUNA

Starches



AMARANTH (GRAIN)
BUCKWHEAT
FLAXSEED
OAT
TAPIOCA

CORN
MILLET
QUINOA
RICE
WHITE BEAN

KAMUT
SPELT
SWEET POTATO
WHEAT

Vegetables



ASPARAGUS
BOK CHOY
CARROT
CELERY
CHARD
GREEN PEA
ONION

BEET
BUTTERNUT SQUASH
CUCUMBER
KALE
LETTUCE
PUMPKIN
ZUCCHINI

BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CAULIFLOWER
GREEN PEPPER
TOMATO

Fruits



CHERRY
GRAPE
ORANGE
PEACH
PLUM
STRAWBERRY

BANANA
CANTALOUPE
HONEYDEW MELON
PAPAYA
WATERMELON

AVOCADO
DATE
MANGO
OLIVE
PEAR

Dairy / Miscellaneous



AMERICAN CHEESE
CHEDDAR CHEESE
WHEY
YOGURT

COCOA
GOAT'S MILK

COFFEE

Nuts / Seeds / Oils



ALMOND
HAZELNUT
PECAN
WALNUT

CORN
SESAME
SUNFLOWER SEED

CASHEW
OLIVE
PISTACHIO
SOYBEAN

Flavor Enhancers



CANE SUGAR
CAROB
DILL
HONEY
LEEK
LEMON
NUTMEG

BASIL
BLACK PEPPER
CARDAMOM
COCONUT
LIME
MINT
OREGANO

CAYENNE PEPPER
CINNAMON
CORIANDER SEED
GINGER
MAPLE
MUSTARD
PAPRIKA