

# InFoods IBS

## DIETARY TRIGGER IDENTIFICATION REPORT



Client Name: **John Smith**

Date of Birth: **October 31, 1985**

Gender: **Male**

Practitioner Name: **John Doe**

Practitioner ID: **351**

Sample ID (SID): **I000011**

Previous SID: **—**

Sample Collection Date: **March 26, 2026**

Sample Receive Date: **April 02, 2026**

Report Date: **April 06, 2026**

Suggested Next Test Date: **September 22, 2026**



### ABOUT THIS TEST

The patented inFoods® IBS test panel is designed to identify foods that cause an elevated immune response (foods with an elevated IgG level) in patients with irritable bowel syndrome (IBS). In a clinical study, patients who removed positive foods from their diet experienced reduced symptoms of IBS including pain and bloating, as well as an improvement in overall feelings of wellbeing. Discuss the results of this test and any treatment plans with your healthcare provider.

### WHAT DOES YOUR RESULTS MEAN

**POSITIVE FOODS:**

When compared to patients without IBS, your immune response (IgG immunoreactivity) is ELEVATED above a normal level for this food.

**NEGATIVE FOODS:**

When compared to patients without IBS, your immune response (IgG immunoreactivity) is at a NORMAL level for this food.

### POSITIVE FOODS

<b>Black Tea</b> ELEVATED IgG LEVEL	<b>Orange</b> ELEVATED IgG LEVEL	<b>Yeast</b> ELEVATED IgG LEVEL
--	-------------------------------------	------------------------------------

### NEGATIVE FOODS

<b>Cabbage</b> NORMAL IgG LEVEL	<b>Cane Sugar</b> NORMAL IgG LEVEL	<b>Cocoa</b> NORMAL IgG LEVEL	<b>Corn</b> NORMAL IgG LEVEL	<b>Cow's Milk</b> NORMAL IgG LEVEL
<b>Whole Egg</b> NORMAL IgG LEVEL	<b>Grapefruit</b> NORMAL IgG LEVEL	<b>Honey</b> NORMAL IgG LEVEL	<b>Lemon</b> NORMAL IgG LEVEL	<b>Oat</b> NORMAL IgG LEVEL
<b>Pineapple</b> NORMAL IgG LEVEL	<b>Rye</b> NORMAL IgG LEVEL	<b>Soybean</b> NORMAL IgG LEVEL	<b>Walnut</b> NORMAL IgG LEVEL	<b>Wheat</b> NORMAL IgG LEVEL

### NEXT STEPS

- Discuss the results of your test and any diet management or treatment plans with your healthcare provider.
- See attached pages for additional information on the Positive Foods that were identified in this test.

Access the [AI-Backed inFoods® IBS Trigger Food Navigator](#) for Personalized IBS Therapy

Code for accessing the Trigger Food navigator: MDX4AYX

## FOOD FACTS: BLACK TEA

Tea is one of the most widely consumed beverages globally, derived from the leaves of the *Camellia sinensis* plant. While most recognizable as a brewed drink, tea extracts and powders are frequently used as natural antioxidants, colorants, and flavoring agents in a variety of processed foods and health products



### Common foods and beverages containing Tea or Tea by-products

Direct Tea Sources	Beverages	Sweets & Desserts	Health & Wellness	Processed Foods
Black tea leaves	Iced tea	Matcha flavored cakes	Green tea extract caps	Marinades and rubs
Green tea / Matcha	Kombucha	Green tea ice cream	Energy drinks	Tea-smoked meats
White tea	Bubble tea / Milk tea	Tea-infused chocolates	Weight loss supplements	Juices (as colorant)
Oolong tea	Herbal tea blends	Shortbread cookies	Antioxidant serums	Canned soups
Pu-erh tea	Hard tea (alcoholic)	Sorbet and gelato	Multivitamins	Salad dressings
Earl Grey	Tea lattes	Macarons	Protein powders	Specialty vinegars

### Why Tea is Sometimes Hidden

Tea is frequently hidden because its extracts are prized for their chemical properties. These include providing natural color or serving as a potent antioxidant rather than just for their flavor. It is often used to extend the shelf life of oils and fats or to provide a natural energy boost in products where tea is not the primary ingredient. Because of its versatility, tea derivatives may be listed under technical names or grouped within general flavor categories.

### Less Obvious Sources of Tea Exposure:

**Natural Antioxidants:** Green tea extract is often added to processed foods to prevent oxidation and extend shelf life.

**Flavor Enhancers:** Tea extracts may be included in natural flavors to add tannins or earthy notes to savory dishes.

**Energy Blends:** Many all natural energy drinks or bars use tea derived caffeine without explicitly highlighting tea on the front packaging.

**Coloring Agents:** Concentrated tea extracts can be used to provide a natural brown or green hue to juices and snacks.

**Fermented Products:** Beverages like Kombucha rely on a tea base for fermentation even though the final flavor may be dominated by fruit.

### Substitutions for a Tea-Free Kitchen

<b>Beverages</b>	Rooibos (naturally tea free), herbal infusions like peppermint or chamomile, or chicory root coffee.
<b>Flavor Enhancement</b>	Citrus zest, floral waters such as rose or orange blossom, or toasted grains for earthy depth.
<b>Antioxidants in Cooking</b>	Vitamin E or rosemary extract as natural preservatives in place of tea extracts.
<b>Natural Colorants</b>	Beet juice, turmeric, or chlorophyll rich herbs like parsley for natural tinting.
<b>Caffeine Alternatives</b>	Guarana or yerba maté for an energy boost though users should check for cross sensitivity.

## FOOD FACTS: ORANGE

Orange is a vibrant citrus fruit prized for its refreshing acidity and the aromatic oils found in its peel. Beyond juice, its derivatives like zest and pulp are used globally to balance flavors and provide natural fragrance in both culinary and industrial applications.



### Common foods and beverages containing Orange or its by-products

Direct Fruit Sources	Beverages and Bars	Bakery and Confectionery	Global Savory Cuisine	Health and Wellness
Fresh segments	Orange juice	Marmalade	Orange chicken	Vitamin C tablets
Orange zest	Mimosas	Grand Marnier cake	Duck à l'orange	Digestive bitters
Dried peel	Orange soda	Fruit tarts	Citrus marinades	Herbal tea blends
Orange oil	Fruit punch	Orange sherbet	Ceviche	Cough syrups
Blood orange	Flavored water	Candied peel	Glazed ham	Essential oil extracts
Mandarins	Smoothies	Orange Chocolate	Fennel salad	

### Why Orange is Sometimes Hidden

Orange is frequently hidden because its concentrated oils and extracts are potent flavor enhancers that can brighten other ingredients without making the final product taste like citrus. In the food industry, orange peel extracts are often used as a source of pectin for thickening or as a natural preservative due to their antioxidant properties. Because orange juice concentrate is highly acidic and sweet, it is often used as a foundational base in various juice blends where it is not the featured fruit.

### Less Obvious Sources of Orange Exposure

**Natural Flavoring:** Oils and extracts are often labeled as natural flavors in snacks, sodas, and baked goods.

**Juice Concentrates:** Used in multi-fruit or tropical blends to provide foundational sweetness and acidity.

**Pectin Sources:** Peels are a primary industrial source for pectin used to thicken jams, jellies, and candies.

**Fragrance and Bitters:** Orange blossom water and peel extracts are standard in cocktails and aromatic bitters.

**Meat Glazes:** Concentrated juice is used in savory glazes to facilitate browning and provide a subtle tang.

### Application for an Orange Free Kitchen

<b>Acidity and Brightness</b>	Lemon or lime juice and zest provide a similar sharp, acidic profile for dressings.
<b>Tropical Sweetness</b>	Pineapple or mango purees offer a vibrant, fruity base for smoothies and desserts.
<b>Tart Flavor Profile</b>	Grapefruit or pomelo can be used as a citrus alternative for a more bitter profile.
<b>Baking Aromatics</b>	Vanilla or almond extracts provide a complex fragrance where zest is typically used.
<b>Thickening Agents</b>	Apple-derived pectin or cornstarch serve as stabilizers instead of citrus-based thickeners.

## FOOD FACTS: YEAST

Yeast is a microscopic fungus used in baking, brewing, and food fermentation. While it is most commonly associated with bread and beer, yeast and yeast-derived ingredients are found in a wide range of processed and fermented foods.



### Common foods and beverages containing Yeast or Yeast by-products

Direct Yeast Souces	Baked Goods	Fermented Beverages	Fermented/Cultured Foods	Processed Foods
Baker's yeast	Bread	Beer	Marmite® / Vegemite®	Bouillon cubes
Brewer's yeast	Rolls and Buns	Ale	Soy sauce	Gravy mixes
Nutritional yeast	Pizza Crust	Lager	Tamari	Seasoning blends
Active dry yeast	Bagels	Ciders	Miso	Flavoured chips
Yeast extract	Croissant/Pastries	Kombucha	Tempeh	Processed soups
Autolyzed yeast	Pretzels		Fermented Condiments	Meat substitutes

### Why Yeast is Sometimes Hidden

Yeast is widely used in flavour enhancement and fermentation and may appear under less obvious names. Yeast-derived ingredients are frequently used to enhance savoury ("umami") flavour. These may not always clearly state 'yeast' and may be grouped under flavour-related terminology.

### Less Obvious Sources of Yeast Exposure:

**Flavour Enhancers & 'Natural Flavours':** Yeast-derived ingredients are commonly used to enhance savoury flavours and may be included within seasoning blends

**Fermented Ingredients:** Fermented products (wine, some vinegars) may contain residual yeast proteins even if commercial yeast is not listed, although this will depend on filtration practices.

**Sourdough & Wild Cultures:** Traditional sourdough and other cultured doughs contain naturally occurring wild yeast even when baker's yeast is not added

**Supplements & Nutritional Products:** Certain B-vitamin preparations, protein powders, and specialty nutritional products may be derived from or cultured on yeast and should be carefully reviewed.

### Substitutions for a Yeast-Free Kitchen

<b>Baking &amp; Leavening</b>	Baking soda + acid (lemon juice, vinegar), baking powder
<b>Flavour Enhancement</b>	Coconut aminos, sea-salt + herbs, roast garlic, mushroom powder, anchovy paste
<b>Bread Alternatives</b>	Unleavened breads (matzo, flour or corn tortillas, roti, chapati), soda bread, rice cakes