



# Improving allergy outcomes through precision allergy medicine

## The Allergy e-Office Overview

The **Allermetrix e-Office** is designed to aid the clinician confirm the allergy diagnosis and improve the patient outcome. Efficient in-vitro testing strategies are presented based on a detailed patient questionnaire and historical laboratory data. This individualized approach is referred to as **precision allergy medicine**.

The patient is instructed to go to the Allermetrix website and enter the "Patient Portal"

STEP#1: Patient Data entry (allermetrix.com)



After selecting the "Patient Portal" the following screen will display:

![](_page_2_Picture_0.jpeg)

The **Allermetrix Inhalant and Food History Questionaire** helps your doctor identify inhalants (trees, grasses weeds, molds and dust components) and foods that may be causing your allergy in a cost-effective scientific approach.

When you click the Allermetrix e-Office link below, you will be prompted to select foods that you eat at least 3 times per week. Clinical studies indicate the foods you are most likely allergic to are foods you eat often.

When you finish entering the information all your data will be stored in your doctors Allermetrix e-Office (a HIPPA compliant secured location).

Your general allergy information and dietary food selections will be analyzed by Allermetrix statistical data software. Your doctor will review the summary, along with your clinical symptoms, and then choose the appropriate tests to be conducted.

When your are ready, click on the Allermetrix e-Office button below and you will be prompted to enter the password your doctor has given you. If doctor is not an Allermetrix client, have their office call us (877-992-4100).

![](_page_2_Picture_6.jpeg)

After selecting the **Allermetrix e-Office logo**, the patient is prompted to enter the **4-digit provider passcode** (provided by healthcare provider to the patient):

Provider ID:		
1234		
Then Click Begin		
	Begin	

The patient then fills out basic demographics:

First:	
	*
DoB:	
mm / dd / yyyy *	
Address:	
City:	
State: (2 character)	
	*
Zip:	
Enter Your Name Date	of Birth and Address
Enter rour runne, Date	, or birdi, and riddrood

Patients will enter their allergy history, symptoms, and diet which includes foods ingested **at least 3 times per week**. This data entry saves valuable office staff time while obtaining critical information used to determine an allergy testing strategy for the patient.

The survey begins with the patient's general allergy history (see Screen #1). Answers to these questions will aid the clinician in determining the patient's allergy status and if testing is needed to confirm the diagnosis.

## Screen #1: General allergy history questionnaire

The Aller	rmetrix e-Office
You must click the "Nex physician after making	t" button to post to your your selections
Click Category to expan	d / contract.
Fan	nily History
Do you have any of	f your family members have allergies?
wother	father
brother	sister
grandparent mothe	r grandparent father
Respira	tory Symptoms
Skin	Symptoms
Digesti	ive Symptoms
Head Rel	ated Symptoms
Whole B	ody Symptoms
Locatio	n of Symptoms
Worst Mon	ths for Symptoms
Anim	nal Exposure
	obtained the

The most likely food trigger is a favorite food. Patients select the foods they eat at **least three (3) times per week** from a listing, by category (see Screen #2). Studies have demonstrated that the frequency of

ingestion is helpful to identify (in efficiently testing for the) offending **triggers** in food allergy.

## Screen #2: Foods eaten at least three (3) times per week

Check ONLY foods yo   AT LEAST THREE TIMES p   Eggs and Dairy   Meat   eef   nicken   nicken   ick		i ucuona.
AT LEAST THREE TIMES p Eggs and Dairy Meat Meat Sef Por Inicken Rab Ick I Rab Ick I Rab Ick I I I I I I I I I I I I I I I I I I I	Check ONLY	foods you eat
Eggs and Dairy Meat Meat eef Por inicken Rab incken I I Rab I	AT LEAST THREE	TIMES per wee
Meat  eef Por inicken Rab incken Nicken Nick	Eggs ar	d Dairy
eef Por hicken Rab icken I Rab ick I I I I imb I I I I imb I	Me	at
hicken Rab Jock Turi Jock Ven Turi Imb Ven Fish Shellfish Peas, Beans, & Legume Vegatables Bread, Cereal, Rice, & Gra Fruit Nuts Seeds, Spices & Peppe Sugar	ef	Pork
ick I I I I I Imb I I I I I Fish Shellfish Peas, Beans, & Legume Vegatables Bread, Cereal, Rice, & Gra Fruit Nuts Seeds, Spices & Peppe Sugar	icken	Rabbit
Imb Ven Fish Shellfish Peas, Beans, & Legume Vegatables Bread, Cereal, Rice, & Gra Fruit Nuts Seeds, Spices & Peppe Sugar	ck	V Turkey
Fish Shellfish Peas, Beans, & Legume Vegatables Bread, Cereal, Rice, & Gra Fruit Nuts Seeds, Spices & Peppe Sugar	mb	Venison
Shellfish Peas, Beans, & Legumo Vegatables Bread, Cereal, Rice, & Gra Fruit Nuts Seeds, Spices & Peppe Sugar	Fi	h
Peas, Beans, & Legume Vegatables Bread, Cereal, Rice, & Gra Fruit Nuts Seeds, Spices & Peppe Sugar	Shel	īsh
Vegatables Bread, Cereal, Rice, & Gra Fruit Nuts Seeds, Spices & Peppe Sugar	Peas, Beans	& Legumes
Bread, Cereal, Rice, & Gra Fruit Nuts Seeds, Spices & Peppe Sugar	Vegat	bles
Fruit Nuts Seeds, Spices & Peppe Sugar	Bread, Cereal,	Rice, & Grains
Nuts Seeds, Spices & Peppe Sugar	Fr	it i
Seeds, Spices & Peppe Sugar	Nu	s
Sugar	Seeds, Spice	s & Peppers
		аг
Yeast	Su	
Yeast	Seeds, Spice	ar

At the end of all data entry, a summary of the patient's allergy related information is displayed on a **dashboard**. This dashboard (see Screen #3) helps the patient understand that their symptoms and history may indicate an allergy related problem. This process can prompt them to discuss the matter with their healthcare provider.

![](_page_6_Figure_1.jpeg)

#### Screen #3: Patient dashboard

Individual symptoms may be reviewed by moving the mouse over the circled "**i**", left clicking and holding down the key. For example, in screen #4, selecting the "**i**" next to the "**Both**" (Foods and Inhalants) listing, in the oval labeled "**Symptoms by Category**" reveals the following symptoms: hives, ear pain, itchy ears and shortness of breath.

![](_page_7_Figure_1.jpeg)

## Screen #4: Patient dashboard detail

The patient must click the "**Done**" button (circled in red above) in or to post the dashboard in the health provides Allermetrix CLOUD.

![](_page_8_Picture_0.jpeg)

The patient dashboard is stored in the physicians file on the **Allermetrix CLOUD**. The clinician accesses the patient information through the **Client Portal** on the Allermetrix web site,

**www.allermetrix.com**. After entering their user ID and password, they can select **Patient Inhalant & Food History with Request Form** (see Screen #5):

## Screen #5: Client site on Allermetrix CLOUD

![](_page_8_Figure_4.jpeg)

All client patients that have entered an allergy history will be displayed (see Screen #6):

Screen #6: Client's new patient histories

![](_page_9_Figure_0.jpeg)

Selecting the **clipboard image** will display the **patient's dashboard** as described previously, and the physician can decide which type of testing is appropriate. Selection of the **knife and fork** will lead to the food testing strategy (to be discussed subsequently). An overview of the **Allermetrix e-Office** test strategy is displayed below (see flow Chart #1):

## Flow Chart #1:

![](_page_9_Figure_3.jpeg)

## **Overview of Allermetrix e-Office Food Testing Program**

## Background

There are numerous symptoms related to food allergy ranging from headaches to anaphylaxis. The characteristic symptoms of rhinorrhea, urticaria, eczema, asthma, and diarrhea are usually associated with allergen ingestion within 24 hours. In anaphylactic reactions immediately following ingestion, the offending food is usually easily identified. With less severe symptoms and time lags in reactions, the cause can be more difficult to determine.

Food allergy diagnosis is straight forward when involving **IgE mediated** responses because the patient usually exhibits a reaction within 20-30 minutes of ingesting the offending food. The diagnosis, however, becomes much more difficult when delayed reactions (non-IgE mediated) occur hours or days after eating.

IgE, the mediator of inhalant allergy, only accounts for a portion of food allergic reactions. Therefore, **non-IgE mediated** allergic reactions are common in food reactive patients and testing only for IgE mediated disease is not a comprehensive strategy. **IgG**<sub>4</sub> allergen specific antibody tests have been used to help define the cause of allergic reactions for patients with non-IgE mediated food allergy in several studies. Additionally, **food allergy** is often confused with **food intolerance** (e.g. lactose intolerance) or **toxicity** (e.g. endotoxin) which represents physiological responses associated with a food, but does not involve an immune response.

When confirming the food allergic patient, a well constructed testing strategy should start with a detailed patient diet history. A person routinely ingests 30-70 different foods, including spices on a weekly basis. The likely offending foods are those commonly consumed at least three (3) times per week. Not all are highly antigenic and the total number of foods to test can be reduced significantly by using **allergy** 

**analytics**. Allermetrix has analyzed hundreds of thousands of antibody responses from thousands of patients and identified the most immunoreactive foods. By combining the immunoreactivity data with peer-reviewed literature, foods found in the patient's history are prioritized by likelihood to be immunoreactive. The ranked list suggests relevant foods to the physician to test for each individual patient. This testing approach is an individualized patient approach and an efficient method to contain cost. Once the problem foods are determined, patient relief may be obtained through an elimination and or rotation diet plan.

![](_page_11_Picture_1.jpeg)

The **Allermetrix e-Office** is designed for the ordering physician to select one of three different test strategies: **Individual** testing, **Comprehensive** testing (a hidden food panel coupled with selected individual tests), or **Panel** testing (either customized client panels, or Allermetrix panels with or without additional selected tests). Allermetrix offers **500+ allergens** via **IgE**, **IgG** or **IgG**<sub>4</sub>.

An overview of the various testing strategies is on Flow Chart #2.

## Flow Chart #2: Food testing only strategy

![](_page_12_Figure_1.jpeg)

Prior to selecting a testing strategy, the diet history is retrieved from the **client portal** of the Allermetrix web site **allermetrix.com**. Each patient who entered in a diet history will have a knife & fork next to his or her name (see Screen #7).

Screen #7: Client's new patient histories (with knife & fork image)

Allermetrix e-Office		Patient Recor	rds
Patient Inh	alant and F	ood Histor	y
Nev	v Patient Histor	ries	
Name	DoB	Entered	
Doe, Jane F 22	Apr 3, 2000	Mar 15, 2022	r I

When the knife and fork icon is selected, the foods are ranked for IgE and IgG<sub>4</sub> reactivity (from most reactive to least reactive) based on Allermetrix in-house analytics (see Screens #8a-#8d)

## Screen #8a: Client view e-Office approach summary view

Patient: Jane Doe					
	Sym	ptoms			
	Your	Panels			
Allermetrix Panels					
Top 15	Top 20	Top 30	Top 40		
Select All	Clear All	Clear IgE	Clear IgG4		
IgE		lgG4			
Egg, Whole Milk, Cows-HD* Pistachio Trout Kiwi Lemon Hazelnut Beef Lime Tuna Turkey Yogurt		Ga Egg, Whole Ga Milk, Cows-HE Ga Yogurt Ga Lemon Ga Kiwi Ga Pistachio Ga Beef Ga Lime Ga Hazelnut Ga Turkey Ga Turkey Ga Tuna	<b>)</b> *		

Screen #8b: Client view of patient symptom summary

P Th	e Allermetrix	e-Office
tient: Jane Doe		
	Symptoms	
Food Symptoms rashes	Foods and inhalants hives ear pain itchy ears shortness of breath	Inhalant Symptoms
	Your Panels	
	Allermetrix Panels	

Reviews patient symptoms entered by the patient.

## Screen #8c: Client view of your panels

Sym	nptoms				
Your	r Panels				
901 Mini Food	5	28	22	0	50
252 Mold Exposure		0	0	14	14
220 Peanut Risk		17	0	0	17
200-PD Pediatric		18	10	0	28
200TN Tennessee	0	35	0	0	35
t the numbers mean:					
number of foods that match wha	at the patient ea	ats ofte	en		

All your custom panels are listed for easy selection. Additionally, you can click on the selected panel, and it will display all allergens in the panel. Food panels will display the patient's foods they entered in their diet history entry.

## Screen #8d: Client view of your panels and foods patient eats

![](_page_15_Picture_2.jpeg)

The same process is displayed for **Allermetrix panels** as well. **Hidden foods** should always be considered in any testing strategy. These foods (eggs, milk, soybean, peanut, tree nuts and wheat/grains) are known to be highly antigenic and are often in foods eaten unknowingly by a patient. Hidden foods should be included in the test battery regardless of the diet history. Other highly antigenic foods such as fish found in barbeque sauces (anchovy), shellfish found in overthe-counter medications and sesame seed found in many foods, breads, and pastries need to be considered as part of a comprehensive hidden food listing. Below is the **Allermetrix Hidden Food Panel** (Table #1):

Food Allergen
almond
anchovy
codfish
corn
egg white
gluten
hazelnut
milk
peanuts
sesame seed
shrimp
soybean
walnut, E.

## Table #1: Food allergens in Allermetrix Hidden Food Panel

As seen in Screen #9, the patient's most **immunoreactive foods** from their diet history are ranked beginning with #1 (**highest reactivity**) for each of the antibodies; IgE in red, and  $IgG_4$  in yellow. If utilizing the **individual test strategy**, the foods to be tested are selected by checking the appropriate boxes (see Screen #9).

<u>Screen #9:</u> Foods selected for testing (ranked in Allermetrix statistical reactivity for both IgE and IgG4)

tient: Jane Doe					
	Sym	ptoms			
	Your	Panels			
	Allermet	rix Panels			
Top 15	Тор 20	Top 30	Тор 40		
Select All	Clear All	Clear IgE	Clear IgG4		
lgE	lgE		lgG4		
Egg, Whole		Fgg, Whole			
Milk, Cows-HD*		Milk, Cows-HD*			
Pistachio		Yogurt			
Trout		🗸 Lemon			
Kiwi		🗸 Kiwi			
Lemon		🗸 Pistachio			
Hazelnut		Beef			
Beef		G4 Lime			
Lime		G4 Hazelnut			
Tuna		G4 Turkey			
		G4 Tuna			
Yogurt		G4 Trout			

By selecting **"Create Request Form"** you may generate a printable request form, which you are required to send with the sera specimen. A summary of information completed by the patient previously is displayed (see Screen #9a). Complete any missing information. ICD-10 codes are provided by selecting the appropriate category such as **"Eye Related"**.

## Screen #9a: Creation of Request form

* Requir	ed
	Last:* Doe
	First:* Jane
	DoB:* 04/03/2000 ©
Collec	tion Date: mm/dd/yyyy
Your Spe	ecimen ID:
	Physician:
	IDC-10:
	Asthma ICD-10 Codes
	Ear Related ICD-10 Codes
H10.10 Acu H10.11 Acu H10.12 Acu H10.13 Acu H10.45 Oth	te atopic conjunctivitis, unspecified eye te atopic conjunctivitis, right eye te atopic conjunctivitis, left eye te atopic conjunctivitis, bilateral er chronic allergic conjunctivitis
	Gastrointestinal ICD-10 Codes
	Nasal/Sinus ICD-10 Codes
	Skin Related ICD-10 Codes
	Billing:*
	Bill Client
	O Bill Medicare
	O Bill Medcaid
	Bill Patient
	Bill Insurance
In	dividual Tests Requested
	Number of each Ig type 7 7 0 Net Net Control (Net Control
	G. Beef
	Egg, Whole
	Hazelnut
	Kiwi
	Milk, Cows-HD*
	Pistachio
	Trout
	a, Yogurt
	Total Tests Ordered 14

Printed the patient specimen by selecting the submit button followed by the print button (see Screen #9b):

#### Screen #9b: Creation of Request form

90	Print		Complete			
allermetrix	Patient: Jane Doe					
	DoB: 12/31/1969					
400 Sugartree Ln.	Specimen ID:		Collection D	ate:		
Suite 510	Insurance Billing (PATHENT MUST	SIGN BELOW AND COME	LETE CREDITIVISA CARD PAYNE	NT SECTION		
Franklin IN 37064	Lest Name			First Name		
Tel :(877) 992-4100	Address	City		-	State	Zip Code
Fax:(615) 599-4648	Date of Birth	Social Security	Number	Tele	phone Nur	nber
Client: 888888	Credit Card/HSA Card Payment (o	opy of front/back of card	r you can call Allermetrix directly	with informat	tion)-*	J+( )
Billing:Insurance	Card Number		Visa []Mastercard []Di ]American Express exp	scover		Security Code
Phys Signatu	Ire: x	1.	• CONTRACTOR ( ) CON			
r nyo. orginate						-
Physician Na	me:					1
						1
ICD-10 Co	de:					
Please attach	a photo copy of	the front a	and back of th	e insi	Iran	ce card
Lauthoriza the ur		and understand th	at I will be informed of	the costs	orior to	Allermetrix
withdrawing fund	s via my choice indicated	l below:	at i will be informed of	the costs	prior to	Allenneux
Patient Signature	e (Required) x					
[ ] telephone (o	k to leave voice mail)					
[ ] e-mail		@				
Demails Ore						
Panels Ord	ierea					
901 Mini F	boo					
	87					
Tests Orde	ered					
E G4 G						
	ef	$\overline{\sqrt{0}}$	Pistachio			
VVO Eg	g, Whole	$\sqrt{00}$	Trout			
	zelnut		Yogurt			
VVO Ki	wi					
VVO Le	mon					
	lk, Cows-HD*					

# For insurance and patient billing the patient must complete missing information on request form and sign where indicated.

Send sera with printed request in the Allermetrix provided mailing supplies.

When finished, select the complete key and it will move the patient history information to a storage position (**Completed Patient Histories**) for future use that you may access.

## The Allermetrix e-Office Food Diet Software Program

![](_page_20_Picture_2.jpeg)

## Elimination and Rotation Diet

After the food allergy diagnosis, a rotation and or elimination diet for the patient should be considered. Allermetrix software allows you to seamlessly download test results (with class scores indicated) into a rotation/elimination diet plan. Foods may be rotated or eliminated individually creating a personalized diet for each of you patients. Begin the diet by selecting the knife & fork icon in your patient result listing screen (see Screen #10a)

## Screen #10a: Creation of Elimination/Rotation Diet

	8888888 Allerme	trix 400 Sugart	ree Lane Suite	510 Franklin TN 37064		
		Anno	ouncement			
		(i)	.og Out			
	Patient In	halant & Foo	d History wit	th Request Form		
		Rese	t Diet Icons			
		Sho	w Search			
Today: Thursday, Ju Patients between T 1 Patients Found: 1	ne 16, 2022 oday and Thurs Complete, 0 Te:	day, May 19, . sting, 0 Rece	2022 ived			
Name	Patient ID	AMX Lab ID	Date	Status	Diet	Done
Peanut Panel, Test	1234	100018	Jun 2, 2022	Complete ( PDF )	11	-

A listing of the selected patient is displayed and if tested more than once you will see those records as well. You may include or exclude the additional listings in the diet (see Screen #10b)

## Screen #10b: Creation of Elimination/Rotation Diet

		Citra
100018 Peanut Panel, Test 1977-02-06 45 F	1234	
No Links, Continue to Diet		

The patient test results are automatically feed into an elimination diet, which is created within seconds (no manual transferring of data is necessary).

## Sections of the Allermetrix Elimination/Rotation Diet

![](_page_21_Picture_4.jpeg)

## **Food Allergy Diet**

Prepared For:

allermetrix

![](_page_21_Picture_7.jpeg)

## Diet plan day 1 of 4 days:

![](_page_22_Figure_1.jpeg)

## **Grocery listing:**

![](_page_22_Figure_3.jpeg)

## Food families:

Testing Any Client Diet and Food Allergy Report	Patient Name: Doe, Jane	Lab ID: 100018	Page 5
🚦 Positive Result 🗧 Negative Result 📒	Untested		67

#### Food Families

Elevated results do not always indicate that you are allergic to the food tested (e.g. IgG and IgG4 tests to eggs and milk have a high reactivity rate, but many patients do not have symptoms). Only your physician can determine the meaning of the laboratory results after reviewing your diet history and clinical symptoms.

Below are your test results with respect to the various food families. If you have a positive result and are diagnosed to be allergic to a food, it may indicate that you will be allergic to other foods in that family. However, it does not necessary mean you will have problems with all foods within that family group. Your diet plan has been constructed to rotate foods by their respective families according to you physicians instructions.

Fruit			
Rose Family Blackberry Boysenberry Raspberry Strawberry Plum Family Apricot Cherry Nectarine Plum /Prune Grape Family Grape, Raisin Citrus Family	Grapefruit Citron Kumquat Lemon Lime Orange Tangelo Tangerine Banana Family Banana Plantain Pineapple Family Pineapple Saxifrage Family	Currant Gooseberry Pomegranate Family Pomegranate Heath Family Blueberry Cranberry Huckleberry Gourd (Melon) Family Cantaloupe Honeydew Melon Watermelon Mulberry Family	Breadfruit Fig Papaya Family Papaya Palm Family Date Cashew Family Mango Chinese Gooseberry Family Kitwi Apple Family Apple Pear
Cereal Family Bamboo Shoots Barley Bran,Wheat Corn Cornstarch Grain,Mix	Grits Hominy Grits Kamut Malt Millet Molasses Oats	Popoorn Rice Rye Sorghum Spelt Sugarcane Tapioca Wheat	Gluten, Wheat Mulberry Family Hop Buckwheat Family Buckwheat Rhubarb Sorrel

## Hidden foods listing:

Testing Any Client Diet and Food Allergy	Report Patient Name: Doe, Jane	Lab ID: 100018 Page 8	
🚦 Positive Result 🧧 Negative Resu	lt 📃 Untested		
Hidden Foods Listing			
You have test tested positive to a food th foods carefully to identify all ingredients.	nat is often referred to "Hidden Food" k Below is a listing of foods/food comp	because it is found in other foods and not e onents that contain the food you may be all	asy to identify. Make sure to read the labels of ergic to:
Milk/Milk Related			
🚦 Cow Milk 🛛 🖪 Lactalbumin, Alpha	🗖 Lactoglobulin, B. 🛛 🚦 Caseir	n 🚦 Whey 🔳 Lactoferrin	
Butter	Imitation Cheese	Ice Cream	Simplesse
Artificial Butter	Cream	Ice Milk	Sour Cream
Butter Flavored Oil	Whipped Cream	Sherbet	Imitation Sour Cream
Casein and Caseinates	Curds	Nougat	Whey
Cheese	Custard	Pudding	Yogurt
Cheese Flavor	Dairy Product Solids	Quark	
Cottage Cheese	Half & Half	Recaldent	
Cream Cheese	Hydrolysates	Rennet, Rennet Casein	
Eggs			
🗄 Egg White 📃 Egg Yolk 📃 Egg	g, Whole 👘 🔲 Ovomucoid (egg white)	(	
Albumin	Dried Egg	Egg Wash	Globulin
Apovitellin	Egg White	Eggnog	Mayonnaise
Cholesterol Free Egg Substitute	Egg Yolk	Fat Substitutes	
Peanut / Peanut Related			
🚦 Peanut 🚦 Peanut, Ara h 1 🚦	Peanut, Ara h 2		
Arachic Oil	Earth Nuts	Monkey Nuts	Peanut Flour
Artificial Nuts	Goober Peas	Nu Nuts Flavored Nuts	Peanut Oil
Beer Nuts	Goobers	Nut Pieces	Peanut Paste
Boiled Peanuts	Ground Nuts	Nutmeat	Peanuts Sauce
Crushed Nuts	Ground Peanuts	Peanut Butter	Peanut Syrup
Crushed Peanuts	Hydrolyzed Peanut Protein	Peanut Butter Chips	Spanish Peanuts
Dry Roasted Peanuts	Mixed Nuts	Peanut Butter Morsels	Virginia Peanuts

## Food cross-reactivity:

ergy patients who suffer fro ponse to food is due to poll hdrome" or "oral allergy syn-	om inhalant allergy often exhibit allergic ra en allergens that contain proteins similar drome". Enclosed you will find informatio	eactions in the lips, mout to those found in the sp	h and throat when exposed to	o certain foods. In many instances, this cl
yndrome" or "oral allergy syn Irees	drome". Enclosed you will find informatio	to mose round in the sp	soltio tood indepted . Lbie con/	pert is referred to as the "poller food alla
Trees		n regarding the pollen-fo	od interaction and which polle	ens may affect you based on your test re
rees		5 5 1		
- AND	1000 (1000) (1000)	1	01.1500 07 0	and the second s
Alder, European	Alder, Sitka	📕 Alder, Red	📰 Birch, Gray	🛃 Birch, Red/River
Elm, American	Elm, Chinese	Elm,Scrub	📕 Hazelnut	
Almond	Dill	Pa	orika	Plum/ Prune
Apple	Fig.	Pa	sley	Pomegranate
Apricot	Grape,Raisin	🚺 Pe:	ach	Potato, White
Avocado	🛃 Hazelnut	🚹 Pe:	anut	Pumpkin
Banana	Kiwi	Pe	1	Raspberry
Basil	Lemon	Pe	oper,Bell/Green	🚹 Soybean
Blueberry	Lime	Pe	oper,Black/White	Strawberry
Brazil nut	Mango	Pe	oper,Cayenne	Tomato
Carrot	Nectarine	Pe	oper, Chili	📰 Walnut,Black
Celery	🚼 Orange	Pe	oper,Jalapeno	🔚 Walnut,English
Cherry	Oregano	Pir	eapple	🔤 Watermelon
				🚍 Wheat
Sycamore Tree				
Sycamore				
Apple	Lamon	<b>P</b> 0:		Romograp ato
Blueborn	Lettuce		ange - Chida	Pomegialiate
Corp	Lime	Pe Po	a, o max	Strawborn
Fia	Manao	Pe-	aont	Watermelen
Hazalout	in in ango	Pin		watermelon

The most <u>current</u> diet is stored on the Allermetrix CLOUD. You can change and modify the diet at any time, which allows for the moving of foods from elimination to rotation or from rotation to elimination. This flexibility allows you to **fine tune treatment** resulting in an improved outcome. There is no charge for the diet, and you may modify it as often as necessary.

The diet may be changed by selecting the **Allermetrix logo** (see Screen #11).

#### Screen #11: Modifying Elimination/Rotation Diet

![](_page_24_Picture_5.jpeg)

Prepared For: Test Peanut Panel Allermetrix

![](_page_24_Picture_7.jpeg)

You may modify the diet on a food-to-food basis from elimination to rotation by clicking on the box "**Include in Diet**" (see Screen #12).

	Update			
Barley	Include in Diet	E	G4 🚺 1	0
Beef	Include in Diet	E 🚺 1	G4	G
Brazil nut	Include in Diet	E 🖬 1	G4 📃	G
Garlic	Include in Diet	E 🖬 1	G4	G
Hazelnut	Include in Diet	E 🖬 4	G4	G
Orange	Include in Diet	E	G4 🗳 1	G
Peach	Include in Diet	E 🖬 1	G4	G
Peanut	Include in Diet	E 🖬 3	G4 🗖 0	G
Pecan	Include in Diet	E 🖬 1	G4	G
Rye	Include in Diet	E	G4 🖬 1	G
Sesame Seeds	Include in Diet	E 🖬 2	G4	G
Soybean	Include in Diet	E 🗖 0	G4 🚺 1	G
Sugarcane	Include in Diet	E 🖬 1	G4	G

## Screen #12: Changing foods from eliminated to rotation

Additionally, you can **customize** the report further by selecting different cut-off scores and how the offending foods are presented in the diet. Foods are listed with a strikethrough (default setting) to indicate that the food should be avoided, or it can be eliminated from the list of acceptable foods entirely (for Diet Plan and Grocery sections only). The patient diet presentation can be customized to include or exclude sections of the patient information which includes a 4-day diet plan, grocery list, food families, hidden foods and pollen/food cross-reactivity as seen on screen #13.

Screen #13:	Customizing	the patient	diet report
-------------	-------------	-------------	-------------

Positive IgE Cutoff	
0/1	
0 1	
2	
3	
Current IgE Cutoff: 1	
Positive IgG/IgG4 Cutoff	
0/1	
O 1	
2	
3	
Current IgG/IgG4 Cutoff: 1	
Update	
Exclude Method	
O Strikethrough	
O Strikethrough Remove from Diet	
Strikethrough     Remove from Diet     Update	
Strikethrough     Remove from Diet     Update Display	
<ul> <li>Strikethrough</li> <li>Remove from Diet</li> <li>Update</li> <li>Display</li> <li>Diet Page</li> </ul>	
<ul> <li>Strikethrough</li> <li>Remove from Diet</li> <li>Update</li> <li>Display</li> <li>Diet Page</li> <li>Grocery Page</li> </ul>	
<ul> <li>Strikethrough</li> <li>Remove from Diet</li> <li>Update</li> <li>Update</li> <li>Display</li> <li>Diet Page</li> <li>Grocery Page</li> <li>Food Families</li> </ul>	
<ul> <li>Strikethrough</li> <li>Remove from Diet</li> <li>Update</li> <li>Update</li> <li>Display</li> <li>Diet Page</li> <li>Grocery Page</li> <li>Food Families</li> <li>Hidden Foods</li> </ul>	
<ul> <li>Strikethrough</li> <li>Remove from Diet</li> <li>Update</li> <li>Update</li> <li>Display</li> <li>Diet Page</li> <li>Grocery Page</li> <li>Food Families</li> <li>Hidden Foods</li> <li>Cross-Reactivity</li> </ul>	

![](_page_27_Picture_0.jpeg)

![](_page_27_Picture_1.jpeg)

## www.allermetrix.com

Telephone number: 887-992-4100