



## LEAP Report

### **MRT<sup>®</sup> Food Sensitivity Test Results**

**And**

### **LEAP ImmunoCalm<sup>®</sup> Dietary Management Program**

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

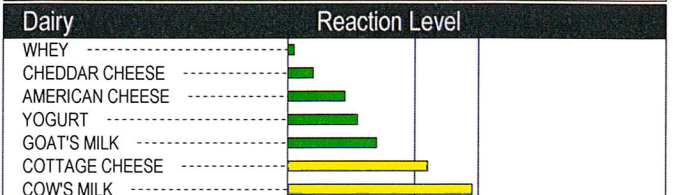
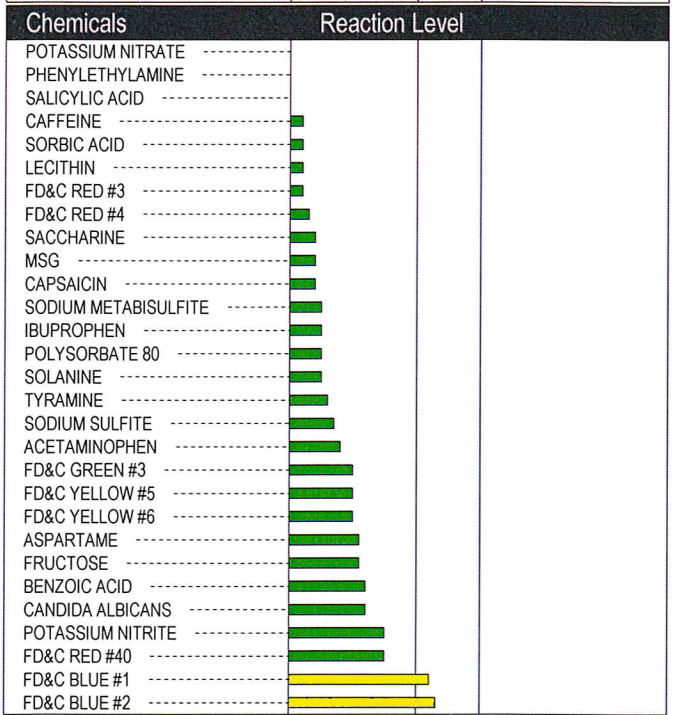
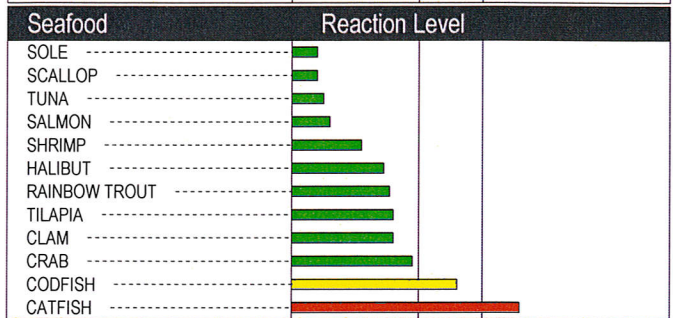
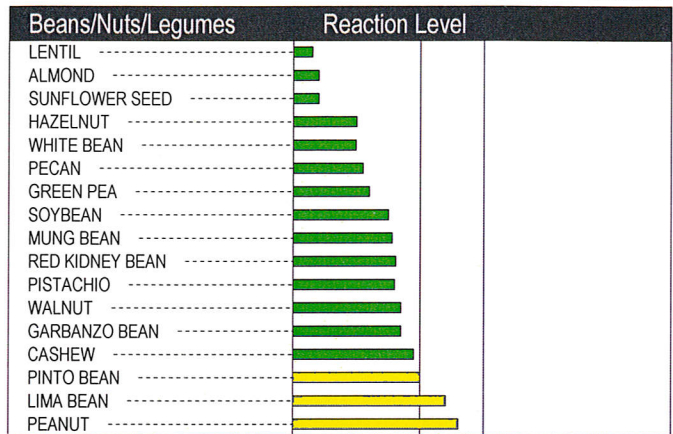
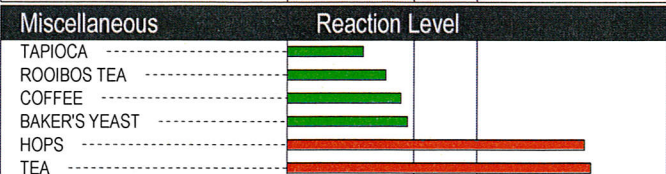
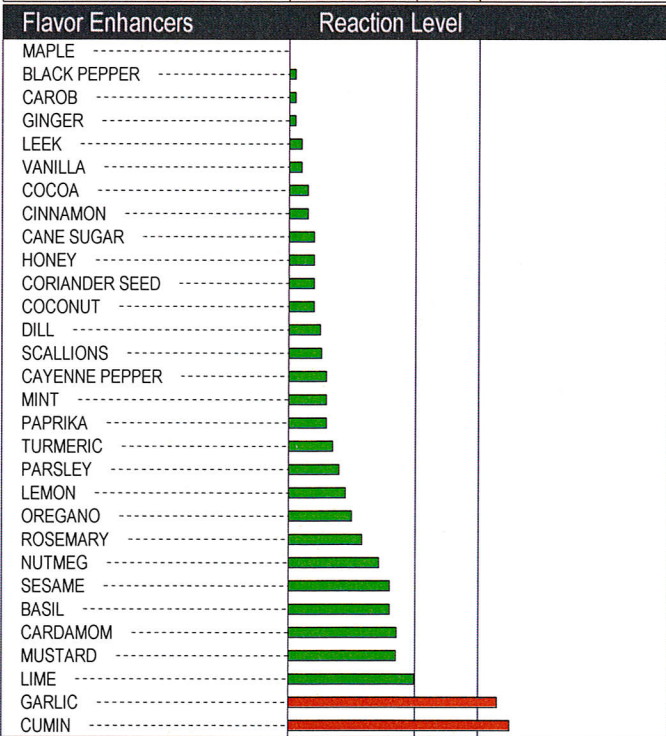
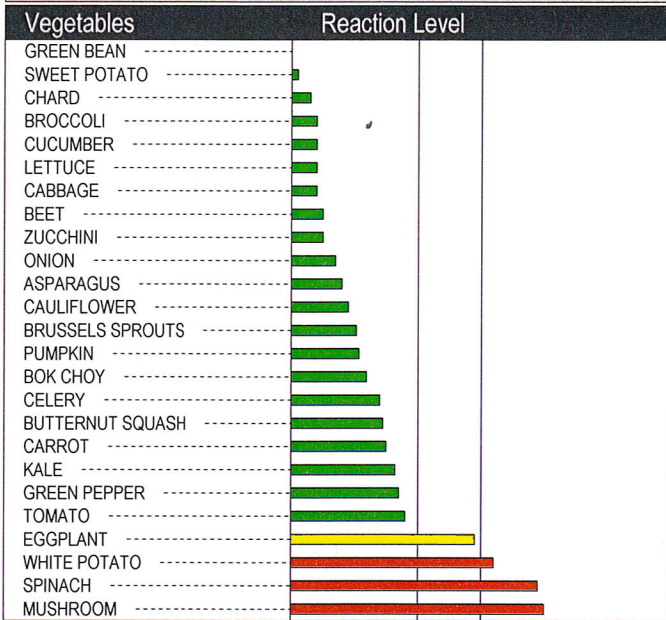
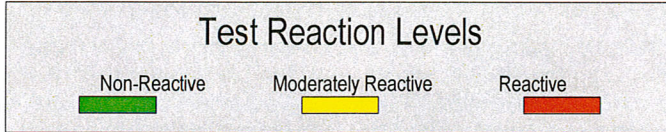


*Laboratory Director / Supervisor*

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



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 CLIA ID #: 10D0914874  
 U.S. Patents: 6,114,174 6,200,815

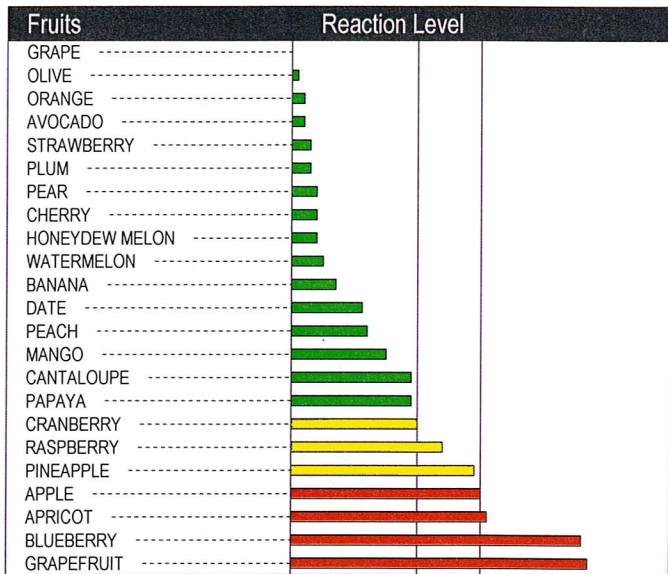
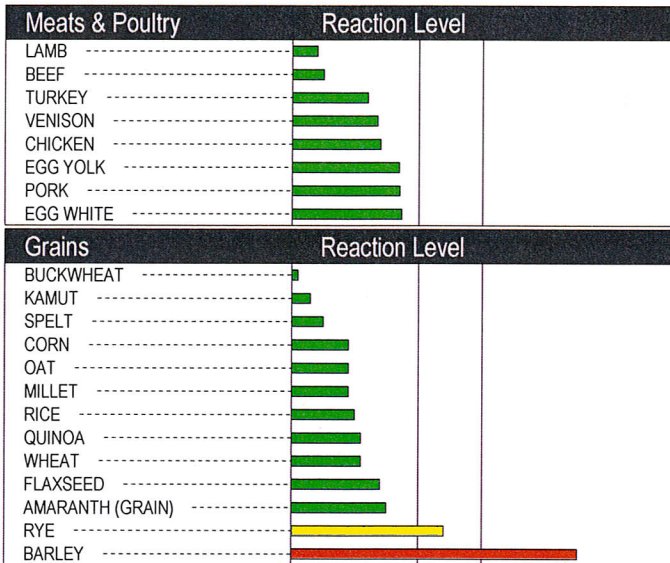


**MRT Results for S. PATIENT, page 2 of 2**

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