



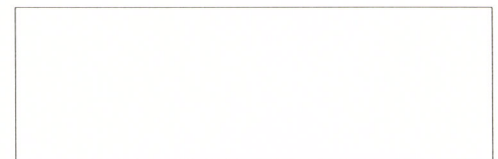
## LEAP Report

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

**And**

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

*Prepared For:* **SAMPLE PATIENT**  
*Physician:* **WELLNESS, MARK MD**  
*Date:* **07/10/2012**  
*Identifier:* **S70123**



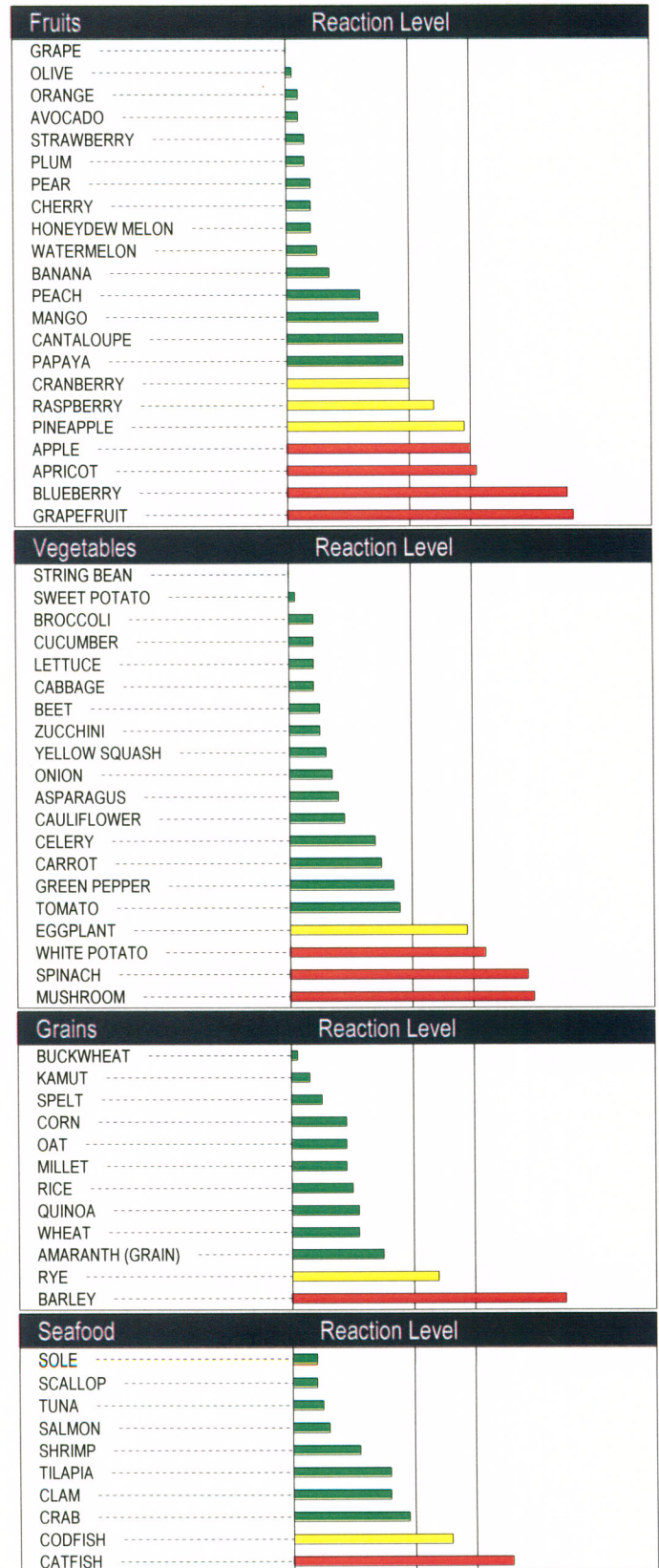
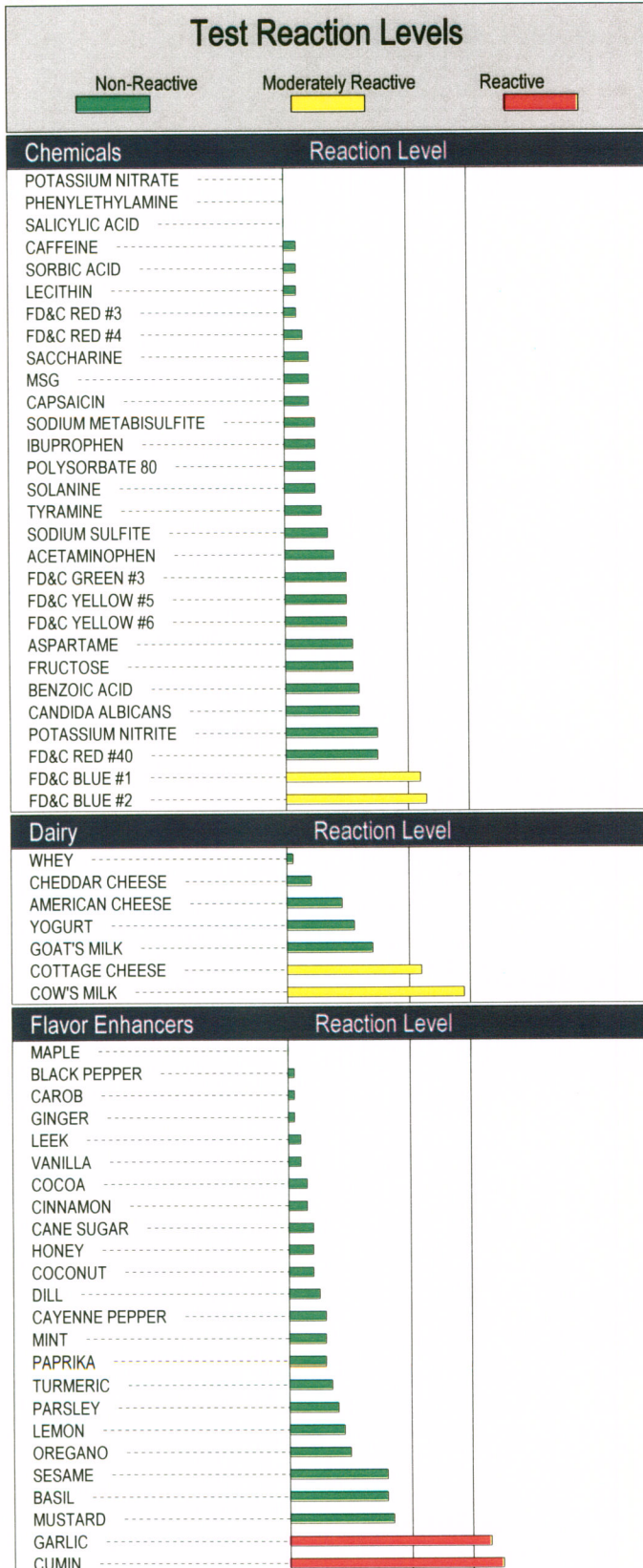
*Laboratory Director / Supervisor*

Physician: WELLNESS, MARK MD  
 Patient: SAMPLE PATIENT  
 Identifier: S70123  
 Profile: MRT Test ML150  
 Test Date: 07/10/2012  
 Technician: EH



Oxford Clinical Laboratory  
 3555 Fiscal Court, Suite #9  
 Riviera Beach, FL 33404

Phone: (561) 848-7111  
 FL License #: L800010492  
 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: **S70123**  
 Profile: **MRT Test ML150**  
 Test Date: **07/10/2012**  
 Technician: **EH**



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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:  
**S70123-0**

Test date:  
**07/10/2012**

**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



EGG  
LENTIL  
LAMB  
SCALLOP

SOLE  
BEEF  
TUNA  
SALMON

SHRIMP  
TURKEY  
CHICKEN  
SOYBEAN

CLAM  
TILAPIA  
GARBANZO BEAN  
PORK

CRAB

### Starches



BUCKWHEAT  
SWEET POTATO  
KAMUT

SPELT  
CORN  
MILLET

OAT  
RICE  
QUINOA

WHEAT  
TAPIOCA  
AMARANTH (GRAIN)

### Vegetables



STRING BEAN  
BROCCOLI  
CABBAGE  
CUCUMBER

LETTUCE  
BEET  
ZUCCHINI  
YELLOW SQUASH

ONION  
ASPARAGUS  
CAULIFLOWER  
GREEN PEA

CELERY  
CARROT  
GREEN PEPPER  
TOMATO

### Fruits



GRAPE  
OLIVE  
AVOCADO

ORANGE  
PLUM  
STRAWBERRY

CHERRY  
HONEYDEW MELON  
PEAR

WATERMELON  
BANANA  
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  
HONEY

DILL  
CAYENNE PEPPER  
MINT  
PAPRIKA  
TURMERIC

PARSLEY  
LEMON  
OREGANO  
BASIL  
SESAME

MUSTARD



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

Patient name:  
SAMPLE PATIENT

Physician:  
WELLNESS, MARK MD

Identifier:  
S70123-0

Test date:  
07/10/2012

Day 1

Day 2

Day 3

**Proteins**



BEEF  
GARBANZO BEAN  
LAMB  
LENTIL  
SALMON  
TUNA

CHICKEN  
CRAB  
EGG  
SHRIMP  
SOLE  
TURKEY

CLAM  
PORK  
SCALLOP  
SOYBEAN  
TILAPIA

**Starches**



AMARANTH (GRAIN)  
MILLET  
QUINOA  
RICE

KAMUT  
SPELT  
SWEET POTATO  
WHEAT

BUCKWHEAT  
CORN  
OAT  
TAPIOCA

**Vegetables**



BEEF  
CARROT  
CELERY  
GREEN PEA  
STRING BEAN

ASPARAGUS  
BROCCOLI  
CABBAGE  
CAULIFLOWER  
LETTUCE  
ONION

CUCUMBER  
GREEN PEPPER  
TOMATO  
YELLOW SQUASH  
ZUCCHINI

**Fruits**



BANANA  
GRAPE  
MANGO  
ORANGE  
PAPAYA

AVOCADO  
CHERRY  
PEACH  
PEAR  
PLUM

CANTALOUPE  
HONEYDEW MELON  
OLIVE  
STRAWBERRY  
WATERMELON

**Dairy / Miscellaneous**



AMERICAN CHEESE  
CHEDDAR CHEESE  
WHEY  
YOGURT

COCOA  
GOAT'S MILK

COFFEE

**Nuts / Seeds / Oils**

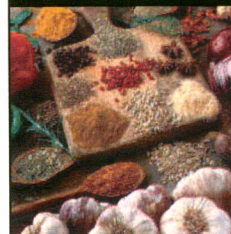


CASHEW  
PECAN  
PISTACHIO  
WALNUT

ALMOND  
HAZELNUT  
SESAME  
SUNFLOWER SEED

CORN  
OLIVE  
SOYBEAN

**Flavor Enhancers**



BASIL  
DILL  
HONEY  
LEMON  
MINT  
OREGANO  
PARSLEY

BLACK PEPPER  
CAROB  
CINNAMON  
LEEK  
MAPLE  
MUSTARD  
SESAME

CANE SUGAR  
CAYENNE PEPPER  
COCONUT  
GINGER  
PAPRIKA  
TURMERIC  
VANILLA

# LEAP ImmunoCalm Diet Program - Food Reintroduction Schedule

Patient name:  
**SAMPLE PATIENT**

Physician:  
**WELLNESS, MARK MD**

Identifier:  
**S70123-0**

Test date:  
**07/10/2012**

**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

0.2 EGG	0.4 SOLE	1.1 SHRIMP	1.6 CLAM	1.9 CRAB
0.3 LENTIL	0.5 BEEF	1.2 TURKEY	1.6 TILAPIA	
0.4 LAMB	0.5 TUNA	1.4 CHICKEN	1.7 GARBANZO BEAN	
0.4 SCALLOP	0.6 SALMON	1.5 SOYBEAN	1.7 PORK	

## Starches

0.1 BUCKWHEAT	0.5 SPELT	0.9 OAT	1.1 WHEAT	
0.1 SWEET POTATO	0.9 CORN	1.0 RICE	1.2 TAPIOCA	
0.3 KAMUT	0.9 MILLET	1.1 QUINOA	1.5 AMARANTH (GRAIN)	

## Vegetables

0.0 STRING BEAN	0.4 LETTUCE	0.7 ONION	1.4 CELERY	
0.4 BROCCOLI	0.5 BEET	0.8 ASPARAGUS	1.5 CARROT	
0.4 CABBAGE	0.5 ZUCCHINI	0.9 CAULIFLOWER	1.7 GREEN PEPPER	
0.4 CUCUMBER	0.6 YELLOW SQUASH	1.2 GREEN PEA	1.8 TOMATO	

## Fruits

0.0 GRAPE	0.2 ORANGE	0.4 CHERRY	0.5 WATERMELON	1.5 MANGO
0.1 OLIVE	0.3 PLUM	0.4 HONEYDEW MELON	0.7 BANANA	1.9 CANTALOUPE
0.2 AVOCADO	0.3 STRAWBERRY	0.4 PEAR	1.2 PEACH	1.9 PAPAYA

## Dairy / Miscellaneous

0.1 WHEY	0.4 CHEDDAR CHEESE	1.1 YOGURT	1.8 COFFEE	
0.3 COCOA	0.9 AMERICAN CHEESE	1.4 GOAT'S MILK		

## Nuts / Seeds / Oils

0.1 OLIVE	0.9 CORN	1.5 SOYBEAN	1.7 WALNUT	
0.4 ALMOND	1.0 HAZELNUT	1.6 PISTACHIO	1.9 CASHEW	
0.4 SUNFLOWER SEED	1.1 PECAN	1.6 SESAME		

## Flavor Enhancers

0.0 MAPLE	0.2 VANILLA	0.5 DILL	0.8 PARSLEY	1.7 MUSTARD
0.1 BLACK PEPPER	0.3 CINNAMON	0.6 CAYENNE PEPPER	0.9 LEMON	
0.1 CAROB	0.4 CANE SUGAR	0.6 MINT	1.0 OREGANO	
0.1 GINGER	0.4 COCONUT	0.6 PAPRIKA	1.6 BASIL	
0.2 LEEK	0.4 HONEY	0.7 TURMERIC	1.6 SESAME	

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

Patient name:  
SAMPLE PATIENT

Physician:  
WELLNESS, MARK MD

Identifier:  
S70123-0

Test date:  
07/10/2012

Day 1

Day 2

Day 3

**Proteins**

0.5 BEEF  
1.7 GARBANZO BEAN  
0.4 LAMB  
0.3 LENTIL  
0.6 SALMON  
0.5 TUNA

1.4 CHICKEN  
1.9 CRAB  
0.2 EGG  
1.1 SHRIMP  
0.4 SOLE  
1.2 TURKEY

1.6 CLAM  
1.7 PORK  
0.4 SCALLOP  
1.5 SOYBEAN  
1.6 TILAPIA

**Starches**

1.5 AMARANTH (GRAIN)  
0.9 MILLET  
1.1 QUINOA  
1.0 RICE

0.3 KAMUT  
0.5 SPELT  
0.1 SWEET POTATO  
1.1 WHEAT

0.1 BUCKWHEAT  
0.9 CORN  
0.9 OAT  
1.2 TAPIOCA

**Vegetables**

0.5 BEET  
1.5 CARROT  
1.4 CELERY  
1.2 GREEN PEA  
0.0 STRING BEAN

0.8 ASPARAGUS  
0.4 BROCCOLI  
0.4 CABBAGE  
0.9 CAULIFLOWER  
0.4 LETTUCE  
0.7 ONION

0.4 CUCUMBER  
1.7 GREEN PEPPER  
1.8 TOMATO  
0.6 YELLOW SQUASH  
0.5 ZUCCHINI

**Fruits**

0.7 BANANA  
0.0 GRAPE  
1.5 MANGO  
0.2 ORANGE  
1.9 PAPAYA

0.2 AVOCADO  
0.4 CHERRY  
1.2 PEACH  
0.4 PEAR  
0.3 PLUM

1.9 CANTALOUPE  
0.4 HONEYDEW MELON  
0.1 OLIVE  
0.3 STRAWBERRY  
0.5 WATERMELON

**Dairy / Miscellaneous**

0.9 AMERICAN CHEESE  
0.4 CHEDDAR CHEESE  
0.1 WHEY  
1.1 YOGURT

0.3 COCOA  
1.4 GOAT'S MILK

1.8 COFFEE

**Nuts / Seeds / Oils**

1.9 CASHEW  
1.1 PECAN  
1.6 PISTACHIO  
1.7 WALNUT

0.4 ALMOND  
1.0 HAZELNUT  
1.6 SESAME  
0.4 SUNFLOWER SEED

0.9 CORN  
0.1 OLIVE  
1.5 SOYBEAN

**Flavor Enhancers**

1.6 BASIL  
0.5 DILL  
0.4 HONEY  
0.9 LEMON  
0.6 MINT  
1.0 OREGANO  
0.8 PARSLEY

0.1 BLACK PEPPER  
0.1 CAROB  
0.3 CINNAMON  
0.2 LEEK  
0.0 MAPLE  
1.7 MUSTARD  
1.6 SESAME

0.4 CANE SUGAR  
0.6 CAYENNE PEPPER  
0.4 COCONUT  
0.1 GINGER  
0.6 PAPRIKA  
0.7 TURMERIC  
0.2 VANILLA

PATIENT:  
SAMPLE PATIENT  
PHYSICIAN:  
WELLNESS, MARK MD  
TEST PROFILE:  
MRT Test ML150  
TEST DATE:  
07/10/2012



APPLE	GRAPEFRUIT
APRICOT	HOPS
BARLEY	MUSHROOM
BLUEBERRY	SPINACH
CATFISH	TEA
CUMIN	POTATO
GARLIC	
CODFISH	LIMA BEAN
COT. CHEESE	PEANUT
COW'S MILK	PINEAPPLE
CRANBERRY	PINTO BEAN
EGGPLANT	RASPBERRY
BLUE #1	RYE
BLUE #2	