



Recaller^{2.0} TEST

FOOD INFLAMMATION PROFILE
WITH GENETIC COMPONENT

MEDICAL REPORT

RECALL

Key points include:

The following report contains the test results and a series of suggestions to modify some of your existing habits. These details will help you apply a methodology with the recommended formulas.

The report contains a step-by-step methodology to build a model of your existing usage, current formula and formula's impact. Your only job will be to update the model's data.

The test results are specific to your 2017 and 2018 test results. The information used in your report from the previous 6-12 months is provided for context and to show the impact of the changes. The report also includes a number of considerations regarding the methodology, including a list of assumptions and a list of limitations.

The goal of this report is to provide a methodology to help you understand your current usage and to help you make changes to your usage. The report is not intended to be a substitute for a professional engineer's report.

For more information, please contact:

- Dr. Mike Cavallaro, PhD
- Dr. Bruce L. James, PhD

You will be able to read all the contents within your report

Learn More Report 2018

DO YOUR CONTROL TEST WITHIN 12 MONTHS

The market is moving the level of information of the regulatory work in the industry for a long period of time. The response for you is a **minimum of 20%** for the 12 months of a new contract. Let's look at the details in 12 months.

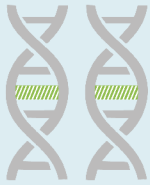
DO YOUR CONTROL TEST

20%

DO YOUR CONTROL TEST

GENIC COMPONENT

TNFSF13B GENE



We have analysed from your DNA one particular gene of chromosome 13 (TNFSF13B) related to BAFF's production. The results showed that:

the gene corresponds to the most frequent variant present in the population (BAFF-wt)*

(The gene variant TNFSF13B BAFF-var was examined with the Custom TaqMan SNP Genotyping test (Assay ID: ANZTJ7R) (Applied Biosystems, California, USA) performed with Real-Time PCR Rotor-Gene Q (Qiagen, Germany). The allelic discrimination analysis was carried out with the Rotor-Gene Q Series Software 2.1.0 (Qiagen, Germany).*

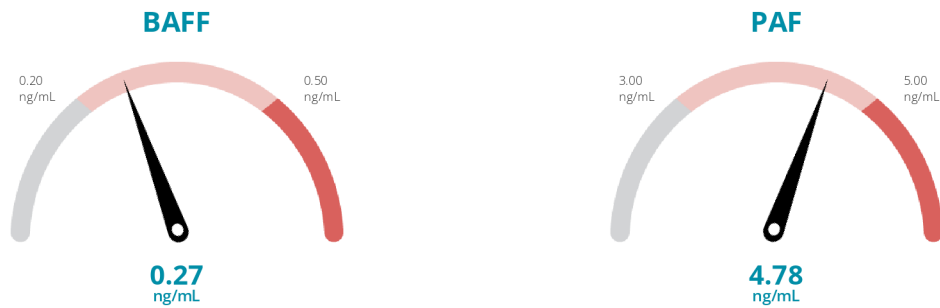
Absence of a genetic predisposition to the development of higher BAFF levels

The analysis of your DNA did not detect the presence of the specific variant in the gene encoding BAFF. This is certainly a favourable result that, in case of high levels of this cytokine, indicates that the control of lifestyle, including nutrition, physical activity and personalized integration, can effectively modulate these levels.

BAFF production depends on the immunological response to external stimuli as well as endogenous ones. Among these, as explained by Lied^(F3), nutrition has a primary role, and repeated contact with the same foods contributes to keeping high levels of the inflammatory cytokine. BAFF is involved in most of the body's defensive processes and is strongly implicated in the regulation of antibodies production. An unjustified increase in BAFF can lead, for example, to the excessive synthesis of autoantibodies, favouring the development of autoimmune diseases. BAFF itself can play a role in many of the most common and frequent diseases and disorders, involving the skin, joints, muscles, endocrine system, and metabolism.

Controlling the increase of BAFF is a reliable clinical significant tool for the proper and effective prevention of these diseases. Therefore the levels of BAFF measured and currently present in your organism depend mostly on environmental factors and your diet has a decisive role. BAFF rises when food or groups of immunologically similar foods are consumed in excess or repeated over time^(F1-F3). The suggested dietary approach will, therefore, allow modulating inflammatory responses and the correlated BAFF levels.

DIAGNOSIS OF THE INFLAMMATION LEVELS



The integrated reading of the values found in your plasma confirms the presence of a moderate level of inflammation, probably related to food. We advise rebalancing your diet.

BAFF is produced both in immune cells and in different body tissues. The interaction with food can induce the production of BAFF, which, in turn, stimulates the immune system to produce antibodies.

PAF is a lipid mediator that acts as an indicator of inflammation triggered by different sources, including the inflammatory response related to food and allergic reactions.

BAFF and PAF are important cytokines that activate the immune system and are also involved in numerous immunological reactions; they are not solely related to the nutritional aspect. However, an effective dietetic approach can typically reduce PAF and/or BAFF levels, as well as the resultant inflammation.

If necessary, you can analyse these values in the future, based on your current results.

DIAGNOSIS OF FOOD PROFILE

The Great Food Groups

The IgG values have indicated an excessive or repeated use of the foods present in the groups of:

Yeast



Cooked oils



Wheat and Gluten



Pay attention to

WHEAT and GLUTEN-FREE DIET - A consistent level of IgG for gluten may persist physiologically even for long periods after starting a gluten-free diet and a careful evaluation of the possible contaminations that could be the cause of the production of specific antibodies is required. Alternatively, it could indicate an excessive consumption of products based on deglutenized flours (which contain other protein antigens in addition to gluten).

ALLERGIES (IgE)

The antibodies evaluated in this test are Immunoglobulins G, whose level can decrease to almost zero when a food has not been consumed in a long time. Anyone who has experienced IgE-mediated allergies to certain foods, or who has had anaphylactic reactions after eating certain foods, should NOT include them in their dietary plan (even if indicated in the report), except in the case of direct medical supervision.

1.4.100 JOUITS



Group information sheet

YEASTS AND FERMENTED PRODUCTS

1.4.100



The number of this group is the result of yeasts and an organism that, over the years, have often to consider more broadly, a range of both the yeast to some extent, more or less related information as, for example, see 1.4.100.

The data is not listed in terms that efficiency in this group, some of these products that have a different type of structure and it is known as yeast, it is a product derived from the yeast and the yeast.

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You will be able to read all the contents within your report

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THE FOODS



Foods included in the group

YEASTS AND FERMENTED PRODUCTS

- **All flavored baked goods** such as eating breads, i.e., rolls, cookies, pastries and breads for sandwiches, grubs, including those that are "take and bake". The exclusion of bakery goods, distribution of some goods, such as flour, during many food inspections. Items such as breads, rolls, pastries, etc., are excluded from the list of foods that are included in the group and many of these items are not included in the list of foods that are included in the group. The items that are included in the list of foods that are included in the group are listed in the list of foods that are included in the group.
- **Medicines** such as vitamins, minerals, supplements, and other items.
- **All classes of organic acids** such as acetic, citric, lactic, and other organic acids, including those that are used in the preparation of fermented products.
- **Vegetarian and other items** as indicated in the list.
- **Many** of these items are not included in the list of foods that are included in the group.

You will be able to read all the contents within your report

- **Fermented beverages** such as beer, wine, and other fermented drinks, including those that are used in the preparation of fermented products.
- **Other acid-producing products** such as vinegar, pickles, and other fermented products, including those that are used in the preparation of fermented products.
- **Medicines** such as vitamins, minerals, supplements, and other items.

THE FOOD GROUPS



Group information sheet
COOKED OILS

INCLUDED IN THIS GROUP



FRIES



CRACKERS



FRIED FOODS



SNACKS



SWEETS

When oil is used for cooking, the structure of its forming fat molecules changes in different ways. This happens when oil is used for frying, to grease the cooking pan, or when it is one of the ingredients of the recipe (regardless of its industrial or home-made origin).

In order to set up the correct rotation dietary plan, we must avoid industrial foods and cook at home without oil. We can add water during the preparation; in this way the cooking temperature never reaches 100 °C and the natural food oils are conserved. The preferred type of oil can be added afterward, raw, at the end of the cooking process.

These simple instructions will confer a more homogenous taste to the dish, while retaining its nutritional properties and the flavor of the used oil. For example, the Omega-3 fatty acids in fish are preserved much better during a gentle and low-temperature preparation.

Each oil type, depending on the antioxidant content, reacts differently to physical agents; including heat.

The oils that best maintain their properties at high temperatures are extra-virgin olive oil and peanut oil (the latter is able to withstand higher temperatures compared to others). Both should be "cold-pressed", in this way we make sure that the structural modifications caused by cooking did not occur during the extraction of the product. Extra-virgin olive oil and peanut oil should be used on free days, or when it is absolutely necessary to "grease" the pan or the oven tray.

It is always advisable to limit the cooking time with oils and to cook at the lowest possible temperatures.

ATTENTION!

The roasting process of oilseeds irreversibly modifies their content of polyunsaturated fats; so the consumption of nuts or roasted oilseeds should be avoided during diet days.

THE FOOD GROUPS



Foods included in the group
COOKED OILS

- Any cooked food containing oils for cooking purposes are included. This includes all foods that require cooking, such as fried foods, baked goods, and roasted meats. The amount of oil used in the recipe is included in the total amount of oil used in the food.
- Homemade fried dishes or recipes requiring the addition of oil before cooking that are in the amount of cooking oil used in the recipe. This includes fried foods, such as fried chicken, fried fish, and fried onions.
- Industrial products containing vegetable oils or margarine are included. This includes all products that contain oil, such as margarine, shortening, and cooking oil. This includes all products that contain oil, such as margarine, shortening, and cooking oil.

You will be able to read all the contents within your report



1.6 FOODS



Group information sheet
WHEAT AND GLUTEN

WHEAT AND GLUTEN



Wheat and gluten are found in many common foods. It is necessary to know the amount of wheat and gluten in your diet when you have celiac disease or wheat sensitivity. The amount of wheat and gluten in your diet can vary from one food to another. For example, a slice of pizza has a lot of wheat and gluten, but a slice of bread has a lot of wheat and gluten. The amount of wheat and gluten in your diet can also vary from one person to another. For example, a person with celiac disease needs to avoid wheat and gluten, but a person with wheat sensitivity may be able to eat small amounts of wheat and gluten.

The purpose of this sheet is to help you understand the amount of wheat and gluten in your diet. It is important to know the amount of wheat and gluten in your diet because it can help you avoid wheat and gluten if you have celiac disease or wheat sensitivity. This sheet provides information on the amount of wheat and gluten in various foods. It also provides information on how to avoid wheat and gluten in your diet.

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You will be able to read all the contents within your report

Wheat and gluten are found in many common foods.

ROTATION DIET

The rotation diet

You can begin your new nutritional approach with the understanding that, as with infant weaning, over the course of a few months, food-related inflammation will be under control with a marked improvement in your overall health and well-being.



Diet meals

Conform your meals with foods from the always allowed food list.



Free meals

Incorporate all the foods that you usually eat, including also those on the list of food to avoid during the diet meals.

Standard rotation: the first 8 weeks

The initial nutritional scheme must be applied every day, except for a midweek day (generally Wednesday) and 4-weekend meals (usually Saturday's dinner and all Sunday).

	mon	tue	wed	thu	fri	sat	sun
Breakfast	🔄	🔄	😊	🔄	🔄	🔄	😊
Lunch	🔄	🔄	😊	🔄	🔄	🔄	😊
Dinner	🔄	🔄	😊	🔄	🔄	😊	😊

Standard rotation: the following 8 weeks

Follow-up rotation diet.

	mon	tue	wed	thu	fri	sat	sun
Breakfast	🔄	🔄	😊	🔄	🔄	😊	😊
Lunch	🔄	🔄	😊	🔄	🔄	😊	😊
Dinner	🔄	😊	😊	🔄	🔄	😊	😊

Maintenance

	mon	tue	wed	thu	fri	sat	sun
Breakfast	😊	🔄	😊	😊	🔄	😊	😊
Lunch	😊	🔄	😊	😊	🔄	😊	😊
Dinner	😊	🔄	😊	😊	🔄	😊	😊

Special rotation diet (children under 14, holidays)

The following diet is indicated for children under 14 years of age, who need a more varied food intake, and for adults during holidays or vacation periods.

	mon	tue	wed	thu	fri	sat	sun
Breakfast	😊	🔄	😊	😊	🔄	😊	😊
Lunch	😊	🔄	😊	😊	🔄	😊	😊
Dinner	😊	🔄	😊	😊	🔄	😊	😊

10.1.1.1

When to repeat the test

Re-test every 12 months if you are a high risk individual, or every 24 months if you are a low risk individual. If you are a high risk individual, you should also have a blood test every 12 months to check your cholesterol levels.

Pregnant women

For the most accurate results, it is recommended to follow the test at the same time every year. For this reason, you should have the test at the same time every year. The test is not recommended for pregnant women. The test is not recommended for pregnant women. The test is not recommended for pregnant women.

You will be able to read all the contents within your report



NO RESULTS

ALWAYS ALLOWED FOODS

Food Group: None | Count: 0 | 0 items



- 1. Overview
- 2. Details
 - 2.1 Item Name & Food Group
 - 2.2 Allergens
- 3. Categories
 - 3.1 Dairy
 - 3.2 Eggs
 - 3.3 Fish & Seafood
 - 3.4 Grains
 - 3.5 Legumes
 - 3.6 Nuts
 - 3.7 Oils
 - 3.8 Produce
 - 3.9 Soy
 - 3.10 Sweeteners
 - 3.11 Textured Vegetable Protein
 - 3.12 Whole Grains

You will be able to read all the contents within your report

- 4. Nutrition
 - 4.1 Nutrition Facts
- 5. Labels
 - 5.1 Nutrition Facts Label
 - 5.2 Allergen Label
- 6. Recipes
 - 6.1 Recipes
- 7. Shopping
 - 7.1 Shopping List
- 8. Other
 - 8.1 Other

Q & A

Menu ideas

Learn to make your new menu a successful addition that will add a huge amount of profit to your business and help you stand out from the rest.

	<ul style="list-style-type: none"> • Add a new coffee drink, which can be made in a few minutes and is easy to make • Add a new milk beverage, which can be made in a few minutes and is easy to make • Add a new coffee drink, which can be made in a few minutes and is easy to make
	<ul style="list-style-type: none"> • Add a new coffee drink, which can be made in a few minutes and is easy to make • Add a new milk beverage, which can be made in a few minutes and is easy to make • Add a new coffee drink, which can be made in a few minutes and is easy to make

You will be able to read all the contents within your report

REMEMBER THAT

Always keep a record of all the items that you add to your menu.

10/10/2017 10:10:10 AM

SUGGESTIONS FOR THE MOST COMMON SYMPTOMS

When you will find the information provided by the system, you can use the information to make your report a more comprehensive one. The system is not intended to be used as a...

You will be able to read all the contents within your report

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CHILDREN'S REPORT

CHILDREN

The children's report is a summary of the children's health, which should be used by the clinician to provide a summary of the child's health, including the history of the child's health, the current health status, and the child's development. The report should be used to provide a summary of the child's health, including the history of the child's health, the current health status, and the child's development. The report should be used to provide a summary of the child's health, including the history of the child's health, the current health status, and the child's development.

ADULTS

The adult's report is a summary of the adult's health, which should be used by the clinician to provide a summary of the adult's health, including the history of the adult's health, the current health status, and the adult's development. The report should be used to provide a summary of the adult's health, including the history of the adult's health, the current health status, and the adult's development.

PROBABLE

The probable report is a summary of the probable health, which should be used by the clinician to provide a summary of the probable health, including the history of the probable health, the current health status, and the probable development. The report should be used to provide a summary of the probable health, including the history of the probable health, the current health status, and the probable development.

You will be able to read all the contents within your report

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LACTOSE

The lactose report is a summary of the lactose health, which should be used by the clinician to provide a summary of the lactose health, including the history of the lactose health, the current health status, and the lactose development. The report should be used to provide a summary of the lactose health, including the history of the lactose health, the current health status, and the lactose development.

POLYCARBONATE

The polycarbonate report is a summary of the polycarbonate health, which should be used by the clinician to provide a summary of the polycarbonate health, including the history of the polycarbonate health, the current health status, and the polycarbonate development. The report should be used to provide a summary of the polycarbonate health, including the history of the polycarbonate health, the current health status, and the polycarbonate development.

PHYSIOLOGICAL

The physiological report is a summary of the physiological health, which should be used by the clinician to provide a summary of the physiological health, including the history of the physiological health, the current health status, and the physiological development. The report should be used to provide a summary of the physiological health, including the history of the physiological health, the current health status, and the physiological development.

10/10/20

The role of a... (faint text)

The... (faint text)

The... (faint text)

Immunological news regarding the relation between Food Specific IgE, nutrition and inflammation

In 2013, Dr. [Name]... (faint text)

Research... (faint text)

You will be able to read all the contents within your report

Significance... (faint text)

Equation... (faint text)

The... (faint text)

Research... (faint text)

- List of items or references (faint text)

Additional... (faint text)

Inventory
1000 Main Street
New York, NY 10001
1234-5678

Item ID: 100
Inventory Item
1234-5678



Inventory

Item	Units	Percentage	Cost
Item 1	1000	100%	1000
Item 2	500	50%	500
Item 3	250	25%	250
Item 4	125	12.5%	125

Subtotal of items: 1000 units, 100% of total inventory, 1000 units, 1000 cost

Summary

Item	Units	Cost
Item 1	1000	1000
Item 2	500	500
Item 3	250	250
Item 4	125	125

You will be able to read all the contents within your report

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