96 General Food Panel: IgA/IgG
Complete Report

NutriPATH — INTEGRATIVE PATHOLOGY SERVICES

Patient: TEST PATIENT **Sex:** M/F **Date of Birth:** YYYY-DD-MM **Age:** #

Accession #: 00000000 **Sample Type:** DBS
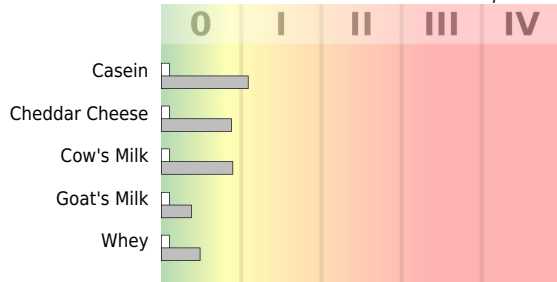
IgA ▢ IgG ▨

Collected: YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

Physician: TEST DOCTOR

CLIA #: 50D0965661
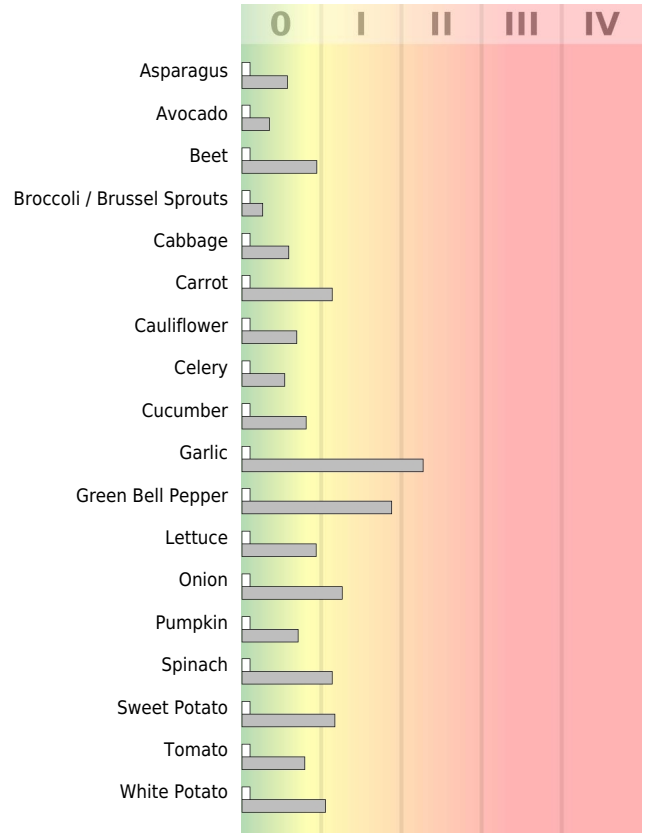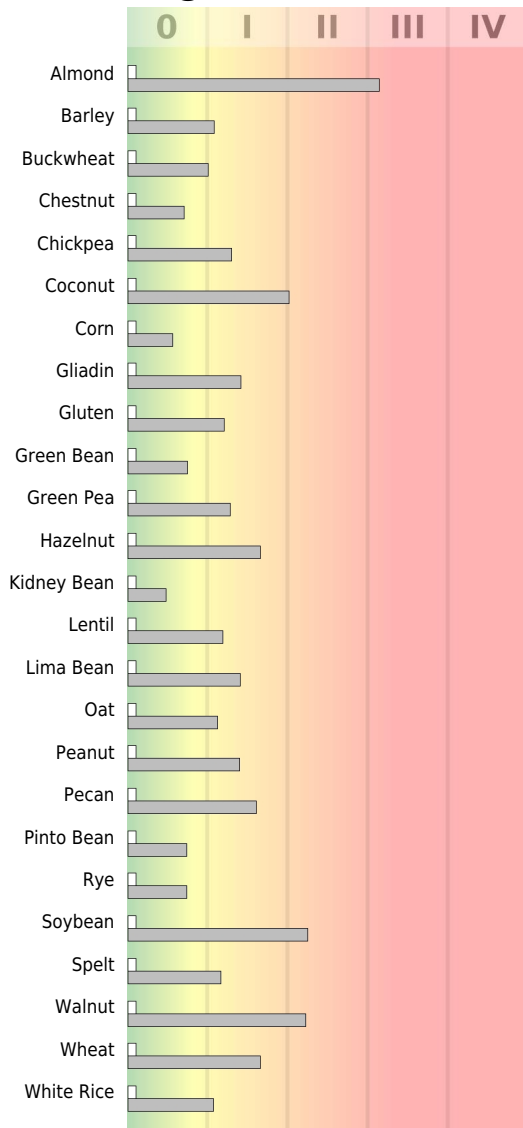COLA accredited
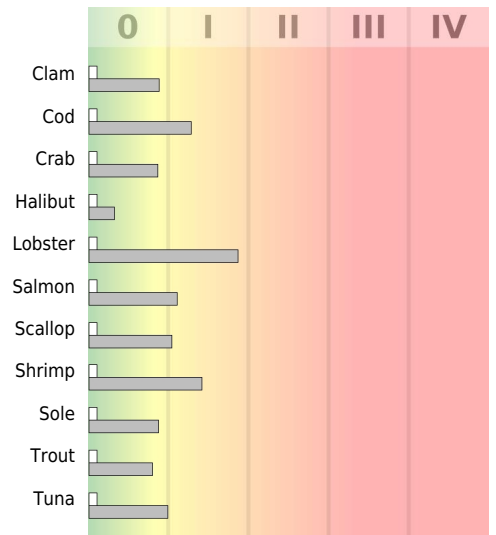
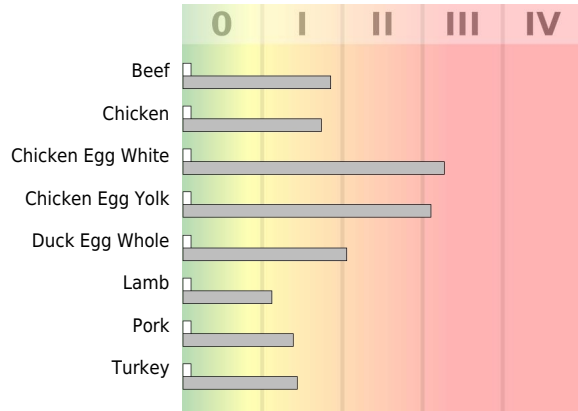## Dairy

Bovine-derived unless specified

Reaction Class	0	I	II	III	IV
Casein					
Cheddar Cheese					
Cow's Milk					
Goat's Milk					
Whey					

Grains/Legumes/Nuts

Reaction Class	0	I	II	III	IV
Almond					
Barley					
Buckwheat					
Chestnut					
Chickpea					
Coconut					
Corn					
Gliadin					
Gluten					
Green Bean					
Green Pea					
Hazelnut					
Kidney Bean					
Lentil					
Lima Bean					
Oat					
Peanut					
Pecan					
Pinto Bean					
Rye					
Soybean					
Spelt					
Walnut					
Wheat					
White Rice					

Vegetables

Reaction Class	0	I	II	III	IV
Asparagus					
Avocado					
Beet					
Broccoli / Brussel Sprouts					
Cabbage					
Carrot					
Cauliflower					
Celery					
Cucumber					
Garlic					
Green Bell Pepper					
Lettuce					
Onion					
Pumpkin					
Spinach					
Sweet Potato					
Tomato					
White Potato					

Fish/Crustacea/Mollusk

Reaction Class	0	I	II	III	IV
Clam					
Cod					
Crab					
Halibut					
Lobster					
Salmon					
Scallop					
Shrimp					
Sole					
Trout					
Tuna					
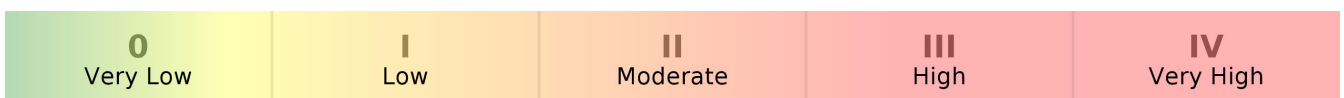
Reaction Class

Director: Stephen Markus, MD

0 Very Low	I Low	II Moderate	III High	IV Very High

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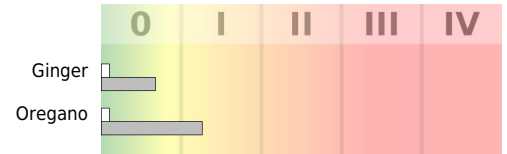**Collected:** YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

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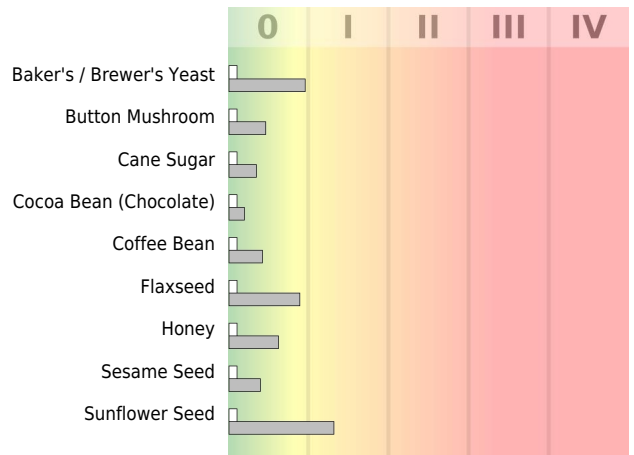
IgA ☐
IgG ▨

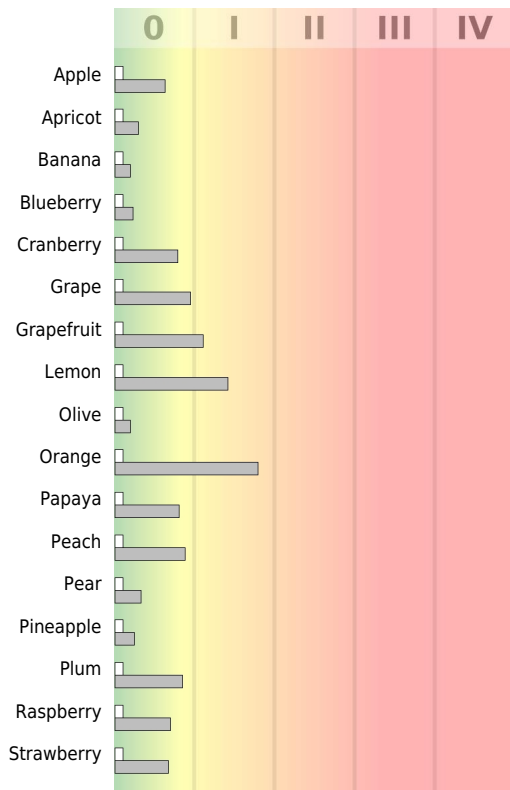CLIA #: 50D0965661
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Egg/Meat/Poultry
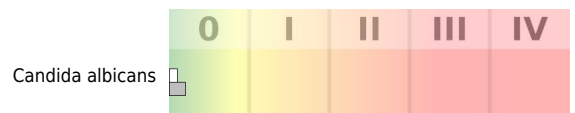
	0	I	II	III	IV
Beef					
Chicken					
Chicken Egg White					
Chicken Egg Yolk					
Duck Egg Whole					
Lamb					
Pork					
Turkey					

Herbs/Spices

	0	I	II	III	IV
Ginger					
Oregano					

Miscellaneous

	0	I	II	III	IV
Baker's / Brewer's Yeast					
Button Mushroom					
Cane Sugar					
Cocoa Bean (Chocolate)					
Coffee Bean					
Flaxseed					
Honey					
Sesame Seed					
Sunflower Seed					

Fruits

	0	I	II	III	IV
Apple					
Apricot					
Banana					
Blueberry					
Cranberry					
Grape					
Grapefruit					
Lemon					
Olive					
Orange					
Papaya					
Peach					
Pear					
Pineapple					
Plum					
Raspberry					
Strawberry					

Candida Screen

	0	I	II	III	IV
Candida albicans					

Reaction Class   Director: Stephen Markus, MD

0 Very Low	I Low	II Moderate	III High	IV Very High

NutriPATH INTEGRATIVE PATHOLOGY SERVICES

Patient: TEST PATIENT **Sex:** M/F   **Date of Birth:** YYYY-DD-MM **Age:** #

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IgA	
IgG	
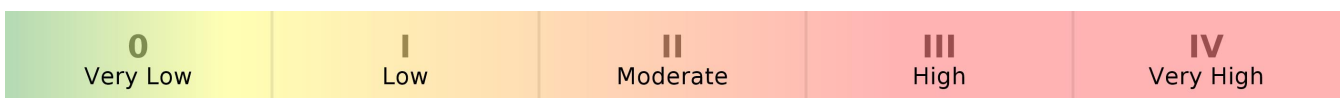
Collected: YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

Physician: TEST DOCTOR

CLIA #: 50D0965661
COLA accredited

Dairy

Antigen Name	Analyte	Class	Value	Very Low Range
Casein	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Casein	IgG	Low	2.17 mg/L	<2 mg/L
Cheddar Cheese	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cheddar Cheese	IgG	Very Low	1.74 mg/L	<2 mg/L
Cow's Milk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cow's Milk	IgG	Very Low	1.79 mg/L	<2 mg/L
Goat's Milk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Goat's Milk	IgG	Very Low	0.74 mg/L	<2 mg/L
Whey	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Whey	IgG	Very Low	0.97 mg/L	<2 mg/L

Grains/Legumes/Nuts

Antigen Name	Analyte	Class	Value	Very Low Range
Almond	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Almond	IgG	High	9.23 mg/L	<2 mg/L
Barley	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Barley	IgG	Low	2.16 mg/L	<2 mg/L
Buckwheat	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Buckwheat	IgG	Low	2.03 mg/L	<2 mg/L
Chestnut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chestnut	IgG	Very Low	2.85 mg/L	<4 mg/L
Chickpea	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chickpea	IgG	Low	2.61 mg/L	<2 mg/L
Coconut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Coconut	IgG	Moderate	4.35 mg/L	<2 mg/L
Corn	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Corn	IgG	Very Low	2.27 mg/L	<4 mg/L
Gliadin	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Gliadin	IgG	Low	2.84 mg/L	<2 mg/L
Gluten	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Gluten	IgG	Low	2.43 mg/L	<2 mg/L
Green Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Bean	IgG	Very Low	6.04 mg/L	<8 mg/L
Green Pea	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Pea	IgG	Low	2.56 mg/L	<2 mg/L
Hazelnut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Hazelnut	IgG	Low	3.33 mg/L	<2 mg/L
Kidney Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Kidney Bean	IgG	Very Low	3.89 mg/L	<8 mg/L
Lentil	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lentil	IgG	Low	2.39 mg/L	<2 mg/L
Lima Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lima Bean	IgG	Low	2.83 mg/L	<2 mg/L
Oat	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Oat	IgG	Low	2.25 mg/L	<2 mg/L
Peanut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Peanut	IgG	Low	2.81 mg/L	<2 mg/L
Pecan	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pecan	IgG	Low	3.22 mg/L	<2 mg/L
Pinto Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pinto Bean	IgG	Very Low	2.97 mg/L	<4 mg/L
Rye	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Rye	IgG	Very Low	2.99 mg/L	<4 mg/L
Soybean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Soybean	IgG	Moderate	5.02 mg/L	<2 mg/L
Spelt	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Spelt	IgG	Low	4.69 mg/L	<4 mg/L
Walnut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Walnut	IgG	Moderate	4.96 mg/L	<2 mg/L
Wheat	IgA	Very Low	0.00 mg/L	<1.95 mg/L

Grains/Legumes/Nuts (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Wheat	IgG	Low	3.34 mg/L	<2 mg/L
White Rice	IgA	Very Low	0.00 mg/L	<1.95 mg/L
White Rice	IgG	Low	2.15 mg/L	<2 mg/L

Vegetables

Antigen Name	Analyte	Class	Value	Very Low Range
Asparagus	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Asparagus	IgG	Very Low	2.89 mg/L	<5 mg/L
Avocado	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Avocado	IgG	Very Low	0.70 mg/L	<2 mg/L
Beet	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Beet	IgG	Very Low	5.68 mg/L	<6 mg/L
Broccoli / Brussel Sprouts	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Broccoli / Brussel Sprouts	IgG	Very Low	1.99 mg/L	<7.5 mg/L
Cabbage	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cabbage	IgG	Very Low	2.06 mg/L	<3.5 mg/L
Carrot	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Carrot	IgG	Low	2.27 mg/L	<2 mg/L
Cauliflower	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cauliflower	IgG	Very Low	1.38 mg/L	<2 mg/L
Celery	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Celery	IgG	Very Low	2.17 mg/L	<4 mg/L
Cucumber	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cucumber	IgG	Very Low	1.63 mg/L	<2 mg/L
Garlic	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Garlic	IgG	Moderate	7.27 mg/L	<2 mg/L
Green Bell Pepper	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Bell Pepper	IgG	Low	3.78 mg/L	<2 mg/L
Lettuce	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lettuce	IgG	Very Low	1.87 mg/L	<2 mg/L
Onion	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Onion	IgG	Low	2.52 mg/L	<2 mg/L
Pumpkin	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pumpkin	IgG	Very Low	1.43 mg/L	<2 mg/L
Spinach	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Spinach	IgG	Low	2.26 mg/L	<2 mg/L
Sweet Potato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sweet Potato	IgG	Low	7.52 mg/L	<7 mg/L
Tomato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Tomato	IgG	Very Low	1.58 mg/L	<2 mg/L
White Potato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
White Potato	IgG	Low	4.23 mg/L	<4 mg/L

Fish/Crustacea/Mollusk

Antigen Name	Analyte	Class	Value	Very Low Range
Clam	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Clam	IgG	Very Low	1.77 mg/L	<2 mg/L
Cod	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cod	IgG	Low	2.56 mg/L	<2 mg/L
Crab	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Crab	IgG	Very Low	2.59 mg/L	<3 mg/L
Halibut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Halibut	IgG	Very Low	0.64 mg/L	<2 mg/L
Lobster	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lobster	IgG	Low	3.74 mg/L	<2 mg/L
Salmon	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Salmon	IgG	Low	2.22 mg/L	<2 mg/L
Scallop	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Scallop	IgG	Low	2.08 mg/L	<2 mg/L
Shrimp	IgA	Very Low	0.00 mg/L	<1.95 mg/L

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Collected: YYYY-DD-MM **Received:** YYYY-DD-MM **Completed:** YYYY-DD-MM

Physician: TEST DOCTOR

IgA [   ]
IgG [▓]

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Fish/Crustacea/Mollusk (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Shrimp	IgG	Low	2.84 mg/L	<2 mg/L
Sole	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sole	IgG	Very Low	1.74 mg/L	<2 mg/L
Trout	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Trout	IgG	Very Low	1.58 mg/L	<2 mg/L
Tuna	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Tuna	IgG	Very Low	3.98 mg/L	<4 mg/L

Egg/Meat/Poultry

Antigen Name	Analyte	Class	Value	Very Low Range
Beef	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Beef	IgG	Low	3.71 mg/L	<2 mg/L
Chicken	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chicken	IgG	Low	3.47 mg/L	<2 mg/L
Chicken Egg White	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chicken Egg White	IgG	High	10.21 mg/L	<2 mg/L
Chicken Egg Yolk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chicken Egg Yolk	IgG	High	8.83 mg/L	<2 mg/L
Duck Egg Whole	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Duck Egg Whole	IgG	Moderate	4.21 mg/L	<2 mg/L
Lamb	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lamb	IgG	Low	2.23 mg/L	<2 mg/L
Pork	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pork	IgG	Low	2.76 mg/L	<2 mg/L
Turkey	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Turkey	IgG	Low	2.86 mg/L	<2 mg/L

Fruits

Antigen Name	Analyte	Class	Value	Very Low Range
Apple	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Apple	IgG	Very Low	3.19 mg/L	<5 mg/L
Apricot	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Apricot	IgG	Very Low	0.61 mg/L	<2 mg/L
Banana	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Banana	IgG	Very Low	0.16 mg/L	<4 mg/L
Blueberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Blueberry	IgG	Very Low	1.87 mg/L	<8 mg/L
Cranberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cranberry	IgG	Very Low	1.58 mg/L	<2 mg/L
Grape	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Grape	IgG	Very Low	3.83 mg/L	<4 mg/L
Grapefruit	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Grapefruit	IgG	Low	2.23 mg/L	<2 mg/L
Lemon	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lemon	IgG	Low	2.85 mg/L	<2 mg/L
Olive	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Olive	IgG	Very Low	0.23 mg/L	<2 mg/L
Orange	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Orange	IgG	Low	3.59 mg/L	<2 mg/L
Papaya	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Papaya	IgG	Very Low	3.27 mg/L	<4 mg/L
Peach	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Peach	IgG	Very Low	1.77 mg/L	<2 mg/L
Pear	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pear	IgG	Very Low	0.66 mg/L	<2 mg/L
Pineapple	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pineapple	IgG	Very Low	2.01 mg/L	<8 mg/L
	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Plum	IgG	Very Low	1.71 mg/L	<2 mg/L
Raspberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L

Fruits (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Raspberry	IgG	Very Low	2.83 mg/L	<4 mg/L
Strawberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Strawberry	IgG	Very Low	2.01 mg/L	<3 mg/L

Herbs/Spices

Antigen Name	Analyte	Class	Value	Very Low Range
Ginger	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Ginger	IgG	Very Low	8.15 mg/L	<12 mg/L
Oregano	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Oregano	IgG	Low	6.53 mg/L	<6 mg/L

Miscellaneous

Antigen Name	Analyte	Class	Value	Very Low Range
Baker's / Brewer's Yeast	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Baker's / Brewer's Yeast	IgG	Very Low	1.93 mg/L	<2 mg/L
Button Mushroom	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Button Mushroom	IgG	Very Low	3.74 mg/L	<8 mg/L
Cane Sugar	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cane Sugar	IgG	Very Low	2.87 mg/L	<8 mg/L
Cocoa Bean (Chocolate)	IgA	Very Low	0.00 mg/L	<5 mg/L
Cocoa Bean (Chocolate)	IgG	Very Low	3.99 mg/L	<24 mg/L
Coffee Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Coffee Bean	IgG	Very Low	3.43 mg/L	<8 mg/L
Flaxseed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Flaxseed	IgG	Very Low	1.79 mg/L	<2 mg/L
Honey	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Honey	IgG	Very Low	2.51 mg/L	<4 mg/L
Sesame Seed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sesame Seed	IgG	Very Low	3.21 mg/L	<8 mg/L
Sunflower Seed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sunflower Seed	IgG	Low	2.66 mg/L	<2 mg/L

Candida Screen

Antigen Name	Analyte	Class	Value	Very Low Range
Candida albicans	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Candida albicans	IgG	Very Low	3.55 mg/L	<25 mg/L

FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline

Prepared for:

**TEST PATIENT
LAB ID:000000**

Accession:	0000000000
Practitioner:	JOHN DOE
Guideline Prepared:	DD/MM/YYYY

NutriPATH
INTEGRATIVE PATHOLOGY SERVICES

Dear Dr JOHN DOE:

Thank you for allowing NutriPATH to assist you in helping your patients towards a healthier lifestyle.

The enclosed report consists of information regarding your patient's immune system's response to certain foods. Depending on which test(s) you ordered, three antibody types: IgA, IgE, and IgG may have been measured in our laboratory utilizing an Enzyme-linked Immunosorbent Assay (ELISA) and Chemiluminescent Assay.

Also attached is a rotation diet guideline. The concept behind rotation-style eating is to eliminate foods that scored high for reactivity and to rotate consumption of foods that scored mild - moderate reactivity. The rotation diet guideline is designed so the patient does not consume the same food more than once every four days and no foods of the same family more than once every two days. Rotation-style eating is designed to encourage diversification of the diet.

The guideline excludes all tested foods on which your patients scored Class III or greater for IgA and/or IgG antibody analysis and/or Class 0/I and greater for IgE antibody analysis.

The guideline includes all IgA and/or IgG tested foods on which your patient scored Class 0 to Class III. These foods are rotated throughout a 4-day cycle by their food families (groups of foods that are biologically or botanically related). The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle. Patients may move any food through days 1 to 4 as long as members of the same family are not consumed on consecutive days, and any particular food is not consumed more than once every four days.

Health care practitioners are responsible for interpreting the profile of test results provided by NutriPATH, applying those results to your patient and recommending dietary changes based on these and other data available to you. NutriPATH provides this rotation diet guideline for your consideration only. This is just one suggested rotation schedule. You may prefer a different, but similar, diet guideline for your patients, such as a 7-day plan. Also, you may want to modify the guideline by limiting a particular food family to one day of the rotation cycle vs. two days. If you have any questions about the attached guideline, please let us know.

We wish you and your patient all the best,

NutriPATH Pathology

Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent Assay. Not all antibody tests (i.e.: IgA, IgE and IgG) may have been ordered by your practitioner.

These foods are **<u>omitted</u>** from the 4-day rotation guideline:

IgE: Class 0/I and greater
(not tested)

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

Class III/IV	(High to Very High antibody levels)	
IgA:	**IgA & IgG:**	**IgG:**
(none)	*(none)*	Peach

These foods are **<u>included</u>** in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

Class II	(Moderate antibody levels)	
IgA:	**IgA & IgG:**	**IgG:**
(none)	*(none)*	Example text

Class I	(Low antibody levels)	
IgA:	**IgA & IgG:**	**IgG:**
Green Bean	*(none)*	Example text

This report does not identify anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class III and greater for IgA and/or IgG antibody analysis and Class 0/I and greater for IgE antibody analysis, as identified on your Food-Specific Antibody Assessment graph.

The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle, where no particular food item is eaten more than once every 4 days. This is not a mandatory food menu. Pick, choose and improvise as you like for a nutritionally balanced and varied diet.

	Day 1	Day 2	Day 3	Day 4
Dairy	Example Text		Example Text	
Fish, Crustacea, Mollusk	Example Text	Example Text	Example Text	Example Text
Fruits	Example Text	Example Text	Example Text	Example Text
Grains, Legumes, Nuts	Example Text	Example Text	Example Text	Example Text
Meat, Fowl	Example Text	Example Text	Example Text	
Miscellaneous	Example Text		Example Text	
Spices		Example Text	Example Text	
Vegetables	Example Text	Example Text	Example Text	Example Text

This report does not identify anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

For Your Convenience

Patient: **TEST PATIENT**
Practitioner: **JOHN DOE**

Food Antibody Assessment

IgE: Class 0/I and greater – *(not tested)*

IgA/IgG: Class III and greater – Peach

IgA/IgG: Class II – Banana, Chestnut, Coconut, Ginger, Lemon

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