

# Allergy Antibody Assessments

sample type: **SERUM**

The incidence of food sensitivities has increased dramatically over the years. It is estimated that up to 20% of the population have adverse reactions to foods. Genova's **Food Allergy Antibody Assessment** helps identify those with true IgE-mediated allergies as well as IgG-mediated food intolerances. The test measures IgG antibody levels to 88 foods, quantitative IgE antibody levels to the most common types of dietary allergens, and total IgE. Additional tests are also available for regional inhalants, molds, vegetables and spices.

#### • Testing Options:

##### - Combination Profiles-

IgG Food with Inhalants  
IgG Food with Molds  
IgG Food with IgE Food  
IgG/IgE Food with Inhalants;

##### - Individual Profiles-

IgG Food Antibodies  
IgE Inhalants  
IgE Molds  
IgG Spices  
IgG Vegetable Food Add-on

#### • Specimen Requirements:

##### - Food Antibody Assessment-

3 ml serum in SST

##### - Inhalants Profile-

3 ml serum in SST

##### - Molds Profile-

3 ml serum in SST

##### - Vegetable Add-on Profile-

3 ml serum in SST

##### - Spice Profile-

3 ml serum in SST

#### • Before Taking this Test:

- Avoid immuno-suppressive medications for at least one week
- Chemotherapy may interfere with test results
- See instructions inside test kit for details

### The Consequences of Food Allergies

Increased total antigenic load related to food and environmental sensitivities has been associated with a wide range of medical conditions affecting virtually every part of the body. Mood and behavior, including hyperactivity disorders in children, are profoundly influenced by food allergies. Symptoms can range from mildly uncomfortable to severe. They may include:

- Asthma
- Arthritis
- Migraine
- Ear Infections
- Eczema
- Sinusitis
- Urticaria
- Colitis

### IgE vs. IgG Mediated Reactions

Classical skin testing for allergies such as skin-scratch testing only measures IgE-mediated reactions. Assessment of relative IgG antibody levels to a multitude of foods using sensitive Enzyme-Linked Immunosorbent Assay (ELISA) technology identifies those foods against which the patient is producing antibodies. Measuring both relative IgE and IgG antibody levels provides an invaluable starting point for dietary intervention.

The key differences between IgE and IgG mediated allergies/sensitivities are summarized below:

#### IgE-Mediated Allergies

- Immediate onset (within minutes)
- Circulating half-life of 1-2 days
- Permanent allergies
- Stimulates histamine release
- Includes foods, inhalants & molds

#### IgG-Mediated Allergies

- Delayed onset (4-72 hours)
- Circulating half-life of 21 days
- Temporary allergies
- Stimulates histamine release and activates complement
- Includes foods, herbs & spices

### Testing Options for Clinicians

- **IgG Foods with IgE Foods** - IgG antibodies to 88 different foods, 19 quantitative IgE antibodies to the most common foods, and Total IgE
- **IgG Food Antibodies** - IgG antibody levels to 88 foods and Total IgE
- **IgE Molds** - Quantitative IgE antibody levels to 14 common molds and Total IgE
- **IgE Inhalants** - Quantitative IgE to 14 common environmental inhalants specific to 18 North American geographic regions and Total IgE
- **IgG Vegetable Food Add-on** - IgG antibodies to 21 additional vegetarian foods with a total IgE
- **IgG Spices** - IgG antibodies to 24 commonly used herbs and spices and Total IgE

Several controls are routinely included with each test to check for auto reactivity and to ensure optimal accuracy.

All IgG Food Antibody profiles are accompanied by a customized True Relief® four-day rotation diet that tailors a regime for antibody reduction and symptom alleviation.

A personalized patient wallet card highlighting the IgG reactive foods is also provided to assist your patient in following diet recommendations.

# IgG Food Antibody Assessment



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Asheville, NC 28801  
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Patient: **SAMPLE PATIENT**      Order Number:  
Age: 17      Completed: July 28, 2006  
Sex: F      Received: July 19, 2006  
MRN:      Collected: July 19, 2006

**This test reveals important clinical information about:**

- Immediate (IgE) and delayed (IgG) food reactions causing inflammation and altered intestinal permeability, thus playing a role in headache, fatigue, depression, anxiety, hyperactivity, mood shifts, dermatitis, arthritis, weight gain, irritable bowel syndrome, recurrent infection, and other chronic conditions
- IgE-mediated immune reactions to region-specific environmental antigens and molds associated with seasonal allergy symptoms such as runny nose, itchy eyes, asthma, or sinusitis
- Total antigenic load that can place cumulative stress on the immune system, leading to chronic gastrointestinal disorders and autoimmune conditions
- Patient-specific dietary instructions that outline foods to eliminate along with a detailed **True Relief®** dietary rotation schedule of all tested foods

IgG Food Antibody Results			
<b>Dairy</b> Casein 0 <input type="checkbox"/> Cheddar cheese VL <input type="checkbox"/> Cottage cheese VL <input type="checkbox"/> Cow's milk VL <input type="checkbox"/> Goat's milk VL <input type="checkbox"/> Lactalbumin 0 <input type="checkbox"/> Yogurt VL <input type="checkbox"/> <b>Fruits</b> Apple 0 <input type="checkbox"/> Apricot 0 <input type="checkbox"/> Banana 0 <input type="checkbox"/> Blueberry VL <input type="checkbox"/> Cranberry 0 <input type="checkbox"/> Grape 1+ <input type="checkbox"/> Grapefruit 1+ <input type="checkbox"/> Lemon 0 <input type="checkbox"/> Orange 0 <input type="checkbox"/> Papaya 0 <input type="checkbox"/> Peach VL <input type="checkbox"/> Pear 0 <input type="checkbox"/> Pineapple 0 <input type="checkbox"/> Plum VL <input type="checkbox"/> Raspberry VL <input type="checkbox"/> Strawberry VL <input type="checkbox"/>	<b>Vegetables</b> Alfalfa VL <input type="checkbox"/> Asparagus 0 <input type="checkbox"/> Avocado 3+ <input type="checkbox"/> Beets VL <input type="checkbox"/> Broccoli VL <input type="checkbox"/> Cabbage 3+ <input type="checkbox"/> Carrot 3+ <input type="checkbox"/> Celery 3+ <input type="checkbox"/> Cucumber 0 <input type="checkbox"/> Garlic 1+ <input type="checkbox"/> Green Pepper VL <input type="checkbox"/> Lettuce VL <input type="checkbox"/> Mushroom 1+ <input type="checkbox"/> Olive VL <input type="checkbox"/> Onion VL <input type="checkbox"/> Pea VL <input type="checkbox"/> Potato, sweet VL <input type="checkbox"/> Potato, white VL <input type="checkbox"/> Spinach 1+ <input type="checkbox"/> String bean 1+ <input type="checkbox"/> Tomato VL <input type="checkbox"/> Zucchini VL <input type="checkbox"/>	<b>Fish/Shellfish</b> Clam 0 <input type="checkbox"/> Cod 0 <input type="checkbox"/> Crab VL <input type="checkbox"/> Lobster 1+ <input type="checkbox"/> Oyster 0 <input type="checkbox"/> Red snapper 0 <input type="checkbox"/> Salmon 0 <input type="checkbox"/> Sardine 0 <input type="checkbox"/> Shrimp 0 <input type="checkbox"/> Sole 0 <input type="checkbox"/> Trout 0 <input type="checkbox"/> Tuna 0 <input type="checkbox"/> <b>Poultry/Meats</b> Beef 0 <input type="checkbox"/> Chicken 0 <input type="checkbox"/> Egg white 0 <input type="checkbox"/> Egg yolk VL <input type="checkbox"/> Lamb 0 <input type="checkbox"/> Pork 0 <input type="checkbox"/> Turkey 0 <input type="checkbox"/>	<b>Nuts and Grains</b> Almond VL <input type="checkbox"/> Buckwheat 0 <input type="checkbox"/> Corn 3+ <input type="checkbox"/> Corn gluten 1+ <input type="checkbox"/> Gluten 0 <input type="checkbox"/> Kidney bean 0 <input type="checkbox"/> Lentil 0 <input type="checkbox"/> Lima bean 0 <input type="checkbox"/> Oat 1+ <input type="checkbox"/> Peanut 0 <input type="checkbox"/> Pecan 3+ <input type="checkbox"/> Pinto bean 0 <input type="checkbox"/> Rice VL <input type="checkbox"/> Rye 0 <input type="checkbox"/> Sesame 1+ <input type="checkbox"/> Soy 0 <input type="checkbox"/> Sunflower seed 0 <input type="checkbox"/> Walnut VL <input type="checkbox"/> Wheat 1+ <input type="checkbox"/> <b>Miscellaneous</b> Yeast 1+ <input type="checkbox"/> Cane sugar 1+ <input type="checkbox"/> Chocolate VL <input type="checkbox"/> Coffee VL <input type="checkbox"/> Honey 0 <input type="checkbox"/>
<b>Total IgE</b>			
Total IgE * <input type="checkbox"/>		Inside <input type="checkbox"/>	Outside <input type="checkbox"/>
		298.0	Reference Range <=87.0 IU/mL

0  None Detected    VL  Very Low    1+  Low    2+  Moderate    3+  High

- The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦ as cleared by the U.S. Food and Drug Administration are For Research Use Only.
- Total IgE level may have clinical significance regardless of specific antibody levels.
- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.
- The True Relief diet is specific to IgG results only. Allergens inducing IgE response should be avoided.

Laboratory Comments

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GFREP RMS 28 Rev 5

For test kits, clinical support, or more information contact:

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More detailed publications with references are also available: [www.GDX.net](http://www.GDX.net)