Nordic Laboratories

PATIENT:	XXXXXXXXXXXXXXXX	TEST REF:	TST-NL-XXXX
TEST NUMBER:	T-NL-XXXXXX	COLLECTED:	10/27/2020
GENDER:	Female	RECEIVED:	11/02/2020
AGE:	XX	TESTED:	11/11/2020
		PRACTITIONER:	XXXXXXXXXXXXXX
			XXXXXXXXXXXXXXXXXXXX XXXX

TEST NAME: IgG Food Antibodies (87 IgG foods + Total IgE) + IgG Spice + Vegetables (G)

1001 IgG Food Antibodies Profile - Serum

Methodology: EIA and Chemiluminescent

IgG Food Antibody Results

Dairy

Casein	VL
Cheddar cheese	VL
Cottage cheese	VL
Cow's milk	VL
Goat's milk	0
Lactalbumin	VL
Yogurt	VL

Fruits

Apple	1+
Apricot	1+
Banana	VL
Blueberry	0
Cranberry	1+
Grape	3+
Grapefruit	2+
Lemon	VL
Orange	VL
Papaya	1+
Peach	VL
Pear	3+
Pineapple	VL
Plum	1+
Raspberry	2+
Strawberry	0

Vegetables

Alfalfa	2+
Asparagus	1+
Avocado	VL
Beets	VL
Broccoli	1+
Cabbage	1+
Carrot	VL
Celery	VL
Cucumber	VL
Garlic	2+
Green Pepper	3+
Lettuce	1+
Mushroom	0
Olive	0
Onion	3+
Pea	VL
Potato, sweet	1+
Potato, white	3+
Spinach	3+
String bean	2+
Tomato	3+
Zucchini	1+

Fish/Shellfish

Clam	0
Cod	0
Crab	0
Lobster	0
Oyster	VL
Red snapper	VL
Salmon	0
Sardine	0
Shrimp	0
Sole	0
Trout	0
Tuna	0

Poultry/Meats

Beef	0
Chicken	0
Egg white	0
Egg yolk	0
Lamb	0
Pork	0
Turkey	0

Nuts and Grains

Almond	2+
Buckwheat	2+
Corn	3+
Corn gluten	VL
Gluten	0
Kidney bean	VL
Lentil	0
Lima bean	0
Oat	1+
Peanut	VL
Pecan	VL
Pinto bean	1+
Rice	1+
Rye	3+
Sesame	1+
Soy	VL
Sunflower seed	3+
Walnut	1+
Wheat	VL

Miscellaneous

Yeast	0
Cane sugar	0
Chocolate	0
Coffee	0

Total IgE

	Inside	Outside	Reference Range
Total IgE ♦		126.0	<=87.0 IU/mL

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

- The performance characterisitcs of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦, the assay has not been cleared by the U.S. Food and Drug Administration.
- 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 Elimination Diet commentary is specific to IgG results only. Allergens inducing an IgE response should be completely avoided.

Laboratory Comments

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PATIENT: XXXXXXXXXXXXXXXXX			TEST REF: TST-NL-XXXX
TEST NUMBER: T-NL-XXXXXX		COLLECTED: 10/27/2020	PRACTITIONER: XXXXXXXXXXXXXX
GENDER: Female		RECEIVED: 11/02/2020	
AGE: XX		TESTED: 11/11/2020	XXXXXXXXXXXXXXXXXXX XXXX

TEST NAME: IgG Food Antibodies (87 IgG foods + Total IgE) + IgG Spice + Vegetables (G)

Summary of IgG Test Results

Reactive / Non-Reactive Foods

3+ High

Cherry	Corn	Fennel	Grape
Green pepper	Oat bran	Onion	Pear
Pistachio	Potato, white	Rye	Spinach
Sunflower seed	Tomato		

2+ Moderate

Alfalfa	Almond	Buckwheat	Garlic
Grapefruit	Raspberry	String bean	

1+ Low

Apple	Apricot	Asparagus	Broccoli
Cabbage	Cayenne	Cranberry	Lettuce
Mung bean	Mustard	Oat	Papaya
Pinto bean	Plum	Potato, sweet	Rice
Sesame	Triticale	Vanilla	Walnut
Watermelon	Zucchini		

VL Very Low

Artichoke	Avocado	Banana	Basil
Beets	Carrot	Casein	Cashew
Celery	Cheddar cheese	Coconut	Corn gluten
Cottage cheese	Cow's milk	Cucumber	Filbert
Flax seed	Garbanzo	Ginger	Kidney bean
Lactalbumin	Lemon	Millet	Navy bean
Orange	Oyster	Paprika	Parmesan cheese
Pea	Peach	Peanut	Pecan
Pineapple	Red Snapper	Rosemary	Soy
Thyme	Wheat	Wheat bran	Yogurt

0 None Detected

Allspice	Bay leaf	Bean sprout	Beef
Black Pepper	Blueberry	Cane sugar	Cantaloupe
Chicken	Chocolate	Cinnamon	Clam
Cloves	Cod	Coffee	Crab
Cumin	Curry	Dill	Egg white
Egg yolk	Gluten	Goat's milk	Kamut
Lamb	Lentil	Lima bean	Lobster
Marjoram	Mushroom	Nutmeg	Olive
Oregano	Parsley	Peppermint	Pork
Safflower	Sage	Salmon	Sardine
Shrimp	Sole	Strawberry	Trout
Tuna	Turkey	Wild rice	Yeast

TEST NAME: IgG Food Antibodies (87 IgG foods + Total IgE) + IgG Spice + Vegetables (G)

Commentary

Overview

Immunoglobulin G (IgG) antibodies that elicit an immune response to food are in a class distinct from Immunoglobulin E (IgE) food allergy reactions. IgG-mediated food responses are described as delayed hypersensitivity reactions and have been associated in the peer-reviewed literature with an array of common clinical conditions including migraine, obesity, asthma, autoimmune diseases, and irritable bowel syndrome.

IgG Testing: Factors to Consider

IgG testing can be very useful in screening foods that a person is eating on a regular basis and which may be causing adverse reactions. However, it is possible to have adverse reactions to foods with low or non-detected levels of IgG. Because the IgG profile measures exposure of the immune system to food antigens, performing this test on a patient who is not consuming a particular food or who is taking a drug with known ability to suppress immune function (i.e. steroids) may result in the test not showing a positive reaction, potentially leading to a false negative result for the particular food. Be advised that if the patient is already on an elimination diet due to known food reactions, a negative result on an IgG food antibody profile does not necessarily mean that they can freely eat the food without experiencing symptoms.

IgG Results Interpretation

The amount of IgG antibodies is measured using a semi-quantitative ELISA assay procedure. The relative degrees of IgG present for each food are reported using a semi-quantitative level; None Detected (0), VL (very low), Low (1+), Moderate (2+) or High (3+). The degree of reactivity may not correlate with the severity of patient's response, therefore clinical correlation is advised as it can help direct treatment.

Clinical Management of Reactive IgG Foods: Elimination Diet

The purpose of an elimination diet is to pinpoint symptom-triggering foods that may be the root cause of and/or perpetuating chronic health issues. This diet is specific to food sensitivities that elicit an Immunoglobulin G (IgG) response and not those defined as classic (IgE-mediated) food allergy reactions. An elimination diet is a strategic process which depends on the oversight of the healthcare provider to ensure that a patient's nutritional requirements - macronutrient, micronutrient, and caloric needs - are adequate.

Four-Phases of an Elimination Diet

PHASE 1 – PREPARATION

A patient's clinical presentation and the IgG Food Antibody Assessment results typically determine which food(s) to temporarily remove from the diet. The average time frame for an elimination diet is 1 to 3 months. It is optimal to work with the patient to determine a start and end date for the elimination diet. Patient guidance around preparation ahead of the start date is important to ensure success. These include: (1) encouraging the patient to remove offending foods from the home and adjust grocery shopping accordingly; (2) providing the patient with resources that advance meal preparation, such as recipe books or reputable websites. Directing the patient to record foods consumed, date of consumption/elimination, and any notable changes in symptoms in a food journal can help track the progress of the diet.

TEST NAME: IgG Food Antibodies (87 IgG foods + Total IgE) + IgG Spice + Vegetables (G)

Commentary

PHASE 2 – ELIMINATION

It is important to ensure the patient avoids those foods which resulted in a demonstrable reaction, either in whole food forms or as ingredients in other prepared foods to gain the greatest benefit. For patients unable to eliminate all reactive foods from their diet, focusing on the foods that elicited a stronger reaction (i.e.: 2+ and 3+) may be considered for an elimination diet. Practitioners may also encourage elimination of a complete food group when the patient shows reactivity to all foods tested within that group.

PHASE 3 – REINTRODUCTION

The reintroduction of eliminated foods is done one food at a time while monitoring for any adverse reaction. The patient should consume the test food several times throughout the day for several days. If symptoms occur with reintroduction, the patient should be instructed to remove that food once again and to evaluate whether the symptoms diminish over the next few days following elimination. Signs which may indicate an IgG food reaction include the following: headache, itching, bloating, fatigue, diarrhea or constipation, and indigestion. If the food does not cause symptoms during the reintroduction phase, it can be added back into the diet. The patient should continue this process with each food eliminated.

CAUTION: *All patients warrant counseling related to signs and management of immediate hypersensitivity reactions prior to food reintroduction following an elimination diet. If reintroduction of a food causes an immediate allergic reaction (i.e. swelling of face, mouth, tongue, etc.; wheezing, rash/hives, or other allergic symptoms), it is imperative that the patient be treated as soon as possible. Following resolution of the immediate hypersensitivity reaction, the patient should be instructed to completely avoid consumption of that food.*

PHASE 4 – LONG TERM MANAGEMENT

An elimination diet based on food sensitivity testing is part of a comprehensive approach to overall gastrointestinal health. Based on the test results and the complete clinical presentation of the patient, a long-term plan is usually developed utilizing the results of the reintroduction phase. Clinicians may also consider assessing and treating intestinal permeability, as gut barrier integrity is important for proper immune responses to foods. Nutrients that have been found to support intestinal barrier and decrease potential inflammation are glutamine, vitamin A, vitamin D, essential fatty acids (Omega-3), probiotics, and butyrate. Botanicals that can also be considered to assist with intestinal health are slippery elm, deglycyrrhizinated licorice (DGL), Aloe vera extract, and marshmallow root.

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AGE: XX	TESTED: 11/11/2020		XXXXXXXXXXXXXXXXXX XXXX

TEST NAME: IgG Food Antibodies (87 IgG foods + Total IgE) + IgG Spice + Vegetables (G)

1000 IgE Food Antibodies Profile - Serum

Methodology: Chemiluminescent

IgE Food Antibody Results

	RESULT kU/L	CLASS	INDICATOR
Grains			
Buckwheat	<0.24	0/1	
Corn	<0.24	0/1	
Oat	<0.24	0/1	
Rice	<0.24	0/1	
Sesame	<0.24	0/1	
Soybean	<0.24	0/1	
Wheat	<0.24	0/1	
Dairy			
Egg white	<0.24	0/1	
Cow's milk	8.84	IV	
Nuts			
Almond	<0.24	0/1	
Brazil nut	<0.24	0/1	
Coconut	<0.24	0/1	
Hazelnut	<0.24	0/1	
Peanut	<0.24	0/1	
Seafood			
Blue mussel	<0.24	0/1	
Codfish	<0.24	0/1	
Salmon	<0.24	0/1	
Shrimp	<0.24	0/1	
Tuna	<0.24	0/1	

Total IgE

	Inside	Outside	Reference Range
Total IgE		126.0	<=87.0 IU/mL

- IgE levels must be used in conjunction with the clinical picture and are not intended to be independently diagnostic.
- The performance characteristics of all assays have been verified by Genova Diagnostics, Inc.
- All assays are cleared by the U.S. Food and Drug Administration.
- Total IgE level may have clinical significance regardless of specific antibody levels.
- Increasing levels of antibody detected suggest an increasing clinical reactivity to specific foods.

Key

Class	kU/L	Levels of Specific IgE	Indicator
0/1	<=0.24	Undetectable or Equivocal	
I	0.25 - 0.39	Low	
II	0.4 - 1.29	Moderate	
III	1.3 - 3.89	High	
IV	3.9 - 14.99	Very High	
V	15 - 24.99	Very High	
VI	>=25	Very High	

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GENDER: Female	RECEIVED: 11/02/2020		
AGE: XX	TESTED: 11/11/2020		XXXXXXXXXXXXXXXXXX XXXX

TEST NAME: IgG Food Antibodies (87 IgG foods + Total IgE) + IgG Spice + Vegetables (G)

1002 IgG Vegetarian Food Profile - Serum

Methodology: EIA and Chemiluminescent

IgG Vegetable Food Results

Artichoke	VL	Garbanzo	VL	Parmesan cheese	VL
Bean sprout	0	Filbert	VL	Pistachio	3+
Cantaloupe	0	Kamut	0	Safflower	0
Cashew	VL	Millet	VL	Triticale	1+
Cherry	3+	Mung bean	1+	Watermelon	1+
Coconut	VL	Navy bean	VL	Wheat bran	VL
Flax seed	VL	Oat bran	3+	Wild rice	0

Total IgE

	Inside	Outside	Reference Range
Total IgE ♦		126.0	<=87.0 IU/mL

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- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.

- Total IgE level may have clinical significance regardless of specific antibody levels.

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

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GENDER: Female	RECEIVED: 11/02/2020		
AGE: XX	TESTED: 11/11/2020		XXXXXXXXXXXXXXXXXX XXXX

TEST NAME: IgG Food Antibodies (87 IgG foods + Total IgE) + IgG Spice + Vegetables (G)

1005 IgG Spice Profile - Serum

Methodology: EIA and Chemiluminescent

IgG Spice Antibody Results

Allspice	0	Curry	0	Paprika	VL
Basil	VL	Dill	0	Parsley	0
Bayleaf	0	Fennel	3+	Peppermint	0
Black Pepper	0	Ginger	VL	Rosemary	VL
Cayenne	1+	Marjoram	0	Sage	0
Cinnamon	0	Mustard	1+	Thyme	VL
Cloves	0	Nutmeg	0	Vanilla	1+
Cumin	0	Oregano	0		

Total IgE

	Inside	Outside	Reference Range
Total IgE ♦		126.0	<=87.0 IU/mL

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- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.

- Total IgE level may have clinical significance regardless of specific antibody levels.

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

Lab Comments

Please note the IgG antibody reactivity assessment for Horseradish is no longer available as the commercial manufacturer has discontinued the antigen production.

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