

## **50 Food Allergy (IgE) Panel**

### **TEST DESCRIPTION:**

The root cause of any allergic reaction, whether mild or severe, can always be traced to antibodies called IgE. The body produces antibodies as a reaction against something, and this specific type of antibody serves as a memory to recognize and attack that substance in the future. This reaction releases histamine, which causes the symptoms we associate with allergies: difficulty breathing, runny nose, itching, redness, and more, and in extreme cases anaphylaxis. This extreme inflammatory reaction can be dangerous, even deadly for some.

This food allergy test will look for many different IgE, each one specific to something different, and help identify potential causes for allergic reactions. The bigger the panel, the greater number of items that can be tested for allergic reactions. If you have a specific food allergy you are interested in, consult with your local Any Lab Test Now to make sure that item or substance is being tested for in the panel of your choice.

Test results should be interpreted and discussed with your provider.

This test measures the body's cellular reactivity to:

Almond	Brazil Nut	Corn	Lettuce	Sesame Seed
Alpha Lactalbumin	Buckwheat	Cow's Milk	Mango	Shrimp
Apple	Carrot	Crab	Oat	Soybean
Avocado	Casein	Egg White, Chicken	Orange	Strawberry
Baker's Yeast	Celery	Garlic	Peach	Sugar Cane
Banana	Cheese, Mold Type	Gluten, Wheat	Peanut	Tomato
Beef	Chicken	Green Pea	Pineapple	Tuna
Beta Lactoglobulin	Clam	Hazelnut	Pork	Wheat, Whole
Blue Mussel	Coconut	Kiwi	Rice	White Bean
Blueberry	Cod	Lamb	Salmon	White Potato

### **Am I required to fast?**

No, fasting is not required before being tested for allergies.

### **What kind of sample is required?**

A blood sample is required for the test.

### **How long will it take to get my results?**

Results are typically available within 48 to 72 business hours after

the lab receives your sample.

**Is a doctor's order required?**

Any Lab Test Now can provide a physician's order, if you are not able to provide one.

**Do I need to make an appointment?**

No, you are welcome to walk in for same-day testing. We make it easy for you by offering work-friendly hours.

**If I have questions about my results, who should I contact?**

We recommend you share your results with your healthcare provider. Additional testing, preventative options and/or treatment options can be considered with your healthcare provider.

**WRITTEN BY:**

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.