

96 Food Sensitivity (Antibody - IgG) Panel

TEST DESCRIPTION:

While allergies are a process that can usually affect your entire body, a sensitivity reaction is something that is usually much more localized. This is because a specific antibody type, called IgG, is creating a more low-grade and targeted inflammatory process. These localized processes are usually milder and harder to detect than an allergic reaction; but can still cause specific symptoms like bloating, digestive problems, and joint pain or more systemic problems like nausea, fatigue, or headaches. Because the antibody causing this reaction is completely different from an allergy, it is possible to be sensitive (produce IgG) against something, yet not be allergic (produce IgE); or the other way around!

This antibody-based food sensitivity test will look for many different IgG, each one targeted to something different. The bigger the panel, the greater number of items that can be tested for. If you are interested in a specific food item or type (seafood, dairy, etc.) or inhaled substance (grasses, trees, etc.), 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 | Cane Sugar | Coconut | Flaxseed |
| Asparagus | Carrot | Cod | Garlic |
| Avocado | Casein | Cod | Ginger |
| Baker's / Brewer's Yeast | Cauliflower | Coffee Bean | Gliadin, Wheat |
| Barley | Celery | Corn | Gluten, Wheat |
| Beef | Cheddar Cheese | Cow's Milk | Goat 's Milk |
| Beet | Chestnut | Crab | Green Bean |
| Broccoli / Brussel Sprouts | Chicken | Crab | Green Bell Pepper |
| Buckwheat | Chickpea | Cucumber | Green Pea |
| Button Mushroom | Clam | Egg White, Chicken | Halibut |
| Cabbage | Clam | Egg Whole, Duck | Halibut |
| Candida Albicans | Cocoa Bean (Chocolate) | Egg Yolk, Chicken | Hazelnut |
| Honey | Pecan | Spinach | |
| Kidney Bean | Pinto Bean | Sunflower Seed | |
| Lamb | Pork | Sweet Potato | |
| Lentil | Pumpkin | Tomato | |
| Lettuce | Rye | Trout | |
| Lima Bean | Salmon | Tuna | |
| Lobster | Scallop | Turkey | |

| | | | |
|---------|-------------|--------------|--|
| Lobster | Sesame Seed | Walnut | |
| Oat | Shrimp | Wheat, Whole | |
| Onion | Sole | Whey | |
| Oregano | Soybean | White Potato | |
| Peanut | Spelt | White Rice | |

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:

EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR

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.