



The Great Plains Laboratory, LLC



IgE Food & Inhalant Allergy Tests

Understanding IgE Reactions

Immunoglobulin E (IgE) antibodies trigger histamine release and mast cell activation, which is the typical, classic allergy. Most people recognize hives and rashes, redness and swelling, or allergic rhinitis as allergic reactions. Human responses to both food and inhalant protein antigens vary widely in intensity, even to the point of dangerous anaphylaxis. IgE is usually present in very small amounts, but risk of severe reactions is assumed to increase along with increasing amounts of IgE. Genetics appear to influence the tendency to have allergies. Exposure to microbes, various foods, and environmental allergens may all provoke an IgE response as well.

Serum IgE tests measure levels of IgE antibodies in the blood. When IgE antibodies bind to specific receptors on mast cells and other white blood cells, an allergic reaction occurs. High levels of IgE antibodies indicate that the patient is likely to experience physiological effects from ingesting foods or inhaling environmental allergens to which they are sensitive.

The Importance of IgE Testing

Eliminating IgE-positive foods and reducing exposure to inhalant allergens may help alleviate many symptoms and disorders triggered by food and environmental sources. The Great Plains Laboratory (GPL) offers both basic and advanced serum panels for specific IgE antibodies to a wide range of allergens.

Test results show which foods and inhalants are associated with elevated IgE antibodies that may cause reactions. These results help guide health practitioners in customizing therapies for their patients.

Although IgE allergies are most often associated with immediate and easily discernible reactions, not all IgE responses are so identifiable. Antibody testing is an important adjunct to patient symptom reporting in identifying triggers.

“Elimination of IgE-positive allergens can bring about major improvements in many symptoms.”

Recommended for Patients With

- AD(H)D
- Acne, Eczema, Rashes
- Anxiety
- Autism Spectrum Disorders
- Candidiasis
- Chronic Fatigue
- Chronic Infections
- Depression
- Fibromyalgia
- Irritable Bowel Syndrome
- Leaky Gut Syndrome
- Migraines
- Movement Disorders
- Multiple Sclerosis
- OCD
- Rheumatoid Arthritis
- Seizures
- Tic Disorders / Tourette’s Syndrome

Complete List of Allergens in the IgE Allergy Tests

IgE Inhalant Allergy (35)

- Alternaria Alternata
- American Beech
- Aspergillus Fumigatus
- Bermuda Grass
- Box-Elder
- Cat Dander
- Cladosporium Herbarum
- Cockelbur
- Cockroach, German
- Cocksfoot
- Common Pigweed
- Common Ragweed
- Common Silver Birch
- Cottonwood
- Dog Dander
- Elm
- FireBush
- Goosefoot, Lamb's Quarters
- Grey Alder
- House Dust Mite (Dermatophagoides Farinae)
- House Dust Mite (Dermatophagoides Pteronyssinus)
- Maple Leaf Sycamore, London Plane
- Meadow Fescue
- Mugwort
- Nettle
- Oak
- Plantain (English), Ribwort
- Privet
- Rough Marshelder
- Rye
- Sheep Sorrell
- Timothy
- White Ash
- White Hickory
- White Pine

IgE Food Allergy Basic (26)

- Almond
- Apple
- Barley
- Beef
- Cacao
- Carrot
- Chicken
- Egg (Whole)
- Garlic
- Green Bean
- Maize, Corn
- Milk (Cow's)
- Oat
- Onion
- Orange
- Peanut
- Pork
- Potato
- Rice
- Shrimp
- Soybean
- Tomato
- Tuna
- Wheat
- White Bean
- Yeast (Bakers/Brewers)

IgE Food Allergy Advanced (92)

- Almond
- Apple
- Apricot
- Asparagus
- Aubergine, Eggplant
- Avocado
- Banana
- Barley
- Beef
- Blueberry
- Brazil Nut
- Broccoli
- Buckwheat
- Cabbage
- Cacao
- Carrot
- Cashew Nut
- Celery
- Cheese, Cheddar Type
- Cheese, Mold Type
- Cherry
- Chick Pea
- Chicken
- Coconut
- Coffee
- Cow's Milk Whey
- Crab
- Cranberry
- Cucumber
- Egg White
- Egg Yolk
- Fish (Cod)
- Foxtail Millet
- Garlic
- Gluten (Wheat)
- Goat Milk
- Grape
- Grapefruit
- Green Bean
- Halibut
- Hazelnut
- Lemon
- Lentil
- Lettuce
- Lima Bean
- Linseed
- Lobster
- Maize, Corn
- Mango

- Milk (Boiled)
- Milk (Cow's)
- Mushroom (Champignon)
- Mustard
- Mutton
- nBos d 8, Milk (Casein)
- Oat
- Olive
- Onion
- Orange
- Papaya
- Paprika, Sweet Pepper
- Pea
- Peach
- Peanut
- Pear
- Pecan Nut
- Pineapple
- Pistachio
- Plum
- Pork
- Potato
- Pumpkin
- Red Kidney Bean
- Rice
- Rye
- Salmon
- Sardine, Pilchard
- Sesame Seed
- Shrimp
- Soybean
- Spinach
- Strawberry
- Sunflower Seed
- Sweet Potato
- Tomato
- Tuna
- Turkey Meat
- Walnut
- Watermelon
- Wheat
- White Bean
- Yeast (Bakers/Brewers)

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