IgG Food MAP with xMAP® Technology

Now with Revolutionary Immunofluorescent Bead Technology

What Makes the IgG Food MAP a Superior Test?

Assesses 190 Foods

Includes a wide range of foods, common in the Western, Asian, and Mediterranean diets. We have added a hemp allergy marker because it is very common now as a food source or as medical CBD. We are able to run the IgG Food MAP on both serum and dried blood spot samples.

Upgraded Technology

Antigen-specific IgG antibodies are captured on multiplexed magnetic beads, using xMAP® (Multiple Analyte Profiling) technology. The xMAP® bead-based immunoassay allows for the simultaneous detection of IgG antibodies to all 190 foods in two single test wells, reducing sample volume requirements and reagents while increasing sensitivity and specificity as compared to traditional plate-based ELISA tests. The upgraded immunoassay is cost and time effective, easy to perform and reproducible. We have now fully automated all steps of our testing processes, leading to even better precision.

Greater Reliability of Results

In the multiplexed bead-based immunoassay, food antigenic proteins are first covalently bound to beads. The beads are mixed with the patient's sample where bead-bound antigens capture the specific IgG antibodies present in the sample. The food-specific IgG antibody level of each sample is detected with a fluorescent-labeled antibody against IgG.
Every reaction with a patient sample also contains control beads to ensure accurate results.
The fluorescent signal is measured using an xMAP® analyzer. The amount of food-specific antibody detected per allergen specific bead is directly proportional to the fluorescent signals. The higher the fluorescence, the more specific IgG antibodies are present in the sample. Once test results are available for review, our Quality Assurance (QA) team carefully verifies that quality control measures are within instrument and assay specifications.

Upgraded Sensitivity and Specificity

GPL's xMAP® immunoassay with fluorescence readout has proven to be even more sensitive than ELISA tests. The IgG Food MAP test detects all food antibodies with greater precision than ELISA tests thanks to the superior technology we've developed for the test.

Ecofriendly Technology

The xMAP® bead-based immunoassay is environmentally friendly, reducing plastic pollution. In the ELISA, a panel for 190 foods would require 190 wells (2 plates) per sample. In contrast, the bead-based platform only requires two wells per sample. In other words, the bead-based immunoassay would use just one plastic microtiter plate for testing 48 samples, while the ELISA would use 96 plates to test the same number of samples.

Tests for Specific Food Antigenic Proteins

GPL has upgraded from the ELISA's single analyte detection to multiple analyte detection. The multiplexed, bead-based assay only detects IgGs against food antigenic proteins that were covalently bound to the beads, making this assay more specific to proteins than the ELISA. In the ELISA, there is no covalent binding of proteins; instead, proteins or other antigens are bound to the surface of a plastic well by adsorption. This non-specificity of the surface allows the binding of glycan-rich molecules such as *Candida* and yeast. Because of this, GPL is providing a separate report for the yeasts which will be tested by ELISA, rather than the xMAP® immunoassay.

IgG Food MAP with xMAP® Technology

What is IgG?

IgG is the major antibody found in serum. IgGs are composed of two fragment antigen binding (Fab) regions that contain the antigen binding sites and the Fc region, which is responsible for most of the biologic activity of the antibodies (Figure 1). An antigen is a substance that causes the immune system to produce an antibody that specifically reacts with it. IgG-mediated reactions to food antigens may be delayed by several hours or days, whereas IgE food antibody reactions are quite immediate.

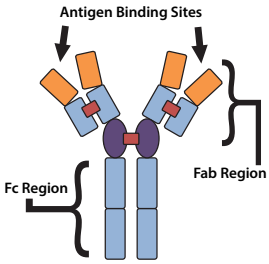


Figure 1

Human IgG is separated into four subclasses denoted IgG1 IgG2, IgG3, and IgG4. Each subclass varies in abundance and biological function. IgG1 and IgG3 are predominantly responsible for antibody protection against reinfection. IgG2 antibodies are opsonic (marking a pathogen for ingestion and destruction) and develop in response to carbohydrate polysaccharide antigens. IgG4 molecules function as skin-sensitizing immunoglobulins and are thought to block antibodies produced in response to chronic exposure to antigens.

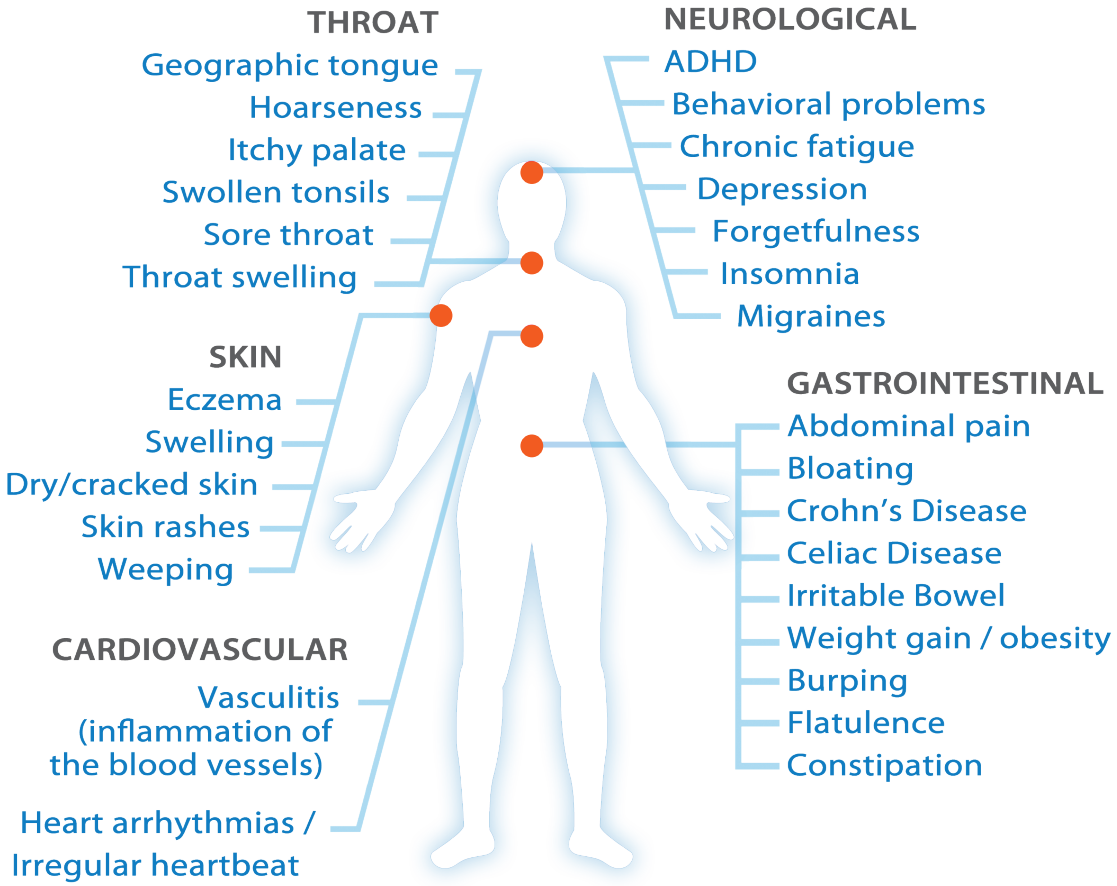
Why Test IgG Sensitivities?

Immunoglobulin G (IgG) food testing is a useful guide for structuring elimination diets for patients with many chronic conditions. Individuals with neurological, gastrointestinal, movement, and behavioral disorders often suffer from IgG food sensitivities. People may continue to eat offending foods unaware of their potential adverse effects. Symptoms associated with food sensitivities may occur hours or days after the offending food was eaten because IgG food antibodies remain for a much longer time than IgE antibodies. IgE food allergy causes the release of histamine, producing an immediate hypersensitivity reaction. In contrast, IgG food sensitivity is triggered by the binding of complement to IgG food antigen complexes, causing an inflammatory response. This is a delayed hypersensitivity reaction in which symptoms appear anywhere from hours to days after eating the offending food. Elimination of IgG-positive foods may improve symptoms of irritable bowel syndrome, Autism Spectrum Disorders, AD(H)D, cystic fibrosis, rheumatoid arthritis, and epilepsy, according to numerous clinical studies.

Clinical Significance of IgG Testing

The clinical significance of IgG food testing was illustrated in an early article published by an otolaryngologist who reported that the majority of his patients had substantial health improvements after eliminating foods found positive by IgG food allergy testing. The study demonstrated a 71% success rate for all symptoms, achieving at least a 75% relief. Of particular interest was the group of patients with chronic, disabling symptoms, unresponsive to other intensive treatments. Symptoms most commonly improved (75%-100%) on the elimination diets included asthma, coughing, ringing in the ears, chronic fatigue, headaches, gas, bloating, diarrhea, skin rash and itching, and nasal congestion. The most common IgG food allergies were to cow's milk, garlic, mustard, egg yolk, tea, and chocolate. A recent study reported that 93% of non-celiac, gluten-sensitive patients showed anti-gliadin IgG antibody disappearance after a six-month adherence to a gluten-free diet. The IgG disappearance was closely related to a significant improvement of both gastrointestinal and extra-intestinal symptoms.

High IgG antibody levels have frequently been found in children with diabetes mellitus, Crohn's disease, celiac disease, and in those considered to be obese. IgG food test results are often used to develop food antibody-guided exclusion/elimination diets. The implementation of such diets has been shown to alleviate symptoms associated with non-celiac gluten sensitivity and food sensitivity-induced atopic conditions, reduce the frequency of migraine headaches, decrease the occurrence of diarrhea, decrease failure-to-thrive among children with cystic fibrosis, reduce symptoms of irritable bowel syndrome, improve rectal compliance, decrease stool frequency in Crohn's disease, prevent seizures and hyperkinetic behavior in children with epilepsy, and ameliorate kidney function in glomerulonephritis. Food elimination diets also hold promise for the improvement of behaviors associated with attention-deficit hyperactivity disorder.



Significance of Total IgG Versus IgG4

The goal of IgG-mediated food allergy testing is to identify foods that are capable of triggering many adverse reactions. IgG1, IgG2, and IgG3 are all capable of causing inflammation. IgG1, IgG2, and IgG3 antibodies to food antigens form large immune complexes or lattices that activate complement proteins and increase inflammation. IgG4 antibodies to food antigens will not usually trigger inflammation because IgG4 antibodies do not bind complement. However high levels of these antibodies indicate the presence of immune reactions against food antigens. Similarly IgA antibodies are not as clinically significant due to their inability to bind complement and trigger inflammation.

While most laboratories only provide a measurement of IgG4 molecules, The Great Plains Laboratory provides a measurement of total IgG antibodies to various food-based antigens and *Candida*, a genus of yeast native to the GI tract. Testing for only IgG4 antibodies limits the ability of the clinician to identify those foods that may be causing significant clinical reactions in their patients. IgG4 antibodies usually represent less than 6% of the total IgG antibodies. The importance of measuring all subtypes of IgG antibodies is highlighted in an article by Kemeny et al. They found that IgG1 antibodies to gluten were elevated in all patients with celiac disease but none of the patients had elevated IgG4 antibodies to gluten.

The IgG and Candida Connection

The Great Plains Laboratory tests for *Candida albicans* (a microscopic fungal organism and pathogenic yeast) as part of IgG food allergy testing. High levels of IgG antibodies to Candida have been found in patients who reported many symptoms of yeast overgrowth. *Candida* problems are caused when the benign yeast form of *Candida albicans* transforms to its fungal form and produces a buildup of toxins in the body. *Candida* can overgrow areas of the intestinal

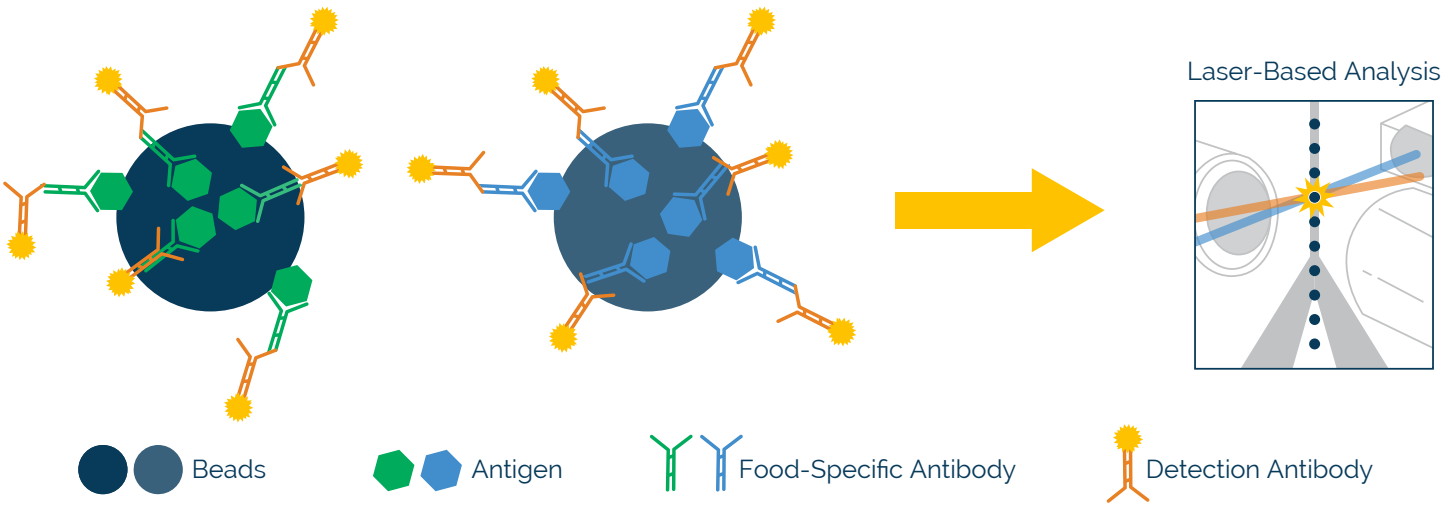
mucosa resulting in numerous symptoms, including creating microscopic holes in the lining of the intestines, leading to what is commonly known as "leaky gut" syndrome. *Candida albicans* proteins may trigger an inflammatory response. A wide range of disorders have been linked to *Candida* overgrowth including autism, multiple sclerosis, depression, chronic fatigue, fibromyalgia, migraines, and irritable bowel syndrome. Immunocompromised patients with cancer or AIDS can have life-threatening complications if *Candida* enters the bloodstream, resulting in systemic candidiasis. Use of antibiotics, oral contraceptives, chemotherapy, anti-inflammatory steroids, and diets high in sugar and starch increase susceptibility to *Candida* overgrowth.

Research has revealed a relationship between health of the gastrointestinal tract and overall well-being. Imbalance between good and bad bacteria (dysbiosis) has been shown to worsen behavior disorders, hyperactivity, aggression, and cause fatigue. Evidence is mounting that dysbiosis impairs the immune system and contributes to food allergies, digestive disorders, nutritional deficiencies, and cognitive dysfunction. Using the Food MAP (which will include a separate report for *Candida* and brewer's yeast) will help identify food allergies and *Candida* sensitivity that may be creating a variety of problems for patients. Practitioners may then recommend elimination of the identified foods and supplementation with various natural products that control *Candida* overgrowth and assist with healing of the gut. Depending on the levels of *Candida* and the severity of a patient's symptoms, further testing may be recommended, including a Comprehensive Stool Test or Organic Acids Test.

Multiple Analyte Profiling with xMAP® Technology

The bead-based immunofluorescent assay uses color-coded magnetic beads, which are covalently coupled to 190 different food proteins specific to each protein's IgG target. The color-coding of the beads into spectrally distinct sets allows the simultaneous capture and detection of multiple food IgG analytes from a single reaction well.

The xMAP® bead-based immunoassay occurs on the surface of magnetic beads by adding a patient's serum sample and observing the classic antigen/antibody interaction, detected by using a fluorescent labeled antibody. Laser-based analysis of the fluorescent signal response is proportional to the binding of food-specific IgG antibodies onto the beads.



Analyte List (190 Foods + Candida and Saccharomyces Cerevisiae)

Dairy
- Beta-Lactoglobulin
- Casein
- Cheddar Cheese
- Cow's Milk
- Goat's Milk
- Mozzarella Cheese
- Sheep's Yogurt
- Whey
- Yogurt

Beans and Peas
- Adzuki Bean
- Black Bean
- Garbanzo Bean
- Green Bean
- Green Pea
- Kidney Bean
- Lentil
- Lima Bean
- Mung Bean
- Navy Bean
- Pinto Bean
- Soybean
- Tofu

Fruits
- Acai Berry
- Apple
- Apricot
- Banana
- Blueberry
- Cantaloupe
- Cherry
- Coconut
- Cranberry
- Date
- Grape
- Grapefruit
- Guava
- Jackfruit
- Kiwi
- Lemon
- Lychee
- Mango
- Orange
- Papaya
- Passion Fruit
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberry
- Strawberry
- Watermelon

Grains
- Amaranth
- Barley
- Buckwheat
- Corn
- Gliadin
- Malt
- Millet
- Oat
- Quinoa
- Rice
- Rye
- Sorghum
- Teff
- Wheat Gluten
- Whole Wheat

Fish/Seafood
- Abalone
- Anchovy
- Bass
- Bonito
- Codfish
- Crab
- Halibut
- Jack Mackerel
- Lobster
- Octopus
- Oyster
- Pacific Mackerel (Saba)
- Pacific Saury
- Perch
- Red Snapper
- Salmon
- Sardine
- Scallop
- Shrimp
- Small Clam
- Squid
- Tilapia
- Trout
- Tuna

Meat/Fowl
- Beef
- Chicken
- Duck
- Egg White
- Egg Yolk
- Goose
- Lamb
- Pork
- Turkey

Nuts/Seeds
- Almond
- Brazil Nut
- Cashew
- Chestnut
- Chia Seed
- Flax Seed
- Hazelnut
- Hemp Seed
- Macadamia Nut
- Peanut
- Pecan
- Pine Nut
- Pistachio
- Pumpkin Seed
- Sesame Seed
- Sunflower Seed
- Walnut

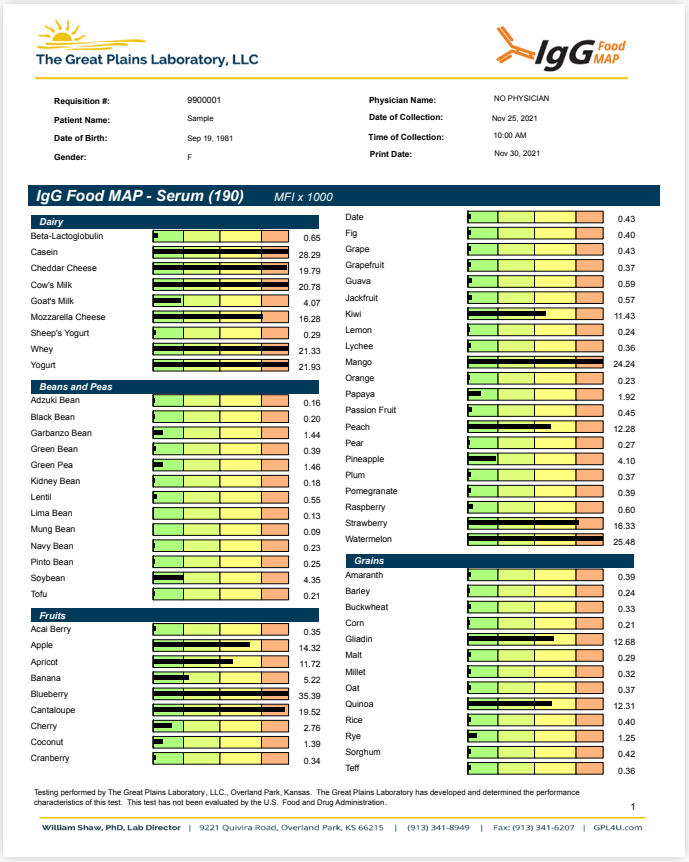
Vegetables
- Artichoke
- Asparagus
- Avocado
- Bamboo Shoot
- Bean Sprout
- Beet
- Bell Pepper
- Bitter Gourd
- Broccoli
- Brussel Sprout
- Burdock Root
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chili Pepper
- Cucumber
- Eggplant
- Enoki Mushroom
- Garlic
- Kale
- Leek
- Lettuce
- Lotus Root
- Napa Cabbage
- Olive (Green)
- Onion
- Portabella Mushroom
- Potato
- Pumpkin
- Radish
- Seaweed Kombu Kelp
- Seaweed Nori
- Seaweed Wakame
- Shitake Mushroom
- Spinach
- Sweet Potato
- Tomato
- Yam
- Yellow Squash
- Yuca
- Zucchini

Herbs/Spices
- Basil
- Bay Leaf
- Black Pepper
- Cayenne Pepper
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Dill
- Ginger
- Hops
- Mint
- Miso
- Mustard Seed
- Oregano
- Paprika
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric
- Vanilla Bean

Miscellaneous
- Bromelain
- Cane Sugar
- Cocoa Bean
- Coffee
- Green Tea
- Honey
- Meat glue
- Oolong Tea

IgG Food MAP with xMAP® Technology

Sample Report



The Great Plains Laboratory, LLC

IgG Food MAP

Requisition #:	9900001	**Physician Name:**	NO PHYSICIAN
Patient Name:	Sample	**Date of Collection:**	Nov 25, 2021
Date of Birth:	Sep 19, 1981	**Time of Collection:**	10:00 AM
Gender:	F	**Print Date:**	Nov 30, 2021

IgG Food MAP - Serum (190) *MFI x 1000*

Dairy

Beta-Lactoglobulin	0.65
Casein	28.29
Cheddar Cheese	19.79
Cow's Milk	20.78
Goat's Milk	4.07
Mozzarella Cheese	16.28
Sheep's Yogurt	0.29
Whey	21.33
Yogurt	21.93

Beans and Peas

Adzuki Bean	0.16
Black Bean	0.20
Garbanzo Bean	1.44
Green Bean	0.39
Green Pea	1.46
Kidney Bean	0.18
Lentil	0.55
Lima Bean	0.13
Mung Bean	0.09
Navy Bean	0.23
Pinto Bean	0.25
Soybean	4.35
Tofu	0.21

Fruits

Acai Berry	0.35
Apple	14.32
Apricot	11.72
Banana	5.22
Blueberry	35.39
Cantaloupe	19.52
Cherry	2.76
Coconut	1.39
Cranberry	0.34
Date	0.43
Fig	0.40
Grape	0.43
Grapefruit	0.37
Guava	0.59
Jackfruit	0.57
Kiwi	11.43
Lemon	0.24
Lychee	0.36
Mango	24.24
Orange	0.23
Papaya	1.92
Passion Fruit	0.45
Peach	12.28
Pear	0.27
Pineapple	4.10
Plum	0.37
Pomegranate	0.39
Raspberry	0.60
Strawberry	16.33
Watermelon	25.48

Grains

Amaranth	0.39
Barley	0.24
Buckwheat	0.33
Corn	0.21
Gliadin	12.68
Malt	0.29
Millet	0.32
Oat	0.37
Quinoa	12.31
Rice	0.40
Rye	1.25
Sorghum	0.42
Teff	0.36

Testing performed by The Great Plains Laboratory, LLC., Overland Park, Kansas. The Great Plains Laboratory has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration.

1

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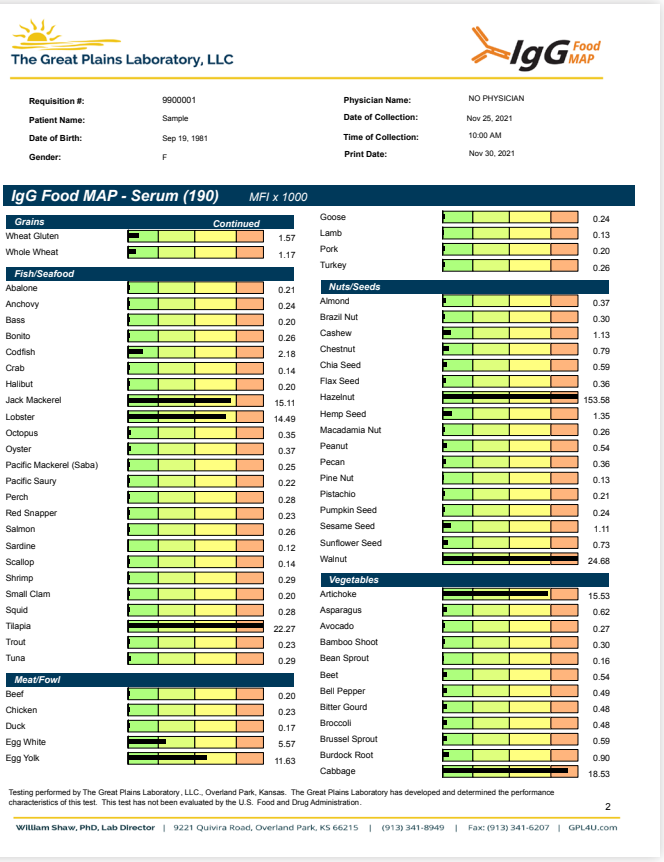

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IgG Food MAP - Serum (190) *MFI x 1000*

Grains *Continued*

Wheat Gluten	1.57
Whole Wheat	1.17

Fish/Seafood

Abalone	0.21
Anchovy	0.24
Bass	0.20
Bonito	0.26
Codfish	2.18
Crab	0.14
Halibut	0.20
Jack Mackerel	15.11
Lobster	14.49
Octopus	0.35
Oyster	0.37
Pacific Mackerel (Saba)	0.25
Pacific Saury	0.22
Perch	0.28
Red Snapper	0.23
Salmon	0.26
Sardine	0.12
Scallop	0.14
Shrimp	0.29
Small Clam	0.20
Squid	0.28
Tilapia	22.27
Trout	0.23
Tuna	0.29

Meat/Fowl

Beef	0.20
Chicken	0.23
Duck	0.17
Egg White	5.57
Egg Yolk	11.63
Goose	0.24
Lamb	0.13
Pork	0.20
Turkey	0.26

Nuts/Seeds

Almond	0.37
Brazil Nut	0.30
Cashew	1.13
Chestnut	0.79
Chia Seed	0.59
Flax Seed	0.36
Hazelnut	153.58
Hemp Seed	1.35
Macadamia Nut	0.26
Peanut	0.54
Pecan	0.36
Pine Nut	0.13
Pistachio	0.21
Pumpkin Seed	0.24
Sesame Seed	1.11
Sunflower Seed	0.73
Walnut	24.68

Vegetables

Artichoke	15.53
Asparagus	0.62
Avocado	0.27
Bamboo Shoot	0.30
Bean Sprout	0.16
Beet	0.54
Bell Pepper	0.49
Bitter Gourd	0.48
Broccoli	0.48
Brussel Sprout	0.59
Burdock Root	0.90
Cabbage	18.53

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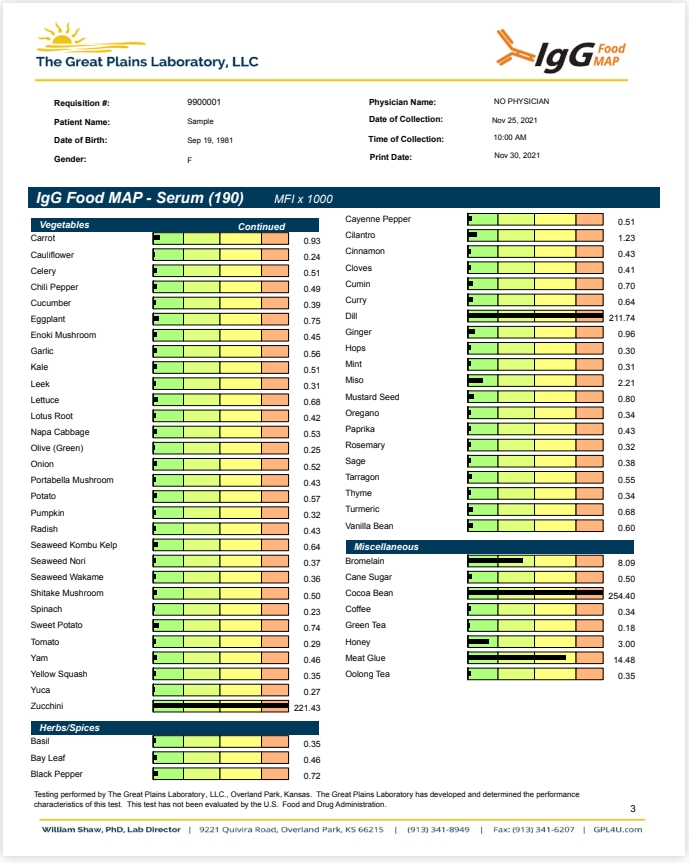

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IgG Food MAP - Serum (190) *MFI x 1000*

Vegetables *Continued*

Carrot	0.93
Cauliflower	0.24
Celery	0.51
Chili Pepper	0.49
Cucumber	0.39
Eggplant	0.75
Enoki Mushroom	0.45
Garlic	0.56
Kale	0.51
Leek	0.31
Lettuce	0.68
Lotus Root	0.42
Napa Cabbage	0.53
Olive (Green)	0.25
Onion	0.52
Portabella Mushroom	0.43
Potato	0.57
Pumpkin	0.32
Radish	0.43
Seaweed Kombu Kelp	0.64
Seaweed Nori	0.37
Seaweed Wakame	0.36
Shitake Mushroom	0.50
Spinach	0.23
Sweet Potato	0.74
Tomato	0.29
Yam	0.46
Yellow Squash	0.35
Yuca	0.27
Zucchini	221.43

Herbs/Spices

Basil	0.35
Bay Leaf	0.46
Black Pepper	0.72
Cayenne Pepper	0.51
Cilantro	1.23
Cinnamon	0.43
Cloves	0.41
Cumin	0.70
Curry	0.64
Dill	211.74
Ginger	0.96
Hops	0.30
Mint	0.31
Miso	2.21
Mustard Seed	0.80
Oregano	0.34
Paprika	0.43
Rosemary	0.32
Sage	0.38
Tarragon	0.55
Thyme	0.34
Turmeric	0.68
Vanilla Bean	0.60

Miscellaneous

Bromelain	8.09
Cane Sugar	0.50
Cocoa Bean	254.40
Coffee	0.34
Green Tea	0.18
Honey	3.00
Meat Glue	14.48
Oolong Tea	0.35

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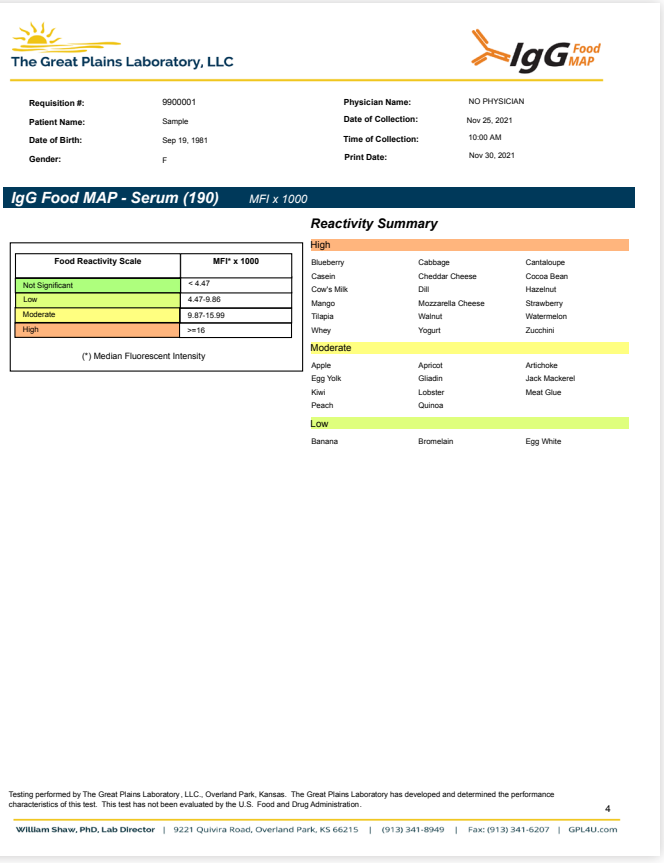

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IgG Food MAP - Serum (190) *MFI x 1000*

Food Reactivity Scale	MFI* x 1000
Not Significant	< 4.47
Low	4.47-9.86
Moderate	9.87-15.99
High	>=16

(*) Median Fluorescent Intensity

Reactivity Summary

High

Blueberry	Cabbage	Cantaloupe
Casein	Cheddar Cheese	Cocoa Bean
Cow's Milk	Dill	Hazelnut
Mango	Mozzarella Cheese	Strawberry
Tilapia	Walnut	Watermelon
Whey	Yogurt	Zucchini

Moderate

Apple	Apricot	Artichoke
Egg Yolk	Gliadin	Jack Mackerel
Kiwi	Lobster	Meat Glue
Peach	Quinoa	

Low

Banana	Bromelain	Egg White

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Sample Report, continued

Four Day Rotation Diet – Customized for Sample

Congratulations,

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

The Great Plains Laboratory, LLC.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load , as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives, however, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also "unmask" hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

For additional information and references on IgG and dietary intervention, please visit www.greatplainslaboratory.com, Select A Test – IgG

Four Day Rotation Diet – Customized for Sample

Day 1	Day 2	Day 3	Day 4
Dairy			
		Goat's Milk Sheep's Yogurt	
Beans and Peas			
Black Bean Green Bean Kidney Bean Navy Bean Pinto Bean	Adzuki Bean Mung Bean Soybean Tofu	Lentil Lima Bean	Garbanzo Bean Green Pea
Fruits			
Date Jackfruit Lychee Passion Fruit Pear	Acai Berry Grapefruit Guava Lemon Orange Pomegranate	Cherry Cranberry Fig Grape Plum Raspberry	Banana Coconut Papaya Pineapple
Grains			
Millet Sorghum Teff Wheat Gluten Whole Wheat	Amaranth Buckwheat Oat	Corn	Barley Malt Rice Rye

Fish/Seafood			
Anchovy Codfish Halibut Sardine	Abalone Crab Octopus Oyster Scallop Shrimp Small Clam Squid	Perch Red Snapper Salmon Trout	Bass Bonito Pacific Mackerel (Saba) Pacific Saury Tuna
Meat/Fowl			
Beef Lamb	Chicken Duck Goose Turkey	Egg White	Pork
Nuts/Seeds			
Almond Flax Seed Pine Nut Sesame Seed	Chestnut Hemp Seed Pecan Sunflower Seed	Cashew Chia Seed Macadamia Nut	Brazil Nut Peanut Pistachio Pumpkin Seed
Vegetables			
Broccoli Brussel Sprout Cauliflower Kale Napa Cabbage Radish Sweet Potato Yam	Beet Bitter Gourd Burdock Root Cucumber Pumpkin Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Spinach Yellow Squash	Asparagus Avocado Bell Pepper Chili Pepper Eggplant Garlic Leek Onion Potato Tomato	Bamboo Shoot Bean Sprout Carrot Celery Enoki Mushroom Lettuce Lotus Root Olive (Green) Portabella Mushroom Shitake Mushroom

The Great Plains Laboratory, LLC

IgG Food MAP

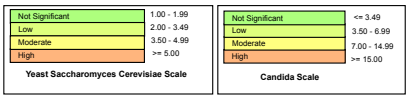
Requisition #:	9900001	**Physician Name:**	NO PHYSICIAN
Patient Name:	Sample	**Date of Collection:**	Nov 25, 2021
Date of Birth:	Sep 19, 1981	**Time of Collection:**	10:00 AM
Gender:	F	**Print Date:**	Nov 30, 2021

IgG Yeasts Allergy Test (2) Serum

Reactivity Summary

Moderate
Candida Albicans

Low
Yeast



The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

The *Candida* and Yeast antigens were not suitable for the xMAP® technology. Therefore, antibodies to these antigens were measured by ELISA and this report is provided at no additional charge.

"I believe the Great Plains IgG Food Allergy Test is a phenomenal tool that I have implemented in my practice on a daily basis to help treat patients for a wide variety of symptoms like headaches, IBS, fatigue, abdominal pain, dermatitis, hair loss, joint pain, acne, thyroid disorders, and vitamin deficiencies. I believe I am a better physician due to this testing transforming my ability to properly diagnose and treat patients effectively."

– Bridget, M.D.

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The Benefits of Testing

- IgG testing determines if food reactions are contributing to physical or mental symptoms, and much more quickly than eliminating and then reintroducing each suspect food one-by-one over a period of time.
- Removal of highly reactive foods from the diet is a non-invasive therapy that often mitigates a patient's symptoms.
- Research and clinical studies suggest food allergies identified by IgG testing can be major contributing factors to many chronic health conditions.
- Eliminating all identified IgG-positive foods after testing can reduce stress on the immune system, decrease inflammation (helping to heal "leaky gut"), resolve food cravings, and reduce the potential for eating disorders.

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