



IgE Food & Inhalant Allergy Tests

Immunoglobulin E (IgE) allergies cause immune system reactions ranging from a runny nose to life-threatening anaphylaxis. IgE is one of several antibody types and is normally present in very small amounts. Human responses to both food and inhalant antigens vary widely but increase with production of specific IgE. The severity of allergic response is due to a combination of genetic background and extent of exposure to allergens. Exposure to microbes, various foods, and the surrounding environment may all provoke IgE allergies.

IgE tests measures levels of the IgE antibodies. What is recognized as an allergic reaction is the IgE binding to specific receptors of mast cells and other white blood cells.

High levels of IgE antibodies mean that the patient is likely to experience physiological effects from ingesting foods or inhaling environmental allergens to which they are sensitive. Not all physiological effects are as dramatic as the sudden onset of a headache or a rash.

The Great Plains Laboratory, Inc. (GPL) offers both basic and advanced panels for specific IgE antibodies to a wide range of allergens.

The advanced tests of 93 foods and 69 inhalants increase the probability that a patient may identify numerous allergy triggers. In the IgE Inhalant Allergy Advanced Test, we have included Candida and Thimerosal markers. Thimerosal allergy is the fifth most common allergen.

Test results will indicate 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 associated with "immediate" and therefore easily discernible reactions, not all IgE responses are so clear. Testing is an important adjunct to the patient's symptom reporting in identifying triggers.

Elimination of IgE-positive foods and reduction of exposure to inhalant allergens can bring about major improvements in many symptoms and disorders triggered by food and environmental sources that have been identified by testing.

Most insurance policies routinely cover IgE inhalant allergy testing. To find out more about coverage, contact GPL for CPT codes needed to get pre-approval from your insurance company.

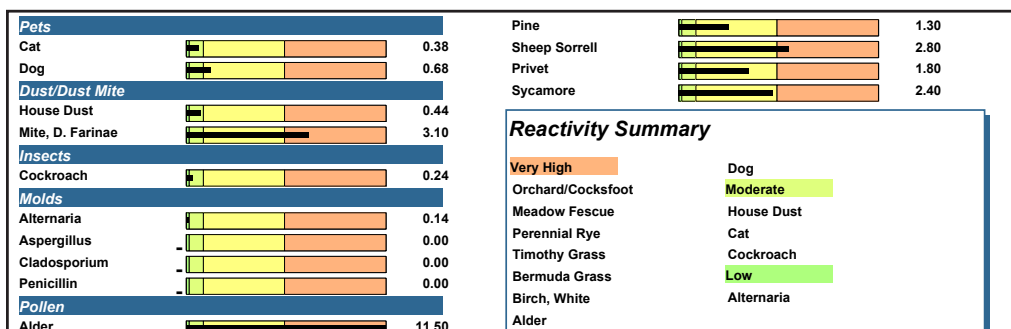
A free phone consultation with our nutritional consultant is available to practitioners and patients upon request.

Recommended for the following disorders:

- 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 Syndrome



IgE Allergy Tests



Reactivity Summary

Very High	Dog
Orchard/Cocksfoot	Moderate
Meadow Fescue	House Dust
Perennial Rye	Cat
Timothy Grass	Cockroach
Bermuda Grass	Low
Birch, White	Alternaria
Alder	

Testing Procedure

1. Contact The Great Plains Laboratory, Inc. via phone, fax, e-mail, or on our website to order a test kit.
2. Fill out the Test Requisition Form, which must be signed by a medical practitioner.
3. Indicate the payment method or insurance information on the Test Requisition Form.
4. Follow instructions to collect sample.
5. Send the sample with the paperwork in the pre-paid express overnight envelope included in the test kit (shipping cost is included in the price for U.S. clients).
6. Results will be mailed with a detailed explanation to the patient and medical practitioner in approximately one to three weeks after receiving your sample, unless the practitioner has specified otherwise.
7. A free phone consultation with our nutritional consultant is available to practitioners and patients upon request.

“I had switched to another lab to try to save my patients some money on testing. The other lab didn’t seem to be as accurate, and was giving odd results. Thus, I have switched BACK to The Great Plains Laboratory, Inc. for my testing, and do not plan to switch again.”

– Elaine H., MS, RN, APN

Complete List of Allergens in the IgE Allergy Tests

IgE Food Allergy Basic (25 foods) - 5 mL serum required

Almond, Apple, Barley, Bean (White), Beef, Chicken, Cocoa, Corn, Egg (Whole), Garlic, Milk, Oat, Onion, Orange, Peanut, Pork, Potato, Rice, Seafood Mix (Cod, Shrimp, Mussel, Tuna, Salmon), Soybean, Tomato, Tuna, Vegetable Mix (Green Bean, White Bean, Carrot, Potato), Wheat, Yeast (Bakers)

IgE Food Allergy Advanced (93 foods) - 8 mL serum required

Almond, Apple, Apricot, Asparagus, Avocado, Banana, Barley, Beef, Beet, Blueberry, Broccoli, Buckwheat, Cabbage, Cane Sugar, Carrot, Casein, Cashews, Celery, Cheese, Chicken, Coconut, Cod Fish, Cocoa, Coffee, Corn, Crab, Cranberry, Eggplant, Egg White, Egg Yolk, Flax, Garbanzo Bean, Garlic, Gluten, Goat’s Milk Cheese, Grape, Grapefruit, Green Bean, Green Pepper, Halibut, Hazelnut, Honey, Kidney Bean, Lamb, Lemon, Lentil, Lettuce, Lima Bean, Lobster, Mango, Milk, Millet, Mushroom, Oat, Onion, Orange, Papaya, Pea, Peach, Peanut, Pear, Pecan, Pineapple, Pinto Bean, Pistachio, Plum, Pork, Potato, Pumpkin, Radish, Raisin, Rice, Rye, Salmon, Sardine, Sesame, Shrimp, Soybean, Spinach, Strawberry, Sunflower, Sweet Potato, Tomato, Turkey, Tuna, Walnut, Watermelon, Wheat, Whey, Yogurt, Yeast (Bakers), Yeast (Brewers), Zucchini

IgE Inhalant Allergy Basic (36 inhalants) - 5 mL serum required

Alder (Speckled), Alternaria, Ash (White), Aspergillus, Beech (American), Bermuda Grass, Birch (Common Silver), Box Elder (Maple), Burning Bush, Cat, Cladosporium, Cocklebur, Cockroach, Cottonwood Tree, Dog, Elm (White), Hickory (White), House Dust, Lamb’s Quarters, Marsh Elder (Rough), Meadow Fescue, Mite (D. Farinae), Mugwort, Nettle, Oak (White), Orchard Grass/Cocksfoot, Penicillium, Pigweed, Pine Ponderosa, Plantain (English), Privet, Ragweed (Short), Rye (Perennial), Sheep Sorrel, Sycamore (American), Timothy Grass

IgE Inhalant Allergy Advanced (69 inhalants) - 8 mL serum required

Acacia, Alder (Smooth), Alternaria, Ash (White), Aspergillus, Bahia Grass, Bermuda Grass, Bluegrass (Kentucky), Box Elder (Maple), Brome Grass, *Candida*, Cat, Cedar (Mountain), Cladosporium, Cocklebur, Cockroach, Corn (Cultivated), Cottonwood Tree, Cypress (Bald), Dockweed (Yellow), Dog, Elm (American and Fall Blooming), Ferret, Fescue (Meadow), Gerbil, Goldenrod, Hickory (White), House Dust, Iodine Bush, Johnson Grass, Lamb’s Quarters, Maple (Red), Marsh Elder (Rough), Mexican Tea, Mite (D. Farinae), Mouse, Mulberry (Red and White), Nettle, Oak (Live, White, and Red), Oats, (Cultivated), Oat Grass Tall, Pecan Tree, Penicillium, Pigweed (Spiny and Rough), Plantain (English), Poplar (White), Privet, Rabbit, Ragweed (Giant and Short), Rye (Cultivated), Rye Grass (Perennial), Salt Cedar, Salt Grass, Sheep Sorrel, Sweet Gum, Sycamore, Thimerosal, Timothy Grass, Tree of Heaven, Walnut (Black), Western Water Hemp, Wheat (Cultivated), Willow (Black)

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