



# The Great Plains Laboratory, Inc.

William Shaw, Ph.D Director

11813 W. 77th Street, Lenexa, KS 66214

(913) 341-8949

Fax (913) 341-6207

Requisition #:

Physician Name:

Patient Name:

Date of Collection:

Patient Age:

Time of Collection:

Sex:

Print Date:

## Comprehensive IgG Food Allergy Test + *C. albicans*, *S. cerevisiae* (94)

### Dairy

Casein		7.15
Cheese		7.05
Goat Cheese		5.91
Milk		9.39
Mozzarella Cheese		4.65
Whey		8.13
Yogurt		7.27

### Legumes - Beans and Peas

Garbanzo Bean		1.96
Green Bean		3.34
Kidney Bean		4.19
Lentil		1.28
Lima Bean		1.22
Pea		1.36
Pinto Bean		3.46
Soybean		1.69

### Fruit

Apple		2.60
Apricot		1.81
Banana		2.39
Blueberry		2.45
Coconut		1.96
Cranberry		4.90
Grape		2.06
Grapefruit		4.16
Lemon		5.40
Orange		2.25
Papaya		1.78
Peach		1.67
Pear		2.60
Pineapple		2.59
Plum (Prune)		1.69
Strawberry		5.33
Watermelon		2.66

### Grains

Barley		3.61
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Buckwheat		3.24
Corn		3.60
Gliadin		3.95
Millet		3.84
Oat		2.11
Rice		1.70
Rye		3.88
Sorghum		5.09
Wheat Gluten		4.34
Wheat		4.72

### Fish

Cod Fish		1.79
Crab		0.99
Halibut		1.85
Lobster		1.49
Salmon		2.89
Sardine		1.30
Shrimp		0.99
Tuna		1.98

### Meat/Fowl

Beef		6.39
Chicken		3.05
Egg White		13.63
Egg Yolk		12.91
Lamb		3.25
Pork		1.68
Turkey		2.26

### Nuts and Seeds

Almond		1.86
Cashews		2.12
Flax		2.18
Hazelnut		1.45
Peanut		3.77
Pecan		2.56
Pistachio		2.66
Sesame		2.85



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### Nuts and Seeds Continued

Sunflower		1.67
Walnut		1.62

### Vegetables

Asparagus		1.98
Avocado		1.92
Broccoli		2.50
Beet		2.01
Cabbage		2.16
Carrot		2.44
Celery		4.28
Eggplant		2.26
Garlic		3.92
Green Pepper		2.24
Lettuce		4.07
Onion		2.84
Potato		2.37
Pumpkin		2.04
Radish		2.38
Spinach		2.17
Sweet Potato		1.59
Tomato		2.69

### Miscellaneous

Candida Albicans		12.84
Cane Sugar		2.43
Cocoa		3.57
Coffee		1.98
Honey		3.13
Mushroom		3.06
Yeast, Bakers *		8.62
Yeast, Brewers *		8.40

\*Saccharomyces cerevisiae

Not Significant	1.00-1.99
Low	2.00-3.49
Moderate	3.50-4.99
High	>=5

### Reactivity Summary

#### High

Egg White	Egg Yolk	Candida Albicans
Milk	Yeast, Bakers *	Yeast, Brewers *
Whey	Yogurt	Casein
Cheese	Beef	Goat Cheese
Lemon	Strawberry	Sorghum

#### Moderate

Cranberry	Wheat	Mozzarella Cheese
Wheat Gluten	Celery	Kidney Bean
Grapefruit	Lettuce	Gliadin
Garlic	Rye	Millet
Peanut	Barley	Corn
Cocoa		

#### Low

Pinto Bean	Green Bean	Lamb
Buckwheat	Honey	Mushroom
Chicken	Salmon	Sesame
Onion	Tomato	Pistachio
Watermelon	Apple	Pear
Pineapple	Pecan	Broccoli
Blueberry	Carrot	Cane Sugar
Banana	Radish	Potato
Eggplant	Turkey	Orange
Green Pepper	Flax	Spinach
Cabbage	Cashews	Oat
Grape	Pumpkin	Beet



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## Comprehensive IgG Food Allergy Test + *C. albicans*, *S. cerevisiae* (94)

### Comments

The IgG Food Allergy Test measures the relative presence of IgG antibodies to specific food proteins. The patient's serum is introduced to protein extracts from each of the different foods. If food-specific binding occurs between the antigen proteins and the patient's IgG serum antibodies, a symptomatic reaction to that food is possible. A food elimination diet can be established based on results of this test and improvement of symptoms can be monitored.

**High levels of IgG antibodies to *Candida*, a genus of yeast**, have been found in patients who scored high on a questionnaire regarding symptoms of yeast overgrowth, like sugar cravings which can improve with antifungal therapy. In a published study, IgA or IgM antibodies to *Candida* did not correlate with questionnaire scores. IgG antibodies to *Candida* may be due to past infections and therefore do not indicate a current infection. However, *Candida* antibodies may trigger autoimmune disease. *Candida* antibodies react with virtually all human organs, including the brain. In one study, individuals with pituitary malfunction had *Candida* antibodies that also reacted to a human pituitary protein. *Candida* antibodies are elevated in Crohn's disease, cystic fibrosis, and cancer. Individuals with cancer and elevated IgG antibodies to *Candida* died on average one year sooner than individuals with the same type of cancer and normal amounts of IgG antibodies to *Candida*. A wide range of disorders have been linked to *Candida* including depression, chronic fatigue, thyroid disorders, autism, multiple sclerosis, vulvodynia. Use of antibiotics, oral contraceptives, chemotherapy, and anti-inflammatory steroids greatly increase susceptibility to *Candida*. Overgrowth of *Candida* may also cause a rise in cases of food allergies.

IgG antibodies to *Saccharomyces cerevisiae* are prevalent in inflammatory bowel disease, Crohn's disease, celiac disease, and Behcet's disease, while not usually elevated in ulcerative colitis. High amounts of antibodies to either *Saccharomyces cerevisiae* or *Candida albicans* may also cross-react with other *Candida* species or *Saccharomyces boulardii*. Individuals with high amounts of antibodies to *Candida albicans* or *Saccharomyces cerevisiae* might react poorly to *Saccharomyces boulardii* probiotic supplements because of this cross-reactivity.

**High amounts of antibodies to wheat, gluten, rye, or barley** are common in celiac disease. However, most people with these elevated antibodies do not have celiac disease, but may still benefit from exclusion of these foods from the diet. The Celiac Disease Test with blood serum can confirm celiac disease. To determine if enough serum is available, contact The Great Plains Laboratory, Inc. (test is not available for bloodspot samples). The Celiac Disease Test should be done prior to implementation of a gluten-free diet to avoid false negative results. For more information on the Celiac Disease Test, please see The Great Plains Laboratory website, [www.gpl4u.com](http://www.gpl4u.com) <<http://www.gpl4u.com>>.