



IgA FOOD SENSITIVITIES - Test Code 3197, 3219, 3222, 3198, 3200



Turnaround Time :12-15 Business Days



Specimen Type: 1x Allergy Spot Card or 1 x SST Blood

Description

The IgA Food Sensitivity Tests evaluate the body's immune response to specific foods by measuring Immunoglobulin A (IgA) antibodies. Unlike classic food allergies, which involve an immediate immune reaction, food sensitivities are typically delayed responses, often linked to digestive or immune issues. Elevated IgA antibodies can indicate a sensitivity to certain foods, potentially causing symptoms like digestive discomfort, headaches, fatigue, joint pain, or skin reactions (Vats et al., 2023).

This test offers panels with a range of foods, allowing for precise assessments based on dietary habits or suspected sensitivities. Food panels can include common triggers like dairy, gluten, eggs, nuts, and more, helping identify which foods may be contributing to unexplained symptoms (Vats et al., 2023). By pinpointing specific sensitivities, healthcare providers can tailor dietary recommendations, supporting improved digestion, energy levels, and overall well-being.

Food sensitivity testing is particularly beneficial for those experiencing persistent symptoms without a clear cause, as it provides insights into potential immune-related dietary triggers. Working with a healthcare provider, patients can use this information to create a personalised nutrition plan to better manage symptoms and enhance quality of life.

Test Options

- 3197- IgA General Western Panel (96 Foods)
- 3219- IgA Super Food Panel (144 Foods)
- 3222- IgA Complete Food Panel (240 Foods)
- 3198- IgA Asian Panel (96 Foods)
- 3200- IgA Vegetarian Panel (96 Foods)

*Scan QR code for the full list of foods

Conditions and Symptoms

- Rashes or eczema
- Headaches or migraines
- Diarrhoea or constipation
- Bloating and swelling
- Fatigue
- Abdominal discomfort

Complementary Testing

- IgG General Western Foods (Test code 3206)
- Advanced Microbiome Mapping (Test code 2211)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



info@nutripath.com.au



1300 688 522



www.nutripath.com.au

For more information
scan the QR code



*See NATA and CLIA website for further details