



IgG FOOD SENSITIVITIES - Test Code 3206, 3218, 3221, 3205, 3209



Turnaround Time :12-15 Business Days



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

Description

The IgG Food Sensitivities Test is a blood test designed to assess the body's immune response to a variety of foods by measuring Immunoglobulin G (IgG) antibodies. This test helps identify food sensitivities, which can lead to delayed reactions and a range of symptoms such as bloating, gastrointestinal distress, headaches, fatigue, and joint pain. Unlike traditional food allergies that involve an immediate response, IgG-mediated reactions can manifest hours or even days after consuming the offending food (Vita et al., 2022).

The IgG Food Sensitivities Test offers different panels tailored to specific food groups, allowing individuals to pinpoint sensitivities to a wide array of common dietary triggers, including dairy, gluten, eggs, soy, and nuts. By identifying these sensitivities, healthcare providers can develop personalised dietary recommendations to help manage symptoms and improve overall health and well-being (Vita et al., 2022).

This test is particularly useful for patients suffering from chronic conditions or unexplained symptoms, as it provides valuable insights into potential dietary contributors. Collaborating with a healthcare professional, individuals can use the results to make informed dietary changes that may lead to significant improvements in their health and quality of life.

Test Options

- 3206- IgG General Western Panel (96 Foods)
- 3218- IgG Super Food Panel (144 Foods)
- 3221- IgG Complete Food Panel (240 Foods)
- 3205- IgG Asian Panel (96 Foods)
- 3209- IgG Vegetarian Panel (96 Foods)

Conditions and Symptoms

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

Complementary Testing

- IgA General Western Foods (Test code 3197)
- Advanced Microbiome Mapping (Test code 2211)

Accreditations Include:

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



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For more information
scan the QR code



*See NATA and CLIA website for further details