



## IgG4 GENERAL FOOD PANEL - Test Code 3224



Turnaround Time :12-15 Business Days



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

### Description

The IgG4 General Food Panel is a blood test designed to measure Immunoglobulin G (IgG4) antibodies to various foods, helping to identify potential food sensitivities and intolerances. IgG4 is a subclass of IgG that is associated with modulating immune responses rather than the immediate defence against pathogens typical of other IgG subclasses (Rispen & Huijbers, 2023).

This panel assesses the body's response to a wide range of common foods, including dairy products, gluten-containing grains, eggs, soy, nuts, and various fruits and vegetables. Elevated IgG4 levels to specific foods may indicate a delayed sensitivity, which can manifest hours or days after consumption, making it challenging to pinpoint the cause of symptoms.

Understanding IgG4 responses allows patients to make informed dietary choices and identify foods that may be contributing to their health concerns. However, it is important to interpret these results in conjunction with clinical symptoms and dietary history. Collaborating with a healthcare professional can help develop a personalized approach to managing food sensitivities, ultimately promoting better health and wellbeing.

### Test Options

- 3224- IgG4 General Food 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

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

### 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