

Tests Available using

# Finger Stick

Blood Spot Collection Method

## 96 IgG or 184 IgG Food Sensitivity Panel

- ▶ There is a connection between what people eat and how they feel. An IgG food sensitivity is a delayed immune response to certain foods. The reaction can occur up to 72 hours of ingesting the food. This reaction is not typically life-threatening but can cause some problematic symptoms, such as inflammation, headaches, fatigue, gastrointestinal issues, and skin conditions such as eczema, hives, acne, and psoriasis.
- ▶ IgG food sensitivity testing takes the guesswork out of what foods could be contributing to symptoms.
- ▶ Wellness Plans, 15+ page booklets customized for the patient based on their results, can also be ordered with our food sensitivity tests. They are created by our onsite registered Dietitians and are an excellent tool to interpret results and guide patients through their elimination diets.

## Candida IgG, IgA, IgM

- ▶ Exposure to candida can result in the elevation of specific antibodies, in particular IgM, IgA, and IgG. The presence of these antibodies against Candida is indicative of a possible infection or over colonization.
- ▶ *Candida albicans* has been found to release an array of toxins that contribute to multiple symptoms related to skin issues, nail fungal infections, chronic fatigue syndrome, as well as a host of others. It is a common fungal infection associated with both acute and chronic diseases.
  - ▶ Increased IgM antibodies may indicate recent Candida overgrowth.
  - ▶ Increased IgA antibodies suggest mucosal overgrowth. This overgrowth could be of digestive, respiratory, nasal, oral, genital, or urinary tract origin.
  - ▶ Increased levels of IgG antibodies may suggest chronic overgrowth of Candida.
  - ▶ Increases in IgG and IgM may suggest a recent or recurrent overgrowth of Candida.



The kits contain everything needed to collect the specimen, including the prepaid return envelope. Sample collection can be done with the provider in office or sent home with the patient.



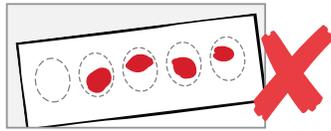
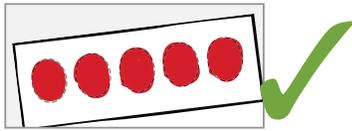
**ALLETSS**  
MEDICAL LABORATORY

*The first step... Alletess*

800-225-5404 | [foodallergy.com](http://foodallergy.com)

Enclosed: 1. Alcohol Prep Pad 2. Safety Lancet 3. Protein Saver Card 4. Rubber Glove 5. Band-aid 6. Bio Hazard Bag 7. Return Envelope

**TO AVOID SPECIMEN REJECTION FOLLOW THESE INSTRUCTIONS COMPLETELY.**

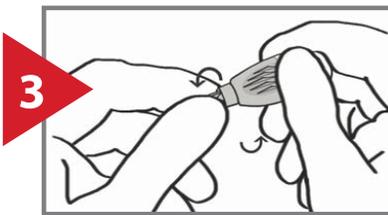


Example of acceptable (✓) and unacceptable (✗) collection cards.

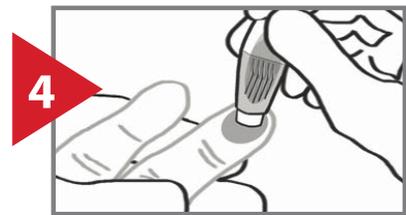
**1 WRITE NAME AND DATE OF COLLECTION CLEARLY ON THE PROTEIN SAVER CARD**



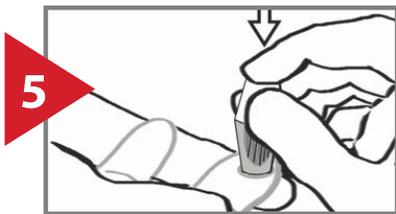
**2 Identify and clean**, (using alcohol prep pad), the desired puncture site (see shaded area).



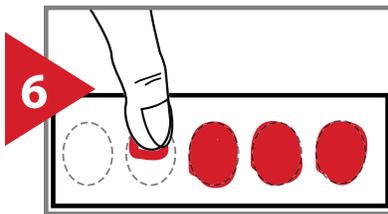
**3** Holding the single use safety lancet, **twist off the tab** to break the seal and discard cap.



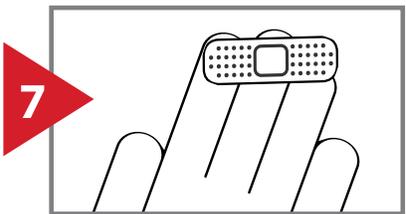
**4** **Position and hold** the single use safety lancet firmly against the puncture site.



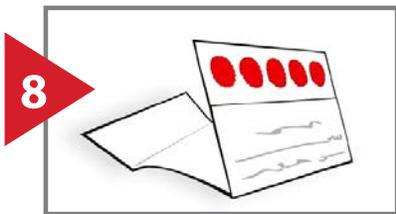
**5** To activate the safety lancet, **press firmly against the puncture site**. Apply pressure to lancet until an audible click is heard.



**6** Allow blood to drip and absorb into the circular pads on the Protein Saver Card.



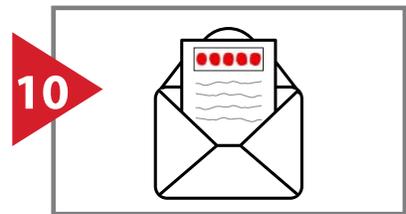
**7** Apply band-aid to puncture site.



**8** Bend the card away from its cover and allow to completely air dry. Place Protein Saver Card into plastic biohazard bag and seal.



**9** Dispose of used supplies responsibly.



**10** Place biohazard bag, AML test requisition form and payment into return envelope. Seal, and send.\*

*\*International postage not included.*