

IgG4/IgE FOOD PANEL

It has been estimated that as many as 80% of western people suffer from some type of food allergy. Food allergy is implicated in a wide spectrum of disorders, especially of the skin, respiratory tract and Gastro-intestinal tract. In most cases these allergic reactions are of the delayed type, making them difficult to detect, while they are typically not noticed by the patient until several hours or days after ingestion of a particular food. To determine these food allergies by the elimination and reintroduction of potentially offending foods can be a very lengthy and difficult process.

The IgG4/ IgE food panel is a simple screening test that determines acute and delayed allergy for a large number of foods. Scientific research suggests that the combination of specific IgE and specific IgG4 correlates better with a positive food challenge than skin testing alone. In patients with a defined history to a particular food, the combination of IgE and IgG4 was found to have a better relationship to the history than the challenge itself.¹ For delayed reactions that have a component other than IgE, a longer period of elimination may be necessary than is traditionally employed.

TEST INDICATIONS

Food allergies are implicated in a wide spectrum of disorders, including:

- | | | |
|---|---------------------------------|------------------------|
| - Anaphylactic shock | - Diarrhea | - Obesity |
| - Asthma | - Eczema | - Recurrent infections |
| - Attention deficit/
hyperactivity disorders | - Emotional problems | - Rheumatoid arthritis |
| - Behavioral problems | - Fatigue | - Rhinitis |
| - Constipation | - Inflammatory bowel
disease | - Sinusitis |
| - Crohn's disease | - Migraine headaches | - Urticaria |

FOOD PANEL IGG4 & IGE

DAIRY

(bovine-derived unless specified)
Casein
Cheese, Cheddar
Cheese, Cottage
Cheese, Mozzarella
Whey
Milk, Cow
Milk, Goat
Yogurt

FRUITS

Apple
Apricot
Banana
Blueberry
Cranberry
Grape, red
Grapefruit
Lemon
Orange
Papaya
Peach
Pear
Pineapple
Plum
Raspberry, red
Strawberry

MEAT/FOWL

Beef
Chicken
Egg white, chicken
Egg yolk, chicken
Lamb
Pork
Turkey

FISH/CRUSTACEA/M

OLLUSK
Clam, Manila
Cod, Atlantic
Crab, Dungeness
Halibut
Lobster, American
Oyster
Red Snapper
Salmon, Pacific
Shrimp, Western
Sole
Tuna, Yellowfin

VEGETABLE

Asparagus
Avocado
Beet
Broccoli
Cabbage, white

Carrot
Cauliflower
Celery
Cucumber
Garlic
Lettuce
Mushroom, common
Olive, black
Onion, white
Pepper, green bell
Potato, sweet
Potato, white
Pumpkin
Radish
Spinach, green
Squash, Zucchini
Tomato, red

GRAIN/ LEGUMES/

NUTS
Almond
Amaranth flour
Barley
Bean, kidney
Bean, Lima
Bean, Pinto
Bean, soy
Bean, string
Buckwheat

Coconut
Corn
Filbert
Gliadin, wheat
Gluten, wheat
Lentil
Oat
Pea, green
Peanut, runner
Pecan
Rice, white
Rye
Sesame
Spelt
Sunflower
Walnut
Wheat, whole

MISC

Cocoa bean
Coffee bean
Honey
Sugar cane
Yeast, baker's
Yeast, brewer's

LITERATURE

1. Ahemed El Rafei et al. Diagnostic value of IgG4 measurements in patients with food allergy. Ann. Allergy. 1989 vol 62, febr. P94-99

Update 09-2007