



## IgG Food Allergy Test w/ Candida

### For Behavioral, Digestive & Chronic Disorders



#### IgG Food Allergy Test w/ Candida

IgG testing is a useful guide in structuring elimination diets for many chronic conditions. Individuals with neurological, gastrointestinal, and movement disorders often suffer from IgG food allergies. These people may continue to compulsively eat offending foods, unaware of their potential effects. Complete elimination of potential problem foods from the diet may bring about striking improvements in health status, mood, energy, and even behavior.

IgG antibodies provide long term resistance to infections and have a much longer half life than other types of antibodies. Symptoms may occur hours or even days after the offending food has been ingested. Some people with allergies can tolerate a large amount of an offending food without ever experiencing any outward symptoms. Others may require only a minute amount of an offending food before symptoms are expressed. The degree and severity of symptoms vary depending on the genetic makeup of the individual.

#### The Candida Marker

High levels of IgG antibodies to *Candida*, a genus of yeast, were found in patients who reported many symptoms of yeast overgrowth. Symptoms, such as sugar cravings, can improve with antifungal therapy. *Candida* has been linked to depression, chronic fatigue, autism, thyroid disorders, vulvodynia and food allergies.

We offer an affordable, comprehensive, and accurate test with 93 foods, plus the *Candida* marker. We perform several different methods of quality controls to ensure the accuracy and reliability of our analysis. A free phone consultation with a nutritional consultant is available to practitioners and patients along with results.

#### Specimen Requirements:

2 mL serum or 5 dried blood spot circles

#### Dried Blood Spot (DBS): A Convenient Collection

The IgG Food Allergy Test w/ *Candida* is available as a dried blood spot collection. This method is a convenient alternative for patients and practitioners who cannot perform a blood draw. The specimen can be collected from the convenience of home and shipped directly to our laboratory for analysis. The IgG dried blood spot test is the same price as the serum analysis. Other laboratories only offer a limited number of foods tested using dried blood spot at higher prices.

***“Recently, I had a patient with the most severe case of eczema I had ever seen in my practice. We did the Great Plains IgG testing... once we removed beef, the eczema cleared completely! So if it were not for this testing, this child would still be suffering.”***

***~ Elaine H., MS, RN, APN***

#### Recommended for the following disorders:

- AD(H)D
- Acne, Eczema, Rashes
- Anxiety
- Autism Spectrum Disorders
- Candidiasis
- Chronic Fatigue & Fibromyalgia
- Chronic Infections
- Crohn’s Disease
- Cystic Fibrosis
- Depression
- Endometriosis
- Irritable Bowel Syndrome
- Language Problems
- Leaky Gut Syndrome
- Learning Disabilities
- Migraines
- Movement Disorders
- Multiple Sclerosis
- OCD
- Psychosis, Violent & Aggressive Behaviors
- Rheumatoid Arthritis
- Seizures
- Sleep Disorders
- Tic Disorders
- Tourette Syndrome

## IgG Food Allergy Test




## Complete List of Analytes in the IgG Food Allergy Test w/ Candida

Almond, Apple, Apricot, Asparagus, Avocado, Baker's Yeast (*Saccharomyces cerevisiae*), Banana, Barley, Beef, Beet, Blueberry, Brewer's Yeast (*Saccharomyces cerevisiae*), Broccoli, Buckwheat, Cabbage, *Candida albicans*, Cane Sugar, Carrot, Cashews, Casein, Celery, Cheese, Chicken, Cocoa, Coconut, Cod fish, Coffee, Corn, Crab, Cranberry, Eggplant, Egg White, Egg Yolk, Flax, Garbanzo Beans, Garlic, Gliadin, Goat's Milk Cheese, Grape, Grapefruit, Green Bean, Green Pepper, Halibut, Hazelnut, Honey, Kidney Bean, Lamb, Lemon, Lentil, Lettuce, Lima bean, Lobster, Milk, Millet, Mozzarella Cheese, Mushroom, Oat, Onion, Orange, Papaya, Pea, Peach, Peanut, Pear, Pecan, Pineapple, Pinto Bean, Pistachio, Plum (Prune), Pork, Potato, Pumpkin, Radish, Rice, Rye, Salmon, Sardine, Sesame, Shrimp, Sorghum, Soybean, Spinach, Strawberry, Sunflower, Sweet Potato, Tomato, Tuna, Turkey, Wheat Gluten, Walnut, Watermelon, Wheat, Whey, Yogurt

## Testing Procedure

1. Contact The Great Plains Laboratory, Inc. via phone, fax, e-mail, or our website to order a test kit.
2. Fill out the Test Requisition Form, have this form signed by a medical practitioner.
3. Indicate the payment method or insurance information on the Test Requisition Form.
4. Follow the instructions to collect the sample.
5. Send the sample with the paperwork in the pre-paid express overnight envelope included in the test kit (shipping cost is included in the price for U.S. clients).
6. Test results with a detailed explanation will be sent to both the patient and medical practitioner approximately 1-3 weeks after receiving the sample. However, the practitioner may request GPL to withhold the results from the patient.
7. A free phone consultation with our nutritional consultant is available to practitioners and patients upon request.



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Requisition #: \_\_\_\_\_ Physician Name: \_\_\_\_\_  
 Patient Name: \_\_\_\_\_ Date of Collection: \_\_\_\_\_  
 Patient Age: \_\_\_\_\_ Time of Collection: \_\_\_\_\_  
 Sex: \_\_\_\_\_ Print Date: \_\_\_\_\_

Comprehensive Food Allergy Test		IgG	
<b>Dairy</b>			
Casein	1.54	Corn	1.05
Cheese	1.17	Flax	1.44
Goat's Milk Cheese	1.93	Gliadin	1.36
Milk	2.13	Lentil	0.96
Mozzarella Cheese	1.05	Millet	1.33
Whey	3.32	Oat	9.58
Yogurt	3.48	Rice	0.82
<b>Beans and Peas</b>			
Garbanzo Bean	3.20	Rye	1.51
Green Bean	1.18	Sorghum	2.26
Kidney Bean	1.42	Wheat Gluten	1.39
Lima Bean	0.72	Wheat	1.04
Pea	1.05	<b>Fish</b>	
Pinto Bean	0.84	Cod Fish	0.85
Soybean	0.82	Crab	0.70
<b>Fruit</b>			
Apple	2.48	Halibut	1.01
Apricot	0.63	Lobster	1.52
Banana	8.75	Salmon	1.99
Blueberry	2.61	Sardine	0.92
Coconut	1.32	Shrimp	0.55
Cranberry	9.28	Tuna	1.93
Grape	2.14	<b>Meat/Fowl</b>	
Grapefruit	1.49	Beef	1.44
Lemon	3.81	Chicken	1.20
Orange	1.47	Egg White	0.82
Papaya	2.07	Egg Yolk	1.06
Peach	1.30	Lamb	0.95
Pear	0.97	Pork	1.36
Pineapple	2.35	Turkey	0.67
Plum (Prune)	0.74	<b>Nuts</b>	
Strawberry	0.86	Almond	1.26
Watermelon	1.23	Cashews	0.93
<b>Grains and Legumes</b>			
Barley	5.58	Hazelnut	2.96
Buckwheat	1.22	Peanut	1.05
		Pecan	1.09
		Pistachio	7.88
		Sesame	1.03

Testing performed by The Great Plains Laboratory, Inc., Lenexa, Kansas. The Great Plains Laboratory has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration.



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