



IgG Food Allergy Test

For Behavioral, Digestive, & Chronic Disorders

IgG Food Allergy - 93 Foods Tested

Specimen Requirements: 2 mL serum or 5 dried blood spot circles

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 the offending food, unaware of 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 are the antibodies that provide long term resistance to infections after immunizations. These antibodies have a much longer half life than traditional IgE allergy and function in a much different capacity with immune cells. This different function of IgG causes the symptoms of the allergy to be delayed. Thus, symptoms may occur hours or even days after the offending food has been ingested. Some people can tolerate a large amount of food without ever experiencing any outward symptoms. Others may only require a minute amount of food before symptoms are expressed. The degree and severity of symptoms vary because of the genetic makeup of the individual.



Clinical studies have recently been published which demonstrate that complete elimination of IgG positive foods may bring about important improvements in symptoms of Irritable Bowel Syndrome, Autism, AD(H)D, Cystic Fibrosis, Rheumatoid Arthritis, and Epilepsy.

At The Great Plains Laboratory, Inc. (GPL), we offer an affordable, comprehensive, and accurate IgG Food Allergy Test. We offer 93 foods tested at a fraction of the cost of other labs. We perform several different methods of quality controls to insure the accuracy and reliability of our analysis. A free phone consultation with a nutritional consultant is available to practitioners and patients with results.

Dried Blood Spot (DBS): A Convenient Collection

The IgG Food Allergy Test 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. We test 93 foods in the IgG dried blood spot test and at the same price as the serum analysis. Other laboratories only offer a limited number of foods tested using dried blood spot at higher prices.

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 Difficulties
- ☀ Migraines
- ☀ Movement Disorders
- ☀ Multiple Sclerosis
- ☀ Obsessive-Compulsive Disorders
- ☀ Psychosis, Violent and Aggressive Behaviors
- ☀ Rheumatoid Arthritis
- ☀ Seizures
- ☀ Sleep Disorders
- ☀ Tic Disorder
- ☀ Tourette Syndrome

“By just following the results of the food allergy test, I have witnessed that my son has started to sit calmly for short noticeable time spans and his violent movements have also started to improve.”

~ Father of an autistic son from Pakistan


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For more information or to request a test kit, contact us

Phone: (913) 341-8949 Fax: (913) 341-6207 Toll Free: 1-800-288-0383
www.greatplainslaboratory.com E-mail: customerservice@GPL4U.com



Sample Lab Report



The Great Plains Laboratory, Inc.

William Shaw, Ph.D. Director 11813 W. 77th Street, Lenexa, KS 66214 (913) 341-8949 Fax (913) 341-6207

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

Comprehensive Food Allergy Test		IgG	
Dairy			
Casein	1.54	Corn	1.05
Cheese	1.17	Flax	1.44
Goat's Milk Cheese	1.93	Glutadin	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
Beans and Peas			
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	Fish	
Pinto Bean	0.84	Cod Fish	0.85
Soybean	0.82	Crab	0.70
Fruit			
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	Meat/Fowl	
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	Nuts	
Strawberry	0.86	Almond	1.26
Watermelon	1.23	Cashews	0.93
Grains and Legumes			
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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Testing Procedure

1. Contact The Great Plains Laboratory, Inc. via phone, fax, e-mail, or on 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. The results will be mailed with a detailed explanation to the patient and medical practitioner in approximately one to three weeks after receiving your sample, unless the practitioner has specified otherwise.
7. A free phone consultation with our nutritional consultant is available to practitioners and patients upon request.

Complete List of Foods in the IgG Food Allergy Test

Almond, Apple, Apricot, Asparagus, Avocado, Banana, Barley, Beef, Beet, Blueberry, Broccoli, Buckwheat, Cabbage, 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, Yeast (Bakers), Yeast (Brewers), Yogurt



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