



The Great Plains Laboratory, Inc.

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Requisition #:	Sample Report CMI31	Physician Name:	REGENERUS LAB
Patient Name:		Date of Collection:	03/19/2019
Patient Age:		Time of Collection:	07:30 AM
Sex:		Print Date:	3/28/2019

Gluten / Casein Peptides Test

Peptides	Peptide (P) ng/ml	Creatinine (C) mg/dl	Patient Relative Ratio	Reference Range Relative Ratio	
			(P/C)		
Casomorphin (Milk)	57.70	63.36	0.91	<0.41	H
Gliadorphin (Wheat)	379.30	63.36	5.99	<5.58	H

If either of the peptide results is abnormal, a gluten-free and casein-free diet should be considered for the person who was tested. If both peptide results are normal, further testing with IgG food allergy tests should be done before adopting a diet containing gluten and/or casein. If both peptide and IgG food allergy tests are normal, then the person can probably tolerate gluten and casein but a one-month elimination diet trial without these foods might still be useful.

Children on gluten and/or casein free diets may have normal values of the peptides in urine. Children with high values may benefit from gluten/casein free diets and/or peptidase supplementation. Children with normal peptide values may still have wheat and/or milk allergies that can be detected by allergy tests.

People on a diet containing soy proteins or who are consuming soy "milk" may also have high peptides in their urine. Soy proteins are used as emulsifiers, extenders, binders and stabilizers in meat, poultry, snack foods, sausage, frozen spaghetti, and whipped toppings. Textured vegetable protein (TVP) is soy based and many meat substitutes are soy-based. We have found that individuals on soy may have high values for gliadorphin and/or casomorphin presumably because of peptides from soy that are similar or identical to those in gluten or casein (Zhang XZ, Wang HY, Fu XQ, Wu XX, Xu GL. Bioactive small peptides from soybean protein. Ann N Y Acad Sci 1998 Dec 13; 864: 640-5).

This test was developed and its performance characteristics determined by The Great Plains Laboratory. It has not been cleared or approved by the U.S. Food and Drug Administration.

The FDA has determined that such clearance or approval is not necessary. This laboratory is certified under the Clinical Laboratory Improvement Amendments of 1988 ("CLIA") as qualified to perform high-complexity clinical testing.