

Health starts
at home.

Advanced Allergy Test

Home-to-lab

 IgE Blood sample test

SAMPLE

 Check my body health

Firstname Surname

Date of birth: XX/XX/XX

Unique reference code: XXXXXXXX

Report date: XX/XX/XX

Allergen-Specific IgE

Immunoglobulin E (IgE) is a class of antibody, which functions as part of the body's immune system. It is associated with allergic reactions. It is found in very small amounts in the blood and testing it measures the amount of allergen-specific IgE in the blood. Elevated levels of allergen-specific IgE can suggest the presence of allergy however results must be interpreted with a full clinical history.

Food Allergens

Meat & Dairy	Value (IU/mL)	Reaction	Grains & Seeds	Value (IU/mL)	Reaction
Beef	≤ 0.34	Class 0	Barley	5.17	Class 3
Chicken	0.40	Class 1	Buckwheat	5.17	Class 3
Egg white	0.80	Class 2	Rice	5.17	Class 3
Egg yolk	4.50	Class 3	Rye	5.17	Class 3
Lamb meat	21.50	Class 4	Wheat flour	5.17	Class 3
Milk	75.30	Class 5	Yeast (baker's)	5.17	Class 3
Pork	>100	Class 6	Sesame	5.17	Class 3
Cheddar cheese	4.50	Class 3			
Vegetables & Legumes	Value (IU/mL)	Reaction	Fruits	Value (IU/mL)	Reaction
Carrot	5.17	Class 3	Apple	5.17	Class 3
Celery	5.17	Class 3	Banana	5.17	Class 3
Corn	5.17	Class 3	Cacao	5.17	Class 3
Cucumber	5.17	Class 3	Citrus mix	5.17	Class 3
Garlic	5.17	Class 3	Kiwi	5.17	Class 3
Mushroom	5.17	Class 3	Mango	5.17	Class 3
Onion	5.17	Class 3	Peach	5.17	Class 3
Potato	5.17	Class 3	Strawberry	5.17	Class 3
Tomato	5.17	Class 3			
Soy bean	5.17	Class 3	Nuts	Value (IU/mL)	Reaction
White bean	5.17	Class 3	Almond	5.17	Class 3
			Brazil nut	5.17	Class 3
			Cashew nut	5.17	Class 3
			Coconut	5.17	Class 3
			Hazel nut	5.17	Class 3
			Macadamia nut	5.17	Class 3
			Peanut	5.17	Class 3
			Pine nut	5.17	Class 3
			Sweet chestnut	5.17	Class 3
			Walnut	5.17	Class 3
Seafood	Value (IU/mL)	Reaction			
Anchovy	5.17	Class 3			
Blue mussel	5.17	Class 3			
Clam	5.17	Class 3			
Codfish	5.17	Class 3			
Crab	5.17	Class 3			
Eel	5.17	Class 3			
Lobster	5.17	Class 3			
Mackerel	5.17	Class 3			
Oyster	5.17	Class 3			
Pacific squid	5.17	Class 3			
Plaice	5.17	Class 3			
Salmon	5.17	Class 3			
Scallop	5.17	Class 3			
Shrimp	5.17	Class 3			
Tuna	5.17	Class 3			

Results explainer

A reaction has shown in testing and may indicate the presence of an allergy. IgE results must be used in conjunction with a clinical picture and thorough understanding of symptoms. We would recommend removing an item that reacted in testing if you are experiencing physical symptoms when you eat or come into contact with it.

Mild to Moderate Allergic symptoms;

- Swelling of lips, face or eyes.
- Skin rashes with itching, hives or welts.
- Tingling mouth
- Abdominal pain, vomiting, diarrhoea.

If you have a mild to moderate allergic reaction:

- Take an antihistamine asap.
- Phone family/emergency contact
- Watch for worsening symptoms

Severe Allergic symptoms or Anaphylaxis;

AIRWAY

- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking/hoarse voice

BREATHING

- Difficult/noisy breathing
- Wheeze or persistent cough

CIRCULATION

- Persistent dizziness or collapse
- Loss of consciousness
- Rapid or slow heartbeat

**If you have a severe anaphylactic reaction:
Call for help, lie down flat, call 999**

Most adults with food allergies have had their allergy since they were children. A true symptomatic food allergy will usually cause some sort of reaction every time the trigger food is eaten, usually within two hours of ingestion. Allergy testing is not an exact science and having positive results may not mean that you react to that allergen in everyday life. It is possible to have a reaction in testing but not experience any physical symptoms. This may indicate sensitisation to an item but not allergy.

It is also important to note that the strength of laboratory reaction does NOT predict the severity of physical symptoms. It is therefore possible to have a strong reaction in testing and mild or no symptoms and it is equally possible to experience debilitating or serious symptoms but have a low reaction in testing.

Prevention Is Key

The best way to fight a food allergy and avoid both mild and severe reactions is to know what you are eating and try to avoid those foods that you are allergic to. If you are experiencing mild symptoms that could be caused by a food allergy, then we recommend that you exclude this food substance from your diet and see if your symptoms diminish. Over the counter antihistamines sometimes help if taken before a meal. Your GP is unlikely to be concerned over mild symptoms.

It may be worth speaking with a nutritional therapist who will be able to offer tips for avoiding the foods that trigger your allergies and ensuring that even if you exclude certain foods from your diet, you still get all the nutrients you need.

Find a nutritional therapist here: <https://bant.org.uk/bant/jsp/practitionerSearch.faces>

If you experience any moderate or severe symptoms (as listed above, but including difficulty in breathing, swelling of lips/tongue with any food) then please contact your GP urgently to discuss your symptoms. Your GP will then consider your results along with your medical history, previous tests and any current treatment, and if they suspect a serious food allergy may refer you on to an allergy clinic.