



Next Generation Food Sensitivity Testing

Breakthroughs in IgG Antibody Testing!

- New patent pending IgG₄ assay
- First test to quantitate IgG₄
- Eliminate non-specific binding therefore eliminate false positives without rejecting true positives!

Food Antibody Testing

IgE

The less common but widely recognized atopic food sensitivities, such as an immediate reaction to peanuts or shell fish, are IgE-mediated responses.

IgG₄

IgG₄ antibodies are associated with non-atopic or “delayed” food reactions that can worsen or contribute to many different health problems and are considered the most common form of immunology mediated food intolerance. These reactions are more difficult to notice since they can occur hours or even days after consumption of an offending food. In some cases, a person may eat a food for several days before developing a reaction to it, so they may not realize the link between the food and their symptoms. These “hidden” food allergies are caused by increasing blood levels of IgG₄ antibodies in reaction to specific foods. Often the offenders are frequently eaten foods that are hard to avoid, such as milk, corn, and wheat. Simultaneous high levels of many IgG₄ food-specific antibodies are generally related to intestinal hyperpermeability.

Bloodspot IgG₄

From a simple finger stick, the BloodspotSM IgG₄ Food Antibody Profile measures levels of IgG₄ antibodies specific to 30 commonly offending foods. It clearly identifies those foods that may be causing health problems, helping to achieve positive outcomes sooner, even when combined with elimination/provocation testing.

Food sensitivities can occur at any age, triggering many different symptoms and contributing to a variety of disorders, including:

- Inflammatory bowel disease
- Fatigue
- ADD/ADHD
- Migraines
- Skin problems
- Rheumatoid arthritis
- Sinusitis
- Recurrent ear infections

Metamatrix offers a choice of testing:

- **IgE Food Antibody Profile**, which measures levels of antigen-specific IgE to 30 common foods from a serum specimen.
- **IgG₄ Food Antibody Profile**, which measures serum levels of IgG antibody subclass 4 specific to 90 food antigens. A customized 4-day rotation diet is included.
- **Bloodspot IgG₄ Food Antibody Profile**, which measures levels of IgG₄ antibodies specific to 30 commonly offending foods from a finger stick. A standard 4-day rotation diet is included.
- Special Pricing when you order serum IgG₄ and IgE Food Antibody testing together.



Individualized Solutions for Integrative CliniciansSM

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Significant positive IgG4 reactions are summarized with the Four-Day Rotation Diet

Significant Positive IgG Reactions
Only those foods with IgG4 reactions of Class +3 or greater are included in this section.

Egg, White	+3
Casein	+4
Egg, Yolk	+5
Milk	+5

Four-Day Rotation Diet Instructions

Patient Information

Accession Number: A0708300306
 Reference Number: Sample Report
 Patient: [Redacted]
 Age: 57
 Date of Birth: 12/25/1949
 Date Collected: 8/30/07
 Date Received: 8/30/07
 Report Date: 8/30/07
 Telephone: 770-446-5483
 Fax: 770-441-2237
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 Comment:

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0075 IgG4 Food Antibodies (90 Antigens)

Results ng/mL	Response Class	Results ng/mL	Response Class
Dairy/Meat/Poultry			
Beef	<10	Strawberry	<10
Casein	233	Watermelon	<10
Chicken	13	Barley	14
Egg, White	17	Corn	<10
Egg, Yolk	38	Oat	10
Lamb	11	Rice	29
Milk	384	Rye	<10
Pork	<10	Wheat	<10
Turkey	<10	Pea, Green	<10
Fish/Shellfish			
Crab	55	Lentil	24
Codfish	16	Lima Bean	<10
Flounder	10	Navy Bean	26
Halibut	<10	Peanut	302
Lobster	<10	Pinto Bean	21
Mackerel	12	Soybean	17
Oyster	<10	Bean, String	23
Trout	11	Aspergillus	21
Salmon	<10	Black Pepper	<10
Shrimp	<10	Chocolate	20
Tuna	<10	Cinnamon	10
Fruits			
Apple	14	Coffee	15
Banana	12	Ginger	<10
Blueberry	<10	Malt	<10
Cherry	<10	Tea	<10
Citrus	<10	Vanilla	<10
Coconut	<10	Yeast, Bakers	17
Cranberry	<10	Yeast, Brewers	26
Guava	<10	Almond	<10
Kiwi	<10	Cashew	23
Lemon	<10	Coconut	<10
Lime	<10	Pecan	<10
Mango	<10	Pistachio	14
Orange	<10	Sesame	17
Peach	<10	Sunflower	<10
Pineapple	<10		
Raspberry	<10		
Strawberry	<10		
Watermelon	<10		

Results are grouped based on food families and presented numerically as well as by reaction severity

Class Definitions:
 Class Negative (-1/+2)
 Mild (+1/+2)
 Moderate (+3/+4)
 Severe (+5)

The Class Definitions provide a guide to associate results with a response

Elimination of Foods:
 Foods that are categorized as moderate or severe should be eliminated for 4 weeks. For 4 weeks, reintroduce each food one-at-a-time and wait one week before introducing the next food. Record the date and time each food is eaten and any reactions or symptoms that occur. If adverse reactions occur after 72 hours, add the food into the rotation diet. If adverse reactions are not observed, continue to eliminate the food and try to reintroduce it again in 2-4 weeks. If it is unclear if a reaction has occurred, wait a few days and try again.
 Foods that are categorized as giving a mild immune response (+1/+2) should be eaten only once every four days.

Rotation Diet:
 The rotation diet is divided into 4 days. All foods with a moderate or high IgG antibody level should be eliminated from the diet menu. After "Day 4", go back to the Day 1 column for Day 5, and so on.
 Following this diet will assure that no one food is eaten more often than once every four days, which prevents food addictions and reactions.
 Once you have reintroduced the moderate and severe foods without experiencing any adverse reactions, incorporate them into one of the four days of your rotation to prevent a recurrence of any allergies.

Recommendations and Tips:

- Read all food ingredient labels and become familiar with the many names a food may have.
- Many commercially prepared foods and supplements have hidden allergens.
- Keep a food symptom journal including time food eaten, amount of food eaten, and any reactions or symptoms that occur.
- Do not feel that you have to prepare more than one diet in your household. The rotation diet provides variety and by preventing the development of food allergies.
- Avoid consuming canned, packaged, and/or fast foods. They often lack wholesome ingredients.
- Include at least 3 different food groups at each meal for variety and decreasing the likelihood of developing food allergies.
- Unrefined, cold-pressed oils (safflower, olive, canola, sesame) and more flavor.
- Relax and chew your food well to break down food mechanically for digestion.
- Be aware that elimination of allergenic foods can sometimes cause withdrawal symptoms. These symptoms will subside in a few days, so stick with it.
- Do not fear, your IgG, delayed food allergies are not permanent. The purpose of the rotation diet is to give the body time to rest and repair itself so that once foods are reintroduced the moderate and severe foods without experiencing any adverse reactions, incorporate them into one of the four days of your rotation to prevent a recurrence of any allergies.

Four-Day Rotation Diet

Rotation Diet Benefits:
 Whether you have food allergies or not, a rotation diet has many benefits:

- prevents food addictions and allergies
- provides a variety of fresh, nutrient-rich, unprocessed foods
- cuts down on saturated and trans fatty acids, sodium, and refined sugars
- can prevent, and often times correct, digestive problems

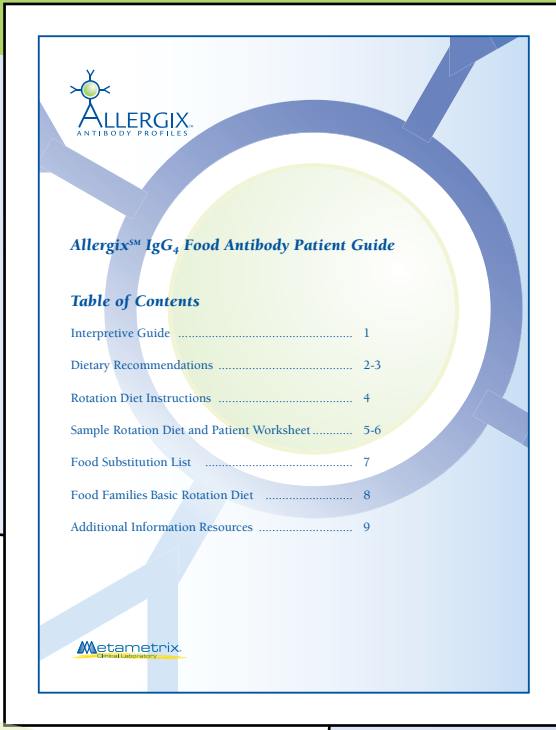
Elimination of Foods:

- All foods that are categorized as moderate or severe should be eliminated for 4 weeks.
- After 4 weeks, reintroduce each food one-at-a-time and wait one week before introducing the next food.
- Record the date and time each food is eaten and any reactions or symptoms that occur.
- If no reactions occur after 72 hours, add the food into the rotation diet. If adverse reactions are experienced, continue to eliminate the food and try to reintroduce it again in 2-4 weeks.
- All foods that are categorized as mild should be eaten only once every four days.

0076 Bloodspot IgG Food Antibody Assay (30 Antigen)

Negative	Borderline 0/1	Mild +1	Moderate +2	Severe +3
	Almond	Soybean	Milk	Wheat
Aspergillus				
Beef				
Cantaloupe				
Cashew				
Chicken				
Corn				
Crab				
Egg, Whole				
Garlic				
Lobster				
Mustard Greens				
Oat				
Orange				
Pea, Green				
Pinto Bean				
Rice				
Salmon				
Shrimp				
Strawberry				
Sunflower				
Tuna				
Turkey				
Walnut				

Foods to avoid are shown in separate columns in order of severity



AllergixSM IgG₄ Food Antibody Patient Guide

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Metamatrix

The IgG4 Antibody Patient Guide provides a Four-Day Rotation Diet and suggested substitutions for common foods



Food Antibodies

- Test # 0075 IgG₄ Food Antibodies - 90 Antigens
- Test # 0076 IgG₄ Food Antibodies Bloodspot - 30 Antigens
- Test # 0077 IgE Food Antibodies - 30 Antigens
- Test # 0071 IgE Food Antibodies - 30 Antigens (NY)

Specimen Requirements

- Test # 0075 Serum, 3 ml, refrigerated
- Test # 0076* Blood spot
- Test # 0077* Serum, 3 ml, refrigerated
- Test # 0071 Serum, 3 ml, refrigerated (NY)

* NOT available in New York

Method

ELISA

Turnaround Time

- Test # 0075 4-7 days, 7 days average
- Test # 0076 7-14 days, 14 days average
- Test # 0077 7-14 days, 14 days average
- Test # 0071 7-14 days, 14 days average

CPT Codes

- Test # 0075, # 0076 86001 x # of individual antigens
- Test # 0077, # 0071 86003 x # of individual antigens

Additional AllergixSM Profiles:

- Test # 7205 IgE Inhalant Antibodies
(# of antigens varies based on region tested)
- Test # 0078 Celiac Profile

****AllergixSM Profiles are also included in the following**

Metamatrix Integrated Profiles:

- Test # 0400 TRIADSM Profile
- Test # 1075 As an add-on to the IONSM Profiles



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Antigens Reported	# 0075**	# 0076	# 0077	# 0071	Antigens Reported	# 0075**	# 0076	# 0077	# 0071
Almond	✓	✓	✓	✓	Lobster	✓	✓	✓	
Apple	✓			✓	Mackerel	✓			
Apricot	✓				Malt	✓			
Asparagus	✓				Milk	✓	✓	✓	✓
Aspergillus	✓	✓	✓		Mushroom	✓			
Avocado	✓				Mustard	✓	✓	✓	
Banana	✓			✓	Navy Bean	✓			
Barley	✓				Oat	✓	✓	✓	✓
Bean, String	✓				Olive	✓			
Beef	✓	✓	✓	✓	Onion	✓			✓
Black Pepper	✓				Orange	✓	✓	✓	✓
Blueberry	✓				Oregano	✓			✓
Broccoli	✓			✓	Oyster	✓			
Cabbage	✓				Pea, Green	✓	✓	✓	
Cantaloupe	✓	✓	✓	✓	Peach	✓			
Carrot	✓				Peanut	✓	✓	✓	✓
Casein	✓				Pear	✓			
Cashew	✓	✓	✓		Pecan	✓			✓
Cauliflower	✓				Pepper, Green	✓			
Celery	✓				Pineapple	✓			
Chicken	✓	✓	✓	✓	Pinto Bean	✓	✓	✓	✓
Chocolate	✓				Pistachio	✓			
Cinnamon	✓				Pork	✓	✓	✓	✓
Clam	✓				Potato	✓			✓
Coconut	✓				Rice	✓	✓	✓	
Codfish	✓			✓	Rye	✓			
Coffee	✓				Salmon	✓	✓	✓	
Corn	✓	✓	✓	✓	Sesame	✓			
Crab	✓	✓	✓		Shrimp	✓	✓	✓	✓
Cranberry	✓				Soybean	✓	✓	✓	✓
Cucumber	✓				Spinach	✓			
Egg White	✓				Strawberry	✓	✓	✓	✓
Egg Yolk	✓				Sunflower	✓	✓	✓	
Egg, Whole		✓	✓	✓	Sweet Potato	✓			
English Walnut				✓	Tea	✓			
Flounder	✓				Tomato	✓	✓	✓	✓
Garlic	✓	✓	✓		Trout	✓			
Ginger	✓				Tuna	✓	✓	✓	✓
Grape	✓				Turkey	✓	✓	✓	✓
Grapefruit	✓				Vanilla	✓			
Halibut	✓				Walnut	✓	✓	✓	
Honeydew	✓				Watermelon	✓			
Kidney Bean				✓	Wheat	✓	✓	✓	✓
Lamb	✓				Yeast, Baker's	✓			✓
Lemon	✓				Yeast, Brewer's	✓			
Lentil	✓				Zucchini	✓			