

Food Allergy Panel

Key Clinical Messages

What is the Food Allergy Panel?

The Food Allergy Panel is a serum blood test designed to identify and assess food allergies. It tests IgE antibody levels to 12 of the most common food allergens, including:

- Tuna
- Oyster
- Soybean
- Crab
- English Walnut
- Shrimp
- Cows Milk
- Egg White
- Egg Yolk
- Corn
- Wheat
- Peanut

This panel is helpful for those who have a diagnosed or suspected food allergy, or a family or personal history of allergies, asthma, eczema, hives, or hay fever.

Why Order the Food Allergy Panel?

The Food Allergy Panel provides vital insights about IgE-mediated food reactions. Food allergies are a significant problem, affecting approximately 32 million people in the US alone.¹

Food allergies can also occur at any age. Even foods that have been consumed without problems for years can suddenly trigger an allergic reaction. The Food Allergy Panel helps detect and identify the most common food allergens, enabling your patients to take preventive steps to protect their health and improve their overall well-being.

Which Patients Benefit from This Test?

During an allergic reaction, the immune system perceives a specific allergen as a threat and stimulates the production of IgE antibodies. Recognizing the symptoms of food allergy is crucial, as they can range from mild to even life-threatening.

Conditions and symptoms that may benefit from Food Allergy Panel testing include:

- Known or suspected food allergies
- Family history of food allergies
- Nasal congestion or runny nose
- Asthma
- Eczema
- Hay Fever
- Sneezing
- Dry cough
- Diarrhea
- Hives
- Rashes
- Itchy mouth or ear canal
- Stomach pain
- Nausea or vomiting
- Odd taste in the mouth
- Tight or hoarse throat
- Swelling of the lips, tongue, and/or throat
- Trouble swallowing
- Shortness of breath or wheezing
- Pale or blue skin color
- Drop in blood pressure
- Loss of consciousness
- Chest pain
- Weak pulse
- Anaphylaxis

Reference

1. Asthma and Allergy Foundation of America. Retrieved from <https://aafa.org/allergies/allergy-facts>



Which Tests Pair Well with the Food Allergy Panel?

- **Total IgE:** To assess for total IgE immunoglobulin levels.
- **Total Immunoglobulins (Total IgE, Total IgA, Total IgG, Total IgM):** To assess for hypo- or hypergammaglobulinemia
- **IgG4 & C3D Food Sensitivity Test:** To assess for immune tolerance to positive IgE foods, since IgG4 can act as a blocking agent for IgE antibodies, and C3D can assess for complement activation.

Lab Methodology

The Food Allergy Panel uses high-density microarrays, which simultaneously recognize multiple food reactions. Each sample is tested using a silicon-based biochip and chemiluminescent detection for allergens. Additionally, each allergen is tested with three controls for exceptional consistency and reproducibility.

We're proud to be a CLIA-certified and CAP-accredited lab.

Test Prep for Blood Collection

Collection: One (1) serum (Tiger or Red and yellow top SST).

Hydration: No restrictions.

Fasting Restrictions: Not required.

Diet Restrictions: None.

Medication or Supplement Restrictions: None

Sample Report

Allergy-Food

VibrantAmerica
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LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
FOOD ALLERGEN	DEMO	MALE	2001-05-04	2310160002	10-15-2023 14:27

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Dairy							
Cow's Milk IgE* (kU/L)	0.14			≤0.34	0.35-3.49	≥3.50	0.14 09/16/2023
Fish							
Tuna IgE* (kU/L)	0.18			≤0.34	0.35-3.49	≥3.50	0.18 09/16/2023
Shellfish							
Crab IgE* (kU/L)	0.23			≤0.34	0.35-3.49	≥3.50	0.23 09/16/2023
Shrimp IgE* (kU/L)	<0.10			≤0.34	0.35-3.49	≥3.50	<0.10 09/16/2023
Mollusks							
Oyster IgE* (kU/L)	<0.10			≤0.34	0.35-3.49	≥3.50	<0.10 09/16/2023
Gluten containing grains							
Wheat IgE* (kU/L)	<0.10			≤0.34	0.35-3.49	≥3.50	<0.10 09/16/2023
Gluten free grains							
Corn IgE* (kU/L)	0.34			≤0.34	0.35-3.49	≥3.50	0.34 09/16/2023

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Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Legumes							
Peanut IgE* (kU/L)	<0.10			≤0.34	0.35-3.49	≥3.50	<0.10 09/16/2023
Soybean IgE* (kU/L)	<0.10			≤0.34	0.35-3.49	≥3.50	<0.10 09/16/2023
Meat							
Egg White IgE* (kU/L)	0.31			≤0.34	0.35-3.49	≥3.50	0.31 09/16/2023
Egg Yolk IgE* (kU/L)	0.30			≤0.34	0.35-3.49	≥3.50	0.30 09/16/2023
Nuts(Tree)							
English Walnut IgE* (kU/L)	0.27			≤0.34	0.35-3.49	≥3.50	0.27 09/16/2023

Regulatory Statement:

This test has been laboratory developed and their performance characteristics determined by Vibrant America LLC, a CLIA-certified laboratory performing the test CLIA#:05D2078809. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.