

Food Allergy Panel



Who Will Benefit from Food Allergy Testing?

The Food Allergen panel tests for 12 of the most common food allergens including peanut, milk, egg, shellfish, wheat, and fruits.

Food allergies are most common in babies and children, but they can appear at any age. You can even develop an allergy to foods you have eaten for years with no problems.¹

If you are diagnosed with or suspect a food allergy, or have a family or personal history of allergy, asthma, eczema, hives, or hay fever, you may benefit from this panel.

Recognizing Symptoms of Food Allergies

Symptoms include:

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



Why is This Test Important?

- Food allergies affect about 32 million people in the US.²
- During an allergic reaction, the immune system feels the body is being threatened by the presence of a specific allergen and stimulates the production of IgE antibodies.
- The symptoms of an allergic reaction to food can range from mild to severe and life-threatening.³
- The Vibrant Food Allergy panel will help you detect and address the most common food allergens so you can take preventative measures to protect your health and start feeling better.

The Vibrant Wellness Advantage

Unparalleled specificity and sensitivity. Our proprietary technology detects antibodies to 12 different allergens.

Validated and accredited. Science-backed testing and analysis based on rigorous, ongoing research by clinical experts.

What to Expect from the Test

1. Follow our simple instructions to perform this test at a blood draw center.
2. Before testing:
 - You do not need to fast before your Food Allergens test.
 - There are no diet or dietary supplement restrictions required before testing. We recommend consuming your “normal” diet before testing – meaning we don’t recommend excluding specific foods from your diet before testing, as this could affect results.
 - Your provider may ask you to discontinue medications or dietary supplements. Speak with your provider to learn more.
3. Send the test to our labs for analysis and work with your care provider to understand the results.

About Vibrant Wellness

Vibrant Wellness is a leading CLIA-certified and CAP-accredited biotech company based in San Carlos, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root of patient health issues.

We’re at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve better health and vibrant longevity through individualized solutions based on testing—not guessing.

References:

1. <https://acaai.org/allergies/allergic-conditions/food/>
2. <https://aafa.org/allergies/allergy-facts>
3. <https://www.foodallergy.org/resources/facts-and-statistics>

Regulatory Statement

The general wellness test intended uses relate to sustaining or offering general improvement to functions associated with a general state of health while making reference to diseases or conditions. This test has been laboratory developed and its performance characteristics determined by Vibrant America LLC and Vibrant Wellness, CLIA-certified and CAP-accredited laboratory performing the test. 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.