

P88 DIETARY ANTIGEN TESTING

Why test for food sensitivities?

The immune system is your body's way of letting you know that you may be intolerant or sensitive to certain foods. A reaction to food is an abnormal response in the gastrointestinal tract that can occur for different reasons.

Sometimes there may not be enough of a particular enzyme to digest a certain food correctly. Other times, the immune system creates antibodies to proteins in specific foods. When the immune system reacts to a food in this way, it can lead to inflammation and irritation of the intestine when eaten. Food allergies are distinct from food sensitivities. Allergies can result in life-threatening reactions. Sensitivities result in milder symptoms such as diarrhea, gas, or bloating but also create inflammation that drives many pathologies and prevents improvement. This test is the only one that looks at both.

Allergic reactions are classified into four types. Our food allergy profile detects Type I, II, III and IV responses, which are associated with a delayed allergic response that is mediated by an IgG response and immune complexes.

Within an immune complex, the complement component 3 (C3) is converted into C3d, which is an activator of the complement cascade. Our food allergy test is unique in that the test detects multiple classes of IgG and complement which results in a higher sensitivity.



What does the test tell me?

Your doctor may use the **P88 Dietary Antigen Test** to report on the degree of immune sensitivity and severity to each specific food. Our test is one of the only tests that looks not only at immunoglobulins (IgG, IgE, IgG4) but also complement, which amplifies activity of the immune system. Most tests look at one immune reaction.

We look at 4 together, giving you a true picture of the immune system.

If you have food sensitivity symptoms such as diarrhea, gas, bloating, fatigue, constipation, or hives, then your doctor is looking to pinpoint which specific foods or may be causing these symptoms by running **P88 Dietary Antigen Testing**.

How is this test different?

The Precision Point profile is published in medical literature and is used in a number of clinical trials. By looking at multiple types of immunoglobulins together as well as complement that amplifies its presence, it is easier to identify what is truly involved in your symptoms and health.

DIETARY ANTIGEN	ALLERGY				IMMUNE TOLERANCE TO				SENSITIVITY			
	IgE	IgG (total)	IgG4	C3d	IgE	IgG4	IgG	C3d	IgE	IgG4	IgG	C3d
Almond	MODERATE	1.22	HIGH	8.88	MODERATE	2.10	MODERATE	1.20	LOW	0.40	LOW	0.40
Apple	HIGH	2.89	LOW	0.24	HIGH	6.26	LOW	0.40	LOW	0.40	LOW	0.40
Apricot	MODERATE	0.81	LOW	0.15	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Asparagus	LOW	0.20	LOW	0.15	LOW	22.03	LOW	0.22	LOW	0.22	LOW	0.22
Avocado	MODERATE	0.00	LOW	0.00	MODERATE	2.96	LOW	1.11	LOW	1.11	LOW	1.11
Banana	HIGH	7.40	LOW	0.41	HIGH	12.09	LOW	1.45	LOW	1.45	LOW	1.45
Banana Peel	MODERATE	1.34	LOW	0.42	LOW	4.00	LOW	1.52	LOW	1.52	LOW	1.52
Beef	LOW	1.35	LOW	0.42	LOW	6.45	LOW	0.80	LOW	0.80	LOW	0.80
Black Pepper	MODERATE	0.00	LOW	0.00	LOW	5.23	LOW	0.80	LOW	0.80	LOW	0.80
Blackberry	LOW	0.16	LOW	0.00	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Broccoli	LOW	0.00	LOW	0.00	LOW	2.39	LOW	0.80	LOW	0.80	LOW	0.80
Broccoli Stem	LOW	0.00	LOW	0.16	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Brussels Sprouts	MODERATE	0.00	LOW	0.00	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Cabbage	LOW	0.00	LOW	0.16	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Cantaloupe	LOW	0.39	LOW	0.10	LOW	7.44	LOW	1.40	LOW	1.40	LOW	1.40
Cashew	MODERATE	1.07	LOW	0.00	LOW	11.44	LOW	1.20	LOW	1.20	LOW	1.20
Cauliflower	MODERATE	0.89	LOW	0.10	LOW	1.16	LOW	0.80	LOW	0.80	LOW	0.80
Celery	LOW	0.12	LOW	0.07	LOW	1.16	LOW	0.80	LOW	0.80	LOW	0.80
Chickpea	MODERATE	0.39	LOW	0.00	MODERATE	13.18	LOW	0.68	LOW	0.68	LOW	0.68
Coffee	HIGH	1.11	MODERATE	7.82	MODERATE	3.13	HIGH	1.21	LOW	1.21	LOW	1.21
Cornflower	MODERATE	0.00	MODERATE	0.00	MODERATE	0.00	LOW	0.00	LOW	0.00	LOW	0.00
Corn	LOW	0.00	LOW	0.00	LOW	0.41	LOW	0.80	LOW	0.80	LOW	0.80
Cucumber	LOW	0.00	LOW	0.00	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Curry	MODERATE	0.00	LOW	0.00	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Dates	MODERATE	0.00	LOW	0.00	LOW	19.29	LOW	0.80	LOW	0.80	LOW	0.80
Garlic	LOW	1.38	MODERATE	8.80	LOW	4.09	LOW	0.80	LOW	0.80	LOW	0.80
Garlic Oil	LOW	0.18	MODERATE	0.00	LOW	0.39	LOW	0.20	LOW	0.20	LOW	0.20
Goat Cheese	MODERATE	0.58	LOW	0.11	MODERATE	2.11	LOW	0.80	LOW	0.80	LOW	0.80
Goffish	LOW	0.16	LOW	0.00	LOW	0.80	LOW	0.80	LOW	0.80	LOW	0.80
Gon	LOW	0.16	LOW	0.00	LOW	0.80	LOW	0.80	LOW	0.80	LOW	0.80
Grain	LOW	0.00	LOW	0.00	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Guava	LOW	0.19	MODERATE	16.22	MODERATE	51.31	LOW	1.27	LOW	1.27	LOW	1.27
Guava Seed	LOW	0.00	LOW	0.00	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Hazelnut	LOW	0.00	LOW	0.21	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50
Honey	MODERATE	0.00	LOW	0.00	LOW	0.50	LOW	0.50	LOW	0.50	LOW	0.50



SYMPTOMS ASSOCIATED WITH FOOD REACTIONS

Auto-Immune Conditions	Gas or bloating
Constipation or Diarrhea	Gastroesophageal reflux
Decreased immune function	Headache or migraine
Weight Gain	Hives, rash, eczema, or edema
Depression/Anxiety	Joint pain and inflammation
Fatigue/Poor Sleep	Poor absorption of valuable vitamins and minerals

IgE and IgG4

Precision Point Diagnostics Dietary Antigen Test measures IgE similar to the skin prick test, but more reproducible. This test analyzes the serum levels of IgE antibodies for 88 different food antigens, as well as IgG4 total, which is indicative of immune tolerance. The serum allergy test has several advantages over a skin prick test. It is much safer for the patient, as they are not being directly exposed to antigens which may cause a severe reaction. The serum test is also more reproducible and sensitive and therefore more accurate.

IgE antibodies are one of five subclasses of antibodies in our immune system. Antibodies are proteins that attack antigens, such as bacteria, viruses and allergens to keep our body healthy.

Blocking Potential

Allergen Range Values	IgE	Immune Tolerance to IgE	IgG4
	0.78	Yes	1.57

If IgG4 is > IgE = Immune tolerance

Sometimes the antibodies become confused and will attack food proteins as well. The IgE antibody response is the most common known food allergy response. It usually occurs immediately and can create severe symptoms, such as swelling, hives, itching, and in some cases, anaphylaxis.

IgG4, which is a subclass of IgG, is another antibody in the immune system. IgG4 blocks IgE antibodies from binding to receptor sites and releasing histamine. During treatment, when an allergist gives injections for desensitization, it is to increase IgG4 to block IgE, not to lower IgE. When the qualitative amount of IgG4 is higher than IgE, it creates a blocking effect and keeps the IgE from causing anaphylaxis.

The presence of this blocking agent assists your practitioner in diagnosis and treatment by helping to determine the severity of your reaction to certain foods.

— BLOCKING POTENTIAL = No Symptoms





IgG and Complement

Many have noted that IgG alone seems to not tell the entire story, and that is true. When IgG and complement are both present together this amplifies reactions, making them up to 1000 times more reactive.

Combining complement with IgG gives a more precise result. Complement, when elevated, increases cytokines in general and is a key player in increasing inflammation in many conditions. When we remove foods based on both IgG and complement, clinical symptoms resolve more quickly.

Features of this Test

- Most Tests Measure one way the immune system reactions to food, this test measures 4 immune reactions to 88 different dietary antigens.
- This test shows you which allergies you have developed a tolerance to, most just show allergic reaction but not when you have adapted to the antigen.
- Precision provides an Immune Index, listing all foods from highest to lowest so you know which foods to avoid in a simple format.
- Provides multiple diet choices for the patient so you can match their needs from more symptomatic to less symptomatic.

