CanAlt
Health Laboratories

Food IgG Sensitivity
PATIENT REPORT

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01/02/2024

Dear ,

Thank you for choosing CanAlt Health Laboratories for the Food IgG sensitivity test. Please find to follow the results of your test to more than 200 food specific IgG antibodies and guidelines on how to make full use of the test results:

TEST REPORT

Two different test reports are provided with every Food IgG sensitivity test:

1) **Food Groups –** foods are listed according to their respective food group
2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the level of IgG antibodies detected for each food. Foods are categorised as **ELEVATED**, **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information has been provided to help you understand the results. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the Food IgG antibody test does **NOT** test for **classical allergies**, which involves the production of IgE antibodies and can lead to rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Celiac disease or any other food related condition such as lactose intolerance.

Information is available on our website at www.canaltlabs.com or please do not hesitate to contact us at 416-800-8008, 1-877-900-8008 or send an email to inquire@canaltlabs.com.

Kind regards
Gini Bourner
CanAlt Health Laboratories

555-4-03

CanAlt Health Laboratories

200+
Test Report : Food Groups

Patient Name:		**Sample Date:**	DD/MM/YYYY
Patient Number:	B2	**Analysis Date:**	01/02/2024
Date of Birth:	DD/MM/YYYY	**Clinic:**	

ELEVATED (≥40 U/ml)	BORDERLINE (32-39 U/ml)	NORMAL (≤31 U/ml)

DAIRY / EGG

ELEVATED (≥40 U/ml)	BORDERLINE (32-39 U/ml)	NORMAL (≤31 U/ml)
<15 Alpha-Lactalbumin	110 Egg White	81 Milk (Cow)
<15 Beta-Lactoglobulin	<15 Egg Yolk	<15 Milk (Goat)
20 Casein	<15 Milk (Buffalo)	16 Milk (Sheep)

GRAINS (Gluten-Containing)*

ELEVATED (≥40 U/ml)	BORDERLINE (32-39 U/ml)	NORMAL (≤31 U/ml)
26 Barley	<15 Malt	46 Wheat
<15 Couscous	<15 Oat	<15 Wheat Bran
<15 Durum Wheat	<15 Rye	
<15 Gliadin*	37 Spelt	

GRAINS (Gluten-Free)

ELEVATED (≥40 U/ml)	BORDERLINE (32-39 U/ml)	NORMAL (≤31 U/ml)
27 Amaranth	<15 Millet	<15 Rice
23 Buckwheat	<15 Polenta	<15 Tapioca
27 Corn (Maize)	<15 Quinoa	

FRUIT

ELEVATED (≥40 U/ml)	BORDERLINE (32-39 U/ml)	NORMAL (≤31 U/ml)
<15 Apple	19 Guava	<15 Pear
<15 Apricot	<15 Kiwi	<15 Pineapple
<15 Avocado	<15 Lemon	23 Plum
<15 Banana	<15 Lime	<15 Pomegranate
<15 Blackberry	<15 Lychee	<15 Raisin
<15 Blackcurrant	<15 Mango	<15 Raspberry
<15 Blueberry	<15 Melon (Galia/Honeydew)	21 Redcurrant
<15 Cherry	<15 Mulberry	<15 Rhubarb
<15 Cranberry	<15 Nectarine	<15 Strawberry
<15 Date	<15 Olive	<15 Tangerine
<15 Fig	51 Orange	<15 Watermelon
<15 Grape (Black/Red/White)	<15 Papaya	
<15 Grapefruit	<15 Peach	

VEGETABLES

ELEVATED (≥40 U/ml)	BORDERLINE (32-39 U/ml)	NORMAL (≤31 U/ml)
<15 Artichoke	<15 Cauliflower	<15 Potato
<15 Asparagus	<15 Celery	16 Radish
<15 Aubergine	17 Chard	<15 Rocket
<15 Bean (Broad)	<15 Chickpea	<15 Shallot
<15 Bean (Green)	<15 Chicory	<15 Soya Bean
<15 Bean (Red Kidney)	<15 Cucumber	19 Spinach
37 Bean (White Haricot)	<15 Fennel (Leaf)	28 Squash (Butternut/Carnival)
<15 Beetroot	<15 Leek	<15 Sweet Potato
<15 Broccoli	23 Lentil	<15 Tomato
<15 Brussel Sprout	<15 Lettuce	<15 Turnip
<15 Cabbage (Red)	<15 Marrow	<15 Watercress
41 Cabbage (Savoy/White)	<15 Onion	<15 Yuca
<15 Caper	57 Pea	
<15 Carrot	<15 Pepper (Green/Red/Yellow)	

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Sample Type: Blood

Patient Name:		**Sample Date:**	DD/MM/YYYY
Patient Number:	B2	**Analysis Date:**	01/02/2024
Date of Birth:	DD/MM/YYYY	**Clinic:**	

FISH / SEAFOOD

27	Alga Espaguette	<15	Haddock	<15	Sardine
<15	Alga Spirulina	<15	Hake	<15	Scallop
24	Alga Wakame	<15	Herring	<15	Sea Bream (Gilthead)
<15	Anchovy	<15	Lobster	<15	Sea Bream (Red)
<15	Barnacle	<15	Mackerel	<15	Shrimp/Prawn
<15	Bass	<15	Monkfish	<15	Sole
<15	Carp	<15	Mussel	<15	Squid
<15	Caviar	<15	Octopus	<15	Swordfish
<15	Clam	<15	Oyster	22	Trout
<15	Cockle	16	Perch	<15	Tuna
<15	Cod	<15	Pike	<15	Turbot
<15	Crab	<15	Plaice	<15	Winkle
<15	Cuttlefish	<15	Razor Clam		
<15	Eel	<15	Salmon		

MEAT

<15	Beef	<15	Lamb	<15	Quail
<15	Chicken	<15	Ostrich	<15	Turkey
<15	Duck	<15	Ox	<15	Veal
<15	Goat	<15	Partridge	<15	Venison
<15	Horse	<15	Pork	<15	Wild Boar

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nutmeg
<15	Basil	<15	Garlic	<15	Parsley
<15	Bayleaf	<15	Ginger	<15	Peppercorn (Black/White)
<15	Camomile	<15	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	<15	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla
<15	Curry (Mixed Spices)	<15	Nettle		

NUTS / SEEDS

43	Almond	15	Hazelnut	<15	Rapeseed
16	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
24	Cashew Nut	41	Peanut	38	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
<15	Flax Seed	53	Pistachio	<15	Walnut

MISCELLANEOUS

18	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)
<15	Aloe Vera	19	Coffee	<15	Tea (Green)
<15	Cane Sugar	24	Cola Nut	<15	Transglutaminase
<15	Carob	<15	Honey	64	Yeast (Baker's)
<15	Chestnut	15	Mushroom	37	Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

Sample Type: Blood

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200+
Test Report : Order of Reactivity

Patient Name:		**Sample Date:**	DD/MM/YYYY
Patient Number:	B2	**Analysis Date:**	01/02/2024
Date of Birth:	DD/MM/YYYY	**Clinic:**	

ELEVATED FOODS (≥40 U/ml)

110	Egg White	53	Pistachio	41	Cabbage (Savoy/White)
81	Milk (Cow)	51	Orange	41	Peanut
64	Yeast (Baker's)	46	Wheat		
57	Pea	43	Almond		

BORDERLINE FOODS (32-39 U/ml)

38	Sunflower Seed	37	Spelt
37	Bean (White Haricot)	37	Yeast (Brewer's)

NORMAL FOODS (≤31 U/ml)

28	Squash (Butternut/Carnival)	<15	Apple	<15	Caviar
27	Alga Espaguette	<15	Apricot	<15	Cayenne
27	Amaranth	<15	Artichoke	<15	Celery
27	Corn (Maize)	<15	Asparagus	<15	Cherry
26	Barley	<15	Aubergine	<15	Chestnut
24	Alga Wakame	<15	Avocado	<15	Chicken
24	Cashew Nut	<15	Banana	<15	Chickpea
24	Cola Nut	<15	Barnacle	<15	Chicory
23	Buckwheat	<15	Basil	<15	Chilli (Red)
23	Lentil	<15	Bass	<15	Cinnamon
23	Plum	<15	Bayleaf	<15	Clam
22	Trout	<15	Bean (Broad)	<15	Clove
21	Redcurrant	<15	Bean (Green)	<15	Cockle
20	Casein	<15	Bean (Red Kidney)	<15	Cocoa Bean
19	Coffee	<15	Beef	<15	Coconut
19	Guava	<15	Beetroot	<15	Cod
19	Spinach	<15	Beta-Lactoglobulin	<15	Coriander (Leaf)
18	Agar Agar	<15	Blackberry	<15	Couscous
17	Chard	<15	Blackcurrant	<15	Crab
16	Brazil Nut	<15	Blueberry	<15	Cranberry
16	Milk (Sheep)	<15	Broccoli	<15	Cucumber
16	Perch	<15	Brussel Sprout	<15	Cumin
16	Radish	<15	Cabbage (Red)	<15	Curry (Mixed Spices)
15	Hazelnut	<15	Camomile	<15	Cuttlefish
15	Mushroom	<15	Cane Sugar	<15	Date
<15	Alga Spirulina	<15	Caper	<15	Dill
<15	Aloe Vera	<15	Carob	<15	Duck
<15	Alpha-Lactalbumin	<15	Carp	<15	Durum Wheat
<15	Anchovy	<15	Carrot	<15	Eel
<15	Aniseed	<15	Cauliflower	<15	Egg Yolk

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Patient Name:		**Sample Date:**	DD/MM/YYYY
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NORMAL FOODS …continued

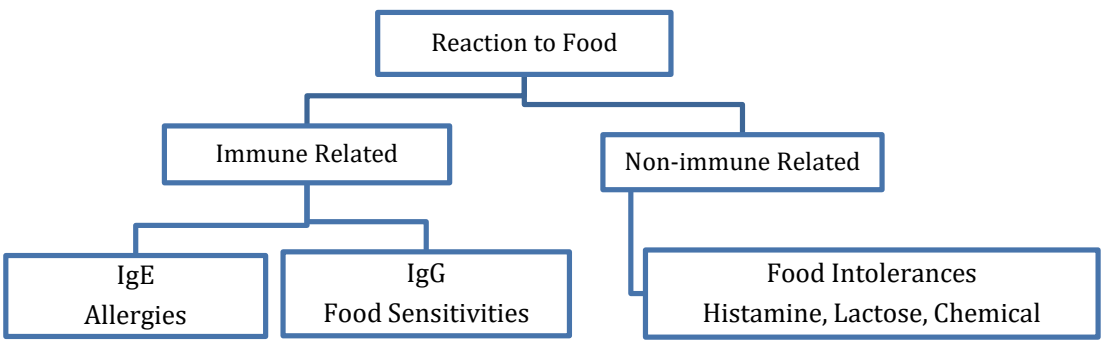
<15	Fennel (Leaf)	<15	Mussel	<15	Saffron
<15	Fig	<15	Mustard Seed	<15	Sage
<15	Flax Seed	<15	Nectarine	<15	Salmon
<15	Garlic	<15	Nettle	<15	Sardine
<15	Ginger	<15	Nutmeg	<15	Scallop
<15	Ginkgo	<15	Oat	<15	Sea Bream (Gilthead)
<15	Ginseng	<15	Octopus	<15	Sea Bream (Red)
<15	Gliadin*	<15	Olive	<15	Sesame Seed
<15	Goat	<15	Onion	<15	Shallot
<15	Grape (Black/Red/White)	<15	Ostrich	<15	Shrimp/Prawn
<15	Grapefruit	<15	Ox	<15	Sole
<15	Haddock	<15	Oyster	<15	Soya Bean
<15	Hake	<15	Papaya	<15	Squid
<15	Herring	<15	Parsley	<15	Strawberry
<15	Honey	<15	Partridge	<15	Sweet Potato
<15	Hops	<15	Peach	<15	Swordfish
<15	Horse	<15	Pear	<15	Tangerine
<15	Kiwi	<15	Pepper (Green/Red/Yellow)	<15	Tapioca
<15	Lamb	<15	Peppercorn (Black/White)	<15	Tarragon
<15	Leek	<15	Peppermint	<15	Tea (Black)
<15	Lemon	<15	Pike	<15	Tea (Green)
<15	Lettuce	<15	Pine Nut	<15	Thyme
<15	Lime	<15	Pineapple	<15	Tiger Nut
<15	Liquorice	<15	Plaice	<15	Tomato
<15	Lobster	<15	Polenta	<15	Transglutaminase
<15	Lychee	<15	Pomegranate	<15	Tuna
<15	Macadamia Nut	<15	Pork	<15	Turbot
<15	Mackerel	<15	Potato	<15	Turkey
<15	Malt	<15	Quail	<15	Turnip
<15	Mango	<15	Quinoa	<15	Vanilla
<15	Marjoram	<15	Raisin	<15	Veal
<15	Marrow	<15	Rapeseed	<15	Venison
<15	Melon (Galia/Honeydew)	<15	Raspberry	<15	Walnut
<15	Milk (Buffalo)	<15	Razor Clam	<15	Watercress
<15	Milk (Goat)	<15	Rhubarb	<15	Watermelon
<15	Millet	<15	Rice	<15	Wheat Bran
<15	Mint	<15	Rocket	<15	Wild Boar
<15	Monkfish	<15	Rosemary	<15	Winkle
<15	Mulberry	<15	Rye	<15	Yuca

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

The following guide explains how to interpret the results obtained from your Food IgG Sensitivity test. The information will help you understand and use the results to identify foods that may be causing your symptoms and plan a diet that will help optimize your health.

Understanding Food Reactions

The terms 'food allergy', 'food sensitivity/hypersensitivity' and 'food intolerance' are often used interchangeably and it can be confusing. Essentially, they all mean an abnormal reaction to certain foods that can manifest themselves in a few different ways. They may result from mechanisms that involve an activation of the immune system and the subsequent production of either IgG or IgE antibodies or reactions that are not immune related.



Immune-Mediated Reactions

Reactions that trigger an immune reaction occur when the body over-reacts to foods that do not usually produce a response. The immune system may think of these foods as a foreign threat to the body and produces antibodies to attack the proteins of these foods.

The two types of immune reaction that are most often associated with adverse reactions to food are:

IgE Allergy

Allergy reactions are characterized by the production of IgE antibodies upon exposure to the allergen or food (e.g. peanuts, shellfish). The reactions usually have an immediate onset of symptoms that can occur within seconds or minutes of eating the offending food. Symptoms are often associated with a classical 'allergic reaction' that can include rashes, sneezing, difficulty in breathing and anaphylactic shock. It is usually obvious which foods are responsible for a food allergy and these foods must be avoided even though they may be normal in the Food IgG Food Sensitivity test.

IgG Food Sensitivity

Food IgG Sensitivities are characterized by the production of IgG antibodies and the gradual formation of antigen/antibody complexes in the blood stream which circulate and may be deposited in different body tissues, causing chronic inflammation. They are responsible for the 'delayed-onset' of symptoms, which can occur several hours or days after the foods are ingested. Symptoms include: anxiety, depression, irritable bowel syndrome, headaches/migraines, fatigue, hypertension, eczema, asthma, joint pain, chronic rhinitis, arthritis, weight problems and fibromyalgia. It is possible to eliminate the offending food(s) from the diet for a short period of time and then gradually re-introduce them when symptoms have improved.

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Non Immune-Mediated Reactions – Food Intolerances

Certain reactions that are often confused with food sensitivities are those that are not an immune reaction, that is, they are not related to the formation of antibodies. They can be caused by intolerances to certain chemical/additives found in food or maybe due to an enzyme deficiency. Examples of these are:

- Lactose intolerance
- Histamine intolerance
- Chemical reactions such as MSG or amines in red wine or chocolate.

Interpreting Your Test Results

The report lists the foods that were tested for in your blood sample –Two different reports are provided with every test.

- **Food Groups** - foods are listed alphabetically within their respective food group.
- **Order of Reactivity** – foods are listed according to the strength of antibody reaction.

Antibody levels

A quantitative value is provided for each food that is tested. This represents the concentration of IgG antibodies detected (U/ml) for each food and the higher the value, the stronger your body's immune response to that food. Depending upon the antibody level detected, foods are characterized as ELEVATED, BORDERLINE or NORMAL. Color coding of these categories allows 'problem' foods to be easily identified and help in the planning of your diet.

ELEVATED >40 U/mL	BORDERLINE 34 – 40 U/mL	NORMAL < 34 U/mL
Indicates your level of IgG antibodies are higher than normal for that food.	Indicates your level of IgG antibodies is slightly higher than normal.	Indicates a normal level of IgG antibodies.
These are the primary problem foods, which it would be beneficial to eliminate from the diet for at least 3 - 4 months. Substitute with NORMAL foods from the same food group.	These are moderate problem foods, which should be reduced or rotated for at least 3 months to avoid an increase in levels. Substitute with NORMAL foods from the same food group.	These foods can be eaten without restriction unless they have previously caused an adverse reaction. If you have a known allergy to a specific food that triggers a rapid onset of symptoms, and even if it is normal in this test, it should be avoided.

Important Tips

- **How to use your results:** A quantitative result is provided representing the concentration (U/mL) of IgG antibodies detected for each food. The higher the value, the stronger the response of your immune system to that food. Any food that is in the red, should be eliminated for 3 – 4 months. The foods in yellow should be rotated and not eaten often and any foods in green are ok to continue to eat. If you have many "red" foods, it may be a challenge to eliminate all of the foods. One suggested strategy is to start with the top 4 or 5 results and reduce or rotate the others in your diet.
- **Positive reaction:** A positive reaction to this test is indicative of food sensitivity due to the presence of IgG antibodies. An increase in gut permeability can allow food particles to enter the blood stream through the intestinal wall. Your body recognizes these particles as foreign and activates the immune system to make IgG food specific antibodies. The IgG antibody attaches itself to the protein of the food and forms a complex which is normally eliminated by macrophages. If your immune system is not functioning properly, it may not be able to completely remove these complexes, the excesses end up depositing in different tissues leading to inflammation and specific health issues. By removing the offending foods, it will allow the gut to heal, and provide an improvement to your symptoms.
- **Normal reaction:** A normal reaction to a food that is eaten regularly, most probably indicates that it is ok to continue to eat that food. But a normal reaction may also indicate that there has been no recent exposure to the food, so no antibodies have developed. It is important to remember that this test does not detect allergies, which are caused by IgE antibodies, so if you know you have an allergy, a green reaction does not mean that you can start to eat the food, you should continue to avoid the food.
- **Re-introducing the foods:** If your symptoms have improved, after 3 or 4 months, it is possible to start to eat the eliminated foods. This should be done one food at a time, carefully monitoring if the symptoms return. Wait about 4 – 5 days, before introducing the next food. Start with the eliminated foods that had the lowest result and work your way up. If your symptoms worsen with a particular food, it may be necessary to avoid that food longer.
- **Positive reaction but no symptoms.** This may occur to a food that is eaten regularly in your diet. There is an abundance of the IgG antibody in your system that has not been cleared by the immune system and can circulate for up to 18 months without causing any issues. But if there is a change in the immune system, these excess antibodies may start to contribute to a health issue. This may be a warning and it is recommended to reduce the intake of this food.
- **Read labels:** It is important to read labels and know what is in the prepared food, baked goods and even supplements. Yeast is probably one of the best examples. Most people assume that they should avoid beer, wine, or bread if they have a positive reaction. But yeast is also used in fruit juices, vinegar containing foods such as ketchup and mayonnaise, even some supplements.
- **Cooked foods:** The extract of the foods tested are prepared from the raw food with a couple of exceptions such as polenta and couscous. Cooked or processed food are subjected to a variety of conditions that can change the protein structure of the food, depending on the process, e.g. boiling, steaming, baking or blanching, raw peanuts vs peanut butter, soybean vs soya sauce or baked, fried or boiled chicken, tomato vs ketchup. It would be very complex to test every food for the different ways it can be processed, but raw food gives you an indication. You may find you can tolerate one form of food better than another.
- **What if there is no improvement?** If there is no improvement of symptoms is seen after 3 months of removing the positive foods, then your symptoms may not be due to an IgG food sensitivity. These results are intended as a guide, and it is important to work with a healthcare practitioner.

In summary to avoid new sensitivities:

- Avoid eating any one food too regularly.
- Limit each food to being consumed every few days.
- Include a wide variety of foods in the diet to ensure that a range of important vitamins and minerals are consumed.
- Occasionally, a food may need to be omitted from the diet indefinitely.

Reaction to a food not eaten: This can be confusing but should not be considered a false positive. This can be the result of cross-reactivity from other foods or pollens that have a similar protein structure. There are several circumstances that this can occur, below are just a few of the examples.

- Cow's milk can have a high cross-reactivity with the milk from other mammals, such as goat and sheep.
- Cross-reactivities can occur in the same family group of foods. An example is the legume family that contains peanuts, soya, chickpea, and lentils.
- A reaction to shellfish may be due to tropomyosin, a protein which is also present in dust mites. If you have a dust allergy, you may react to shellfish, even though you are not eating any shellfish.
- Pollen contains proteins that may cross react with raw foods. Examples are tree pollen with peanuts, figs, hazelnuts or apples, grass with peanuts, figs or tomatoes, and ragweed with melons. Cooking will break down the protein, therefore the foods may be tolerated.
- Studies have shown there can be a cross-reactivity between gluten and different foods such as cow's milk, oats, yeast, rice, coffee, and corn.

Working with a health care practitioner can help you determine if your reaction(s) may be due to cross-reactivity.

Common Questions

Will any drugs affect the results?

Immunosuppressants which are generally given following an organ transplant will reduce the immune system's ability to generate antibodies. High doses of steroids will also affect antibody production. If you are in any doubt, please consult your Health Care Practitioner.

What is an IgG antibody?

IgG stands for Immunoglobulin (type G). Immunoglobulins are a class of proteins that function as antibodies produced by the immune system in response to foreign bodies entering the body, such as viruses, bacteria, and toxins. There are several different types of immunoglobulins with IgA, IgE, IgG, IgM being the most well-known. They are produced by white blood cells called B-Lymphocytes as a defense against these foreign substances.

Is it possible to have high IgG levels and not experience symptoms?

Yes, some people do have high IgG levels to certain foods but do not have any symptoms at all. This is possibly due to their immune system being extremely efficient at clearing away the antigen-antibody complexes before they have chance to be deposited in the tissues and cause a problem.

I have a lot of positive results, how do I cut out everything?

If you have a lot of positive results, it can be a very daunting task trying to cut out everything whilst maintaining a nutritionally well-balanced diet. In these cases, we recommend you visit a health care practitioner who will help you to avoid the food(s) with a strong positive response, and to rotate the foods with a lower positive result.

Do I have to avoid these foods for the rest of my life?

No. Once you have avoided those foods for at least 3 months, and you have noticed an improvement in your symptoms, then you can start to gradually introduce the foods back into your diet. You should introduce one food at a time, with an interval of 4 days before trying another food. If you do not notice the return of any symptoms, then you can continue to include that food in your diet on an occasional basis. You may find a food and symptom diary useful whilst re-introducing foods. If you do not notice any improvement after 3 months, then you can assume that this food is not responsible for your symptoms.

I have avoided eating food that I believe I have a sensitivity. Will the test be able to confirm this?

If you haven't eaten a food for more than 3 months, sufficient IgG antibodies may not be present for us to detect, in which case a normal result may be reported for that food.

I have not eaten a particular for years, why do I have a positive result?

This is because either a) you have eaten that food hidden in other foods (it is very important to check ingredients labels carefully); or b) you have eaten foods that are causing a 'cross-reaction' with another food. Some foods contain identical antigens (food proteins), even though they are not related to each other and / do not belong to the same family group. These identical food proteins will be detected by the same antibody, thus providing an elevated result.

Do I need to have a re-test in a few months?

Most people do not need to have a re-test, but if you would like to take another test, we advise a period of 6 months between tests.

What if I don't experience any improvement at all?

If, after changing your diet according to the test results, improvements have not been achieved after 3 months, food sensitivity is unlikely to be the cause of your symptoms and other investigations should be undertaken. Results of this test are intended as a guide to diet alteration only and should be complimentary to advice from a healthcare professional.

What is durum wheat and why has that not tested positive, although wheat has?

Durum wheat and common wheat are different species of wheat. Durum wheat is very hard and is usually used to make flour and semolina for pasta. The protein content is different and therefore one can show up positive and not the other. Many people find that they can tolerate durum wheat if they are positive for wheat but negative to durum wheat.

If cow's milk comes up positive, does that mean that I am lactose intolerant?

No. Lactose intolerance is the inability to digest lactose, the major sugar found in milk. It is caused by a shortage of the enzyme lactase, which is produced by the cells that line the small intestine. A positive reaction to cow's milk is a reaction to one or more of the proteins in milk.

Accuracy of the test: The food extracts used for testing are prepared by a commercial ISO certified manufacturer under strict quality processes. Each food is tested in duplicate to ensure reliability and each test is monitored by controls.

This information is provided as a guide. Food IgG testing is considered an investigative tool and not to be used to diagnose, treat, or prescribe for any health condition. CanAlt Health Laboratories recommends consulting a healthcare practitioner.