MaxGen LABS

MAX 240 IGG FOOD SENSITIVITY

Client Name:	John Doe	Sample Received:	
Client DOB:	1/1/1999	Report Date:	11/10/2022
Sample Number:	Sample Report	Accession:	
Client Sex:	Male	CLIA Certification:	50D0965661 / COLA accredited
Referring Account	MaxGen Labs		
Lab Notes:			

MaxGen Labs and US BioTek Laboratories' proprietary ELISA analyses are designed to assay specific IgG (subclasses 1, 2, 3, 4) antibodies. The classification of 0 to IV denotes the level of IgG antibodies detected through spectrophotometric analysis. The antigens on the panel are subject to change without prior notice. Reference ranges are updated periodically. This test was developed and its performance characteristics determined by US BioTek Laboratories, LLC, 16020 Linden Ave N, Shoreline, WA 98133, USA. Test methodology has not been cleared or approved by the U.S. Food and Drug Administration.

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What are Food Sensitivities

Food sensitivities are inflammatory responses of the immune system triggered by food allergens. Unlike food allergies, food sensitivity symptoms often occur hours or even days after exposure, making it difficult to pinpoint the specific offending food(s). This delayed reaction causes the majority of the 12 million people estimated to suffer from food sensitivities to be unaware and blame things like aging for their chronic symptoms. The foods identified within this report may streamline identifying triggering foods.

IgG is an antibody that can activate the pro-inflammatory complement system (complement cascade) associated with chronic inflammatory conditions. High levels of IgG (Moderate / High / Very High) overload receptors and drive the inflammatory reaction, while low levels of IgG (Very Low / Low) indicate tolerance.

IgG testing is the most commonly performed food sensitivity testing, and foods that are only high in IgG can often be safely re-introduced after a few months of abstinence. Retesting later can help determine higher priority foods for long-term avoidance.

Symptoms of Food Sensitivities

Brain Fog
Bloating
Weight Gain
Mood Swings
Joint Pain/Inflammation
Constipation
Diarrhea
Bronchitis
Crohn’s disease
Eczema
Migraines
GI distress
Stomach pain
Acne
ADD/ADHD
Autism
Sinus issues
Depression

Food Sensitivities vs Food Allergies

Food allergies can cause an immediate histamine reaction within minutes to hours of ingesting food. Food allergy is an immune system reaction. Many of these reactions can be life-threatening. These allergies are typically diagnosed at a younger age. Common food allergies include dairy (cow's milk), eggs, tree nuts, wheat, peanut, soy, and seafood. Food allergy affects an estimated 8% of children under age five and up to 4% of adults. While there's no cure, some children outgrow their food allergies as they get older, per the Mayo Clinic.

When you have a true food allergy, your immune system identifies a specific food or a substance in food as something causing harm. Your immune system then triggers cells to release an immunoglobulin E (IgE) antibody to neutralize the allergy-causing food or food substance (the allergen).

Food sensitivities involve different immunoglobulin and do not produce life-threatening reactions. The symptoms typically associated with food sensitivities are longer lasting and slower to present, making them hard to identify in many cases.

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Very High	High	Moderately High	Low
Cottage Cheese	Mozzarella Cheese Casein Cow's Milk Buttermilk	Whey Cream Cheese Honey	Yogurt Cheddar Cheese Beta-Lactoglobulin Horseradish

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Egg/Meat/Poultry

Candida Screen		Very Low - 0.09 mg/L

Dairy / Egg

Blue Cheese		Very Low - 0.95 mg/L
Cottage Cheese		Very High - 4.5 mg/L
Mozzarella Cheese		High - 3.4 mg/L
Swiss Cheese		Very Low - 0.99 mg/L
Sheep's Milk		Very Low - 0.68 mg/L
Yogurt		Low - 1.82 mg/L
Casein		High - 3.4 mg/L
Cheddar Cheese		Low - 1.15 mg/L
Cow's Milk		High - 3.2 mg/L
Goat 's Milk		Very Low - 0.77 mg/L
Whey		Moderate - 2.17 mg/L
Buttermilk		High - 3.4 mg/L
Cream Cheese		Moderate - 2.2 mg/L
Beta-Lactoglobulin		Low - 1.8 mg/L
Chicken Egg White		Very Low - 0.43 mg/L
Chicken Egg Yolk		Very Low - 0.28 mg/L
Duck Egg Whole		Very Low - 0.3 mg/L

Meat/Poultry

Beef		Very Low - 0.34 mg/L
Buffalo		Very Low - 0.16 mg/L
Chicken		Very Low - 0.16 mg/L
Duck		Very Low - 0.42 mg/L
Goose		Very Low - 0.4 mg/L
Lamb		Very Low - 0.07 mg/L
Pork		Very Low - 0.25 mg/L
Rabbit		Very Low - 0.38 mg/L
Turkey		Very Low - 0.11 mg/L
Venison		Very Low - 0.03 mg/L

Grains/Legumes/Nuts

Adzuki Bean / Red Bean		Very Low - 0.46 mg/L
Almond		Very Low - 0.2 mg/L
Amaranth		Very Low - 0.27 mg/L
Barley		Very Low - 0.2 mg/L
Black-Eyed Pea		Very Low - 0.59 mg/L
Bran		Very Low - 0.35 mg/L
Brazil Nut		Very Low - 0.6 mg/L
Brown Rice		Very Low - 0.41 mg/L
Buckwheat		Very Low - 0.82 mg/L

Grains/Legumes/Nuts Cont.

Canola Seed		Very Low - 0.37 mg/L
Cashew Nut		Very Low - 0.68 mg/L
Chestnut		Very Low - 0.34 mg/L
Chia Seed		Very Low - 0.42 mg/L
Chickpea		Very Low - 0.65 mg/L
Coconut		Very Low - 0.25 mg/L
Cola Nut / Kola Nut		Very Low - 0.13 mg/L
Corn		Very Low - 0.2 mg/L
Fava Bean		Very Low - 0.25 mg/L
Fenugreek Seeds		Very Low - 0.13 mg/L
Gingko Nut		Very Low - 0.14 mg/L
Gliadin		Very Low - 0.34 mg/L
Gluten		Very Low - 0.23 mg/L
Green Bean		Very Low - 0.19 mg/L
Green Pea		Very Low - 0.42 mg/L
Hazelnut		Very Low - 0.16 mg/L
Kidney Bean		Very Low - 0.2 mg/L
Lentil		Very Low - 0.54 mg/L
Lima Bean		Very Low - 0.35 mg/L
Macadamia Nut		Very Low - 0.73 mg/L
Malt		Very Low - 0.49 mg/L
Millet		Very Low - 0.42 mg/L
Mung Bean		Very Low - 0.42 mg/L
Navy Bean / White Bean		Very Low - 0.19 mg/L
Oat		Very Low - 0.37 mg/L
Peanut		Very Low - 0.81 mg/L
Pecan		Very Low - 0.26 mg/L
Pine Nut		Very Low - 0.43 mg/L
Pinto Bean		Very Low - 0.22 mg/L
Pistachio Nut		Very Low - 0.46 mg/L
Poppy Seed		Very Low - 0.46 mg/L
Pumpkin Seeds		Very Low - 0.44 mg/L
Quinoa		Very Low - 0.5 mg/L
Rye		Very Low - 0.41 mg/L
Safflower Seed		Very Low - 0.02 mg/L
Sorghum		Very Low - 0.26 mg/L
Soybean		Very Low - 0.47 mg/L
Spelt		Very Low - 0.37 mg/L
Teff		Very Low - 0.3 mg/L
Walnut		Very Low - 0.36 mg/L
White Rice		Very Low - 0.49 mg/L
Whole Wheat		Very Low - 0.39 mg/L
Wheat Germ Agglutinin		- 1.2 mg/L

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Fish/Shellfish

Anchovy		Very Low - 0.78 mg/L
Bass		Very Low - 0.01 mg/L
Carp		Very Low - 0.07 mg/L
Catfish		Very Low - 0.46 mg/L
Clam		Very Low - 0 mg/L
Cod		Very Low - 0.35 mg/L
Crab		Very Low - 0.2 mg/L
Crayfish		Very Low - 0.08 mg/L
Eel		Very Low - 0.08 mg/L
Flounder		Very Low - 0.13 mg/L
Haddock		Very Low - 0.02 mg/L
Halibut		Very Low - 0 mg/L
Herring		Very Low - 0.02 mg/L
Lobster		Very Low - 0.32 mg/L
Mackerel		Very Low - 0.3 mg/L
Mussel		Very Low - 0.21 mg/L
Octopus		Very Low - 0.21 mg/L
Oyster		Very Low - 0.13 mg/L
Perch		Very Low - 0 mg/L
Pike		Very Low - 0.04 mg/L
Red Snapper		Very Low - 0.54 mg/L
Salmon		Very Low - 0.15 mg/L
Sardine		Very Low - 0.05 mg/L
Scallop		Very Low - 0.16 mg/L
Sea Urchin		Very Low - 0.01 mg/L
Shrimp		Very Low - 0.74 mg/L
Sole		Very Low - 0.08 mg/L
Squid		Very Low - 0.08 mg/L
Swordfish		Very Low - 0.17 mg/L
Tilapia		Very Low - 0.43 mg/L
Trout		Very Low - 0.15 mg/L
Tuna		Very Low - 0.18 mg/L

Vegetables

Arrowroot		
Artichoke		Very Low - 0.27 mg/L
Asparagus		Very Low - 0.25 mg/L
Avocado		Very Low - 0.19 mg/L
Bamboo Shoot		Very Low - 0 mg/L
Beet		Very Low - 0.24 mg/L
Broccoli / Brussel Sprouts		Very Low - 0.17 mg/L
Burdock Root		Very Low - 0.18 mg/L

Vegetables Cont.

Cabbage		Very Low - 0.11 mg/L
Carrot		Very Low - 0.65 mg/L
Cauliflower		Very Low - 0.16 mg/L
Celery		Very Low - 0.22 mg/L
Chard		Very Low - 0.15 mg/L
Chive		Very Low - 0.05 mg/L
Cucumber		Very Low - 0.19 mg/L
Eggplant		Very Low - 0.31 mg/L
Endive		Very Low - 0.74 mg/L
Garlic		Very Low - 0.43 mg/L
Green Bell Pepper		Very Low - 0.55 mg/L
Horseradish		Low - 1.49 mg/L
Kale		Very Low - 0.2 mg/L
Kelp		Very Low - 0.69 mg/L
Kohlrabi		Very Low - 0.18 mg/L
Leek		Very Low - 0.15 mg/L
Lettuce		Very Low - 0.26 mg/L
Lotus Root		Very Low - 0.22 mg/L
Okra		Very Low - 0.2 mg/L
Onion		Very Low - 0.21 mg/L
Pumpkin		Very Low - 0.22 mg/L
Radish / Daikon		Very Low - 0.1 mg/L
Rhubarb		Very Low - 0 mg/L
Spinach		Very Low - 0.15 mg/L
Squash		Very Low - 0.17 mg/L
Sweet Potato		Very Low - 0.4 mg/L
Tomato		Very Low - 0.52 mg/L
Turnip		Very Low - 0.27 mg/L
Wasabi		Very Low - 0.31 mg/L
White Potato		Very Low - 0.3 mg/L
Zucchini Squash		Very Low - 0.2 mg/L

Fruits

Apple		Very Low - 0.47 mg/L
Apricot		Very Low - 0.38 mg/L
Banana		Very Low - 0.04 mg/L
Blackberry		Very Low - 0.04 mg/L
Black/Red Currant		Very Low - 0.23 mg/L
Blueberry		Very Low - 0.23 mg/L
Cantaloupe		Very Low - 0.2 mg/L
Cherry		Very Low - 0.35 mg/L
Cranberry		Very Low - 0.39 mg/L

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Fruits Cont.

Date		Very Low - 0.37 mg/L
Elderberry		Very Low - 0.37 mg/L
Fig		Very Low - 0.46 mg/L
Gogiberry		Very Low - 0.24 mg/L
Gooseberry		Very Low - 0.46 mg/L
Grapefruit		Very Low - 0.23 mg/L
Grape		Very Low - 0.27 mg/L
Guava		Very Low - 0.31 mg/L
Honeydew		Very Low - 0.05 mg/L
Jackfruit		Very Low - 0.53 mg/L
Kiwi		Very Low - 0.53 mg/L
Kumquat/Cumquat		Very Low - 0.41 mg/L
Lemon		Very Low - 0.41 mg/L
Lime		Very Low - 0.24 mg/L
Lychee/Litchi		Very Low - 0.27 mg/L
Mango		Very Low - 0.6 mg/L
Mangosteen		Very Low - 0.05 mg/L
Monk Fruit		Very Low - 0.53 mg/L
Mulberry		Very Low - 0.53 mg/L
Olive		Very Low - 0.45 mg/L
Orange		Very Low - 0.48 mg/L
Papaya		Very Low - 0.49 mg/L
Passion Fruit		Very Low - 0.45 mg/L
Peach		Very Low - 0.21 mg/L
Pear		Very Low - 0.37 mg/L
Persimmon		Very Low - 0.35 mg/L
Pineapple		Very Low - 0.25 mg/L
Plum		Very Low - 0.31 mg/L
Prune		Very Low - 0.25 mg/L
Pomegranate		Very Low - 0.31 mg/L
Raspberry		Very Low - 0.28 mg/L
Strawberry		Very Low - 0.48 mg/L
Tangerine		Very Low - 0.15 mg/L
Watermelon		Very Low - 0.43 mg/L

Misc./Herbs/Spices

Allspice		- mg/L
Aloe Vera		- mg/L
Anise		- mg/L
Baker's / Brewer's Yeast		Very Low - 0.45 mg/L
Basil		Very Low - 0.38 mg/L

Misc./Herbs/Spices

Bay Leaf		Very Low - 0.31 mg/L
Black Pepper		Very Low - 0.24 mg/L
Black Tea		Very Low - 0.59 mg/L
Button Mushroom		Very Low - 0.28 mg/L
Cane Sugar		Very Low - 0.36 mg/L
Caraway Seed		Very Low - 0.59 mg/L
Chili Pepper		Very Low - 0.79 mg/L
Cinnamon		Very Low - 0.32 mg/L
Clove		Very Low - 0.45 mg/L
Cocoa Bean (Chocolate)		Very Low - 0.39 mg/L
Coffee		Very Low - 0.32 mg/L
Coriander		Very Low - 0.4 mg/L
Curry Powder		Very Low - 0.51 mg/L
Dill		Very Low - 0.18 mg/L
Fennel Seed		Very Low - 0.52 mg/L
Flaxseed		Very Low - 0.09 mg/L
Ginger		Very Low - 0.25 mg/L
Ginseng		Very Low - 0.33 mg/L
Green Tea		Very Low - 0.28 mg/L
Hemp		Very Low - 0.78 mg/L
Honey		Moderate - 2.11 mg/L
Hops		Very Low - 0.29 mg/L
Licorice		Very Low - 0.21 mg/L
Mustard		Very Low - 0.31 mg/L
Oregano		Very Low - 0.67 mg/L
Paprika		Very Low - 0.49 mg/L
Parsley		Very Low - 0.37 mg/L
Peppermint		Very Low - 0.31 mg/L
Rosemary		Very Low - 0.5 mg/L
Sage		Very Low - 0.35 mg/L
Sesame Seed		Very Low - 0.3 mg/L
Shiitake Mushroom		Very Low - 0.93 mg/L
Stevia		Very Low - 0.21 mg/L
Sugar, Maple		Very Low - 0.93 mg/L
Sunflower Seed		Very Low - 0.65 mg/L
Sweet Marjoram		Very Low - 0.65 mg/L
Tarragon		Very Low - 0.15 mg/L
Thyme		Very Low - 0.25 mg/L
Turmeric		Very Low - 0.13 mg/L
Vanilla		Very Low - 0.25 mg/L
Yerba Mate		Very Low - 0.5 mg/L