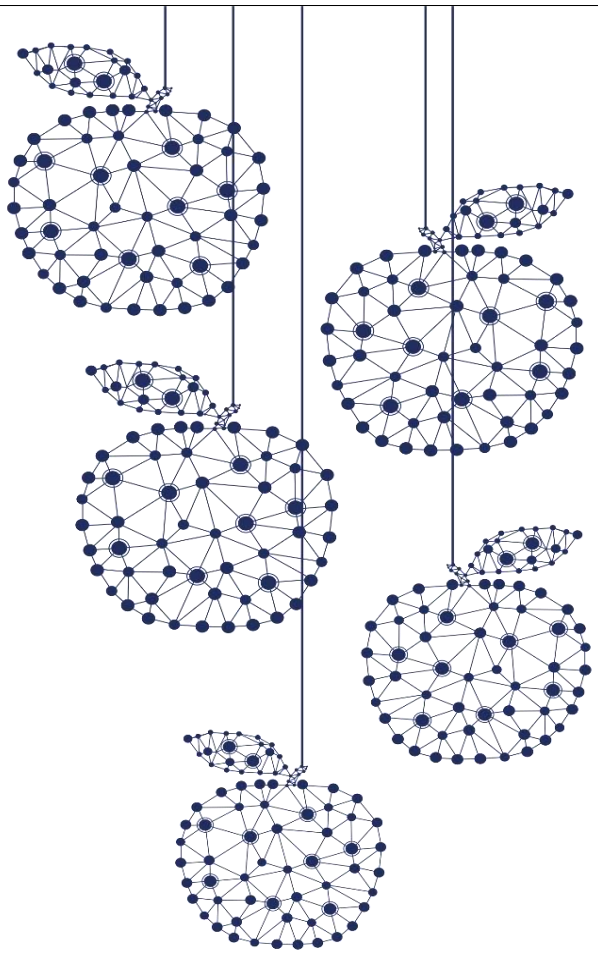
MaxGen LABS

MAX 96 IGG FOOD SENSITIVITY

Client Name:		Sample Received:	
Client DOB:		Report Date:	9/30/2022
Sample Number:	SAMPLE REPORT	MaxGen PTID#:	N/A
Client Sex:		CLIA Certification:	50D0965661 / COLA accredited
Referring Account			
Lab Notes:			



MAX 96 IGG FOOD SENSITIVITY

MaxGen Labs and US BioTek Laboratories' proprietary ELISA analyses are designed to assay specific IgG (subclasses 1, 2, 3, 4) and IgA (subclasses 1, 2) antibodies. The classification of 0 to IV denotes the level of IgG and/or IgA 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 ingestion of 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. Most 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 5 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 antibody known as immunoglobulin E (IgE) 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
Cows Milk	Casein Cheddar Cheese Whey Almond	Tomato

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Candida Screen

Candida Screen		Very Low - 0.11 mg/L

Dairy

Casein		High - 3.3 mg/L
Cheddar Cheese		High - 3.8 mg/L
Cows Milk		Very High - 4.2 mg/L
Goat Milk		Very Low - 0.69 mg/L
Whey		High - 3.5 mg/L

Egg/Meat/Poultry

Beef		Very Low - 0.6 mg/L
Chicken		Very Low - 0.24 mg/L
Egg White, Chicken		Very Low - 0.32 mg/L
Egg Yolk, Chicken		Very Low - 0.37 mg/L
Whole Egg, Duck		Very Low - 0.39 mg/L
Lamb		Very Low - 0.27 mg/L
Pork		Very Low - 0.24 mg/L
Turkey		Very Low - 0.2 mg/L

Fish/Crustacea/Mollusk

Clam		Very Low - 0.1 mg/L
Cod		Very Low - 0.32 mg/L
Crab		Very Low - 0.17 mg/L
Halibut		Very Low - 0 mg/L
Lobster		Very Low - 0.31 mg/L
Salmon		Very Low - 0.18 mg/L
Scallops		Very Low - 0.07 mg/L
Shrimp		Very Low - 0.06 mg/L
Sole		Very Low - 0.08 mg/L
Trout		Very Low - 0.21 mg/L
Tuna		Very Low - 0.16 mg/L

Miscellaneous

Cane Sugar		Very Low - 0.24 mg/L
Cocoa Bean		Very Low - 0.26 mg/L
Coffee Bean		Very Low - 0.46 mg/L
Flaxseed		Very Low - 0.61 mg/L
Honey		Very Low - 0.46 mg/L
Mushroom		Very Low - 0.14 mg/L
Sesame Seed		Very Low - 0.39 mg/L
Sunflower		Very Low - 0.26 mg/L
Brewers/Bakers Yeast		Very Low - 0.1 mg/L

Grains

Almond		High - 3.4 mg/L
Barley		Very Low - 0.13 mg/L
Buckwheat		Very Low - 0.65 mg/L
Chickpea		Very Low - 0.14 mg/L
Chestnut		Very Low - 0.4 mg/L
Coconut		Very Low - 0.17 mg/L
Corn		Very Low - 0.11 mg/L
Green Pea		Very Low - 0.44 mg/L
Green Bean		Very Low - 0.27 mg/L
Hazelnut		Low - 1.24 mg/L
Kidney bean		Very Low - 0.38 mg/L
Lentil		Very Low - 0.26 mg/L
Lima Bean		Very Low - 0.11 mg/L
Oat		Very Low - 0.27 mg/L
Pecan		Very Low - 0.24 mg/L
Pinto Bean		Very Low - 0.26 mg/L
Peanut		Very Low - 0.23 mg/L
Rye		Very Low - 0.25 mg/L
Soy		Very Low - 0.1 mg/L
Spelt		Very Low - 0.27 mg/L
Walnut		Very Low - 0.2 mg/L
Gliadin		Very Low - 0.27 mg/L
Gluten		Very Low - 0.18 mg/L
Whole Wheat		Very Low - 0.32 mg/L
White Rice		Very Low - 0.37 mg/L

Spices

Ginger		Very Low - 0.23 mg/L
Oregano		Very Low - 0.38 mg/L

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Vegetables			Fruits		
Asparagus		Very Low - 0.22 mg/L	Apples		Very Low - 0.4 mg/L
Avocado		Very Low - 0.56 mg/L	Apricots		Very Low - 0.05 mg/L
Beet		Very Low - 0.17 mg/L	Banana		Very Low - 0 mg/L
Broccoli / Brussel Sprouts		Very Low - 0.29 mg/L	Blueberries		Very Low - 0.24 mg/L
Cabbage		Very Low - 0.12 mg/L	Cranberries		Very Low - 0.21 mg/L
Carrot		Very Low - 0.41 mg/L	Grape		Very Low - 0.26 mg/L
Cauliflower		Very Low - 0.34 mg/L	Grapefruit		Very Low - 0.43 mg/L
Celery		Very Low - 0.31 mg/L	Lemon		Very Low - 0.38 mg/L
Cucumber		Very Low - 0.18 mg/L	Olive		Very Low - 0.44 mg/L
Garlic		Very Low - 0.64 mg/L	Orange		Very Low - 0.35 mg/L
Green Bell Pepper		Very Low - 0.66 mg/L	Papaya		Very Low - 0.75 mg/L
Lettuce		Very Low - 0.28 mg/L	Peach		Very Low - 0.09 mg/L
Onion		Very Low - 0.19 mg/L	Pear		Very Low - 0.2 mg/L
Pumpkin		Very Low - 0.26 mg/L	Pineapple		Very Low - 0.6 mg/L
Spinach		Very Low - 0.11 mg/L	Plum		Very Low - 0.22 mg/L
Sweet Potato		Very Low - 0.34 mg/L	Raspberry		Very Low - 0.14 mg/L
Tomato		Moderate - 2.22 mg/L	Strawberry		Very Low - 0.37 mg/L
White Potato		Very Low - 0.7 mg/L			