



NUTRIPATH



Allergies & Intolerances

IgG & IgA COMBINATION - Test Code 3217, 3220, 3223, 3210, 3213



Turnaround Time : 12-15 Business Days



Specimen Type: 1x Allergy Spot Card or 1 x SST Blood

Description

The IgG & IgA Combination Food Panels are designed to assess the immune response to a variety of foods by measuring both Immunoglobulin G (IgG) and Immunoglobulin A (IgA) antibodies. This dual approach provides a comprehensive overview of potential food sensitivities and intolerances that may contribute to various health issues, including digestive discomfort, skin irritations, and fatigue (Lloyd et al., 2020).

IgG antibodies are often associated with chronic immune reactions and can indicate delayed sensitivities to foods consumed over time. In contrast, IgA is a crucial antibody found in mucosal areas, such as the gut, where it plays a significant role in protecting against pathogens and modulating immune responses. Elevated levels of IgA in relation to certain foods may suggest an ongoing immune response and contribute to gastrointestinal symptoms (Lobo et al., 2018).

The combination of IgG and IgA testing enables healthcare providers to identify a broader spectrum of food sensitivities, allowing for personalised dietary adjustments. Understanding these immune responses can aid in developing effective management strategies to alleviate symptoms and enhance overall wellbeing. Collaborating with a healthcare professional is essential to interpret these results accurately and create an appropriate dietary plan.

Test Options

- 3217- IgG & IgA General Panel (96 Foods)
- 3220- IgG & IgA Super Food Panel (144 Foods)
- 3223- IgG & IgA Complete Panel (240 Foods)
- 3210- IgG & IgA Asian Panel (96 Foods)
- 3213 - IgG & IgA Vegetarian Panel (96 Foods)

*Scan QR code for the full list of foods

Conditions and Symptoms

- Rashes or eczema
- Headaches or migraines
- Diarrhoea or constipation
- Bloating and swelling
- Fatigue
- Abdominal discomfort

Complementary Testing

- IgE 27 Foods (Test code 3202)
- Advanced Microbiome Mapping (Test code 2211)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*