



FOOD ALLERGEN CELLULAR TEST

Many patients present with adverse reactions to foods but are not diagnosed with 'allergies' by routine methods. It is now known that the underlying mechanisms for allergy are not restricted to IgE-mediated reactions alone, but that other immune hypersensitivity reactions can give rise to these symptoms, and are commonly referred to as intolerances.

• Testing Options:

-Combination Profiles-

FACT with Total IgE
FACT Dairy and Grains & tTGA
FACT Food Additives
FACT Antibiotics & Analgesics

-FACT & IgE Profiles

Comprehensive Food Allergy
Profile: FACTest, IgE Food Panel,
tTGA, Total IgE
FACTest & IgE Inhalant Panel

-IgE panels

IgE Food Panel
IgE Inhalant Panel
IgE Individual allergens (on
request)

• Specimen Requirements:

-FACT Full Profile

- 2 x 10 ml EDTA

-FACT Dairy & Grains Profiles

- 1 x 10 ml EDTA

-FACT Antibiotic &

Analgesics - 1 x 10 ml EDTA

-FACT Additives Profile

- 1 x 10 ml EDTA

-IgE Profiles - 3 ml serum

• Before Taking this Test:

- Avoid immuno-suppressive medications for at least one week.
- Long-term steroid use may affect the results.
- Chemotherapy may interfere with test results
- See instructions inside test kit for details

Diagnosing Food Allergy

The traditional diagnosis of food allergy is based on a clinical history, skin-prick tests, the determination of specific IgE class antibodies from serum, and the gold standard 'food challenge', which is both cumbersome and problematic to perform.

The **Food Allergen Cellular Test (FACTest)** is a cellular assay that provides a powerful tool for the detection of adverse reactions to foods, beverages and additives, by measuring the release of leukotrienes released by both IgE and non-IgE mediated reactions*. Leukotrienes are inflammatory mediators produced by different immune cells upon activation by food allergens to which an individual is sensitive. Some of their physiological effects are the very symptoms commonly associated with intolerance or allergy-type reactions.

- Eczema
- Constipation
- IBS
- Asthma
- Diarrhoea
- Aching joints
- Bloating
- Nausea
- Fatigue

The **FACTest** assesses hypersensitivity reactions to 111 foods and their associated food families, as covered by the TrueRelief four-day rotation program, which tailors a regime for symptom alleviation and to regain tolerance to triggering foods for non-IgE dependent type reactions. The FACTest also includes a measurement of total IgE antibodies, which will help to identify those that may also have true IgE allergies.

FACT Dairy & Grains Profile: this smaller profile assess reactions to two commonly problematic food groups, as well as covering eggs, yeast, and tissue transglutaminase (tTGA), a marker of untreated celiac disease.

FACT Food Additives Profile: this assesses reactions to commonly used additives and preservatives found in many processed foods.

FACT Antibiotics and Analgesics: hypersensitivity reactions to drugs have been increasingly seen over the last 4 decades. It is known that diagnosis of reactions using IgE specific antibodies is of limited use, but that these drugs can induce leukotriene release detected by cellular analysis.

** Please note: the FACTest methodology does not measure IgG antibodies. These can be detected in the IgG Food Panel or IgG Spices Panel.*



FOOD ALLERGEN CELLULAR TEST

Patient: **Ms Sample Report**

Accession No:

Food Allergen Cellular Test (FACT™)			
Fish / Shellfish	Vegetables	Poultry / Meats	Dairy
Clam 0	Artichoke 0	Beef (Veal) 0	Cheese (Cheddar) 2
Crab 0	Aubergine 0	Chicken 0	Cheese (Mold) 2
Fish Cod 0	Avocado 0	Duck 0	Cow's Milk 2
Fish Haddock 0	Basil 0	Egg white 2	Goat's Cheese 0
Fish Sardine 0	Beetroot 0	Egg yolk 2	Goat's Milk 0
Fish Salmon 0	Broccoli 0	Goose 0	Sheep's Milk 0
Fish Trout 0	Brussels sprouts 0	Lamb (Mutton) 0	Sheep's Cheese 0
Fish Tuna 0	Cabbage 0	Pork 0	Rice milk 0
Lobster 0	Cauliflower 0	Turkey 0	Soya milk 0
Mussel 0	Carrot 0		
Oyster 0	Celery 0	Herbs / Miscellaneous	Nuts and Grains
Prawn (Shrimp) 0	Chilli (Paprika) 0	E621 MSG 1	Almond 0
Scallop 0	Cucumber 0	E124 Ponceau 0	Barley 0
Squid 0	Garlic 0	E210 Benzoate 1	Bean Green 0
Fruits	Leek 1	E110 S.Yellow 0	Bean Haricot 0
Apple 0	Lettuce 0	E102 Tartrazine 0	Bean Kidney 0
Apricot 0	Mushroom 0	Basil 0	Brazil nut 0
Banana 0	Millet 0	Cocoa 0	Buckwheat 0
Cherry 0	Mustard 0	Coffee 1	Chickpea 0
Orange 0	Onion 1	Honey 0	Chestnut 0
Date 0	Parsley 0	Oregano 0	Chickpea 0
Fig 0	Pea 0	Sage 0	Coconut 0
Grape 0	Pepper (Bell) 0	Sugar-beet 0	Corn (Maize) 0
Grapefruit 0	Potato 0	Sugar-cane 0	Hazelnut 0
Kiwi 0	Shallot 1	Tea black 0	Lentil 0
Lemon 0	Spinach 0	Tea green 0	Oats 0
Lime 0	Tomato 0	Yeast 0	Peanut 4
Mango 0			Poppy seed 0
Melon 0			Rice 0
Nectarine 0			Rye 1
Peach 0			Sesame seed 0
Pear 0			Soya 0
Plum (Prune) 0			Walnut 0
Pineapple 0			Wheat 3
Raspberry 0			
Strawberry 0			

Total IgE Antibodies

Inside Outside
Total IgE **225.0**
 Reference Range <= 87.0 IU/mL

Total IgE level may have clinical significance and can be a useful indicator of IgE mediated disease.

0 None Detected 1 Low 2 Moderate 3 High 4 High

- The FACTest™ measures the release of inflammatory markers from white blood cells following exposure to the test foods and additives, for the assessment of both IgE and non IgE dependent allergic reactions.

- Increasing scores suggest an increasing probability of clinical reactivity to specific foods.

- The True Relief diet is specific to FACTest™ results. Other dietary restrictions should also be taken into account.

Laboratory Comments

Reported by: NRA

Testing options & Analytes tested:

- **Full FACT Profile**
 Fish / Shellfish
 Fruits
 Vegetables
 Poultry / Meats
 Nuts / Grains
 Additives
 Miscellaneous
- **FACT Dairy & Grains**
 alpha-Lactalbumin
 beta-Lactoglobulin
 Casein
 Cow's Milk
 Cow's Cheese
 Cow's Cheese (Mold)
 Goat's Milk Produce
 Sheep's Milk Produce
 Soya (Milk)
 Egg yolk
 Egg white
 Gluten
 Barley
 Malt
 Buckwheat
 Corn (Maize)
 Oats
 Rice
 Rye
 Wheat
 Yeast (Bakers, Brewers)
- **FACT Food Additives**
 E102 Tartrazine
 E104 Quinoline Yellow
 E110 Sunset Yellow FCF
 E122 Carmoisine
 E123 Amaranth
 E124 Ponceau Red 4R
 E127 Erythrosine
 E131 Patent Blue V
 E132 Indigo Carmine
 E133 Brilliant blue FCF
 E142 Green S
 E151 Black BN
 E154 Brown FK
 E155 Brown HT
 E211 Sodium Benzoate
 E224 Potassium Metabisulphite
 E250 Sodium Nitrite
 E320 Butylated Hydroxyanisole
 E466
 Carboxymethylcellulose
 E550 Sodium Salicylate
 E621 Monosodium glutamate
 E951 Aspartame
- **FACT Antibiotics & Analgesics**
 Penicillin G
 Penicillin V
 Cephalosporin C
 Sulphamethoxazole
 Trimethoprim
 Tetracycline
 Ciprofloxacin
 Ampicillin
 Amoxicillin
 Lys-Aspirin
 Diclofenac
 Ibuprofen
 Indomethacin
 Paracetamol