



# Blood Allergy Food Test Results

**Dalton Kohler**

Date of birth: **1984-05-13**

Redemption code: **KFY2FSQ6**

Report date: **2021-06-23**





Dear Dalton Kohler,

**Check My Body Health are pleased to enclose your test results. Our laboratory has analysed your blood sample for IgE reactions to 38 foods.**

**Your test report contains:**

- ▶ An explanation of the test undertaken
- ▶ Your results along with a flag indicating green or red and a class (where a reaction has taken place)
- ▶ A results explainer
- ▶ A results summary showing the items that produced a reaction and the recommended action

Sincerely,

Dr Gareth James  
Medical Director



## Understanding your results and recommended actions

### Allergen-Specific IgE Reaction

Green

**No reaction has taken place**

Laboratory reporting on IgE-antibody levels starts from 0.35 KU/L, only levels above this are considered to be clinically significant.

Red

**A reaction has taken place**

- >0.35 <3.5      Class 1-2 reaction
- >3.5 <50        Class 3-4 reaction
- >50                Class 5-6 reaction

A higher class indicates a stronger laboratory reaction, however the class and level of reaction does NOT predict the experience of physical symptoms. It is therefore possible to have a strong reaction in testing and mild or no symptoms. There is also no significance of having a low class 5 or a high class 5; it still remains a class 5.

### Total IgE Reaction

Green

**A normal result**

Red

**A result outside the reference range**

**Please note:**

IgE antibody testing DOES NOT test for coeliac disease, lactose intolerance, histamine intolerance or any other food intolerance.

If you have any medical conditions, are pregnant, breast-feeding or below the age of 18 we recommend that any dietary changes are made under the supervision of a healthcare professional.



## Allergen-Specific IgE

Immunoglobulin E (IgE) is a class of antibody, which functions as part of the body's immune system. It is associated with allergic reactions. It is found in very small amounts in the blood and testing it measures the amount of allergen-specific IgE in the blood. Elevated levels of allergen-specific IgE can suggest the presence of allergy however results must be interpreted with a full clinical history.

### Grains

Allergen	Your Result in kU/L	Reaction Flag			
Maize	58.88	Green	Class 1-2	Class 3-4	Class 5-6
Oat	<0.35	Green	Class 1-2	Class 3-4	Class 5-6
Wheat	1.52	Green	Class 1-2	Class 3-4	Class 5-6
Barley	55.71	Green	Class 1-2	Class 3-4	Class 5-6
Rice	0.7	Green	Class 1-2	Class 3-4	Class 5-6

### Nuts and seeds

Allergen	Your Result in kU/L	Reaction Flag			
Almond	<0.35	Green	Class 1-2	Class 3-4	Class 5-6
Cashew nut	<0.35	Green	Class 1-2	Class 3-4	Class 5-6
Hazelnut	<0.35	Green	Class 1-2	Class 3-4	Class 5-6
Sesame	<0.35	Green	Class 1-2	Class 3-4	Class 5-6
Walnut	0.56	Green	Class 1-2	Class 3-4	Class 5-6

### Legumes

Allergen	Your Result in kU/L	Reaction Flag			
Peanut	1.96	Green	Class 1-2	Class 3-4	Class 5-6
Soy	14.69	Green	Class 1-2	Class 3-4	Class 5-6
Bean, green	0.79	Green	Class 1-2	Class 3-4	Class 5-6

### Dairy and eggs

Allergen	Your Result in kU/L	Reaction Flag			
Egg white	42.57	Green	Class 1-2	Class 3-4	Class 5-6
Milk	<0.35	Green	Class 1-2	Class 3-4	Class 5-6



**Meat**

Allergen	Your Result in kU/L	Reaction Flag			
Beef	38.35	Green	Class 1-2	Class 3-4	Class 5-6
Chicken	3.48	Green	Class 1-2	Class 3-4	Class 5-6

**Fish and seafood**

Allergen	Your Result in kU/L	Reaction Flag			
Cod	<0.35	Green	Class 1-2	Class 3-4	Class 5-6
Salmon	81.33	Green	Class 1-2	Class 3-4	Class 5-6
Shrimp	60.8	Green	Class 1-2	Class 3-4	Class 5-6
Thuna	0.75	Green	Class 1-2	Class 3-4	Class 5-6

**Vegetables and salad**

Allergen	Your Result in kU/L	Reaction Flag			
Carrot	59.09	Green	Class 1-2	Class 3-4	Class 5-6
Celery	0.94	Green	Class 1-2	Class 3-4	Class 5-6
Garlic	16.06	Green	Class 1-2	Class 3-4	Class 5-6
Potato	0.62	Green	Class 1-2	Class 3-4	Class 5-6
Ginger	1.98	Green	Class 1-2	Class 3-4	Class 5-6
Mustard	0.49	Green	Class 1-2	Class 3-4	Class 5-6
Onion	3.34	Green	Class 1-2	Class 3-4	Class 5-6
Tomato	<0.35	Green	Class 1-2	Class 3-4	Class 5-6



Fruit

Allergen	Your Result in kU/L	Reaction Flag			
Apple	0.43	Green	Class 1-2	Class 3-4	Class 5-6
Mango	3.34	Green	Class 1-2	Class 3-4	Class 5-6
Orange	3.13	Green	Class 1-2	Class 3-4	Class 5-6
Peach	<0.35	Green	Class 1-2	Class 3-4	Class 5-6
Banana	<0.35	Green	Class 1-2	Class 3-4	Class 5-6
Kiwi fruit	2.07	Green	Class 1-2	Class 3-4	Class 5-6
Pineapple	3.23	Green	Class 1-2	Class 3-4	Class 5-6
Strawberry	61.7	Green	Class 1-2	Class 3-4	Class 5-6

Results: Red

Results explainer

A reaction has shown in testing and may indicate the presence of an allergy. IgE results must be used in conjunction with a clinical picture and thorough understanding of symptoms. We would recommend removing an item that reacted in testing IF you are experiencing physical symptoms when you eat or come into contact with it.

**Mild to Moderate Allergic symptoms include:**

- Swelling of lips, face or eyes.
- Skin rashes with itching, hives or welts.
- Tingling mouth
- Abdominal pain, vomiting, diarrhoea.

**If you have a mild to moderate allergic reaction:**

- Take an antihistamine asap.
- Phone family/emergency contact
- Watch for worsening symptoms

**Severe Allergic symptoms or Anaphylaxis**

**AIRWAY**

- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking/hoarse voice

**BREATHING**

- Difficult/noisy breathing
- Wheeze or persistent cough

**CIRCULATION**

- Persistent dizziness or collapse
- Loss of consciousness
- rapid or slow heartbeat

**If you have a severe anaphylactic reaction:  
Call for help, lie down flat, call 999**

Most adults with food allergies have had their allergy since they were children. A true symptomatic food allergy will usually cause some sort of reaction every time the trigger food is eaten, usually within two hours of ingestion. Allergy testing is not an exact science and having positive results may not mean that you react to that allergen in everyday life. It is possible to have a reaction in testing but not experience any physical symptoms. This may indicate sensitisation to an item but not allergy.



### Results explainer continued...

It is also important to note that the strength of laboratory reaction does NOT predict the severity of physical symptoms. It is therefore possible to have a strong reaction in testing and mild or no symptoms and it is equally possible to experience debilitating or serious symptoms but have a low reaction in testing.

### Prevention Is Key

The best way to fight a food allergy and avoid both mild and severe reactions is to know what you are eating and try to avoid those foods that you are allergic to.

If you are experiencing mild symptoms that could be caused by a food allergy, then we recommend that you exclude this food substance from your diet and see if your symptoms diminish. Over the counter antihistamines sometimes help if taken before a meal. Your GP is unlikely to be concerned over mild symptoms.

It may be worth speaking with a nutritional therapist who will be able to offer tips for avoiding the foods that trigger your allergies and ensuring that even if you exclude certain foods from your diet, you still get all the nutrients you need. Find a nutritional therapist here:  
<https://bant.org.uk/bant/jsp/practitionerSearch.faces>

If you experience any moderate or severe symptoms (as listed above, but including difficulty in breathing, swelling of lips/tongue with any food) then please contact your GP urgently to discuss your symptoms. Your GP will then consider your results along with your medical history, previous tests and any current treatment, and if they suspect a serious food allergy may refer you on to an allergy clinic.



## Further Information

### Cross-Reactions

Cross-reactions can occur between different items. It happens because the proteins are similar in structure or share similar characteristics.

Fruits	
Melon	Other types of melon, banana and avocado
Pomaceous and stone fruit, nuts (rose family*)	Other plants from the rose family*
Kiwi, avocado and banana	Latex
Other foodstuffs	
Cow's milk	Goat's milk
	Beef
	Mare's milk
Crustaceans e.g. shrimps	Other crustaceans e.g. prawns, crabs, mussels, clam, oyster, scallop and snails
Fish e.g. salmon	Other fish e.g. plaice and swordfish
Nuts e.g. walnut	Other nuts e.g. hazelnut and cashew nut
Peanut	Lupine**
	Lentils, peas and soya
Cereals e.g. wheat	Other cereal types e.g. barley and rye
Other	
Latex products	Kiwi, avocado, banana, pepper, fig and ficus benjamina
Ficus benjamina and rubber plant	Fresh fig
	Dried fig
	Kiwi
	Papaya
	Banana
Dust mite	Crustaceans e.g. crayfish, prawns and mussels
Cat	Pork
Bird's feathers	Egg

\*\*Lupine can be added to wheat flour so be aware of baked goods, pasta dishes. Some desserts, spreads, drinks, meats substitutes, baby food and diet products can contain lupine.

### The Additive Effect

If an individual is allergic to a number of items in their environment low concentrations of IgE may produce an additive effect and have clinical significance. Factors such as high levels of stress, dehydration and histamine-rich items, such as red wine, can, in some individuals, contribute towards the possibility of an allergic reaction.

### Limitations

We test the most common IgE-allergenic items through blood analysis however there are other possible items, which may be the cause of allergy symptoms experienced.

There are other types of conditions that can cause symptoms that can sometimes be mistaken for allergy symptoms, such as enzyme-mediated intolerances, for example lactose intolerance. These are not detectable via blood testing.





# GP Summary

Name: **Dalton Kohler**

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This summary includes any results, which have been given a red flag.

## Allergen-specific IgE

Items displayed produced a reaction in testing. This may be indicative of allergy IF symptoms appear after ingestion or contact with the item.

Allergen	Your Result	Reaction Class	Units
Apple	0.43	1	kU/L
Beef	38.35	4	kU/L
Carrot	59.09	5	kU/L
Celery	0.94	1	kU/L
Egg white	42.57	4	kU/L
Garlic	16.06	3	kU/L
Maize	58.88	5	kU/L
Mango	3.34	2	kU/L
Orange	3.13	2	kU/L
Peanut	1.96	2	kU/L
Potato	0.62	1	kU/L
Salmon	81.33	6	kU/L
Soy	14.69	3	kU/L
Walnut	0.56	1	kU/L
Wheat	1.52	2	kU/L
Barley	55.71	5	kU/L
Bean, green	0.79	1	kU/L
Chicken	3.48	2	kU/L
Ginger	1.98	2	kU/L
Kiwi fruit	2.07	2	kU/L
Mustard	0.49	1	kU/L
Onion	3.34	2	kU/L
Pineapple	3.23	2	kU/L
Rice	0.7	1	kU/L
Shrimp	60.8	5	kU/L
Strawberry	61.7	5	kU/L
Thuna	0.75	1	kU/L