



63 Zillicoa Street  
Asheville, NC 28801  
© Genova Diagnostics

Patient: **KELLY BURRIS**  
DOB: May 24, 1952  
Sex: M  
MRN: 0002771935

Order Number: **R6020624**  
Reported: December 09, 2022  
Received: December 02, 2022  
Collected: December 01, 2022

Sayana Medical Spa & Wellness Center  
Shilpa Sayana MD  
14006 Riverside Dr Ste 18  
Sherman Oaks, CA 91423-1949

### 1001 IgG Food Antibodies Profile - Serum

Methodology: EIA and Chemiluminescent

IgG Food Antibody Results			
<b>Dairy</b> Casein 0 <input type="checkbox"/> Cheddar cheese 0 <input type="checkbox"/> Cottage cheese 0 <input type="checkbox"/> Cow's milk 0 <input type="checkbox"/> Goat's milk 0 <input type="checkbox"/> Lactalbumin 0 <input type="checkbox"/> Yogurt 0 <input type="checkbox"/>  <b>Fruits</b> Apple 0 <input type="checkbox"/> Apricot 0 <input type="checkbox"/> Banana 0 <input type="checkbox"/> Blueberry 0 <input type="checkbox"/> Cranberry 0 <input type="checkbox"/> Grape 0 <input type="checkbox"/> Grapefruit 0 <input type="checkbox"/> Lemon 0 <input type="checkbox"/> Orange 0 <input type="checkbox"/> Papaya 0 <input type="checkbox"/> Peach 0 <input type="checkbox"/> Pear 0 <input type="checkbox"/> Pineapple 0 <input type="checkbox"/> Plum 0 <input type="checkbox"/> Raspberry 0 <input type="checkbox"/> Strawberry 0 <input type="checkbox"/>	<b>Vegetables</b> Alfalfa VL <input checked="" type="checkbox"/> Asparagus VL <input checked="" type="checkbox"/> Avocado 0 <input type="checkbox"/> Beets 0 <input type="checkbox"/> Broccoli 0 <input type="checkbox"/> Cabbage 0 <input type="checkbox"/> Carrot 0 <input type="checkbox"/> Celery 0 <input type="checkbox"/> Cucumber 0 <input type="checkbox"/> Garlic 1+ <input checked="" type="checkbox"/> Green Pepper 0 <input type="checkbox"/> Lettuce 0 <input type="checkbox"/> Mushroom 0 <input type="checkbox"/> Olive 0 <input type="checkbox"/> Onion 0 <input type="checkbox"/> Pea 0 <input type="checkbox"/> Potato, sweet 0 <input type="checkbox"/> Potato, white 0 <input type="checkbox"/> Spinach 0 <input type="checkbox"/> String bean 0 <input type="checkbox"/> Tomato 0 <input type="checkbox"/> Zucchini 0 <input type="checkbox"/>	<b>Fish/Shellfish</b> Clam 3+ <input checked="" type="checkbox"/> Cod 0 <input type="checkbox"/> Crab 0 <input type="checkbox"/> Lobster 0 <input type="checkbox"/> Oyster 0 <input type="checkbox"/> Red snapper 1+ <input checked="" type="checkbox"/> Salmon 0 <input type="checkbox"/> Sardine 0 <input type="checkbox"/> Shrimp 0 <input type="checkbox"/> Sole VL <input checked="" type="checkbox"/> Trout 0 <input type="checkbox"/> Tuna 0 <input type="checkbox"/>  <b>Poultry/Meats</b> Beef 0 <input type="checkbox"/> Chicken 1+ <input checked="" type="checkbox"/> Egg white VL <input checked="" type="checkbox"/> Egg yolk VL <input checked="" type="checkbox"/> Lamb 0 <input type="checkbox"/> Pork 0 <input type="checkbox"/> Turkey VL <input checked="" type="checkbox"/>	<b>Nuts and Grains</b> Almond 0 <input type="checkbox"/> Buckwheat VL <input checked="" type="checkbox"/> Corn 0 <input type="checkbox"/> Corn gluten 0 <input type="checkbox"/> Gluten 0 <input type="checkbox"/> Kidney bean 0 <input type="checkbox"/> Lentil 0 <input type="checkbox"/> Lima bean 0 <input type="checkbox"/> Oat 0 <input type="checkbox"/> Peanut 0 <input type="checkbox"/> Pecan 0 <input type="checkbox"/> Pinto bean 0 <input type="checkbox"/> Rice 0 <input type="checkbox"/> Rye 0 <input type="checkbox"/> Sesame 0 <input type="checkbox"/> Soy 0 <input type="checkbox"/> Sunflower seed 0 <input type="checkbox"/> Walnut VL <input checked="" type="checkbox"/> Wheat 0 <input type="checkbox"/>  <b>Miscellaneous</b> Yeast 0 <input type="checkbox"/> Cane sugar 0 <input type="checkbox"/> Chocolate 0 <input type="checkbox"/> Coffee 0 <input type="checkbox"/>
<b>Total IgE</b>			
Total IgE ♦		Inside <input type="checkbox"/> 31.7	Outside <input type="checkbox"/> Reference Range <=87.0 IU/mL

0 <input type="checkbox"/> None Detected	VL <input checked="" type="checkbox"/> Very Low	1+ <input checked="" type="checkbox"/> Low	2+ <input type="checkbox"/> Moderate	3+ <input checked="" type="checkbox"/> High
------------------------------------------	-------------------------------------------------	--------------------------------------------	--------------------------------------	---------------------------------------------

- The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦, the assay has not been cleared by the U.S. Food and Drug Administration.
- Total IgE level may have clinical significance regardless of specific antibody levels.
- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.
- The Elimination Diet commentary is specific to IgG results only. Allergens inducing an IgE response should be completely avoided.

Laboratory Comments

# Summary of IgG Test Results

## Reactive / Non-Reactive Foods

### 3+ High

Cherry Clam

### 2+ Moderate

Garbanzo

### 1+ Low

Chicken Garlic Red Snapper Wild rice

### VL Very Low

Alfalfa Asparagus Buckwheat Cayenne  
Coconut Egg white Egg yolk Mung bean  
Nutmeg Pistachio Sole Turkey  
Walnut

### 0 None Detected

Allspice	Almond	Apple	Apricot
Artichoke	Avocado	Banana	Basil
Bay leaf	Bean sprout	Beef	Beets
Black Pepper	Blueberry	Broccoli	Cabbage
Cane sugar	Cantaloupe	Carrot	Casein
Cashew	Celery	Cheddar cheese	Chocolate
Cinnamon	Cloves	Cod	Coffee
Corn	Corn gluten	Cottage cheese	Cow's milk
Crab	Cranberry	Cucumber	Cumin
Curry	Dill	Fennel	Filbert
Flax seed	Ginger	Gluten	Goat's milk
Grape	Grapefruit	Green pepper	Kamut
Kidney bean	Lactalbumin	Lamb	Lemon
Lentil	Lettuce	Lima bean	Lobster
Marjoram	Millet	Mushroom	Mustard
Navy bean	Oat	Oat bran	Olive
Onion	Orange	Oregano	Oyster
Papaya	Paprika	Parmesan cheese	Parsley
Pea	Peach	Peanut	Pear
Pecan	Peppermint	Pineapple	Pinto bean
Plum	Pork	Potato, sweet	Potato, white
Raspberry	Rice	Rosemary	Rye
Safflower	Sage	Salmon	Sardine
Sesame	Shrimp	Soy	Spinach
Strawberry	String bean	Sunflower seed	Thyme
Tomato	Triticale	Trout	Tuna
Vanilla	Watermelon	Wheat	Wheat bran
Yeast	Yogurt	Zucchini	



## Commentary

### Overview

Commentary is provided to the practitioner for educational purposes and should not be interpreted as diagnostic or as treatment recommendations. Diagnosis and treatment decisions are the practitioner's responsibility.

**Immunoglobulin G (IgG) antibodies** that elicit an immune response to food are in a class distinct from Immunoglobulin E (IgE) food allergy reactions. IgG-mediated food responses are described as delayed hypersensitivity reactions and have been associated in the peer-reviewed literature with an array of common clinical conditions including migraine, obesity, asthma, autoimmune diseases, and irritable bowel syndrome.

#### IgG Testing: Factors to Consider

IgG testing can be very useful in screening foods that a person is eating on a regular basis and which may be causing adverse reactions. However, it is possible to have adverse reactions to foods with low or non-detected levels of IgG. Because the IgG profile measures exposure of the immune system to food antigens, performing this test on a patient who is not consuming a particular food or who is taking a drug with known ability to suppress immune function (i.e. steroids) may result in the test not showing a positive reaction, potentially leading to a false negative result for the particular food. Be advised that if the patient is already on an elimination diet due to known food reactions, a negative result on an IgG food antibody profile does not necessarily mean that they can freely eat the food without experiencing symptoms.

#### IgG Results Interpretation

The amount of IgG antibodies is measured using a semi-quantitative ELISA assay procedure. The relative degrees of IgG present for each food are reported using a semi-quantitative level; None Detected (0), VL (very low), Low (1+), Moderate (2+) or High (3+). The degree of reactivity may not correlate with the severity of patient's response, therefore clinical correlation is advised as it can help direct treatment.

#### Clinical Management of Reactive IgG Foods: Elimination Diet

The purpose of an elimination diet is to pinpoint symptom-triggering foods that may be the root cause of and/or perpetuating chronic health issues. This diet is specific to food sensitivities that elicit an Immunoglobulin G (IgG) response and not those defined as classic (IgE-mediated) food allergy reactions. An elimination diet is a strategic process which depends on the oversight of the healthcare provider to ensure that a patient's nutritional requirements - macronutrient, micronutrient, and caloric needs - are adequate.

### Four-Phases of an Elimination Diet



#### PHASE 1 – PREPARATION

A patient's clinical presentation and the IgG Food Antibody Assessment results typically determine which food(s) to temporarily remove from the diet. The average time frame for an elimination diet is 1 to 3 months. It is optimal to work with the patient to determine a start and end date for the elimination diet. Patient guidance around preparation ahead of the start date is important to ensure success. These include: (1) encouraging the patient to remove offending foods from the home and adjust grocery shopping accordingly; (2) providing the patient with resources that advance meal preparation, such as recipe books or reputable websites. Directing the patient to record foods consumed, date of consumption/elimination, and any notable changes in symptoms in a food journal can help track the progress of the diet.



## Commentary



### PHASE 2 – ELIMINATION

It is important to ensure the patient avoids those foods which resulted in a demonstrable reaction, either in whole food forms or as ingredients in other prepared foods to gain the greatest benefit. For patients unable to eliminate all reactive foods from their diet, focusing on the foods that elicited a stronger reaction (i.e.: 2+ and 3+) may be considered for an elimination diet. Practitioners may also encourage elimination of a complete food group when the patient shows reactivity to all foods tested within that group.



### PHASE 3 – REINTRODUCTION

The reintroduction of eliminated foods is done one food at a time while monitoring for any adverse reaction. The patient should consume the test food several times throughout the day for several days. If symptoms occur with reintroduction, the patient should be instructed to remove that food once again and to evaluate whether the symptoms diminish over the next few days following elimination. Signs which may indicate an IgG food reaction include the following: headache, itching, bloating, fatigue, diarrhea or constipation, and indigestion. If the food does not cause symptoms during the reintroduction phase, it can be added back into the diet. The patient should continue this process with each food eliminated.

**CAUTION:** All patients warrant counseling related to signs and management of immediate hypersensitivity reactions prior to food reintroduction following an elimination diet. If reintroduction of a food causes an immediate allergic reaction (i.e. swelling of face, mouth, tongue, etc.; wheezing, rash/hives, or other allergic symptoms), it is imperative that the patient be treated as soon as possible. Following resolution of the immediate hypersensitivity reaction, the patient should be instructed to completely avoid consumption of that food.



### PHASE 4 – LONG TERM MANAGEMENT

An elimination diet based on food sensitivity testing is part of a comprehensive approach to overall gastrointestinal health. Based on the test results and the complete clinical presentation of the patient, a long-term plan is usually developed utilizing the results of the reintroduction phase. Clinicians may also consider assessing and treating intestinal permeability, as gut barrier integrity is important for proper immune responses to foods. Nutrients that have been found to support intestinal barrier and decrease potential inflammation are glutamine, vitamin A, vitamin D, essential fatty acids (Omega-3), probiotics, and butyrate. Botanicals that can also be considered to assist with intestinal health are slippery elm, deglycyrrhizinated licorice (DGL), Aloe vera extract, and marshmallow root.

For additional information on the elimination diet and how to better understand your results, please download the "Elimination Diet Handout" from our website at <https://www.gdx.net/elimination-diet-handout.pdf>.



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### 1000 IgE Food Antibodies Profile - Serum

Methodology: Chemiluminescent

### IgE Food Antibody Results

	RESULT kU/L	CLASS	INDICATOR		RESULT kU/L	CLASS	INDICATOR
<b>Grains</b>				<b>Nuts</b>			
Buckwheat	<0.24	0/1	<input type="checkbox"/>	Almond	<0.24	0/1	<input type="checkbox"/>
Corn	<0.24	0/1	<input type="checkbox"/>	Brazil nut	<0.24	0/1	<input type="checkbox"/>
Oat	<0.24	0/1	<input type="checkbox"/>	Coconut	<0.24	0/1	<input type="checkbox"/>
Rice	<0.24	0/1	<input type="checkbox"/>	Hazelnut	<0.24	0/1	<input type="checkbox"/>
Sesame	<0.24	0/1	<input type="checkbox"/>	Peanut	<0.24	0/1	<input type="checkbox"/>
Soybean	<0.24	0/1	<input type="checkbox"/>	<b>Seafood</b>			
Wheat	<0.24	0/1	<input type="checkbox"/>	Blue mussel	<0.24	0/1	<input type="checkbox"/>
<b>Dairy</b>				Codfish	<0.24	0/1	<input type="checkbox"/>
Egg white	<0.24	0/1	<input type="checkbox"/>	Salmon	<0.24	0/1	<input type="checkbox"/>
Cow's milk	<0.24	0/1	<input type="checkbox"/>	Shrimp	<0.24	0/1	<input type="checkbox"/>
				Tuna	<0.24	0/1	<input type="checkbox"/>

### Total IgE

	Inside	Outside	Reference Range
Total IgE	31.7		<=87.0 IU/mL

- IgE levels must be used in conjunction with the clinical picture and are not intended to be independently diagnostic.
- The performance characteristics of all assays have been verified by Genova Diagnostics, Inc.
- All assays are cleared by the U.S. Food and Drug Administration.
- Total IgE level may have clinical significance regardless of specific antibody levels.
- Increasing levels of antibody detected suggest an increasing clinical reactivity to specific foods.

### Key

Class	kU/L	Levels of Specific IgE	Indicator
0/1	<=0.24	Undetectable or Equivocal	<input type="checkbox"/>
I	0.25 - 0.39	Low	<input type="checkbox"/>
II	0.4 - 1.29	Moderate	<input type="checkbox"/>
III	1.3 - 3.89	High	<input type="checkbox"/>
IV	3.9 - 14.99	Very High	<input type="checkbox"/>
V	15 - 24.99	Very High	<input type="checkbox"/>
VI	>=25	Very High	<input type="checkbox"/>

### Laboratory Comments



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# IgG Vegetarian

## IMMUNOLOGY

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### 1002 IgG Vegetarian Food Profile - Serum

Methodology: EIA and Chemiluminescent

IgG Vegetable Food Results		
Artichoke	0	<input type="checkbox"/>
Bean sprout	0	<input type="checkbox"/>
Cantaloupe	0	<input type="checkbox"/>
Cashew	0	<input type="checkbox"/>
Cherry	3+	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Coconut	VL	<input type="checkbox"/>
Flax seed	0	<input type="checkbox"/>
Garbanzo	2+	<input type="checkbox"/> <input type="checkbox"/>
Filbert	0	<input type="checkbox"/>
Kamut	0	<input type="checkbox"/>
Millet	0	<input type="checkbox"/>
Mung bean	VL	<input type="checkbox"/>
Navy bean	0	<input type="checkbox"/>
Oat bran	0	<input type="checkbox"/>
Parmesan cheese	0	<input type="checkbox"/>
Pistachio	VL	<input type="checkbox"/>
Safflower	0	<input type="checkbox"/>
Triticale	0	<input type="checkbox"/>
Watermelon	0	<input type="checkbox"/>
Wheat bran	0	<input type="checkbox"/>
Wild rice	1+	<input type="checkbox"/>

Total IgE		
	Inside	Outside
Total IgE ♦	31.7	
		Reference Range
		<=87.0 IU/mL

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- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.
- Total IgE level may have clinical significance regardless of specific antibody levels.

0	<input type="checkbox"/>	None Detected	VL	<input type="checkbox"/>	Very Low	1+	<input type="checkbox"/>	Low	2+	<input type="checkbox"/> <input type="checkbox"/>	Moderate	3+	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	High
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### Laboratory Comments



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**1005 IgG Spice Profile - Serum**  
Methodology: EIA and Chemiluminescent

IgG Spice Antibody Results					
Allspice	0	<input type="checkbox"/>	Curry	0	<input type="checkbox"/>
Basil	0	<input type="checkbox"/>	Dill	0	<input type="checkbox"/>
Bayleaf	0	<input type="checkbox"/>	Fennel	0	<input type="checkbox"/>
Black Pepper	0	<input type="checkbox"/>	Ginger	0	<input type="checkbox"/>
Cayenne	VL	<input checked="" type="checkbox"/>	Marjoram	0	<input type="checkbox"/>
Cinnamon	0	<input type="checkbox"/>	Mustard	0	<input type="checkbox"/>
Cloves	0	<input type="checkbox"/>	Nutmeg	VL	<input checked="" type="checkbox"/>
Cumin	0	<input type="checkbox"/>	Oregano	0	<input type="checkbox"/>
			Paprika	0	<input type="checkbox"/>
			Parsley	0	<input type="checkbox"/>
			Peppermint	0	<input type="checkbox"/>
			Rosemary	0	<input type="checkbox"/>
			Sage	0	<input type="checkbox"/>
			Thyme	0	<input type="checkbox"/>
			Vanilla	0	<input type="checkbox"/>

Total IgE			
	Inside	Outside	Reference Range
Total IgE ♦	31.7	<input type="checkbox"/>	<=87.0 IU/mL

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- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.

- Total IgE level may have clinical significance regardless of specific antibody levels.

0 <input type="checkbox"/>	None Detected	VL <input checked="" type="checkbox"/>	Very Low	1+ <input type="checkbox"/>	Low	2+ <input type="checkbox"/>	Moderate	3+ <input type="checkbox"/>	High
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**Lab Comments**

Please note the IgG antibody reactivity assessment for Horseradish is no longer available as the commercial manufacturer has discontinued the antigen production.



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# IgE Inhalants

## IMMUNOLOGY

### SoCal Coast

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### 1003 IgE Inhalant Profile - Serum

Methodology: Chemiluminescent

#### IgE Antibody Levels

INHALANT	RESULT	CLASS	INDICATOR
	kU/L		
<b>Trees</b>			
Maple	<0.24	0/1	<input type="checkbox"/>
Oak	<0.24	0/1	<input type="checkbox"/>
Olive	<0.24	0/1	<input type="checkbox"/>
Walnut	<0.24	0/1	<input type="checkbox"/>
<b>Grasses</b>			
Bermuda Grass	<0.24	0/1	<input type="checkbox"/>
June Grass (Kentucky Blue)	<0.24	0/1	<input type="checkbox"/>
Brome Grass	<0.24	0/1	<input type="checkbox"/>
Cultivated Oat Grass	<0.24	0/1	<input type="checkbox"/>
<b>Weeds</b>			
Rough Pigweed	<0.24	0/1	<input type="checkbox"/>
<b>Molds</b>			
Mold Generic	<0.24	0/1	<input type="checkbox"/>
<b>Misc.</b>			
Cat dander	<0.24	0/1	<input type="checkbox"/>
Cockroach	<0.24	0/1	<input type="checkbox"/>
Dog dander	<0.24	0/1	<input type="checkbox"/>
Mite - D. farinae	<0.24	0/1	<input type="checkbox"/>
Mite - D. microceras	<0.24	0/1	<input type="checkbox"/>
Mite - D. pteronyssinus	<0.24	0/1	<input type="checkbox"/>

#### Inhalant Region



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- IgE levels must be used in conjunction with the clinical picture and are not intended to be independently diagnostic.

#### Total IgE

	Inside	Outside	Reference Range
Total IgE	31.7		<=87.0 IU/mL

#### Key

Class	kU/L	Levels of Specific IgE	Indicator
0/1	<=0.24	Undetectable or Equivocal	<input type="checkbox"/>
I	0.25 - 0.39	Low	<input type="checkbox"/>
II	0.4 - 1.29	Moderate	<input type="checkbox"/>
III	1.3 - 3.89	High	<input type="checkbox"/>
IV	3.9 - 14.99	Very High	<input type="checkbox"/>
V	15 - 24.99	Very High	<input type="checkbox"/>
VI	>=25	Very High	<input type="checkbox"/>

#### Lab Comments





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**1004 IgE Molds Profile - Serum**

Methodology: Chemiluminescent

**IgE Mold Antibody Results**

INHALANT	RESULT kU/L	CLASS	INDICATOR
Aspergillus fumigatus	<0.24	0/1	<input type="checkbox"/>
Alternaria tenuis (Alternaria alternata)	<0.24	0/1	<input type="checkbox"/>
Candida albicans	<0.24	0/1	<input type="checkbox"/>
Cladosporium herbarum	<0.24	0/1	<input type="checkbox"/>
Curvularia lunata	<0.24	0/1	<input type="checkbox"/>
Epicoccum purpurascens	<0.24	0/1	<input type="checkbox"/>
Fusarium moniliforme	<0.24	0/1	<input type="checkbox"/>
Helminthosporium halodes	<0.24	0/1	<input type="checkbox"/>
Mucor racemosus	<0.24	0/1	<input type="checkbox"/>
Penicillium notatum	<0.24	0/1	<input type="checkbox"/>
Phoma betae	<0.24	0/1	<input type="checkbox"/>
Pityrosporum orbiculare	<0.24	0/1	<input type="checkbox"/>
Rhizopus nigricans	<0.24	0/1	<input type="checkbox"/>
Stemphylium botryosum	<0.24	0/1	<input type="checkbox"/>
Trichoderma viride	<0.24	0/1	<input type="checkbox"/>

**Key**

Class	kU/L	Levels of Specific IgE	Indicator
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I	0.25 - 0.39	Low	<input type="checkbox"/>
II	0.4 - 1.29	Moderate	<input type="checkbox"/>
III	1.3 - 3.89	High	<input type="checkbox"/>
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V	15 - 24.99	Very High	<input type="checkbox"/>
VI	>=25	Very High	<input type="checkbox"/>

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**Total IgE**

	Inside	Outside	Reference Range
Total IgE	31.7		<=87.0 IU/mL

**Lab Comments**



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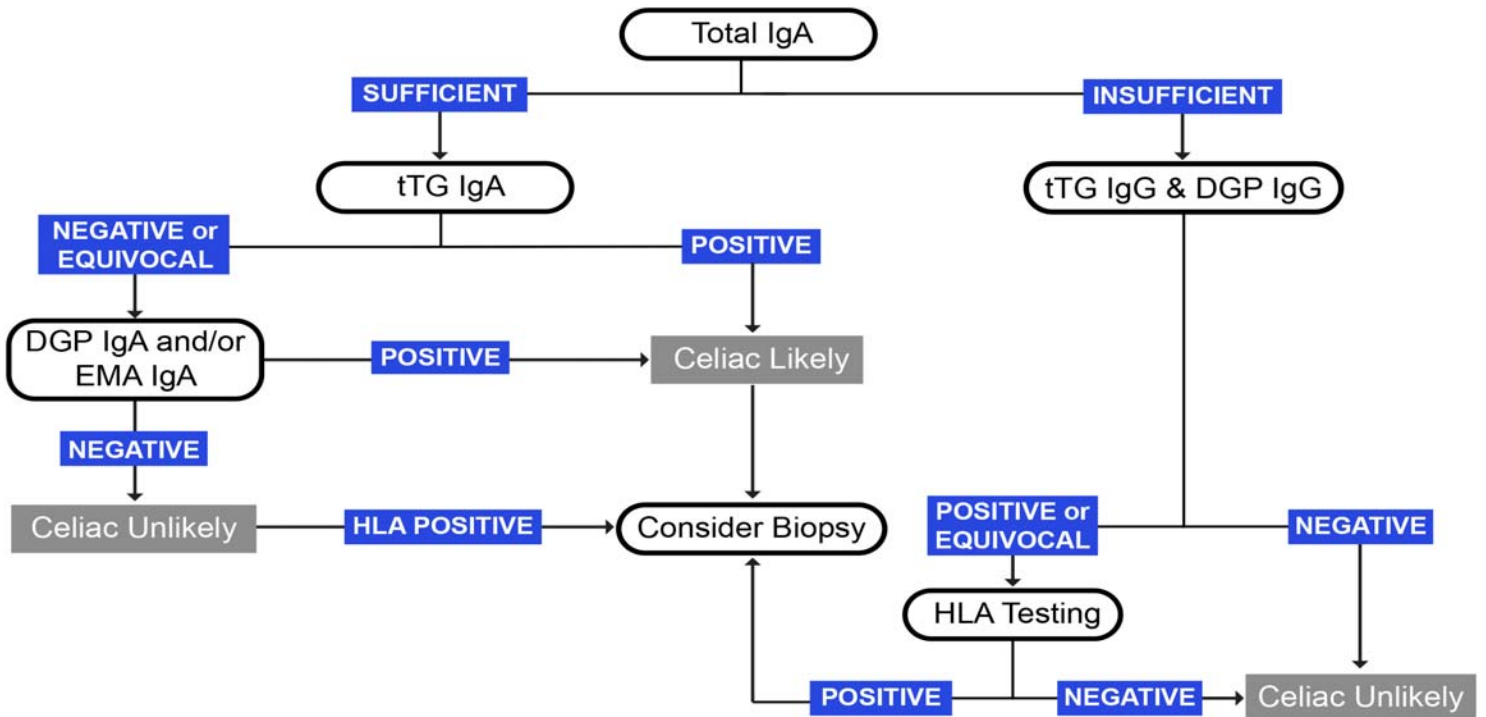
**1018 Celiac Profile - Serum**

Methodology: FEIA, Immunoturbidometric and IFA (when EMA IgA testing is performed)

**Immunologic Markers**

Biomarker	Result		Reference Range
Total IgA	162	Sufficient	98-591 mg/dL
Anti-Tissue Transglutaminase IgG (tTG IgG)	<1.7	Negative	<=6.9 U/ml
Anti-Deamidated Gliadin IgG (DGP IgG)	<1.4	Negative	<=6.9 U/ml
Anti-Tissue Transglutaminase IgA (tTG IgA)	0.6	Negative	<=6.9 U/ml
Anti-Deamidated Gliadin IgA (DGP IgA)	0.7	Negative	<=6.9 U/ml

**Interpretation**





## Commentary

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For more information regarding Celiac Profile clinical interpretation, please refer to the Celiac Profile Support Guide at <https://www.gdx.net/core/supplemental-education-materials/celiac-support-guide>