



LifeLabs FST™
IgG FOOD SENSITIVITY TEST

IgG Food Sensitivity Research Repository



Migraine Studies

Diet restriction in migraine, based on IgG against foods: a clinical double-blind, randomised, cross-over trial. Alpay K, Ertas M, Orhan EK, Ustay DK, Lieners C, Baykan B. Cephalalgia. 2010 Jul;30(7):829-37. doi: [10.1177/0333102410361404](https://doi.org/10.1177/0333102410361404). Epub 2010 Mar 10.

Food allergy mediated by IgG antibodies associated with migraine in adults. Arroyave Hernández CM, Echavarría Pinto M, Hernández Montiel HL. Rev Alerg Mex. 2007 Sep-Oct;54(5):162-8. [Read Study](#)

IgG-Based Elimination Diet in Migraine Plus Irritable Bowel Syndrome. Aydinlar EI, Dikmen PY, Tiftikci A et al. Headache. (2012):1-12. doi: [10.1111/j.1526-4610.2012.02296.x](https://doi.org/10.1111/j.1526-4610.2012.02296.x)

Randomised controlled trial of food elimination diet based on IgG antibodies for the prevention of migraine like headaches. Mitchell N, Hewitt CE, Jayakody S, Islam M, Adamson J, Watt I, Torgerson DJ. Nutr J. 2011 Aug 11;10:85. doi: [10.1186/1475-2891-10-85](https://doi.org/10.1186/1475-2891-10-85).

Gastrointestinal Disorder Studies

Alterations of food antigen-specific serum immunoglobulins G and E antibodies in patients with irritable bowel syndrome and functional dyspepsia. Zuo XL, Li YQ, Li YJ et al. Clin Exper Allergy. 2007;37:823-30. doi: [10.1111/j.1365-2222.2007.02727.x](https://doi.org/10.1111/j.1365-2222.2007.02727.x)

Clinical relevance of IgG antibodies against food antigens in Crohn's disease: a double-blind cross-over diet intervention study. Bentz S, Hausmann M, Piberger H, Kellermeier S, Paul S, Held L, Falk W, Obermeier F, Fried M, Schölmerich J, Rogler G. Digestion. 2010;81(4):252-64. doi: [10.1159/000264649](https://doi.org/10.1159/000264649).

Do “ancient” wheat species differ from modern bread wheat in their contents of bioactive components? Shewry PR, Hey S. J Cereal Sci. 2015;65:236-43. doi: <https://doi.org/10.1016/j.jcs.2015.07.014>

Efficacy of the low FODMAP diet for treating irritable bowel syndrome: the evidence to date. Nanayakkara WS, Skidmore PM, O'Brien L et al. Clin Exper Gastroenterol. Vol. 9 (2016): 131-42. doi: [10.2147/CEG.S86798](https://doi.org/10.2147/CEG.S86798)

Elevation of Candida IgG Antibodies in Patients with Medically Unexplained Symptoms. Lewith GT et al. J Alt Comp Med. 2007;13(10):11. [Read Study](#)

Food allergy and irritable bowel syndrome. Kalliomaki, MA. Curr Opin Gastroen. 2005;21:708-711. doi: [10.1097/01.mog.0000181712.81657.0a](https://doi.org/10.1097/01.mog.0000181712.81657.0a)

Food allergy in irritable bowel syndrome: The case of non-celiac wheat sensitivity. Mansueto P, D'Alcamo A, Seidita A, Carroccio A. World J Gastroenterol. 2015 Jun 21;21(23):7089-109. Review. doi: [10.3748/wjg.v21.i23.7089](https://doi.org/10.3748/wjg.v21.i23.7089)

Food elimination based on IgG antibodies in irritable bowel syndrome: a randomized controlled trial. Atkinson W, Sheldon TA, Shaath N et al. Gut. 2004;53:1459–1464. doi: [10.1136/gut.2003.037697](https://doi.org/10.1136/gut.2003.037697)

Multiple facets of intestinal permeability and epithelial handling of dietary antigens. Ménard S, Cerf-Bensussan N, Heyman M. Mucosal Immunol. 2010 May;3(3):247-59. doi: [10.1038/mi.2010.5](https://doi.org/10.1038/mi.2010.5).

Seroreactive marker for inflammatory bowel disease and associations with antibodies to dietary proteins in bipolar disorder. Severance EG, Gressitt KL, Yang S et al. Bipolar Disord. Vol. 16.No. 3 (2014): 230-40. doi: [10.1111/bdi.12159](https://doi.org/10.1111/bdi.12159)

Tetraploid and hexaploid wheat varieties reveal large differences in expression of alpha-gliadins from homoeologous Gli-2 loci. Salentijn EMJ et al. BMC Genomics. 2009;10:48. doi: <https://doi.org/10.1186/1471-2164-10-48>

The Onset of Enhanced Intestinal Permeability and Food Sensitivity Triggered by Medication Used in Dental Procedures: A Case Report. Vojdani A, Lambert J. Case Reports in Gastrointestinal Medicine Volume 2012. Article ID 265052, 3 pages. doi: <http://dx.doi.org/10.1155/2012/265052>

The role of mast cells in functional GI disorders. Wouters MM, Vicario M, Santos J. Gut. 2015 Jul 20. doi: [10.1136/gutjnl-2015-309151](https://doi.org/10.1136/gutjnl-2015-309151)

Treating irritable bowel syndrome with a food elimination diet followed by food challenge and probiotics. Drisko J, Bischoff B, Hall M, McCallum R. J Am Coll Nutr. 2006 Dec;25(6):514-22. [Read Study](#)

Obesity Studies

Baker's yeast (*Saccharomyces cerevisiae*) antigen in obese and normal weight subjects. Salamati S, Martins C, Kulseng B. Clin Obes. Vol. 5.No. 1 (2015): 42-7. doi: [10.1111/cob.12079](https://doi.org/10.1111/cob.12079)

Clinical relevance of IgG Antibodies against Food Antigens in Crohn's Disease: a Double-Blind Cross-Over Diet Intervention Study. Bentz S, Hausmann M, Piberger H et al. Digestion. Vol. 81 (2010): 252-264. doi: [10.1159/000264649](https://doi.org/10.1159/000264649)

Eliminating Immunologically-Reactive Foods from the Diet and its Effect on Body Composition and Quality of Life in Overweight Persons. Lewis JE, Woolger JM, Mellilo A, et al. J Obes Weig los Ther. 2012;2(1):1-6. doi: [10.4172/2165-7904.1000112](https://doi.org/10.4172/2165-7904.1000112)

IgG antibodies against food antigens are correlated with inflammation and intima media thickness in obese juveniles. Wilders-Truschnig M, Mangge H, Lieners C, Gruber H, Mayer C, März W. Exp Clin Endocrinol Diabetes. 2008 Apr;116(4):241-5. doi: [10.1055/s-2007-993165](https://doi.org/10.1055/s-2007-993165)

The Effect of Elimination Diet on Weight and Metabolic Parameters of Overweight or Obese Patients Who Have Food Intolerance. Onmus MY, Avcu EC, Saklamaz A. J Food Nutr Res. 2016;4(1):1-5. doi: [10.12691/jfnr-4-1-1](https://doi.org/10.12691/jfnr-4-1-1)

Autoimmune Disease & Inflammation Studies

Gastrointestinal disease in Sjogren's syndrome: related to food hypersensitivities. Kim-Lee C, Suresh L, Ambrus JL. SpringerPlus. Vol. 4.No. 766 (2015): 1-5. doi: [10.1186/s40064-015-1557-7](https://doi.org/10.1186/s40064-015-1557-7)

Hydroxychloroquine treatment for primary Sjögren's syndrome: a two year double blind crossover trial. Kruize AA et al. Ann Rheum Dis. 1993;May;52(5):360-4. [Read Study](#)

Treatment of Primary Sjögren's syndrome with hydroxychloroquine. Fox RI et al. Am J Med. 1988; 85(4A): 62-7. [Read Study](#)

Practice Guidelines and IgG Supporting Studies

Clinical Focus on Primary Immune Deficiencies: IgG subclass deficiency. Buckley, RH. 1998;1(3). [Read Report](#)

Cow's milk allergens identification by two-dimensional immunoblotting and mass spectrometry. Natale M, Bisson C, Monti G, Peltran A, Garoffo LP, Valentini S, Fabris C, Bertino E, Coscia A, Conti A. Mol. Nutr. Food Res. 2004, 48, 363 – 369. doi: <https://doi.org/10.1002/mnfr.200400011>

Dietary advice based on food-specific IgG results. Hardman, G, Hart G. Nutrition & Food Science 2007;37(1):16-23. doi: <https://doi.org/10.1108/00346650710726913>

Effect of Azathioprine on Gammaglobulin Synthesis in Man. Levy J et al. J Clin Invest. 1972; 51: 2233-38. doi: [10.1172/JCI107031](https://doi.org/10.1172/JCI107031)

Immunobiology: The Immune System in Health and Disease. Janeaway, CA Jr, Traver P, Walport M et al. 5th ed. New York: Garland Science, 2001. Print. [Read Text](#).

Role of immunoglobulin G antibodies in diagnosis of food allergy. Gocki J, Bartuzi Z. Adv Dermatol Allergol. 2016;33(4):253-56. doi: [10.5114/ada.2016.61600](https://doi.org/10.5114/ada.2016.61600)

Serum IgG responses to food antigens in the italian population evaluated by highly sensitive and specific ELISA test. Volpi N, Maccari F. J Immunoassay Immunochem. 2009;30(1):51-69. doi: [10.1080/15321810802571903](https://doi.org/10.1080/15321810802571903).

Suppression of the immune system by oral glucocorticoid therapy in bronchial asthma. Oheling AG et al. Allergy. 1997; 52: 144-54. [Read Study](#)

Testing for Food Reactions: The Good, the Bad, and the Ugly. Mullin GE et al. Nutr Clin Pract. 2010;25(2):192-98. doi: 10.[1016/j.jcs.2015.07.014](https://doi.org/10.1016/j.jcs.2015.07.014)

The Fyn-STAT5 Pathway: A New Frontier in IgE- and IgG-Mediated Mast Cell Signaling. Pullen NA, Falanga YT, Morales JK, Ryan JJ. Front Immunol. 2012 May 11;3:117. doi: [10.3389/fimmu.2012.00117](https://doi.org/10.3389/fimmu.2012.00117).

Therapeutic Immunology 2nd Edition. Austen KF Ed. Wiley Blackwell. 2001. p.67 [Get the Book](#)

