

Food Allergy Panel

Decode Your Symptoms and Take Charge of Food Reactions

Dealing with nasal congestion, skin irritation, digestive discomfort, or unexplained allergic reactions? Food allergies could be at the root of your symptoms. The Food Allergy Panel provides insight into immediate immune responses by assessing IgE reactivity to common allergens like peanuts, shellfish, dairy, and more.

It also identifies potential triggers for hives, respiratory issues, throat swelling, and GI symptoms—immune responses that can appear suddenly and be difficult to trace. If you've had a reaction but don't know what caused it, this test offers a deeper look at how your immune system responds to food.

With science-backed insights and targeted recommendations, your healthcare provider can create a safer, more personalized dietary plan to reduce risk, improve symptom control, and support long-term allergy management.

How It Works

The Food Allergy Panel is a simple blood test that provides a comprehensive view of IgE-mediated immune responses to common food allergens. It analyzes immediate hypersensitivity reactions that can lead to skin rashes, nasal congestion, digestive upset, or respiratory symptoms, while also detecting markers associated with anaphylaxis, hives, and throat swelling that may impact safety and quality of life. With clear visuals and personalized insights, your provider can create a targeted plan to avoid triggers, reduce allergic reactions, and support long-term immune balance.

Why Choose the Food Allergy Panel?

- **Food Allergy Identifier:** Identifies food allergies that can trigger immediate, severe allergic reactions, including anaphylaxis, by testing for specific IgE antibodies to common allergens.
- **Determination of Severity:** Provides detailed insights into the severity and type of allergic responses to foods, helping individuals manage their allergies and avoid life-threatening reactions.
- **Early Notice for Allergies:** Early detection of food allergies allows for swift intervention and dietary adjustments to prevent dangerous allergic reactions and improve quality of life.
- **Catered Towards Patients:** Supports the development of personalized allergen avoidance strategies, empowering individuals to make informed choices about food safety and management.

Wheat IgE* (kU/L)

5.16

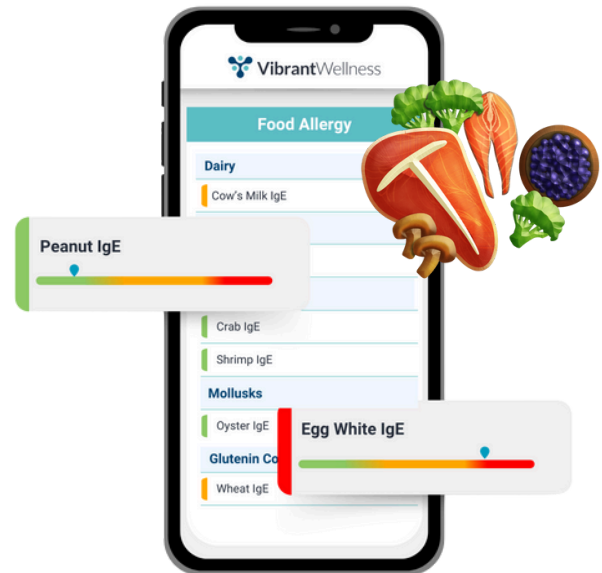
Egg White IgE* (kU/L)

5.35



Key Markers Include:

- **7 Animal-Based & 5 Plant-Based Allergens:** Common triggers for IgE-mediated reactions that can result in hives, throat swelling, or anaphylaxis—essential for identifying high-risk allergens.
- **Milk, Egg, Wheat, Soy (Childhood & Adult Allergies):** Often associated with nasal congestion, eczema, digestive issues, or asthma—critical for both pediatric and adult allergic profiles.
- **Sesame, Mustard, Corn, Gluten (Emerging & Cross-Reactive):** Can contribute to respiratory symptoms, GI discomfort, and skin flares—especially in individuals with multiple sensitivities.
- **IgE Immune Reactivity (Immediate Response):** Identifies acute allergic reactions that may occur within minutes to hours of exposure, supporting rapid-response care plans.
- **Chemiluminescent Microarray (High-Sensitivity Methodology):** Ensures reproducible, accurate detection of food-specific IgE antibodies for confident interpretation and management.
- **Silicon-Based Biochip (Advanced Technology):** Delivers precise results even with low-volume samples—ideal for patients with complex allergic presentations or unclear food triggers.



The Food Allergy Panel analyzes IgE-mediated immune activity to uncover potential root causes of hives, nasal congestion, digestive upset, respiratory issues, and skin reactions. It identifies immediate hypersensitivity responses to common food allergens, key drivers of acute allergic symptoms, chronic inflammation, and immune system overactivation.

Who Should Take This Test?

- **Unexplained Skin Rashes or Digestive Issues?** Hives, nausea, or diarrhea may be signs of food allergies. This test helps pinpoint what's triggering your symptoms.
- **Reactions After Eating Common Foods?** Whether it's peanuts, shellfish, or dairy, the Food Allergy Panel identifies which allergens may be causing immediate immune responses.
- **Struggling with Asthma, Congestion, or Swelling?** Respiratory symptoms or throat tightness can be linked to undiagnosed food allergies—this test helps connect the dots.
- **Concerned About Severe Allergic Reactions?** Identify high-risk IgE responses to help avoid potentially life-threatening exposures.
- **Looking to Personalize a Safer Diet?** This panel supports safer, more precise dietary choices for those managing food restrictions or with a family history of allergies.

Take the First Step Towards Better Health

If you're dealing with skin rashes, nasal congestion, digestive issues, or unexplained allergic reactions, food allergies could be the missing link. The Food Allergy Panel delivers clear answers and personalized insights to help reduce immune reactivity and support safer eating. Talk to your healthcare provider today and begin your journey to better clarity, comfort, and long-term allergy relief!

Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The test is not available in NY State.

Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.