



Are the foods you're eating making you sick?

Food Sensitivity Testing Can Help!

Meridian Valley Lab was the first lab in the United States to use the state-of-the-art ELISA method to measure serum IgG4 and IGE antibodies for food allergy testing.

IgG-mediated reactions are delayed hypersensitivities that can manifest in a wide range of chronic symptoms. Because they are being constantly stimulated by repeated exposures to the offending foods, the chronic condition becomes the "norm".

These delayed symptoms:

- Are often very difficult to link with a source.
- May affect any part of the body.
- Can exacerbate existing conditions.
- Can undermine therapeutic interventions if not identified.



Common Ailments Associated with Food Sensitivities

- AD(H)D
- Autism Spectrum Disorder
- Alcoholism or other addictions
- Anxiety
- Arthritis/Rheumatoid Arthritis
- Asthma
- Candidiasis
- Chronic Fatigue & Fibromyalgia
- Chronic Infections
- Colitis or irritable bowel
- Cravings/Eating disorders
- Depression /Irritability
- Fatigue
- Fluid retention
- Foggy brain, Poor concentration
- Gas, Bloating
- Gout
- Headache or Migraines
- Hives
- Hyperactivity
- Hypoglycemia
- Irritable Bowel, Leaky Gut Syndrome
- Leaky bladder
- Multiple Sclerosis
- Obsessive-Compulsive Disorders
- PMS
- Poor Absorption, Vitamin/Mineral Deficiency
- Seizures
- Skin problems
- Tourette's Syndrome
- Weight gain

Meridian Valley Food Allergy Panels:	# of Antigens	IgE	IgG4
E-95 Basic food Panel	95	✓	✓
A-95 Extended food Panel	95	✓	✓
Combo E-95 & A-95 Panel	190	✓	✓
Inhalant Panel, regional	36	✓	
Food & Inhalant Combo Panel	226	✓	Foods Only
FoodSafe Bloodspot Panel	95		✓



Meridian Valley LAB

E-95 and FoodSafe Allergy Panels

Almond	Cod	Lentil	Potato, White
Apple	Coffee	Lettuce	Pumpkin
Apricot	Corn	Lima Bean	Quinoa
Asparagus	Cottage Cheese	Lobster	Raspberry
Avocado	Cow's Milk	Malt	Red Snapper
Baker's yeast	Crab	Medical food, rice protein based	Rice
Banana	Cranberry		Salmon
Barley	Cucumber	Mozzarella Cheese	Sardine
Beef	Egg White		Sesame
Beet	Egg Yolk	Mushroom	Shrimp
Blueberry	English walnut	Nectarine	Sole
Brewer's yeast	Garlic	Oat	Soy
Broccoli	Glutadin	Olive	Spinach
Buckwheat	Gluten	Onion	Strawberry
Cabbage	Goat's Milk	Orange	Sunflower Seed
Cane Sugar	Grape	Oyster	Swiss Cheese
Carrot	Grapefruit	Papaya	Tilapia
Casein	Green Bean	Pea	Tomato
Cauliflower	Green Pepper	Peach	Trout
Celery	Halibut	Peanut	Tuna
Cheddar Cheese	Honey	Pear	Turkey
Chicken	Kidney Bean	Pecan	Watermelon
Chocolate	Lamb	Pineapple	Wheat
Clam	Lemon	Plum	Whey, New Zealand
		Pork	

A-95 Allergy Panel

Alfalfa sprouts	Cinnamon	Maple sugar	Ricotta cheese
Allspice	Cloves	Marjoram	Rosemary
Anise	Cocoa	Millet	Rutabaga
Artichoke	Coconut	MSG	Saccharine
Bamboo shoots	Collard greens	Mung bean	Safflower seed
Basil	Coriander	Mustard	Sage
Bay leaf	Corn starch	Navy bean	Spearmint
Bean sprouts	Corn sugar	Nutmeg	Spelt
Black pepper	Cumin	Okra	Squash summer
Blackberry	Currants	Olive green	Squash winter
Black bean	Dill	Paprika	Tangerine
Blue cheese	Eggplant	Parmesan cheese	Tapioca
Bok choy	Fig	Parsley	Tarragon
Boysenberry	Hazelnut	Parsnip	Tea
Brazil nut	Flax seed	Peppermint	Thyme
Brown rice	Garbanzo bean	Pine nuts	Triticale
Brussels sprouts	Ginger	Pinto bean	Turmeric
Cantaloupe	Grape, white	Pistachio	Vanilla
Carob	Honeydew	Poppy seed	Water chestnut
Cashew	Horseradish	Psyllium seed	Watercress
Cherry	Kale	Radish	Yam
Chia seed	Lime	Red pepper	Yogurt
Chili powder	Macadamia nut	Rhubarb	Zucchini
Cilantro			

INHALANT PANEL REGIONS

