



P88 DIY Dietary-Antigen-Test

Patient Information

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Why Food Allergy Testing?

Food allergies and sensitivities and gut health are inseparable.

The intestinal mucosa forms the largest interface of our body to the outside world. In the literature you find it is 260-300 square meters, which is about the size of a tennis court. A study from 2014 only comes to about thirty-two square meters [1], so instead the size of half a badminton court. Either way, we are dealing with a large area. It is much larger than our body surface, the skin, with 1.6-1.9 square meters in an adult. This means that an intact intestinal barrier is crucial for the diverse functions that our intestines must fulfill. It is not only an excretory organ, but also performs numerous tasks that are vital for us, including absorption of nutrients, regulation of the water and electrolyte balance, immune defense and the production of enzymes, hormones, and messenger substances.

Food allergies and sensitivities lead to inflammation of this large interface. As a result, the intestinal barrier is severely disturbed, and its functions are severely impaired. Continuous inflammation caused by food allergies leads to leaky gut (increased permeability of the intestinal mucosa – as a result, larger molecules from the intestines enter the blood). Leaky Gut increases the possibility of further food allergies, creating a vicious circle! The immune system is out of balance, immune tolerance is impaired and a hyperreactive immune system occurs. This can lead to a variety of symptoms throughout the body.

Food allergy testing can help break this vicious cycle. When we can identify and eliminate the foods that provoke inflammatory reactions, the intestinal mucosa begins to heal, and the intestinal barrier will be restored.

Symptoms associated with reactions to foods.

Constipation or Diarrhea	Gas or Bloating
Gastroesophageal Reflux	Poor absorption of vitamins & minerals
Hives, Rash, Eczema, Edema	Joint pain and Inflammation
Chronic Infections/decr. Immune Function	Fatigue / Poor sleep
Depression / Anxiety	Weight gain
Headache or Migraine	Auto-Immune Conditions

How can the test help me?

If you suffer from gastrointestinal problems such as diarrhea, constipation, flatulence, bloating, hives, heartburn, reflux, exhaustion or even joint pain, migraines or autoimmune diseases, your doctor or therapist can use the P88 DIY Food Antigen Test to identify the foods that trigger these symptoms in you.

How is the P88 different?

FOUR Immune Reactions to 88 foods in ONE Test

P88-IMMUN-INDEX = Ranking of the Immune Response

Easy to perform (capillary blood test = blood from the fingertip)

What are we testing for?

The P88 Food Allergy Test examines four different immune responses to 88 different foods. Both food allergies and sensitivities are measured and evaluated.

IgE

Immunoglobulin E provokes immune reactions of the immediate type. Immediately and up to half an hour after contact with the allergen, symptoms such as swelling, hives, flushing or difficulty breathing occur. In severe cases, IgE reactions lead to anaphylactic shock.

IgG4

Immunoglobulin G subtype 4 is fundamentally different from immunoglobulin G1, G2 and G3. IgG4 can reduce histamine secretion in an immediate allergic reaction by inhibiting the binding of IgE to the receptor. It is precisely this mechanism that is used in hypo sensitization. The hypo sensitization therapy does not reduce IgE but increases the IgG4 titer. A IgG4 titer equal or higher than IgE leads to immune tolerance. Unlike IgG1-3, IgG4 has only a very weak affinity to complement and effector cells. So, IgG4 itself is much less inflammatory than IgG1-3.

Though IgG4 does not always result in a negative prognosis, with certain conditions, higher levels of IgG4 can be harmful.

IgG4-RD (IgG4-related diseases) can affect various tissues, including the esophagus, lymph nodes, and pancreas, as well as hormone-producing tissues such as the thyroid, ovaries, and prostate.

Because of its special characteristics, it makes sense to measure IgG4 separately. (In addition to IgG total and IgE! – As explained above the sole determination of IgG4 is not sufficient.)

The measurement of IgG4 and IgE at the same time provides a more complete picture of the Immune Reaction, and immune tolerance can be detected, which would be a good thing! In the case of existing IgG4-RDs the elimination of IgG4-positive foods can have a beneficial effect.

The P88 measures and evaluates the IgG4 titers in association with the IgE immune responses.

IgG total

Complement, a plasma protein, is part of the innate immune system. Normally it is activated by microorganisms (such as bacteria, viruses, yeasts, parasites). However, complement activation can also be caused by food allergens. Through complement, an IgG immune reaction can be increased 1000 to 10000 times. A moderate IgG immune reaction to a food *with* the presence of complement will therefore produce significantly stronger symptoms than a strong IgG immune reaction *without*

the presence of complement. Only if you know both values, it is clear which foods trigger the strongest inflammatory response.

Complement is degraded into different fragments. One of them is C3d, which is stable and easily measurable.

P88 is the only test that also measures Complement C3d. Tests that only measure IgG may miss the reactions to foods that are most clinically relevant.

Complement (C3d)

Complement, a plasma protein, is part of the innate immune system. Normally it is activated by microorganisms (e.g., bacteria, viruses, yeasts, parasites). However, complement activation can also be caused by food allergens. Through complement, an IgG immune reaction can be increased 1000 to 10000 times. A moderate IgG immune reaction to a food *with* the presence of complement will therefore produce significantly stronger symptoms than a strong IgG immune reaction *without* the presence of complement. Only if you know both values, it is clear which foods trigger the strongest inflammatory response.

P88 is the only test that measures both, IgG and Complement C3d. Tests that only measure IgG may miss the reactions to foods that are most relevant.

P88 IMMUN-INDEX

Only the Precision Point P88 DIY Food Antigen Test measures IgE, IgG4, IgG Total and Complement (C3d), four different immune responses relevant to food allergies and sensitivities, in one single test.

Each food measured in the P88 is ranked based on the individual results for the different types of antibodies and their reaction levels using a complex calculation. All foods can then be listed in descending order according to their total reactivity.

The Immune index is an innovative tool that can be used to eliminate those foods specifically and individually from the diet that cause the strongest inflammatory reactions.