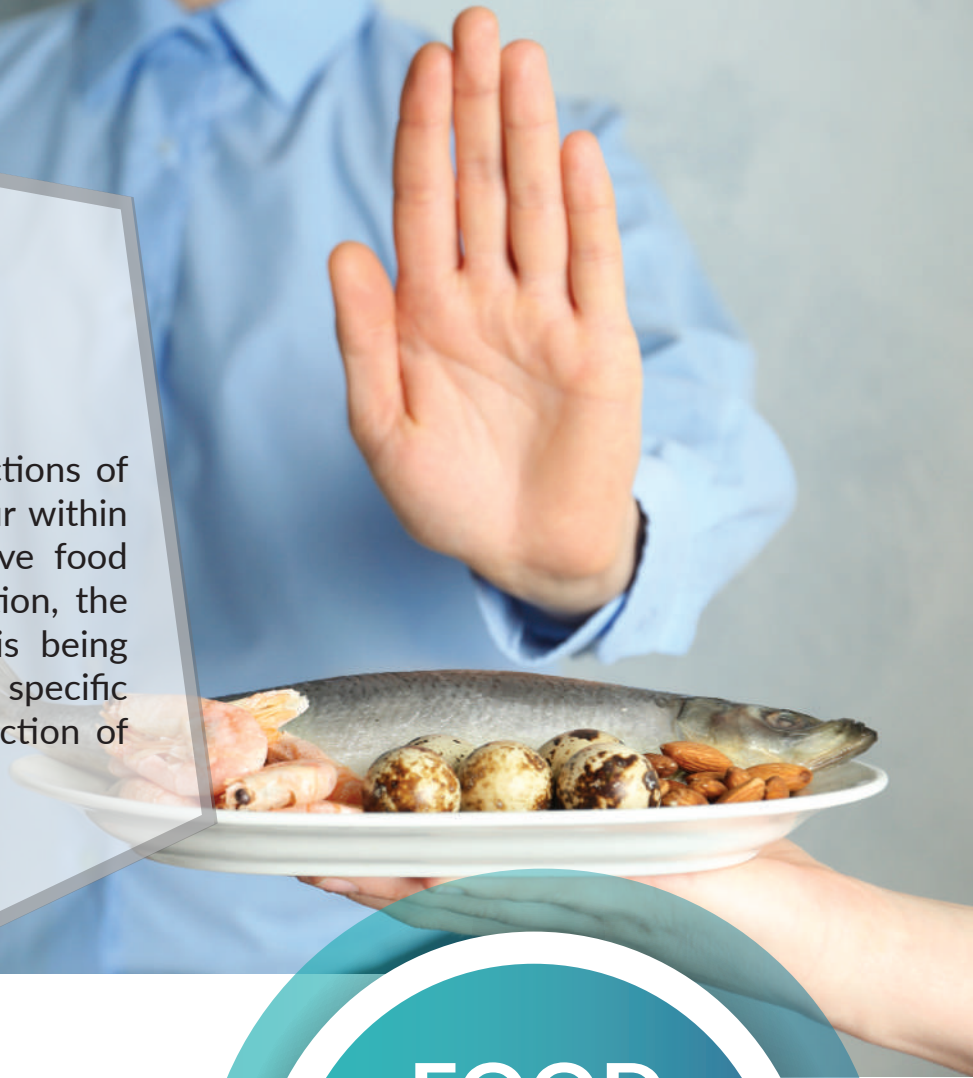


What are Food Allergies?

Food Allergies are immediate reactions of the immune system that can occur within minutes of consuming the reactive food allergens. During an allergic reaction, the immune system feels the body is being threatened by the presence of a specific allergen and stimulates the production of IgE antibodies.



SYMPTOMS

• Mild to Moderate Symptoms

- Hives
- Rashes
- Itchy mouth or ear canal
- Nausea or vomiting
- Odd taste in the mouth
- Tight, hoarse throat
- Nasal congestion /runny nose
- Sneezing
- Dry Cough
- Diarrhea
- Stomach pain

• Severe Symptoms

- Swelling of the lips, tongue, and/or throat
- Trouble swallowing
- Shortness of breath /wheezing
- Pale or blue skin color
- Drop in blood pressure
- Loss of consciousness
- Chest pain
- Weak pulse
- Anaphylaxis

PREVALENCE

In the U.S., it is estimated that each year there are 30,000 emergency room visits, 2,000 hospitalizations, and 150 deaths related to food allergy reactions.



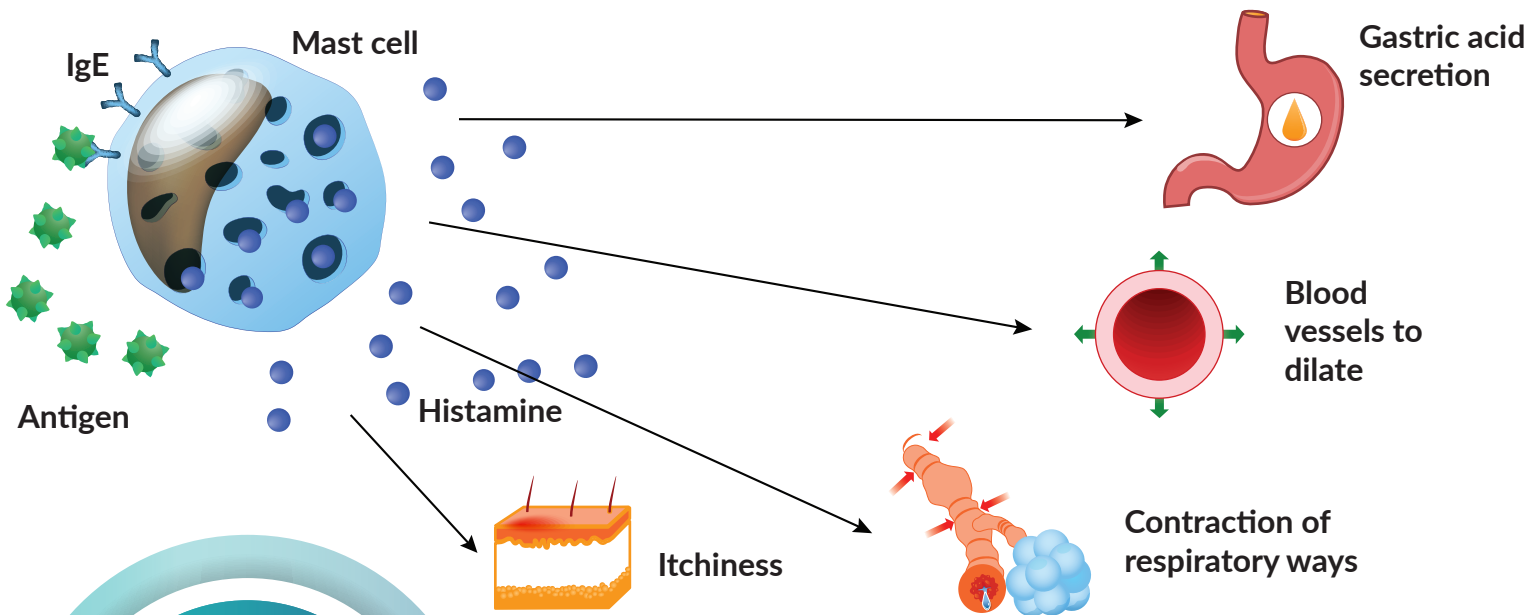
Emergency Room Visits



Hospitalizations



Deaths



96 Food Allergens

The IgE antibodies produced against the food allergens bind themselves to the basophils and mast cells in the body. Continuous exposure to the allergen activates this which releases histamine into the body through the surrounding tissue and bloodstream. Histamine release is the cause of the most common allergy symptoms.

Dairy
Beta-Casein
Casomorphin
Cow's Milk
Goat's Milk
Whey Protein

Fish
Catfish
Codfish
Halibut
Lake Trout
Mackerel
Perch
Salmon
Tuna

Mollusks
Clam
Oyster
Scallops

Shellfish
Crab
Lobster
Shrimp

Miscellaneous
Cocoa
Coffee
Hops
Rosemary
Vanilla Bean
Yeast

Spices
Black pepper
Cinnamon
Nutmeg

Meat
Beef
Chicken
Egg White
Egg Yolk
Lamb
Pork
Turkey

Nuts(Tree)
Almond
Black Walnut
Cashews
English Walnut
Pecan

Gluten Containing Grains
Barley
Malt
Oats
Rye
Wheat

Gluten Free Grains
Amaranth
Brown Rice
Buckwheat
Corn

Legumes
Kidney Bean
Navy Bean
Peanut
Soybean

Nightshades
Green Pepper
White Potato

Seeds
Mustard
Sesame

Vegetables
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Cucumber
Garlic
Green Bean
Green Peas
Lettuce
Lima Bean

Vegetables
Mushrooms
Onion
Seaweed(Kelp)
Spinach
Squash
Ginger
Sweet Potato

Fruits
Apple
Apricot
Avocado
Banana
Garlic
Blackberry
Blueberry
Cantaloupe
Cherry
Coconut

Fruits
Cranberry
Grape
Grapefruit
Olive
Orange
Peach
Pear
Pineapple
Raspberry
Strawberry
Tomato
Watermelon

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Vibrant America Clinical Labs is a CLIA & CAP-certified laboratory. Our mission is to provide you and your physician high-quality convenient services by using advanced innovative technology. Our technology allows us to guarantee accurate test results with quick turnaround times.

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