

Name	Claire Birch	Scope of analysis	300 Allergens
Date of birth	21. May 1990	Analysis procedure	ALEX 3 - Allergy Xplorer
Specimen-ID	abcd1234		IgE-multiplex-diagnostics
Date of analysis	11. February 2026	Laboratory	MacroArray Diagnostics, Vienna

Thank you for choosing igevia to test your allergies.
 In the laboratory analysis of your blood sample, we determined the Total IgE and 300 allergen-specific IgE values.

1. Your allergic tendency (Total IgE)		
805 kU/L		
Total IgE-value measured in kilo-units per liter		
Less than 20 kU/L Allergy unlikely	20 - 100 kU/L Allergy possible	More than 100 kU/L Allergy likely

2. Your sensitizations at a glance (Allergen-specific IgE)					
For each allergen source, you can see in column 0 (dark green) the number of tested allergens with negative IgE levels, and in columns 1 (orange) to 4 (dark red) the number of tested allergens with elevated IgE levels. ¹⁾					
0	1	2	3	4	
Negative	Low	Moderate	High	Very high	
Inhalative allergen sources Inhaled through the air	0	1	2	3	4
Pollen					
Grass Pollen	3	1	1	6	
Tree Pollen	18			3	
Weed Pollen	16	1			
Mites & Cockroaches					
Storage- & House dust mites	22				
Cockroach	8				
Dander & Epithelia					
Farm Animals	6				
Pets	17	2			
Microorganisms					
Fungal Spores & Yeast	13	1			
Further allergen sources	0	1	2	3	4
Insect Venoms	11				
Latex & Others	9				
Ingested allergen sources Ingested through food	0	1	2	3	4
Plant-based Foods					
Fruits	20	1			
Cereals	16				
Legumes	16	1	1		
Nuts & Seeds	34			1	
Spices	2				
Vegetables	8			1	
Animal-based Foods					
Egg	7				
Fish & Seafood	28	1	1		
Meat	10		1	1	
Milk	12				

¹⁾ Classification of IgE levels using RAST classes:
 0 = less than 0.3 kU_A/L to 4 = more than 15 kU_A/L
 For detailed results, see Section 3.

3.

Your sensitizations in detail (Allergen-specific IgE)

Tested allergen	E / C ¹⁾	Value ²⁾	Allergen family / cross-allergy ³⁾	Options for action				Technical term for research ⁸⁾
				Cat ⁴⁾	Avoidance ⁵⁾	Cook ⁶⁾	Immuno-therapy ⁷⁾	
10 Allergens with an IgE-level of more than 15 kU _A /L = very high sensitization								
Alder (Aln g 1)	C	47.31	PR-10	🔔			👤	Alnus glutinosa
Silver birch (Bet v 1)	C	47.60	PR-10	🔔			👤	Betula verrucosa
Hazelnut (Cor a 1.0401)	C	53.91	PR-10	🚫	🚫	👤		Corylus avellana
Bermuda grass (Cyn d 1)	C	20.32	β-Expansin	🔔				Cynodon dactylon
Timothy grass (Phl p 1)	C	47.26	β-Expansin	🔔			👤	Phleum pratense
Timothy grass (Phl p 2)	C	39.32	Expansin	🔔			👤	Phleum pratense
Timothy grass (Phl p 5.0101)	C	40.15	Grass Group 5/6	🔔			👤	Phleum pratense
Oak (Que a 1)	C	32.07	PR-10	🔔				Quercus alba
Rye pollen	E	22.00		🔔			👤	Secale cereale
Maize pollen (Zea m 1)	C	19.61	β-Expansin	🔔				Zea mays
4 Allergens with an IgE-level of 5 - 15 kU _A /L = high sensitization								
Celery (Api g 1)	C	6.41	PR-10	🚫	🚫	👤		Apium graveolens
Peanut (Ara h 8)	C	6.60	PR-10	🚫	🚫	👤		Arachis hypogaea
Rabbit	E	5.61		🚫	🚫			Oryctolagus spp
Timothy grass (Phl p 6)	C	5.82	Grass Group 5/6	🔔			👤	Phleum pratense
8 Allergens with an IgE-level of 1 - 5 kU _A /L = moderate sensitization								
Dog (Can f Fel d 1 like)	C	4.62	Uteroglobin	🔔	🚫		👤	Canis familiaris
Cat (Fel d 1)	C	2.46	Uteroglobin	🔔	🚫		👤	Felis domesticus
Soy (Gly m 4)	C	4.42	PR-10	🚫	🚫	👤		Glycine max
Migratory locust	E	1.21		🚫	🚫			Locusta migratoria
Apple (Mal d 1)	C	3.95	PR-10	🚫	🚫	👤		Malus domestica
Malassezia sympodialis (Mala s 13)	C	3.13	Thioredoxin	🔔				Malassezia sympodialis
Northern prawn	E	1.69		🚫	🚫			Pandalus borealis
Bahia grass	E	3.76		🔔				Paspalum notatum

2 Allergens with an IgE-level of 0.3 - 1 kU_A/L = low sensitization

Lobster	E	0.75		☞	⊘			Homarus gammarus
Wall pellitory (Par j 2)	C	0.82	nsLTP	🔔				Parietaria judaica

275 Allergens with an IgE-level of less than 0.3 kU_A/L = no significant sensitization

Peanut (Ara h 15)	C	0.16	Ole e 1	☞	⊘			Arachis hypogaea
Lamb's quarter (Che a 1)	C	0.21	Ole e 1-Family	🔔				Chenopodium album
Crab	E	0.17		☞	⊘			Chionoecetes spp
Hazelnut (Cor a 11)	C	0.12	7/8S Globulin	☞	⊘			Corylus avellana
Horse	E	0.13		☞	⊘			Equus caballus
Strawberry (Fra a 3)	C	0.12	nsLTP	☞	⊘			Fragaria ananassa
Glycyphagus domesticus (Gly d 2)	C	0.13	NPC2 Family	🔔				Glycyphagus domesticus
Rabbit (Ory c 1)	C	0.15	Lipocalin	🔔	⊘			Oryctolagus cuniculus
Pear	E	0.19		☞	⊘			Pyrus communis
Mealworm	E	0.28		☞	⊘			Tenebrio molitor

For 265 allergens the IgE-level was below the threshold value of less than or equal to 0.10 kU_A/L.

The list of all 300 allergens tested can be found at www.igevia.com/allergenlist

4.

Your cross allergies

The laboratory analysis shows that you react positively to 2 or more allergens from the same allergen family (see Section 3). This is a clear indication of cross-allergy and means that allergic symptoms can occur on contact with both inhaled and nutritive allergens from the same allergen family.

Additional information and explanations for your detailed results

- 1) E = Extract: An extract is a natural substance that is prepared as a whole for testing.
C = Component: A component is an allergenic molecule and thus part of an extract. It provides more specific results than an extract and is an important aid in determining cross-reactions between allergy triggers.
- 2) Value = result of the blood analysis for the IgE-concentration, measured in kilo units per litre (kU_A/L). A value of less than 0.3 kU_A/L is referred to as a negative IgE-level, as the presence of sensitization cannot be guaranteed.
- 3) Allergen family / cross-allergy: Allergens within an allergen family are very similar. The probability is high that one reacts allergically to several allergens within the same allergen family. This is called a cross allergy or cross reaction.
- 4) Cat (category): 🌬 = Inhalative allergens (via air), ☞ = Ingested allergens (via food), 🍽 = Other allergens
- 5) Avoidance ⊘: With these allergens, there is the possibility of alleviating symptoms by taking a leave of absence from allergens. This means avoiding contact with the allergenic substance. Important: Never change your diet fundamentally without professional guidance.
- 6) Cook 🍳: These allergens can be rendered harmless by cooking (heating above 100 degrees Celsius) and then consumed.
- 7) Immunotherapy 🏠: For these allergens there is the possibility of immunotherapy / hyposensitization. Please talk to your allergy specialist about it.
- 8) Technical term for research: These technical terms simplify further research on the single allergen sources.



Information for igevia-Customers at home

As part of the laboratory analysis, your blood was examined for the presence of Immunoglobulin E (short IgE) antibodies . They are responsible for the occurrence of allergic reactions, and therefore play a decisive role in the detection of allergies.

Important note

Your personal allergen-profile is not a substitute, but rather the basis for a profound expert advice.
Please always consult your allergy specialist, if you have any medical questions.

Allergy = sensitization + symptoms

An allergy is a hypersensitive reaction of the immune system to normally harmless, exogenous substances (e.g. pollen, food). After contact with these substances (= allergens), the body starts to form Specific IgE-antibodies as a defence reaction and is thus sensitised. In case of further contact with the allergenic substance, the body may react with allergic symptoms (e.g. watering eyes, sneezing fits, itching).

Only if Allergen-specific IgE-antibodies occur together with allergic symptoms it is called a clinically manifested allergy . That is why it is important not only to analyse the blood, but also to record the symptoms precisely. This can be done directly during a conversation with a qualified person or by means of a symptom questionnaire.

Europe's most modern allergy testing

For the analysis of your blood sample, our partner laboratory used the testing method "ALEX 3 - Allergy Xplorer" from the company MacroArray Diagnostics. This is Europe's most modern multiplex allergy test that can simultaneously test Total and Specific IgE for a wide range of allergen sources (300 extracts and components). This allows to create an almost complete allergen-profile for each person tested. As a result tailor-made dietary recommendations can be made and allergen-specific immunotherapy (AIT) can be implemented to target your specific allergy.

Next steps with your Results-Report

With this Results-Report and a documentation of your symptoms you have an important basis to get your allergy under control.

- Step 1:** Try to avoid allergens or reduce them as much as possible. You will find numerous tips and recommendations on our website www.igevia.com/ratgeber (in German).
- Step 2:** Talk to your allergy specialist or pharmacist about the options for immunotherapy or symptomatic treatment (e.g. antihistamines).

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Please recommend us to others.

We are happy to hear your feedback via email or through our social media channels.
Our service team is also available to answer your questions.

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Your igevia-Team