igevia-Report
Your personal allergen-profile

Name	Maria Musterfrau	**Scope of analysis**	285 Allergens
Age	37 Years	**Analysis procedure**	285 ALEX 2 - Allergy Explorer
Sample-ID	Test_ALEX2_Mit		IgE-multiplex-diagnostics
Date of analysis	28. February 2020	**Analysis laboratory**	Macro Array Diagnostics, Vienna

Thank you very much for choosing igevia for your allergy testing! The laboratory analysis of your blood for the **presence of immunoglobulin E (short IgE) antibodies** determines the Total IgE and the Allergen-specific IgE.

1. Your Total IgE

62 kU/L
The Total IgE-value shows your personal allergy tendency.

Less than 20 kU/L	20 - 100 kU/L	More than 100 kU/L
Allergy unlikely	Allergy possible	Allergy likely

2. Your Specific IgE at a glance

The overview shows the total number of tested allergens and their assignment to the RAST classes 0-4 based on your laboratory results. RAST classes show the level of the Specific IgE-level.

0	1	2	3	4
Negative	Low	Moderate	High	Very high

Inhalative allergen sources

	0	1	2	3	4
Pollen					
27 Tree Pollen	22	3	2		
12 Grass Pollen	3	2	3	4	
19 Weed Pollen	19				
Mites & Cockroaches					
19 Storage- & House dust mites	17	1	1		
7 Cockroach	7				
Animals					
18 Pets	16		2		
7 Farm Animals	7				
Microorganisms & Spores					
11 Fungal Spores & Yeast	10	1			

Ingested allergen sources

	0	1	2	3	4
Plant Food					
11 Vegetables	10	1			
15 Cereals	15				
7 Spices	7				
15 Legumes	15				
29 Nuts & Seeds	28	1			
19 Fruits	16	3			
Animal-Derived Food					
7 Egg	7				
31 Fish & Seafood	31				
12 Meat	12				
8 Milk	8				

Other allergen sources

	0	1	2	3	4
6 Latex	6				
3 Others	3				

You can find more details about these allergen sources on the next page in section 3.

3.	Your detailed results for the 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]	
4 Allergens with high IgE-levels (5 - 15 kU_A/L)								
Cultivated rye, Pollen	E	6.28						Secale cereale
Perennial Ryegrass (Lol p 1)	C	6.24	Beta-Expansin					Lolium perenne
Timothy grass (Phl p 1)	C	14.33	Beta-Expansin					Phleum pratense
Timothy grass (Phl p 5.0101)	C	9.9	Grass Group 5/6					Phleum pratense
8 Allergens with moderate IgE-levels (1 - 5 kU_A/L)								
Bahia grass	E	1.1						Paspalum notatum
Bermuda grass (Cyn d 1)	C	3.67	Beta-Expansin					Cynodon dactylon
Timothy grass (Phl p 6)	C	3.93	Grass Group 5/6					Phleum pratense
Silver birch (Bet v 1)	C	2.35	PR-10					Betula verrucosa
Hazel pollen (Cor a 1.0103)	C	1.72	PR-10					Corylus avellana
Rabbit, epithel (Ory c 2)	C	1.2	Lipophilin					Oryctolagus cuniculus
Rabbit, epithel (Ory c 3)	C	2.64	Uteroglobin					Oryctolagus cuniculus
American house dust mite (Der f 2)	C	1.27	NPC2 Family					Dermatophagoides farinae
11 Allergens with low IgE-levels (0.3 - 1 kU_A/L)								
Common reed	E	0.94						Phragmites communis
Timothy grass (Phl p 12)	C	0.65	Profilin					Phleum pratense
Hazel pollen	E	0.65						Corylus avellana
Silver birch (Bet v 2)	C	0.35	Profilin					Betula verrucosa
Date palm (Pho d 2)	C	0.61	Profilin					Phoenix dactylifera
European house dust mite (Der p 2)	C	0.92	NPC2 Family					Dermatophagoides pteronyssinus
Melon (Cuc m 2)	C	0.53	Profilin					Cucumis melo
Strawberry (Fra a 1+3)	C	0.82	PR-10+LTP					Fragaria ananassa
Apple (Mal d 1)	C	0.31	PR-10					Malus domestica

Celery (Api g 1)	C	0.91	PR-10					Apium graveolens
Hazelnut (Cor a 1.0401)	C	0.85	PR-10					Corylus avellana

262 Allergens with negative IgE-levels (less than 0.3 kU_A/L)

For these allergens no sensitization was found in your blood.

4. Your indicator for cross allergies

The laboratory analysis shows that you react positively to 2 or more allergens from the same allergen family
This is a clear indication of a cross-allergy. Please bear this in mind when choosing further options for action or when drawing up a therapy plan with your allergy specialist.

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.
K = 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 allergens.
2) Value = result of the blood analysis for the IgE-level, measured in kilo units per litre (kU_A/L)
3) Allergen family / cross-allergy: Allergens within an allergen family are very similar. The probability is high that one reacts to several allergens within an allergen family of the same name. 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.

A list of all tested allergens can be found on the next page.

List of all tested allergens with the number of tested extracts (E) and components (C)

Inhalative allergen sources	E	C
Pollen		
Tree Pollen	**11**	**16**
Acacia	1	
Arizona-Cypress		1
Silver birch		3
Beech		1
Date palm		1
Alder		2
Ash	1	1
Tree of Heaven	1	
Hazel	1	1
Sugi		1
Mulberry tree	1	
Olive		2
Paper mulberry	1	
Cottonwood	1	
Plane tree		3
Elm	1	
Walnut	1	
Mountain cedar	1	
Cypress	1	
Grass Pollen	**4**	**8**
Bahia grass	1	
Bermuda grass	1	1
Timothy grass		6
Cultivated rye	1	
Common reed	1	
Ryegrass		1
Weed Pollen	**9**	**10**
Common Pigweed	1	
Mugwort	1	2
Annual mercury		1
Nettle	1	
Glass herb	1	1
Hemp		1
Hemp (CBD)	1	
Russian thistle	1	1
Ribwort	1	1
Ragweed	1	2
Lamb's quarter	1	1

Inhalative allergen sources	E	C
Mites & Cockroaches		
Storage- & House dust mites	**2**	**17**
Acarus siro	1	
American house dust mite		2
Blomia tropicalis		3
European house dust mite		9
Glycyphagus domesticus		1
Lepidoglyphus destructor		1
Tyrophagus putrescentiae	1	1
Cockroach	**1**	**6**
American Cockroach	1	1
German Cockroach		5
Animals		
Pets	**1**	**16**
Djungarian hamster		1
Dog		6
Dog Urine	1	
Rabbit		3
Cat		4
House mouse		1
Guinea Pig		1
Farm Animals	**4**	**4**
Horse		3
Rat	1	
Cattle		1
Sheep	1	
Pig	1	
Goat	1	
Microorganisms & Spores		
Fungal Spores & Yeast	**3**	**10**
Alternaria alternata		2
Aspergillus fumigatus		4
Yeast	1	
Cladosporium herbarum	1	1
Malassezia sympodialis		3
Penicilium chrysogenum	1	

Ingested allergen sources	E	C
Plant Food		
Vegetables	**5**	**5**
Carrot	1	1
Potato	1	
Garlic	1	
Celery		3
Tomato	1	1
Onion	1	
Cereals	**10**	**5**
Common buckwheat	1	1
Spelt	1	
Barley	1	
Oat	1	
Millet	1	
Lupine seed	1	
Sweet corn	1	1
Quinoa	1	
Rice	1	
Cultivated rye	1	
Wheat		3
Spices	**6**	**1**
Anise	1	
Caraway	1	
Oregano	1	
Peppers	1	
Parsley	1	
Mustard	1	1
Legumes	**4**	**11**
Pea	1	
Peanut		7
Green bean	1	
Chickpea	1	
Lentil	1	
Soya		4

List of all tested allergens with the number of tested extracts (E) and components (C)

Ingested allergen sources	E	C
Plant Food		
Nuts & Seeds	**5**	**17**
Fenugreek seeds	1	
Cashew	1	2
Hazelnut		5
Pumpkin seed	1	
Macadamia	1	1
Almond	1	
Poppy seed	1	1
Brazil nut	1	1
Pecan nut	1	
Pistachio		3
Sesame	1	1
Sunflower seed	1	
Walnut		5
Fruits	**9**	**11**
Apple		3
Avocado	1	
Banana	1	
Pear	1	
Strawberry		1
Fig	1	
Blueberry	1	
Cherry	1	
Kiwi		4
Mango	1	
Melon		1
Orange	1	
Papaya	1	
Peach		1
Grape		1

Ingested allergen sources	E	C
Animal-Derived Food		
Egg	**2**	**5**
Chicken egg yolk	1	1
Egg white	1	4
Fish & Seafood	**16**	**15**
Anisakis simplex		2
Atlantic cod	1	2
Atlantic herring	1	1
Oyster	1	
Black Tiger Shrimp		4
Northern prawn	1	
Lobster	1	
Scallop	1	
Carp		1
Crab	1	
Salmon	1	1
Mackerel	1	1
Common mussel	1	
Thornback ray	1	1
Brown shrimp		1
Swordfish		1
Shrimp mix	1	
Tuna	2	
Squid	1	
Clam	1	
Meat	**10**	**2**
Cricket	1	
Chicken	1	
Rabbit	1	
Lamb	1	
Mealworm	1	
Horse	1	
Cattle	1	1
Pig	1	1
Turkey	1	
Migratory locust	1	
Milk	**5**	**3**
Camel milk	1	
Cow milk	1	3
Sheep milk	1	
Mare's milk	1	
Goat milk	1	

Other allergen sources	E	C
Latex		**6**
Latex		6
Others	**1**	**2**
Birch fig	1	
Hom s Lactoferrin		1
Grape tick		1

Important 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 for you

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.

This is an allergy

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 (but does not have to) 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. You can use the symptom questionnaire in your personal login area under www.igevia.com/login.

The analysis procedure

For the analysis of your blood sample, our partner laboratory used the testing method "ALEX 2 - Allergy Explorer" from the company Macro Array Diagnostics. This is the first multiplex allergy test that can simultaneously test Total and Specific IgE for a wide range of allergen sources (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.

The next steps with your allergen-profile

With this allergen-profile and a positive symptom questionnaire 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 in your login area on the website www.igevia.com/login.

Step 2: Talk to your allergy specialist or pharmacist about the options for immunotherapy or symptomatic treatment (e.g. antihistamines).

Are you happy with igevia?
We would love you to recommend us to friends or family.

Please visit our Facebook-Page or spread it via word of mouth.
If you have any questions regarding your results, please feel free to contact us at any time:

Telephone +43 5 99 07 99
Email contact@igevia.com

Your igevia-Team