

Final Report Date:	04-12-2016 15:03	Specimen Collected:	11-30-2015
Accession ID:	1512010000	Specimen Received:	12-01-2015 00:00

Last Name	First Name	Middle Name	Date of Birth	Gender	Physician ID
TESTNAME	PATIENT	VIBRANT	1994-10-10	Female	999994

Celiac	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Total IgA (mg/dL)	100			89~404		<=88 >=405	>0 08/20/2015
	Transglutaminase 2 IgG			1.09	<=1.01		>=1.02	0.46 08/20/2015
	Transglutaminase 2 IgA	0.94			<=0.95		>=0.96	2.80 08/20/2015
	DGP IgG	0.45			<=0.47		>=0.48	2.00 08/20/2015
	DGP IgA	0.44			<=0.48		>=0.49	1.20 08/20/2015

Leaky Gut Panel	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Zonulin (ng/mL)	<10.0			<=45.3	45.4~55.3	>=55.4	<10.0 08/20/2015
	Anti-Zonulin IgG	0.60			<=0.94	0.95~1.05	>=1.06	0.77 08/20/2015
	Anti-Zonulin IgA	0.05			<=0.94	0.95~1.05	>=1.06	0.20 08/20/2015
	Anti-Actin IgG	0.31			<=0.94	0.95~1.05	>=1.06	0.67 08/20/2015
	Anti-Actin IgA	0.73			<=0.94	0.95~1.05	>=1.06	0.09 08/20/2015
	LPS IgG (U/ml)	<6.3			<=60.0	60.1~80.0	>=80.1	<6.3 08/20/2015
LPS IgM (U/ml)	<6.3			<=38.3		>=38.4	<6.3 08/20/2015	

Wheat Germ Panel	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Wheat Germ Agglutinin IgG	0.79			<=0.94	0.95~1.05	>=1.06	0.57 08/20/2015
Wheat Germ Agglutinin IgA	0.00			<=0.94	0.95~1.05	>=1.06	0.21 08/20/2015	

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Gliadin Panel	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Alpha Gliadin IgG	0.02			<=0.94	0.95~1.05	>=1.06	0.79 08/20/2015
	Alpha Gliadin IgA	0.92			<=0.94	0.95~1.05	>=1.06	0.39 08/20/2015
	Alpha-Beta Gliadin IgG	0.87			<=0.94	0.95~1.05	>=1.06	0.40 08/20/2015
	Alpha-Beta Gliadin IgA	0.55			<=0.94	0.95~1.05	>=1.06	0.97 08/20/2015
	Gamma Gliadin IgG	0.78			<=0.94	0.95~1.05	>=1.06	0.41 08/20/2015
	Gamma Gliadin IgA	0.44			<=0.94	0.95~1.05	>=1.06	0.34 08/20/2015
	Omega Gliadin IgG	0.44			<=0.94	0.95~1.05	>=1.06	0.06 08/20/2015
	Omega Gliadin IgA	0.85			<=0.94	0.95~1.05	>=1.06	0.62 08/20/2015

Wheat Allergy Panel	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Wheat Allergen IgE (kUA/L)	0.12			<=0.34	0.35~3.49	>=3.50	<0.10 08/20/2015

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Glutenin Panel	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	HMW Glutenin IgG	0.13			<=0.94	0.95~1.05	>=1.06	0.90 08/20/2015
	HMW Glutenin IgA	0.02			<=0.94	0.95~1.05	>=1.06	0.25 08/20/2015
	LMW Glutenin IgG	0.16			<=0.94	0.95~1.05	>=1.06	0.32 08/20/2015
	LMW Glutenin IgA	0.61			<=0.94	0.95~1.05	>=1.06	0.86 08/20/2015
	Gluteomorphin IgG	0.17			<=0.94	0.95~1.05	>=1.06	0.77 08/20/2015
	Gluteomorphin IgA	0.89			<=0.94	0.95~1.05	>=1.06	0.43 08/20/2015
	Prodynorphin IgG	0.82			<=0.94	0.95~1.05	>=1.06	0.12 08/20/2015
	Prodynorphin IgA	0.08			<=0.94	0.95~1.05	>=1.06	0.02 08/20/2015

Non-Gluten Wheat Panel	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Serpin IgG	0.21			<=0.94	0.95~1.05	>=1.06	0.87 08/20/2015
	Serpin IgA	0.94			<=0.94	0.95~1.05	>=1.06	0.36 08/20/2015
	Farinins IgG	0.06			<=0.94	0.95~1.05	>=1.06	0.18 08/20/2015
	Farinins IgA		0.99		<=0.94	0.95~1.05	>=1.06	0.37 08/20/2015
	Amylase/Protease Inhibitors IgG	0.70			<=0.94	0.95~1.05	>=1.06	0.01 08/20/2015
	Amylase/Protease Inhibitors IgA	0.70			<=0.94	0.95~1.05	>=1.06	0.99 08/20/2015
	Globulins IgG	0.19			<=0.94	0.95~1.05	>=1.06	0.58 08/20/2015
	Globulins IgA	0.80			<=0.94	0.95~1.05	>=1.06	0.48 08/20/2015
	Purinin IgG	0.59			<=0.94	0.95~1.05	>=1.06	0.96 08/20/2015
Purinin IgA	0.24			<=0.94	0.95~1.05	>=1.06	0.87 08/20/2015	

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Transglutaminase Panel	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Transglutaminase 3 IgG	0.12			<=0.94	0.95~1.05	>=1.06	0.63 08/20/2015
	Transglutaminase 3 IgA	0.00			<=0.94	0.95~1.05	>=1.06	0.42 08/20/2015
	Transglutaminase 6 IgG	0.48			<=0.94	0.95~1.05	>=1.06	0.29 08/20/2015
	Transglutaminase 6 IgA	0.77			<=0.94	0.95~1.05	>=1.06	0.23 08/20/2015

Celiac & Gluten Sensitivity

Results:
Antibodies to TG2 is associated with celiac disease or other gluten-sensitive enteropathies as per AGA guidelines.

Comments:
Transglutaminases are enzymes found within the body and immune reactions to transglutaminase indicates the presence of an autoimmune condition.

Treatment Considerations:
Consider being on a strict gluten free diet.

Non-Gluten Wheat Panel

Results:
Increased levels of antibodies to non-gluten wheat proteins (serpins, purinins, farinins, amylase/protease inhibitors and globulins) are responsible for inflammation in patients with wheat sensitive enteropathies.

Comments:
Non-gluten proteins constitute about 25% of the total protein content of wheat cereal. Recently it has been shown that these non-gluten proteins are immune-reactive in individuals with wheat sensitivity. The 5 groups of non-gluten proteins which are distinctly different from the gluten proteins that are responsible for inflammation in patients with wheat sensitivity are serpins, purinins, farinins, amylase/protease inhibitors and globulins.

Treatment Considerations:
Consider avoiding wheat in your diet.

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Gluten-free diet

People on a gluten-free diet must avoid all foods containing wheat, barley, rye, and the ingredients that are byproducts of these grains. Some forms of wheat include bulgur, couscous, durum; farina, farro, kamut, matzoh, semolina, spelt, and triticale. Forms of barley include brewers yeast, malt, malt extract/syrup/flavoring, and malt vinegar. Rye is usually stated simply as rye on ingredient labels. People on the gluten-free diet can eat fruits, vegetables, lean meats, poultry, fish, low-fat gluten-free dairy products, beans, nuts, and seeds. The hardest part is substituting gluten-free grains. Some substitutes include rice, corn and quinoa.



Grains
Avoid wheat, barley, and rye. Good grains include quinoa, corn or potato based breads, gluten-free oats, millet, rice, corn, and buckwheat.



Vegetables
All vegetables are naturally gluten free. Mineral rich vegetables are zucchini, green beans, peas, lettuce, carrots, eggplant, peppers, onions, broccoli, cauliflower, and potatoes.



Fruits
Add variety to your menu by trying new fruits. Watermelon, kiwi, clementines, star fruit, mango, pomegranate, and papaya.



Dairy
Good milk products include plain milk, cheese, yogurt, sour cream, and cottage cheese. Some yogurts contain additives that could contain gluten, so check the labels to be sure. And if you have a lactose problem you may want to try milk products that are made for lactose intolerant people.



Beans
Enjoy Beans! Black beans, navy beans, black eyed peas, pinto beans, and white beans Check labels on soups and canned beans for flour additives.



Fish
Again, you'll need to look at the labels on processed fish. Avoid . breaded fish filets using wheat flour-based breadcrumbs



Meat
Most meats are going to be gluten free including beef, chicken, pork, and turkey. Watch out for processed meats. Check labels for wheat based fillers in sausage, hot dogs, lunch meats, and any other packaged meats.





Gluten Free Substitutes
Most of your diet should be filled with foods that are naturally gluten free. Try adding gluten-free bread, cookies, crackers and pastas.

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Hidden Sources of Gluten

There are the obvious sources of gluten, such as breads, cereals, baked goods, pasta and beer. However, there are also many food products that contain overlooked sources of gluten, particularly packaged and processed foods. Overlooked sources refer to products with gluten-containing ingredients, but which may be difficult for consumers to identify within the ingredients statement. Careful review of the ingredients statements on all food products not certified gluten-free is an important step for avoiding gluten. In addition to wheat, barley and rye, individuals should look for malt, brewers yeast and oats (unless certified gluten-free) on ingredient labels. Some examples of food products that may have gluten hidden within include:

- Baby food*
- Candy, including chocolate and licorice*
- Soy sauce, gravies, sauces and marinades*
- Tortillas*
- Processed meats*
- Malted milk shakes*
- Salad dressings, soups, processed/packaged foods*
- Mixed spice blends*
- Ice creams, puddings, spreads and dips*
- Medications and supplements*