



SPECIMEN REQUIREMENTS

** DO NOT CONSUME A HEAVY MEAL PRIOR TO BLOOD DRAW **

FOOD SENSITIVITY PANELS

SERUM

96 Food Sensitivity Panel	1 mL
184 Food Sensitivity Panel.....	2 mL

ALLERGY PANELS

12 IgE Panel (Foods or Regional Inhalants)	2 mL
25 IgE Panel (Foods or Regional Inhalants)	3 mL
10 Additive & Exposure Profile.....	2 mL
Total IgE	1 mL
Allergen Components	1 mL per panel
Individual Allergens.....	1 mL per 10 allergens

MOLD PANELS

Mold Immunoreactivity Panel	3 mL
15 Mold IgE & IgG.....	3 mL
15 Mold Panel	2 mL
12 Indoor Reactivity Panel.....	2 mL
6 Mold Panel IgE & IgG	2 mL
Individual Mold Allergens.....	1 mL per 10 allergens

AUTOIMMUNE PANELS

Unexplained Fatigue Panel.....	2 mL
Celiac Panel	1 mL

GASTROINTESTINAL

96 Gastrointestinal Panel (96 IgG, Candida Profile, H. Pylori & Wellness Plan)	3 mL
184 Gastrointestinal Panel (184 IgG, Candida Profile, H. Pylori & Wellness Plan).....	4 mL
H. Pylori.....	1 mL
Candida Profile.....	1 mL
Candida IgA/IgG/IgM.....	1 mL

PLEASE NOTE:

- ▶ The requirements listed above are for serum, not whole blood.
- ▶ One of our serum separator tubes holds 9 mL of whole blood (approx. 4 mL of serum).
- ▶ Expired serum separator tubes will be rejected. Please check date prior to blood draw.

FINGER STICK

SPOTS

96 Food Panel.....	3 spots
184 Food Panel	4 spots
184 Food Panel with Candida IgG/IgA/IgM	5 spots
Candida IgG/IgA/IgM.....	2 spots

(Important to saturate circles)