

Optimizing Your Results

TESTING FOR GLUTEN-ASSOCIATED CROSS-REACTIVE FOODS AND FOOD SENSITIVITIES WITH CYREX LABS ARRAY 4

People with known sensitivity to gluten or other components of wheat often have sensitivity or intolerances to other foods as well. Cyrex Labs Array 4 tests for sensitivity to many of the known gluten-associated cross-reactive foods. This is a blood test that measures antibodies (specifically, IgG and IgA) to a number of foods. While the gold standard in evaluating food sensitivities is an elimination diet with very careful and deliberate reintroduction of foods, blood testing can provide useful information much more rapidly. In order to optimize your food sensitivity testing, you must be sure to eat the specific foods you want to test so that your body has a chance to form antibodies if you do have a sensitivity.

Here is a list of the foods included on this panel:

- Grains: barley*, millet, oats**, Polish wheat*, rice, rye*, sorghum, spelt*, teff
- Dairy: cow's milk, alpha-casein, beta-casein, casomorphin, milk butyrophilin, whey protein, milk chocolate
- Pseudo-grains and seeds: amaranth, buckwheat, hemp, quinoa, sesame, tapioca
- Miscellaneous: coffee, corn, egg, potato, soy, yeast

** These grains contain gluten and should not be included in your diet if you already have known gluten sensitivity.*

*** Oats are commonly cross-contaminated with gluten. If you have a known gluten sensitivity and would like to test oats, please purchase certified gluten-free oats, such as Bob's Red Mill brand.*

You do not have to include all of these foods. For example, if you don't include soy in your diet and do not wish to add it, there is no need to eat and test your sensitivity to soy.

For the foods you do want to test, plan to eat one small serving of that food for seven consecutive days, 25 days before your scheduled blood draw. This will allow your body time to form antibodies if you have a sensitivity.

Since several grains and pseudo-grains are included in the panel, it may be easiest to eat one, or a few, prepared multigrain products. You can look online or in your local food market for different products. Some gluten-free examples that are available through online retailers include:

- Bob's Red Mill GF Mighty Tasty Hot Cereal: rice, corn, sorghum, and buckwheat
- Mary's Gone Crackers Sea Salt Pretzels: rice, quinoa, sesame seeds, amaranth, millet, and chia seeds
- Lydia's Organics Raw Sprouted Cinnamon Cereal: buckwheat and quinoa