

Cyrex Labs Array 10

Multiple Food Immune Reactivity Screen

What is the purpose of this test?

This panel tests for sensitivity to over 180 potential antigens (proteins that can trigger your immune system). These include foods, raw and/or modified; food enzymes; lectins; and artificial food additives, including meat glue, colorings, and gums. Cyrex Array 10 offers several advantages over other food sensitivity panels:

- It tests both raw and cooked forms of common foods. Heating food above 118°F changes its protein structure and therefore its antigenicity. Array 10 is testing for both raw and cooked forms of common foods on the same panel.
- It tests for cross-reactive and pan-antigens. Cyrex tests for reactivity to cross-reactive antigens, such as food aquaporin and shrimp tropomyosin, which are known to cross-react with human tissues, as well as pan-antigens such as parvalbumin and latex hevein.
- It tests for real-world exposures to real foods. Testing for reactivity to individual food proteins is just the first step. Cyrex takes it to the next level by also testing for reactivity to common food combinations.
- It tests for reactivity to large gum molecules. Many food products (especially gluten-free products) often use gums as a substitute for gluten to hold ingredients together. Cyrex tests for reactivity to such large gum molecules.
- It tests for reactivity to binding isolates. Binding isolates, such as plant-derived lectins and agglutinins, have an affinity for specific human tissues. Cyrex tests for reactivity to such binding isolates.

Cyrex Array 10 can help clinicians and patients detect dietary-related triggers of autoimmune reactivity at an early stage, determine the cause of unexplained symptoms, and design customized dietary protocols to aid in the healing process.

What type of test is this?

Blood.

Where do I find and how do I fill out the requisition order for this test?

Once you receive your order confirmation (see below), there will be a requisition order for you in the Forms section of Labs & Documents in your Patient Portal that you will need to print out. You do not need to fill in any information on the requisition.

How do I get this test?

Once you approve your estimate, we will send an order confirmation to the Encounter History section of your Patient Portal to let you know when your test kit has been ordered. You will receive the kit in the mail five to seven business days after we order it for you.

You will need to schedule a blood draw by a Cyrex phlebotomist:

1. Go to <http://cyrexlabs.com/> and click “schedule a blood draw” on their patient portal.
2. Enter the requisition ID and confirmation code from the requisition order you printed from your Patient Portal.
3. Choose Standard Clinics or Home Health Services (service charge applies).
4. Print the appointment confirmation/blood draw authorization (a copy will also be e-mailed to you).

Please note: Blood draws for minor patients 15 years of age and younger are not included under Cyrex’s contracted phlebotomy. You will need to find a local draw facility that accepts these kits to draw your blood. We suggest trying national labs such as LabCorp or Quest, your local primary care doctor’s office, a local hospital, www.anylabtestnow.com, or doing a Google search on “at home blood draw,” “at home phlebotomy,” or “mobile blood draw.”

Please take the following to the phlebotomy appointment:

1. Printed blood draw authorization (either printed when you scheduled your blood draw or printed from the e-mail that was sent to you).
2. Signed Cyrex test requisition form (from your Patient Portal).
3. Specimen collection kit.
4. Patient-collected saliva specimen (only if you are having both blood and saliva tested).

New York state residents: Due to lab and state regulations, we are unable to ship this kit to an address in the state of New York, and you may **not** list a New York return address on the requisition form or on your return shipping label. Please ensure you are shipping the completed kit from outside the state of New York. We cannot be held responsible for rejected samples should you complete and return the kits from inside the state of New York.

How do I prepare in terms of diet, supplements, and medications?

Since this test measures your body's antibody production to specific foods and additives, you must have exposure to the foods you want to test for. It is impossible to eat each of these foods in the time frame before the test, but what's most important is to include the foods you want to eat as part of your normal diet.

Some people choose not to prepare for this test in the sense that taking the test without any specific preparation allows you see if there's something in your current diet that's likely contributing to your symptoms.

If there are specific foods you want to include, then here's how best to prepare:

You need to eat at least a few bites of each selected food for five to seven days, about 25 days before having your blood drawn for the test.

So, let's say you plan on having your blood drawn on July 1st. That means that from June 3rd to June 10th you would eat a few bites of each of the foods you want tested.

If you miss a day, or eat only one bite, that's okay. The idea is to have some exposure to these foods during the time frame about 20 to 30 days before testing so your body has time to form antibodies.

Here's a link to the Cyrex Labs description of Array 10, including a list of all the possible antigens that may be tested for with this panel: <http://www.joincyrex.com/page/7781/Array-10-Multiple-Food-Immune-Reactivity-Screen>

If you currently take, or recently completed a course of oral or topical steroids, please let us know as this may affect the results of your food sensitivity test.

Eating a high-fat meal prior to your blood draw can cause your serum specimen to be lipemic. Lipemic specimens are rejected by Cyrex Labs.

Is the timing of this test important?

Make sure to follow the above steps to schedule a blood draw appointment.

Was payment included in my invoice?

Yes, the test was included in your invoice, however, there may be a fee associated with the blood draw when you get to the lab. You will need to pay the lab directly for this fee.

When will I see the results?

Results are generally sent to us two weeks after the lab receives the kit back from you. Your clinician will review the results and then notify you through your Patient Portal.

Where can I read more about this test?

<https://www.cyrexlabs.com/>

If you have additional questions, please contact Cyrex Labs at: frontdesk@cyrexlabs.com or (602) 759-1245.