

## CLINICAL SPECIFICATIONS

### LENTIL LECTIN

#### Antigen Made From:

Lentil Lectin was purchased from an antigen supplier

#### Associated With:

Lentil Lectin immune reactivity

**Known Cross-Reactions:** Peanut, Garden Pea, Garbanzo Bean, Soybean;<sup>3</sup> Coconut<sup>2</sup>

#### Clinical Significance:

Lectins are carbohydrate binding proteins in plants and are important as physiologically active ingredients. Dietary lectins can adversely influence both enterocyte and lymphocyte structure and function, which have been shown to contribute to autoimmune reactivity.<sup>3</sup> Studies on food immune reactivities predominantly use raw food antigens. However, some researchers have noted that heating, or combining, food proteins can change their antigenicity.<sup>4-6</sup>

This array tests for IgG and IgA food immune reactivity.<sup>7,8</sup> Equivocal or out-of-range results indicate antibody reactivity to the tested food antigen. We tested 288 blood donor sera against lentil lectin antigens at optimal dilution, 8.3% of these donors were IgG and IgA reactive.

Due to cross-reactivity, possible connections between food antigens and human autoimmunity has been previously suggested because proteins in nature can have a similarity in sequence and structure to certain human tissues.<sup>3,9-11</sup>

Data suggests that eliminating foods identified using IgG antibody food testing can play a role in improvement of symptoms.<sup>12</sup> Because certain food components can lead to gut flora changes and gut permeability, eliminating specified food antigens should result in the reduction of antigenic stimuli and the improvement of symptoms.<sup>12,13</sup>

The results of this food array may be used to develop and implement an immune targeted dietary plan, which includes the avoidance of triggering and known cross-reactive foods. Furthermore, when followed over time, avoidance/prevention treatment plans tailored and supervised by the ordering healthcare professional, may help: (a) repair the gut barrier; and (b) re-establish oral tolerance to the offending food.<sup>12,13</sup>

#### References:

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