CYREX Laboratories

CLINICAL SPECIFICATIONS

MINT

Antigen Made From:
Organic Mint leaves and stems mixed

Associated With:
Mint immune reactivity

Known Cross-Reactions: Anti-*B. burgdorferi* antibodies,[1] Islet Cell[2]

Clinical Significance:

One hundred grams of mint contain 3.29% of protein.[3] 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.[4-6] This array tests for IgG and IgA food immune reactivity.[7,8] Equivocal or out-of-range results indicate antibody reactivity to the tested food antigen. We tested 288 blood donor sera against mint antigens at optimal dilution, 17.7% 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.[9-12]

Data suggests that eliminating foods identified using IgG antibody food testing can play a role in improvement of symptoms.[13] 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.[13,14]

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.[13,14]

References:

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