



FIT 132 A Test for IgG1-4 and C3d		Sample Type: Bloodspot	
Name:	LAST NAME, FIRST NAME	Date Drawn:	01/01/2025
Date of Birth:	01/01/2000	Date Completed:	01/05/2025
Accession Number:	22222	Provider:	Provider's Name

List of Restricted Foods:	
4+ Reactions:	Wheat, Gluten Wheat, Whole
3+ Reactions:	Rye Potato, Sweet
2+ Reactions:	Cow's Milk Whey Lentils Canola Oil Mushroom

Laboratory Information:	
KBMO Diagnostics 4 Business Way Hopedale, MA 01747 Jia He, PhD, NRCC Laboratory Medical Director	Phone: 617-933-8130 Fax: 617-933-7660 E-mail: LabSupport@KBMODiagnostics.com CLIA ID #: 22D2095272 Patent #: 8309318

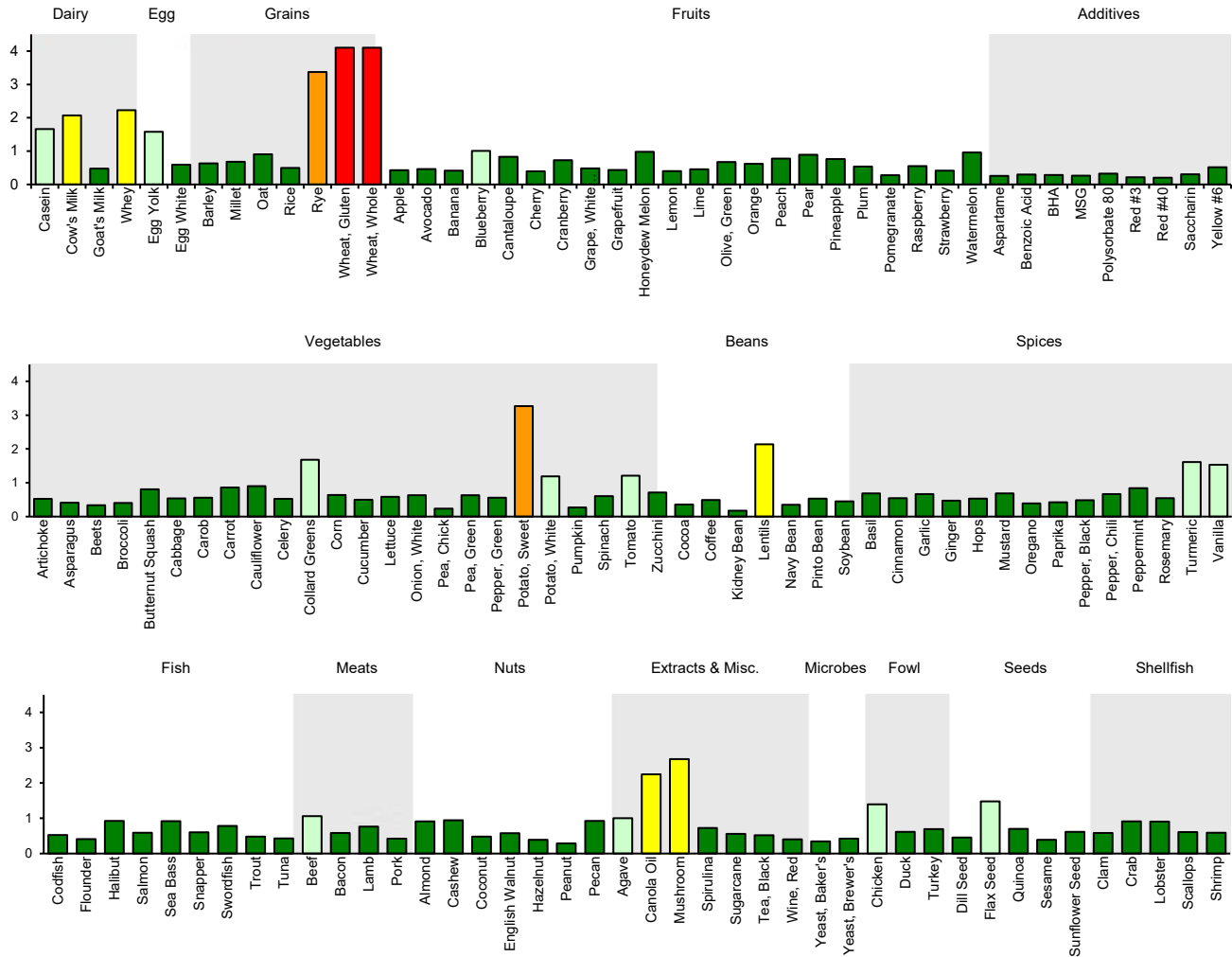
This test was developed and its performance characteristics were determined by KBMO Diagnostics, LLC. It has not been cleared by the U.S. Food & Drug Administration (FDA).



Name:
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Sample Type:
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LAST NAME, FIRST NAME
Provider's Name
Bloodspot
01/01/2025
01/05/2025

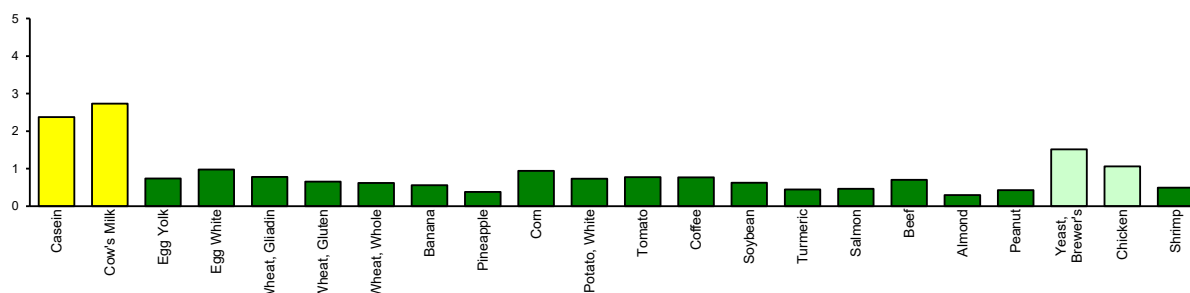
Severe Reaction	4+
High Reaction	3+
Moderate Reaction	2+
Mild Reaction	1+
No Reaction	Negative





Patient Information:		Sample Type: Bloodspot	
Name:	LAST NAME, FIRST NAME	Date Drawn:	03/01/2025
Date of Birth:	01/01/2001	Date Completed:	03/08/2025
Accession Number:	11111	Provider:	Provider's Name

4+ ■ Severe Reaction 3+ ■ High Reaction 2+ ■ Moderate Reaction 1+ ■ Mild Reaction Negative ■ No Reaction



Overview of the Food Inflammation Test

The Food Inflammation Test (FIT Test) measures IgG and Complement reactions to 22 foods and additives which cause delayed food sensitivity. Food sensitivities begin when food antigens cross the gut epithelium and evoke an immune response leading to the production of IgG antibody and the formation of immune complexes which activate complement. In most cases immune complexes are cleared from the circulation and do not cause any symptoms. However in some people, the immune complexes may lead to various symptoms that can affect almost any tissue or organ. Adverse symptoms include: irritable bowel syndrome, joint pain, chronic headaches, migraines, fatigue, eczema and psoriasis to name a few. These symptoms generally occur days after the food is ingested which makes the offending food hard to identify without proper testing.

Many similar or even unrelated foods may share similar antigens (proteins) which results in cross-reactivity between foods. For example, sensitivity to white potato may result in sensitivity to red potato because these two foods are very similar. By contrast, two unrelated foods such as gluten from wheat and coffee may cross react because there are gluten-like antigens in coffee. This results from antibodies that are produced against antigens from one food which cross react with other foods containing similar antigens. The net result is that cross reactivity of food antigens may cause a person to test positive for a food that they have never consumed.

4+ Reactions:		3+ Reactions:		2+ Reactions:	Casein Cow's Milk
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Gut Barrier Panel		Sample Type:	Bloodspot
Name:	LAST NAME, FIRST NAME	Date Drawn:	01/01/2025
Date of Birth:	01/01/2000	Date Completed:	01/05/2025
Accession Number:	11111	Provider:	Provider's Name

Gut Barrier Panel

KBMO has created a unique Gut Barrier Panel which in recognition that leaky gut occurs across a spectrum we have included the following gatekeeper markers: Candida, Zonulin and Occludin and LPS. For each marker, we measure IgG 1-4 /C3d in addition to IgA 1 and 2.

Gut Barrier Panel					
	IgG1-4+C3d			IgA1-2	
		Cut off			Cut off
Candida	Negative		Positive		
Zonulin	Negative		Positive		
Occludin	Negative		Negative		
LPS	Negative		Positive		

Candida:

we measure and use any candida overgrowth in the stomach/dysbiosis as a precursor to leaky gut occurrence

Zonulin:

Is a marker of intestinal permeability, otherwise known as leaky gut. If a patient has elevated Zonulin levels, the normal regulation of the tight junctions is compromised. This Zonulin marker is unique to KBMO please follow the link for more information:

<http://kbmodiagnostics.com/zonulin-test/>

Occludin:

is a marker of tight junction stabilization and optimal barrier function. Elevated occludin indicates that the tight junctions are breaking down.

LPS:

Lipopolysaccharides (LPS) are a major structural component of the outer membrane of gram-negative bacteria. Elevated levels of antibody against LPS may be indicative of Leaky Gut Syndrome and other gastrointestinal inflammatory diseases.

<https://kbmodiagnostics.com/gut-barrier-panel/>

GB Panel Interpretation:

If any of the 8 markers are positive, we recommend to consult your provider with regards to a gut healing protocol.

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