




IgG Food MAP
WITH CANDIDA + YEAST

Redefining the Standard in IgG Food Sensitivity Testing



MOSAIC
DIAGNOSTICS



MosaicDX's IgG Food MAP is a comprehensive food sensitivity test that measures antibodies to 190 common foods, herbs, and spices typically found in Western, Asian, and Mediterranean diet, and also includes results for yeast – *Candida albicans* (Yeast) and *Saccharomyces cerevisiae*. This test is available in both serum and dried blood spot (DBS), making it easy and convenient for patients. By identifying food sensitivities, this test can help individuals customize their diet leading to improvements in overall health and wellbeing.

Food Categories Tested on the IgG Food MAP

The IgG Food MAP tests 190 food antigens, plus *Candida albicans* (Yeast), and *Saccharomyces cerevisiae* in the following categories:

- Dairy
 - Beans and Peas
 - Fruits
 - Grains
 - Fish/Seafood
 - Meat/Fowl
 - Nuts/Seeds
 - Vegetables
 - Herbs/Spices
 - Miscellaneous
- See IgG Food MAP report for specific foods

Difference Between Food Allergy vs Food Sensitivity

While the terms food allergy and food sensitivity are often used interchangeably to describe adverse reactions to food, they are not the same thing.

Food allergies refer to an immune-mediated process that involves the production of IgE antibodies in response to a particular antigen. IgE-mediated reactions are immediate (immediate hypersensitivity or Type 1 hypersensitivity reactions) and can result in a range of symptoms from milder (e.g., hives, itching, digestive upset) to more significant (e.g., swelling of mucous membranes of the oral mucosa) to severe (life-threatening anaphylaxis).¹

Food sensitivities refer to symptoms triggered by certain foods that generally tend to be less severe (not life-threatening) and include common complaints such as headaches, digestive upset, skin rashes, and fatigue. While not life-threatening, IgG-mediated food sensitivities have been associated with several chronic health conditions.² One proposed mechanism for developing food sensitivities relates to impaired GI barrier.

Patients that May Benefit from IgG Food MAP:

Associated Symptoms

- GI Upset – Gas, Bloating, Diarrhea
- Skin Rash, Itching

Associated Conditions and Diseases

- ADHD
- Asthma
- Autism Spectrum
- Celiac Disease
- Crohn's Disease
- Depression
- Eczema
- Headaches/Migraines
- IBD/IBS
- Ulcerative Colitis
- Weight Gain, Obesity

Learn More
About Our
IgG Food
MAP





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Built for Confidence, Proven by Data

In today's interconnected world, people are increasingly adopting more global and diverse diets, incorporating foods and culinary traditions from a wide range of cultures into their daily lives. This broadening of dietary habits not only enriches our palates but also has a growing impact on healthcare practices and diagnostics. For over **29 years**, **Mosaic Diagnostics Lab** has exemplified innovation and adaptability in this evolving landscape. Leveraging a robust dataset of **79,000 global samples**, we are redefining IgG food sensitivity testing and reporting standards. Our goal is to provide healthcare providers with accurate, representative data that reflects the dietary diversity of today's population. MosaicDX ensures that our reference ranges align with the varied diets and demographics of the modern world.

- The refined reference ranges are based on a large reference population of over 79,000 samples, including both domestic and international participants.
- The larger reference population increases the statistical power leading to reference ranges that capture **more individual variability and reduce sampling bias**.
- The **wider geographical representation** allows for a better representation of dietary regional differences.
- We believe the updated report gives you even **more confidence** as you test your patients regarding their food sensitivities.



Test with the Most Accurate Methodology and Technology

The IgG Food MAP employs xMAP multiplexing technology, a highly sensitive immunoassay that delivers reliable results more efficiently. This method reduces plastic waste by 50% compared to traditional techniques and offers faster read times for quicker results.¹¹

- **High-sensitivity immunoassay** using multiplexed bead-based technology with fluorescent detection.
- **Eco-friendly approach** reduces plastic waste by using half the plates than traditional ELISA uses.
- **Enhanced sensitivity and specificity** in detecting food-specific IgG antibodies over standard methods.
- **Faster read times** for quicker, more efficient testing results.

Applying IgG Food MAP Results

An elimination diet is designed to help identify and address food sensitivities by temporarily removing certain foods from the diet based on clinical presentation and IgG Food MAP results. The diet typically lasts 2 to 3 months and consists of 4 Pillars, each essential for guiding patients through the process.



Prepare



Eliminate



Restore



Reintroduce



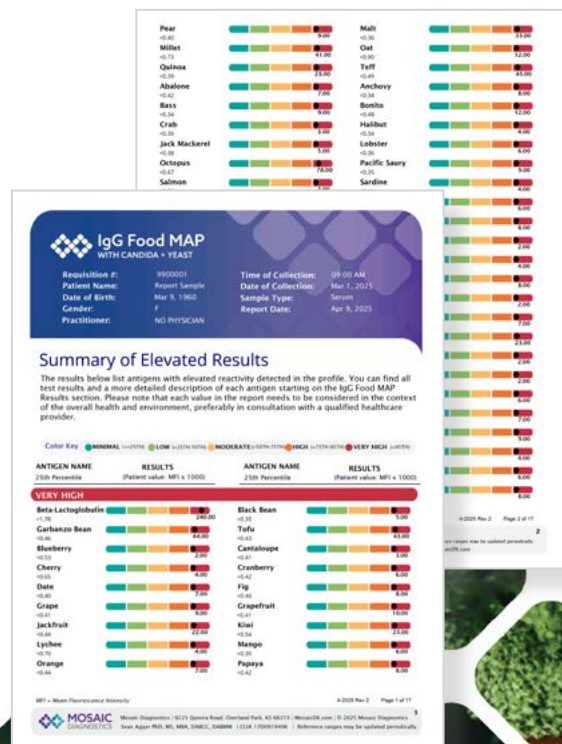
Review the 4 Pillars of Elimination Diets

[MosaicDX.com/resource/elimination-diet](https://mosaicdx.com/resource/elimination-diet)

Easy to Interpret Results

We translate complex data into easy-to-understand clinical insights.

- **Reference Ranges Refined** – utilizing a large reference population of over 79,000 including both domestic and international participants allowing for a wider geographical representation
- **Summary of Elevated Results** – the first pages of the report highlight foods with Very High, and High levels for quick identification of significant findings
- **Expanded Reactivity Scale** – reflective of immune response levels within five percentile cut points provides more precise understanding of results
- **Refined Display of Results** – includes both visual and numeric representation, providing for more convenient interpretation
- **Elimination Diet** – information now provided to help guide applying IgG Food MAP results



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Visit [MosaicDX.com](https://mosaicdx.com) for more resources

Find references at [MosaicDX.com/Test/IgG-Food-MAP](https://mosaicdx.com/Test/IgG-Food-MAP)

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