IgG Food MAP
WITH CANDIDA + YEAST

Gastrointestinal Health

Mapping delayed food-antibody reactivity that may help contextualize complex gastrointestinal presentations.



Gastrointestinal symptoms are frequently multifactorial, and patients may continue consuming foods that contribute to their symptom burden without recognizing a diet connection, since IgG-mediated reactions can be delayed by hours or days after ingestion[1,2]. IgG Food MAP with Candida + Yeast is a dried blood spot (or serum) profile measuring total IgG antibody reactivity to specific foods, herbs, and spices, along with Candida albicans and Saccharomyces cerevisiae reactivity[1–7].

When Might Providers Consider the IgG Food Map

GI Upset with Unclear Dietary Triggers: Recurrent bloating, gas, or diarrhea where a specific food connection is not obvious to the patient due to delayed symptom onset.[1,2]

Irritable Bowel Syndrome (IBS): IBS presentations, particularly where structural workup is unremarkable, that may benefit from a food-antibody-guided elimination approach.[1,2,7]

Candida & Fungal Overgrowth Concerns: GI complaints alongside signs suggestive of Candida overgrowth (e.g., bloating, fatigue, oral thrush, skin/nail changes) where fungal-driven barrier disruption may be contributing to secondary food reactivity.[6]

Suspected Non-Celiac Gluten/Wheat Sensitivity: GI or extra-intestinal symptoms associated with gluten ingestion in patients who have ruled out celiac disease via standard serology.[3,4]

Inflammatory Bowel Disease (Crohn's & Ulcerative Colitis): Complex or relapsing presentations where dietary triggers may be an adjunctive consideration alongside conventional management.[6]

GI Symptoms with Overlapping Systemic Features: GI complaints co-occurring with headaches/migraines, skin rash or eczema, fatigue, or behavioral/mood changes, suggestive of broader food-antigen sensitivity.[2,5]

What the IgG Food Map Measures

Analyte Class	What It Reflects	GI Relevance
Total IgG Food Antibodies (192 Analytes)	IgG-mediated antibody reactivity to a broad panel of foods, herbs, and spices common to Western, Asian, and Mediterranean diets.	May help identify delayed-onset dietary triggers relevant to chronic or recurrent GI symptom patterns not explained by IgE-mediated (immediate) food allergy testing[2,4].
Candida albicans IgG Reactivity	Antibody response associated with Candida overgrowth in the GI tract.	May provide context for fungal dysbiosis patterns that have been proposed to contribute to increased intestinal permeability and secondary food-antigen reactivity[6].

What the IgG Food Map Measures (Cont)

Analyte Class	What It Reflects	GI Relevance
Saccharomyces cerevisiae (Yeast) IgG Reactivity	Antibody response associated with yeast exposure and overgrowth patterns.	May offer additional context for microbial/fungal contributors to GI symptom burden alongside Candida markers[6].
Gluten-Related Analytes (Gliadin, Wheat Gluten, Whole Wheat)	IgG antibody reactivity to gluten-containing proteins, distinct from celiac-specific serology.	May help contextualize non-celiac gluten/wheat sensitivity presentations in patients who do not meet celiac diagnostic criteria[3,4].
Dairy, Egg & Common Allergenic Food Groups	IgG reactivity to frequently consumed proteins (e.g., casein, whey, egg white, egg yolk) implicated in delayed food-reactivity patterns.	May support elimination/rotation diet planning in patients with chronic bloating, altered bowel habits, or overlapping systemic complaints[1,2].

Clinical Applications & Evidence Context

Condition	Clinical Encapsulation
Irritable Bowel Syndrome (IBS)	IBS has been associated with alterations in gut microbiota composition and increased intestinal permeability in a substantial proportion of patients; randomized controlled data indicate that IgG-guided food elimination diets may reduce symptom scores in IBS populations[1,2,7].
Non-Celiac Gluten/Wheat Sensitivity	Patients with gluten-related GI symptoms who do not meet celiac serologic or histologic criteria have been shown to carry a distinct IgG subclass response to gluten, and anti-gliadin IgG has been observed to decline with adherence to a gluten-free diet—supporting IgG's use as a dietary-adherence and symptom-context marker in this population[3,4].
Candida & Fungal GI Dysbiosis	Candida overgrowth in the GI tract has been proposed to contribute to increased intestinal permeability, which may in turn allow larger food antigens to cross the mucosal barrier and drive secondary IgG-mediated food reactivity; IgG Food MAP's Candida and yeast markers may help contextualize this overlap[6].
Inflammatory Bowel Disease (Crohn's Disease & Ulcerative Colitis)	IBD has been associated with increased intestinal permeability implicated in barrier maintenance and disease activity; dietary elimination approaches informed by IgG reactivity have been explored as adjunctive strategies for symptom and stool-frequency management in this population[6].
Migraine & Recurrent Headache	Randomized, cross-over trial data have shown a reduction in headache days and migraine attack frequency following an IgG-guided elimination diet, suggesting IgG food reactivity patterns may be relevant to a subset of migraine presentations[5].
Celiac Disease & Malabsorption Syndromes	Malabsorptive conditions involve impaired nutrient and protein processing; IgG gluten-related markers may provide additional dietary context alongside celiac-specific serology and structural workup in these patients[3,4].
Eczema, Skin Rash & Other Systemic Sensitivity Patterns	GI complaints that co-occur with skin, behavioral, or systemic symptoms have been associated with food-antigen sensitivity patterns; IgG Food MAP may help identify candidate dietary triggers for elimination/rotation planning in these overlapping presentations[2].

How the IgG Food Map Supports Clinical Reasoning

Structures Dietary Hypothesis-Testing

Results can guide a supervised elimination and reintroduction diet protocol when a food-symptom relationship is suspected but unclear, offering a more organized approach that trial-and-error exclusion[1,2].

Contextualizes Multisystem Symptom Patterns

In patients with overlapping GI and concurrent systemic symptoms – including neurological, skin, and mood complains—IgG reactivity data may help contextualize the broader clinical picture and inform integrative dietary and lifestyle interventions[,2,5].

Supports Patient Engagement & Adherence

Providing patients with individualized food-reactivity data can increase motivation to adhere to dietary modification and elimination protocols when symptom attribution may have been ambiguous previously.

How to Order

To order the IgG Food Map test, contact your Mosaic Diagnostics representative or visit [www.mosaicdx.com]. Specimen collection kits and requisition forms are available through your account portal. For clinical support or interpretation questions, contact our clinical education team.



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