

Frequently Asked Questions

1. What are the benefits of the AFC test ?

- Quantitative analysis of IgE and IgG antibodies through advanced lab technologies
- Only a few drops of blood required for delayed onset test
- Analysis completed in the U.S.
- Customized rotational diet plan go along with report

2. How do I go about the AFC testing ?

You can purchase the test kit from our online store, collect the blood sample at home, and return it back to our office. Or you can purchase the testing service plan directly from our online store, confirm which service center you'd like to do blood sampling. We will send your sample direct to the US lab for testing. You will receive the results within within 10 - 20 days.

Office Hours:

Mon. – Sat. 11am - 8pm

Sun. & Public Holidays Closed

3. How much blood is needed for the allergy test ?

For testing the delayed onset reaction, only a few drops of blood is required. For the immediate onset reaction, blood drawing at the nearby medical lab would be necessary.

4. How can you ensure the blood collected in the strips will not be contaminated during transit ?

First of all, dry blood provides no medium for bacteria to attack. Therefore, it is essential that you follow the instruction and allow the blood to dry for at least 45 minutes in room temperature. In addition, our blood collection strips use a proprietary collection methodology that's proven to provide stable test results for the blood sample for at least 3 weeks. Our comparison study between blood sample collected on the strips and those stored in serum showed no discrepancy in results. So, the strips are as effective as blood collection serums.

5. Could we know more about the specificity and accuracy of the Aller Food Check test ?

Our AFC test for delayed reaction utilizes the state of the art ELISA Procedures and it is a stringent biochemical process whereby the antibodies are detected in your blood, and it is a direct measurement of your immune system's response to food. The Aller-Food Check gives you the assurance of quality and reliability as all tests are completed by our Laboratories in the United States, and each patient's test is conducted twice to ensure accuracy and reliability. Our laboratory is an independent clinical laboratory approved by CLIA (US Clinical Laboratory Improvement Amendments) accredited by COLA (US Commission on Office Laboratory Accreditation). The laboratory is also licensed by the State of Washington for performing testing worldwide.



6. Why are only 19 foods covered in the IgE food panel?

According to US FDA, the eight most common allergenic foods are Milk, Eggs, Fish (e.g., cod), Crustacean shellfish (e.g., shrimp), Tree nuts (e.g., almonds), Peanuts, Wheat and Soybeans. These foods account for 90% of food allergic reactions, and are the food sources from which many other ingredients are derived. To provide a more extensive test range, in addition to these 8 foods, our IgE food panel also covers other common offending foods.

Finding positive results for IgE is often difficult as blood IgE levels are present with a short half-life of two days. Yet, this proven, reliable and accurate IMMULITE assay system brings greater specificity for detection of more positive results.

7. Why measuring total IgE values?

- IgE antibodies appear as a result of sensitization to allergens, and the measurement of circulating total IgE values provides an aid in the clinical diagnosis of IgE-mediated allergic disorders
- Allow an early detection and diagnosis of allergy. Total IgE measures the total quantity of circulating IgE in human serum or plasma samples. An elevated total IgE values indicates that your immune system is weakened.
- Effectively assess asthma, allergic rhinitis, urticaria, eczema, allergic diarrhea and other chronic symptoms as elevated levels of total IgE are usually seen in patients suffering from these conditions.
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8. Is the AFC test suitable for all ages ?

Adults and children can take the test. In general, infant after 6 months starts to produce its own antibodies. Thus, kids age after 6 months and start eating solid foods can take the test.

9. Should I take the test if I am pregnant ?

One of the reasons for developing allergy reaction is genetic predisposition. If a pregnant woman who is allergic to offending foods and wasn't aware of it, the IgG and IgE antibodies that produced would transfer to the baby. Medical profession has suggested that pregnant women could consider the test when necessary so as to prevent baby from allergies.

10. Do I need a doctor's prescription to have the AFC test done ?

In general, any individual can order any tests for themselves. A doctor's prescription is not required.

11. Should I be eating differently before taking his test ?

Yes, you should eat many different kind of foods for at least a week before taking the test. This will greatly enhance the chance of detecting the "reactive" foods. However, if you have history of anaphylaxis or severe allergic reaction, e.g. peanut, shrimp, etc., you should avoid eating it as second exposure can prove fatal. Please consult your physician if you have any questions concerning this test.

12. Should I be fasting before the blood draw ?

No fasting is required. This test is a quantitative analysis of the antibodies in our body, and it is produced while the foods being taken prior to the test.

13. Can I have this test done if I am taking Chinese or Western medicine ?

You may please consult your practitioner if you have any questions concerning your Chinese medicine. In general, the major concern is steroidal drugs, e.g. cortisone, because it can suppress the immune system, and thus may reduce the antibodies present, causing a "false negative" report. Thus it is advisable to stop taking the steroidal drug for at least 3 weeks before taking the test. Tropical steroid is not part of the concerns.

14. What information will the allergy report provide ?

For IgG:

- Level O: Foods in this column can be eaten freely.
- Level I to II: Low amount of antibodies are present against specific food. For the first 3-month you may rotate these foods every 7 days, then rotate these foods every 4 days afterwards.
- Level III: Moderate amount of antibodies are present against these specific foods. You should avoid these foods for a 3-month period, and rotate these foods every 4 days afterwards.
- Level IV to VI: There are elevated antibodies in the body against these specific foods. You should avoid these foods for at least 6-9 months, depending on your health conditions, and re-introduce carefully later.

For IgE:

- Level O: Foods in this column can be eaten freely.
- Level O/I to II: Low to Moderate reactivity
- Level III to VI: High to Very High reactivity

15. What should I expect from the report ?

Our report will provide information on the IgE and IgG antibody levels against 96 discrete foods. They include foods in several different categories: Dairy, Seafood, Poultry, Meat, Vegetables, Fruits, and other misc. items including coffee, honey, etc.

Items with elevated IgE level:

- You have to take a lifelong avoidance of these offending foods.

Items with elevated IgG level:

- Abstain from the reactive foods based on the allergic level.
- Rotating the foods that are in the low or no-reaction category.

In most cases, if your condition is due to allergic reactions to food, you should notice clearing of your symptoms in a couple of weeks. Faster clearance of symptoms is observed among children.

16. My allergy report shows that I am allergic to various foods such as cow's milk and egg. Would I be nutritionally inadequate if I avoid the foods entirely ?

You may follow the customized rotation diet reference to avoid the offending foods. Remember that there are always substitutes for most of the offending foods. For example, if you are allergic to cow's milk, most dietitians would suggest soy milk to be the best available alternatives, and there are rice milk and almond milk for your choices as well.

17. How do we go about report interpretation ?

You will receive the test result and be interpreted by our Nutrition consultants. You can always reach our customer hotline (852) 3622-1287 when necessary.

18. How often should I take the Aller Food Check test and is a retest necessary ?

You will have a 6-9 month of food elimination process after identifying your offending foods. A follow up test would be necessary if you would like to reconfirm if you are still reactive to the offending foods, and a retest would also be able to identify if you may experience new offending items when you are in the process of elimination.

19. What should I do if I have taken the test, follow the diet, and still could not find relief with my symptoms ?

You should take the report and consult your doctor if other factors could play a role in affecting your current health conditions.

Source and lab test service provider: HK Biotek

Enquiry

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