

## Optimal Health & Wellness Center Tests



### Cyrex Array 4 – Gluten- Associated Cross-Reactive Foods & Food Sensitivity™

The Gluten- Associated Cross-Reactive Foods & Food Sensitivity™ tests for 24 different foods that may be causing cross-reactivity or are newly introduced to the diet or over-consumed favorites. One of the most frustrating scenarios for both the practitioner and the patient is when a gluten-free diet fails to have any effect on a person who seems so clearly gluten sensitive. Newer research shows this may be due to cross-reactivity. In cross-reactivity, the body mistakes another food for gluten and reacts accordingly. Fortunately it is now possible to test which foods might be provoking a cross-reaction to gluten, allowing one to create a life long strategy for wellness.

Once payment is received, our office will provide a test kit with your *Lab Requisition*. Please note that **this is NOT a fasting test** and specific, easy instructions will be included with your kit.

Once your lab results are received at our clinic, we will schedule an in-office or virtual consultation with the doctor. A written report will be provided along with actionable steps. Please allow 20 minutes for your consultation. Fee \$455\* If you have a coupon or code, just let us know and we will provide you with the special price. If you have any questions, please let us know, as we are happy to help!

Email us at [OptimalHealthCenter@icloud.com](mailto:OptimalHealthCenter@icloud.com)

Or phone us at [630-858-9900](tel:630-858-9900)

#### **Please Note:**

**The test interpretation consultation must take place within 3 months of placing the test order.**

Price includes collection kit, **US nationwide phlebotomy services (ages 16 and above)** and second Day UPS return shipping. Orders accepted from the United States and internationally\*

Cyrex tests are not available in New York State. Cyrex Laboratories is not contracted with any insurance provider. Some countries excluded. Please contact us to confirm your country prior to placing your order.

## GLUTEN-ASSOCIATED CROSS-REACTIVE FOODS & FOODS SENSITIVITY™



2 mL Serum

### Antigens Tested (IgG + IgA Combined)

#### GLUTEN-CONTAINING / GLUTEN-CONTAMINATED

- Rye, Barley, Spelt, Polish Wheat
- Instant Coffee

#### GLIADIN CROSS-REACTIVE FOODS

- Cow's Milk
- Alpha-Casein + Beta-Casein
- Casomorphin
- Milk Butyrophilin
- Whey Protein
- Milk Chocolate
- Yeast
- Oats
- Millet
- Rice
- Corn

#### NEWLY-INTRODUCED AND/OR OVER-CONSUMED ON GFD

- Buckwheat
- Sorghum
- Hemp
- Sesame
- Amaranth
- Quinoa
- Tapioca
- Teff
- Potato

#### COMMON ANTIGENIC FOODS

- Egg, raw + cooked
- Soy

### CLINICAL USE:

- Identify additional dietary proteins to which the Non-Celiac Gluten Sensitive (NCGS) or Celiac disease (CD) patient is sensitized.
- Detect immune reactivity to known gliadin cross-reactive foods.
- Categorize the 1-in-2 NCGS or CD patient who is also sensitive to dairy products.

### RECOMMENDED FOR PATIENTS WHO:

- Have Non-Celiac Gluten Sensitivity or Celiac disease.
- Are experiencing limited improvements or are non-responsive on a gluten-free diet.
- Have gut dysbiosis, which appears to be resistant to standard therapy.

# FUNCTIONAL VERSUS CROSS-REACTIVE ANTIBODY-ANTIGEN RESPONSES

