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## US BioTek Laboratories News

### US BioTek Laboratories Ranks First in Swedish Analysis

By Zarah Öberg

Many medical practitioners are performing IgG food antibody testing, commonly known as food intolerance testing in Europe, on their patients. Such tests are done as an adjunct to testing for the body's typically stronger IgE responses. At Kostkoll, we wanted to analyze the reproducibility of the various IgG testing methods available on the Swedish market.

In addition to reproducibility, we wanted to learn how consistent the results were between the different tests. Working with an independent therapist, we compiled a list of the five IgG food intolerance tests available on the Swedish market: Imupro, Scand Lab (Genova Diagnostics), Cambridge (Food Print), US BioTek Laboratories and York.

Imupro, Scand Lab and US BioTek Laboratories are Clinical Laboratory Improvement Amendments accredited (a federally regulated standard in the United States). Imupro has their laboratory in Germany, Scand Lab and US BioTek Laboratories are located in the United States, and Cambridge and York are in England.

All the tests are suitable for use in Europe (Scandinavia) when considering the selection of foods tested. Imupro, US BioTek Laboratories and York have contraindications (i.e., dietary avoidances or medications) for taking the tests. Both Imupro and Scand Lab can measure IgE. US BioTek can measure both IgA and IgE, but for the IgE testing a venous serum sample is required. Scand Lab and US BioTek Laboratories offer the most testing options.

#### Taking a Blood Sample

Our comparisons were conducted by sending two blood samples to each laboratory with the help of a nurse. To ensure the same conditions for each test, our participants did not ingest food or fluids between the different blood sample collections. Each blood sample was then sent in two differently named sets to each company. The laboratories we chose were not aware of our analysis of their procedures.

Taking the tests was very different from lab to lab. Scand Lab and Imupro required venous samples which needed to be taken in a laboratory. Imupro's test was easier on the patient because they required less serum than the Scand Lab tests. The samples for both labs had a shelf life of two days at room temperature, a few more if refrigerated, and indefinitely in the freezer. The time it takes to manage and evaluate these samples is short, and is very important to take into account if choosing one of these methods.

US BioTek Laboratories' test procedure involves a capillary sample. A small amount of blood is collected from a finger prick onto three small strips which are dried before being sent to the lab. This proved to be a very easy way of testing, for both the patient and the practitioner, and the lab guaranteed a sample shelf-life of at least three weeks.

Cambridge and York employed capillary sample collection methods, too, but their samples were taken using tubes. York claimed a shelf life of 28 days while Cambridge claimed three weeks. The York sample procedure seemed much easier for the patient and the practitioner to use compared to Cambridge's test, which required significantly more blood.

As for amount of time it took to receive the lab results, Imupro was the fastest at 1.5 weeks followed by US BioTek Laboratories at 2.5 weeks. Scand Lab results took 3 weeks to arrive, York's took 4 weeks and Cambridge's took 4.5 weeks. All of the reports arrived by e-mail and were easily printable, except for the Cambridge test results.



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## Reproducibility and Clarity

Regarding reproducibility, which is the main factor to consider with IgG testing, US BioTek Laboratories was the only test that was reproducible. It also seemed to be the most sensitive test.

Imupros' tests differed a little, but it was hard to see where the limit was, which may be the problem with this method. The Scand Lab, Cambridge and York tests were not reproducible. The differences between their double blind samples were too great. What's more remarkable was the fact that for, the Scand Lab, Cambridge and York tests, the food items identified on the first test were different than those identified on the second test.

The US BioTek Laboratories and Imupros test reports were the easiest to read for both the patient and the practitioner. US BioTek Laboratories featured a bar graph ranging from 0-6 with a corresponding color graph ranging from yellow to red. The Imupros report featured a colored bar graph with indication marks ranging from 0-4.

The Scand Lab, Cambridge and York reports were unclear for both the patient and practitioner. The Scand Lab tests were difficult to interpret due to the way the bar graph color and its corresponding numerical range of 0-4 were used together. The Cambridge and York reports were divided into a confusing three piece table colored green, yellow and red. Also, the Imupros and York reports were missing the laboratory names.

## Dietary Tips?

Helping change an individual's eating habits is a big responsibility for a practitioner, and they should have the skills to take care of their patients in this regard. Four of the five IgG test labs offered support for medical practitioners with the lone exception being Cambridge.

Instead, Cambridge offered a brief, introductory seminar for their practitioners. Similarly, US BioTek Laboratories' European Division offered a three-day seminar with more advanced training. York's test may be purchased online by interested patients, and the service comes with telephone advice, if the patient chooses not to go to a practitioner.

Included with the test reports, Imupro, US BioTek Laboratories and Scand Labs had proposals for rotation diets. US BioTek Laboratories' European Division also referred patients and practitioners to recipe web sites while York sent a CD with recipes.

## Summary

In conclusion, US BioTek Laboratories proved to be the best IgG testing lab. They provided the most reproducible results, and they were among the most affordable. It also proved to be the best of the five labs for the patient and practitioner due to the ease of the capillary blood draw.

*Zarah Öberg is the editor of the Swedish health and lifestyle website, [www.Kostkoll.se](http://www.Kostkoll.se). To view the original Swedish version of her article, [click here](#).*

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## Födoämnestesta dig och dina barn med intoleranstestande IgG-test



Det blir allt vanligare med allergiska reaktioner, intoleranser och läckande tarm, allt som en följd av osunda kostvanor, medicinering och miljögifter. Med anledning av det, så utför många terapeuter något som kallas för födoämnestest eller intoleranstest på kroppens svagare IgG-reaktioner. Vi på Kostkoll har testat dem alla, främst för att jämföra reproducerbarheten i provet.

Tester som mäter IgG utförs som ett komplement till vårdens pricktester av de starkare IgE-reaktionerna. Detta främst på grund av att senare tids forskning visar att det är matintoleranser som ligger bakom våra allergier och vi är intoleranta mot exempelvis lektiner som finns i mjölk, ananas, sparris m.m. samt att få människor tål dagens bearbetade vetemjöl. Testerna för intoleranserna genomförs genom att venöst serum eller kapillärt blod som skickas till olika laboratorier.

### Test av födoämnestester

Eftersom det finns ett flertal olika tester, har vi på Kostkoll valt att prova samtliga märken som finns på den Svenska marknaden, detta genom att skicka in dubbla blodprover till dem alla. Bakgrunden till testet var dels för att se vilka resultat som överensstämde mellan de olika testen och dels för att granska reproducerbarheten hos varje enskilt test. Tillsammans med en oberoende terapeut sammanställde vi en lista över de fem intoleranstest som finns på den svenska marknaden och med hjälp av sjuksköterska tog vi sedan de blodprov som krävdes, alla dessa helt utan paus.

Under testerna, så varken intogs mat eller dryck mellan de olika testproverna, vilket gör att de alla hade samma förutsättningar under provtagningarna. Varje blodprov skickades i två uppsättningar till varje företag i två olika namn; Zarah Öberg och ett annat namn som var fingerat. Observera att laboratorierna inte visste något om dessa tester och genomförde testerna helt utifrån sina egna förutsättningar.

### Provtagningen

De tester som genomfördes med blindtester var Imupro, Scandlab (Genova Diagnostics), Cambridge (FoodPrint), US BioTek och York.

Provtagningen var mycket olika på testerna och vissa av dem var mindre lätta att genomföra. Scandlab och Imupro är venösa prover som behöver tas på laboratorium medan Imupro är okej att ta för klienten själv och kräver mindre serum än Scandlabs tester. Båda dessa tester håller 2 dagar i rumstemperatur, något längre i kylskåp och obegränsad tid i frys. Detta innebär att hantering och ev. provtagningsdag är mycket viktigt att ta hänsyn till.

US BioTeks test har ett kapillärprov där man tar blod på tre stycken strips som sedan ska torka innan det skickas. Det upplevs lätt att ta för både klient och terapeut och de garanterar en hållbarhet på minst 3 veckor.

Både Cambridge och York har kapillärtester som tas i rör. York har en hållbarhet på 28 dagar och Cambridge på 3 veckor. Yorks upplevs mycket lättare för både klient och terapeut jämfört med Cambridge på grund av att det krävs betydligt mer blod till Cambridges tester.

Testsvaret kom snabbast från Imupro (1 ½ vecka), därefter från US BioTek (2 ½ vecka). Scandlabs tog 3 veckor, York tog 4 veckor och Cambridge hela 4 ½ vecka. Alla kom per e-post men Cambridges provsvar gick ej att skriva ut?!

## **Reproducerbarhet**

När det gäller reproducerbarheten som är den viktigaste faktorn så visade sig US BioTeks test vara det enda test som höll måttet och som tycks vara mest sensitivt. Imupros tester skilde sig lite åt i provsvaren men det var svårt att se var gränsvärdet låg vilket kan vara orsaken.

Ingen av de övriga testerna var reproducerbara, då differenserna för stora på utslagen och anmärkningsvärt nog, så var det helt olika matvaror som påvisades.

## **Tolkning och tydlighet**

Imupros och US BioTeks tester var tydligast att läsa för både klient och terapeut. US BioTeks hade ett fingraderat stapeldiagram från 0-6 med en färgskala från gult över till rött medan Imupros var färgindikerade staplar från 0-4.

De övriga var otydliga för både klient och terapeut, då Scandlabs test upplevdes svårtolkad, eftersom den är färgindikerad med staplar 0-4. Cambridge och Yorks är indelade i tredelad tabell i färger grönt, gult och rött. På Imupros och Yorks testsvar saknades laboratoriets namn.

## **Mattips**

Imupro, US BioTek och Scandlab skickade med förslag på rotationsdiet m.m., US BioTek hänvisade till receptsidor på Internet och York skickade med en CD med recept som också finns att köpa på [www.minmat.no](http://www.minmat.no).

## **Om testlaboratorierna**

Alla laboratorier är ackrediterade, Imupro, Scandlab och US BioTek är CLIA ackrediterade, de övriga har andra godkännanden. Kontraindikationer för att ta testen har Imupro, US BioTek och York. Samtliga tester är anpassade till Europa (Norden) när det gäller urval av livsmedel. Imupro har laboratoriet i Tyskland, Scandlab och US BioTek i USA, Cambridge och York i England.

Hos Imupro och Scandlab finns det möjlighet att ta IgE på livsmedel. Hos US BioTek både IgA och IgE, då är IgE ett venöst serumprov. Scandlab och US Biotek har fler tester att erbjuda i Norden.

## **Tips för provtagning**

Att ändra i individens matvanor är ett stort ansvar för en terapeut och de bör ha kunskaper för att verkligen ta omhand provsvaren. Alla testcenter har hjälp med support för terapeuten, förutom Cambridge som har ett oklart utbud. Cambridge erbjuder en kort

introduktionskurs för sina terapeuter medan US BioTek erbjuder en tredagars kurs med mer avancerad utbildning. Yorks test går att köpa på nätet och då ingår telefonrådgivning om man väljer att inte går hos en terapeut.

### Testpriser

Scandlabs test var billigast med 22.70 kr per livsmedel, därefter US Biotek med 24.50 kr och Imupro med 25.80 kr. Cambridge och York var absolut dyrast med 31.20 kr respektive 43.60 kr (CD borträknad från totalpriset).

Konklusionen är att US BioTek och Imupro visade sig vara de som bäst kunde tillhandahålla reproducerbarhet och de var också mest prisvärda. US BioTek test kan terapeuten själv ta med ett kapillärt blodprov "stick i fingret" medan man bör ha tillgång till ett laboratorium för att ta Imupros test.

*Testet är genomfört och kontrollerat av Kostkoll's chefredaktör Zarah Öberg tillsammans med oberoende sjuksköterska!*

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## Dietary test: you and your children with intolerance, testing IgG test

Allergic reactions, intolerances and leaky gut are increasingly common, as a result of unhealthy diets, medications and environmental toxins. Because of this, many therapists carried something called 'dietary test' or intolerance test on IgG responses. We, at Diet Koll, have tested all of them, mainly for comparing the reproducibility from the sample.

Test on IgG is performed in addition to the prick tests for the stronger IgE responses. This is mainly due to recent research and the fact that few people can withstand today's processed wheat flour. Tests for intolerances are performed by venous serum or capillary blood sent to different laboratories.

### Test the 'Dietary test'

Since there are several different tests, we, at Food Koll, decided to try all the brands available in the Swedish market, by sending in duplicate blood samples. The reason for the test was partly to see the results that were consistent between the different tests and also to examine the reproducibility of each test. Together with an independent therapist we compiled a list of the five intolerance test available on the Swedish market and with the help of nurses, we took the blood required, all these without any break.

During the tests, so neither ingested food or drink between the different test samples, so they all had the same conditions during sampling. Each blood sample was sent in two sets to every business in two different names; Zarah Öberg and another name that was bogus. Note that the laboratories do not know anything about these tests and carried out the test entirely on its own merits.

### Sampling

The tests were performed with blinding was Imupro, Scandlab (Genova Diagnostics), Cambridge (Food Print), US BioTek and York.

Sampling was very different among the tests and some of them were less easy to implement. Scandlab and Imupro are venous samples that need to be taken in the laboratory while Imupro is okay to take by the client and requires less serum than Scand Labs tests. Both of these tests are stable for 2 days at room temperature, slightly longer if refrigerated and indefinitely in the freezer. Sampling date is very important to consider.

US BioTek test, a capillary which takes blood to the three strips and then to dry before it is sent, easier to take for both client and therapist, and they guarantee a shelf life of at least 3 weeks.

Both Cambridge and York, the capillary tests are in the pipe. York has a shelf life of 28 days, and Cambridge in 3 weeks. York experienced a lot easier for both client and therapist compared

to Cambridge because of the need for significantly more blood to the Cambridge tests.

Test result came quickly from Imupro (1 ½ weeks), followed by US BioTek (2 ½ weeks). Scand Labs took 3 weeks, York took 4 weeks and Cambridge throughout the 4 ½ weeks. All came via e-mail but Cambridge's test results did not go to print!

### **Reproducibility**

Regarding reproducibility, which is the main factor that make US BioTek test be the only test up to standards and that seems to be the most sensitive. Imupros tests differed slightly to the test results but it was hard to see where the threshold, which may be the cause.

None of the other tests were reproducible, the differences are too large and completely different foods that were identified.

### **Interpretation and clarity**

Imupros and U.S. BioTeks tests are the clearest to read for both client and therapist. U.S. BioTeks had a bar from 0-6 with a color range from yellow to red while Imupros stacks from 0-4.

The others were unclear for both client and therapist, then Scand Labs test was perceived difficult to interpret because it is the color indicated by bars 0-4. Cambridge and York are divided into three parts table in the colors green, yellow and red. On Imupros and York's test answers were missing name of the laboratory.

### **Dietary tips**

Imupro, US BioTek and Scandlab sent the proposal on the rotation diet, etc. US BioTek referring to recipe sites on the Internet and York sent a CD with recipes that are also available for purchase at [www.minmat.no](http://www.minmat.no).

All laboratories are accredited, Imupro, Scandlab and U.S. BioTek is CLIA accredited, and the rest with other approvals. Contraindications for taking the tests have Imupro, US BioTek and York. All tests are designed to be used in Europe (Nordic countries) in terms of choice of food. Imupro's laboratory is in Germany, Scandlab and US BioTek are in the United States, while Cambridge and York are in England.

Imupro and Scandlab is possible to test IgE on food. US BioTek tests both IgA and IgE, which is a venous IgE serum samples. Scandlab and US Biotek have more tests to offer in the North.

It is concluded that US BioTek and Imupro proved to be best placed to provide reproducibility and were also the most affordable. A therapist can take the sample "finger stick" and send to US BioTek; or access to a laboratory to test Imupros.

The test is conducted and controlled by diet Koll's chief Zarah Öberg, and independent nurse.