



# Complement in Food Sensitivity Testing

*Why IgG alone isn't enough and how C3d changes the game*

- Most food sensitivity tests measure only IgG antibodies.
- KBMO measures both IgG (1–4) and Complement C3d, providing a dual signal.
- This reflects immune memory and active inflammation, giving your clients more accurate, clinically relevant results.

## Why does C3d complement matter?

When IgG antibodies bind to a food antigen, they form immune complexes (ICs). These complexes trigger the complement cascade (part of the innate immune system).

C3d is a stable breakdown product of this cascade, which shows:

- Active immune response to a food
- Ongoing inflammation
- Clinical relevance beyond immune memory

## What does the FIT Test Measure?

<b>IgG (1-4)</b>	Exposure and memory, a sign the immune system has encountered the food
<b>Complement C3d</b>	Inflammatory response, showing the food is likely contributing to symptoms

Measuring BOTH allows you to identify foods that are truly problematic, not just present in the diet.

## Why is this important in clinical practice?

- Not all IgG - Measuring IgG alone is problematic as clients often show IgG to commonly eaten foods.
- C3d helps filter noise because it points to the foods that actively drive inflammation.
- Especially relevant in non-IgE presentations like IBS & bloating, fatigue & brain fog, skin issues, joint pain, headaches & mood swings.

## Takeaway

- C3d turns a static test into a dynamic clinical tool by not just looking at food exposure but instead identifying what's actively driving inflammation.
- This means smarter food plans, fewer unnecessary eliminations, and better long-term outcomes for your clients.

