PATIENT
INFORMATION SHEET

IWDL

SECRETORY IgA

Secretory IgA is found in saliva in the mouth, throughout the gastrointestinal tract and in mucous secretions throughout the body. SIgA provides our first line of defence against bacteria, food residue, fungus, parasites and viruses. Deficiency of sIgA is the most common immunodeficiency. Low levels make us more susceptible to infection and may be a fundamental cause of asthma, autoimmune conditions, coeliac, chronic infections, crohns, candidiasis, food intolerances and allergies, autism and other behavioural problems. Very high levels are found in people who have chronic infections and whose immune system is overloaded. Lifestyle and nutritional factors can also influence sIgA levels.

Why choose a SIga test?

Patients deficient in sIgA are susceptible to:

- Pathogens in the GI tract
- There is a particularly high prevalence of low sIgA in coeliacs (5%)
- SigA imbalances may be associated with asthma, autoimmune disease, candidiasis, coeliac disease and food allergies
- Ulcerative colitis and Crohn's all tend to have low sIgA. There is some evidence, that increasing the levels may help disease.
- Upper respiratory tract infections are common symptoms of low sIgA status
- High stress levels can suppress sIgA levels
- Periodontal disease is associated with imbalanced sIgA levels
- Chronic dermatological conditions
- High levels are found in patients with chronic and present infections

What can lead to imbalanced Secretory IgA levels?

- Anti-inflammatory drugs
- Antibiotics
- Intestinal infections
- Intestinal bacteria and fungus
- Aging
- High alcohol intake
- Maldigestion and malabsorption
- Gastroenteritis
- Chemotherapy
- Food poisoning
- Poor diet
- High stress levels

Sample requirements

Single saliva sample, any time of day

Comprehensive Adrenal Stress Index

The Secretory IgA test is also available as part of our Comprehensive Adrenal Stress Index, this is because chronic stress can have a dramatic effect on Secretory IgA production.

Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory you can phone and arrange for your kit to be sent in the post. Once samples have been taken, you simply post the test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend