

Gundry Health At-Home Lab Testing Overview



At Gundry Health, we believe in testing, not guessing. Our at-home lab testing program helps identify and monitor food sensitivities and intestinal permeability—critical factors in achieving long-term health. We test four times per year to track progress, ensure your scores are improving, and monitor any changes to sensitivities.

How it works: With a simple finger-prick blood sample kit sent to your address, you can collect your sample at home and send it back to the lab for analysis. Your results are then used to guide your personalized care plan.

Foods We Test For

Dairy	Beta-Casein, Casomorphin, Cow's Milk, Goat's Milk, Whey Protein
Fish	Catfish, Codfish, Halibut, Lake Trout, Mackerel, Perch, Salmon, Tuna
Meat	Beef, Chicken, Egg white, Egg yolk, Lamb, Pork, Turkey
Shellfish	Crab, Lobster, Shrimp
Mollusks	Clam, Oyster, Scallops
Legumes	Kidney Bean, Navy Bean, Peanuts, Soybean
Spices	Black Pepper, Cinnamon, Nutmeg
Gluten-containing grains	Barley, Malt, Oats, Rye, Wheat
Gluten-free grains/Starches	Amaranth, Brown Rice, Buckwheat, Corn
Nuts	Almond, Black Walnut, Cashews, Pecan, English Walnut
Nightshades	Green Pepper, White Potato, Tomato
Seeds	Mustard, Sesame
Fruits	Apple, Apricot, Avocado, Banana, Blackberry, Blueberry, Cantaloupe, Cherry
Vegetables	Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Garlic, Green Bean
Miscellaneous	Cocoa, Coffee, Hops, Rosemary, Vanilla Bean, Yeast

Understanding Your Leaky Gut Score

Our testing also measures specific markers to assess gut barrier integrity, called the **Leaky Gut Score**. These markers reflect how well your intestinal lining is functioning and whether your immune system is reacting to food and bacterial byproducts: **Zonulin (serum)**: Indicates if gut junctions are opening too much. **Anti-Zonulin IgA/IgG**: Immune response to barrier control, signaling ongoing or chronic permeability. **Anti-Actin IgG**: Shows structural injury to the gut lining. **LPS IgA/IgG/IgM**: Detects leakage of bacterial toxins, signaling an active immune response.

Interpreting results:

- Mild elevation ® early barrier changes, often reversible.
- Moderate elevation ® active immune response and gut stress.
- High elevation ® significant barrier breakdown with systemic immune activation.

How we apply results: These insights guide protocols such as lectin elimination, low-fat polyphenol-rich diets during detox phases, targeted supplements (like perilla oil and prebiotics), and safe food reintroductions once antibodies normalize.

Leaky Gut Score

Gundry Health combines these markers into a “Leaky Gut Score” to assess the severity and activity of gut permeability:

Marker	What It Reflects	Elevated Suggests
Zonulin (serum)	Gatekeeper protein	Gut junctions are opening too much
Anti-Zonulin IgA/IgG	Immune reaction to barrier control	Ongoing or chronic permeability
Anti-Actin IgG	Structural response	Early to advanced barrier injury
LPS IgA / IgG + IgM	Leakage of bacterial toxins	Active immune response to gut leakage

Mild score elevation → early barrier changes, often reversible.

Moderate elevation → active immune response and gut stress.

High elevation → significant barrier breakdown with systemic immune activation.

Gundry Health- How we apply your results to leaky gut

1. These markers help tailor **gut-healing protocols**, including: Lectin elimination

- Low-fat, polyphenol-rich diets during LPS detox phases
- Use of targeted supplements (e.g., perilla oil, prebiotics, polyphenols)
- Careful food reintroduction once antibodies normalize

2. Follow-up testing helps track **improvement in gut barrier integrity** over time.

These results help guide gut-repair protocols. By sealing the gut lining (through diet changes, removing lectins, using healing oils like perilla or olive, etc.), the body can reduce inflammation and antibody activity over time. Re-testing later shows whether the “holes in the screen” are closing up.