



## Candida Immune Complex in Serum

<b>Specimen Type</b>	Serum
<b>Specimen Volume</b>	2.0 mL
<b>Collection</b>	Red top tube with no additives or serum gel tube. Allow blood to clot for 30 minutes. Centrifuge at 3000 rpm for 10 minutes. Separate serum and freeze immediately.
<b>Minimum Volume</b>	1.0 mL
<b>Handling</b>	Ship frozen on dry ice.
<b>Rejection Criteria</b>	Hemolyzed specimens. Specimens received at ambient temperature. Specimens outside of listed stability.
<b>Stability</b>	Refrigerated for 7 days. Frozen for 10 weeks.
<b>Methodology</b>	ELISA
<b>Reference Range</b>	Index of $\leq 1.0$ EU is normal.
<b>Turnaround Time</b>	Up to 7 business days
<b>CPT Code</b>	86332
<b>Clinical Significance</b>	<p><i>Candida</i> Immune Complexes which form <i>in vivo</i> are comprised of <i>Candida Albicans</i> antigen, anti-<i>Candida</i> IgG antibodies, and complement. The presence of these complexes is an indication of overgrowth of <i>C. albicans</i> in the gut. <i>Candida</i> overgrowth was first described by Brabander and associates in 1957. Diagnosis of the condition has been difficult due to the ubiquitous nature of <i>Candida</i> resulting in the existence of antibodies to it in a large percentage of the "normal population." It is also difficult to isolate by culture from stool due to the overgrowth by normal intestinal flora.</p> <p>Symptoms of <i>Candida</i> intestinal overgrowth include bloating, itching, and skin rashes. Lehman and Reiss suggested that the presence of immune complexes to <i>Candida</i> is an objective means of diagnosing the condition. The results of Broughton and Lanson concluded that the marker for <i>Candida</i> immune complexes not only aid in diagnosing intestinal overgrowth, but that levels of complexes decrease during successful treatment.</p>



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<p><b>Principle</b></p>	<p>This semi-quantitative method is a direct ELISA assay. In this test, the immune complexes are precipitated and the free antibodies washed away. The re-suspended complexes are subjected to dissociation reagent that releases complex bound anti-<i>Candida</i> IgG. The ELISA assay detects presence of the liberated anti-<i>Candida</i> IgG.</p>
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