Sensitization to the allergen component Gly m 4, a PR-10 protein, indicates risk of reactions to soy. IgE antibodies to Gly m 4 are often associated with local reactions, e.g. OAS, but systemic reactions may occur (4, 5, 8, 9).

Patients sensitized to the soy protein Gly m 4, a Bet v 1 homologue, are at risk of systemic reactions when consuming high amounts of low-processed soy, e.g. soy milk (4, 5, 8, 9).

Other facts to consider
Soy protein is an important protein source worldwide (1).

For soy allergic patients with IgE antibodies to Gly m5 and/or Gly m6, it might be relevant to investigate a sensitization to other similar storage proteins, such as the peanut components Ara h 1 and Ara h 3 (1).

Soy can be a hidden allergen in a wide variety of processed foods such as meat products, sausages, bakery goods, chocolate or breakfast cereals (1, 8).

References related to Soy components

Background

IgE-mediated allergy to soy might be the result of primary sensitization to soy, but could also result from cross-reactivity to birch-related tree pollen, peanut and other legumes or combinations (1–5).


Cutaneous and gastrointestinal symptoms are the most common symptoms for soy allergy, but also severe and systemic reactions can occur (2, 4, 5).


Who is at risk of severe reaction?

Patients with IgE antibodies to the storage proteins Gly m 5 and Gly m 6 are at risk of severe reactions to soy (2,3).