

Observations in Humans

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22. The limited number of human studies available studied the exposure to non-purified lectins and their effect on metabolism, allergy and gastrointestinal system. None of the studies were quantitative and they all had limitations, including a lack of relevant control groups and no quantitative lectin identification. Allergenicity studies on lectin consumption were either skin prick tests or IgE antibody assays.

23. EFSA stated that cross reactivity may occur from lectins in edible plants or consumers allergic to other lectins.