

Patient Information	Date of Birth: 11/04/1977	Gender: F		
PATIENT II, PRETEND	Date Received: 02/11/2010	Date Collected:	Date Reported:	01/17/2017
HCP: Sample Physician		Clinic ID: 10804	Lab ID: 68220	

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 237
BAKER'S YEAST BASIL OREGANO SWISS CHARD WHITE POTATO	ACORN SQUASH APRICOT BAY LEAF BOK CHOY BREWER'S YEAST BTRNUT SQUASH CARROT CASHEW CHIVES FAVA BEAN GLUTEN HOPS MILLET ONION PINEAPPLE PINTO BEAN RED BEET / SUGAR TARO ROOT TOMATO TUNA	ASPARAGUS* AVOCADO* BLACK CURRANT* BLUEBERRY* BROCCOLI* BRSSLS SPROUT* CANDIDA ALBICANS* CANNELLINI BEANS* CAPERS* CASEIN* CAULIFLOWER* CELERY* CHAMOMILE* CHERRY* COCONUT* COFFEE* CUCUMBER* CURRY* DANDELION LEAF* EGGPLANT* FLAXSEED* GARLIC* GINGER* GLIADIN* KALE* LEEK* LICORICE* MULBERRY* OAT (GLUTEN FREE)* OLIVE* PARSLEY* PINE NUT* PISTACHIO* RADISH* SAFFRON* SESAME* SOYBEAN* SPINACH* STRAWBERRY* THYME* TURNIP* VANILLA* WAKAME SEAWEED* YELLOW SQUASH* ZUCCHINI SQUASH*	<div style="text-align: center;">VEGETABLES / LEGUMES</div> ADZUKI BEANS ARTICHOKE ARUGULA BELL PEPPER MIX BLACK BEANS BLACK-EYED PEA BOSTON BIBB LETTU BUTTON MUSHROOM CABBAGE CHICKPEA CHICORY COLLARD GREENS ENDIVE ESCAROLE FENNEL SEED GREEN PEA ICEBERG LETTUCE JALAPEÑO PEPP KELP KIDNEY BEAN LEAF LETT (RED/GR LENTIL BEAN LIMA BEAN MUNG BEAN MUSTARD GREENS NAVY BEAN OKRA PARSNIP PORTOBELLO MUSHRM RHUBARB ROMAINE LETT SCALLION SHALLOTS SHIITAKE MUSHRM SPAGHETTI SQUASH STRING BEAN SWEET POTATO WATER CHESTNUT WATERCRESS YAM	
			<div style="text-align: center;">FRUITS</div> APPLE BANANA BLACKBERRY CANTALOUPE CRANBERRY DATE FIG GRAPE GRAPEFRUIT GUAVA HONEYDEW MLN KIWI LEMON LIME LYCHEE MANGO NECTARINE ORANGE PAPAYA PEACH PEAR PERSIMMON PLUM POMEGRANATE PUMPKIN RASPBERRY STAR FRUIT TANGERINE	
			<div style="text-align: center;">MEAT</div> BEEF BISON CHICKEN CHICKEN LIVER DUCK LAMB PORK TURKEY VEAL VENISON	
			<div style="text-align: center;">DAIRY / EGGS</div> EGG WHITE EGG YOLK	
			<div style="text-align: center;">SEAFOOD</div> ANCHOVY CATFISH CLAM CODFISH CRAB FLOUNDER HADDOCK HALIBUT LOBSTER MACKEREL MAHI MAHI MUSSEL OYSTER SALMON SARDINE SCALLOP SEA BASS SHRIMP SNAPPER (RED) SOLE SQUID SWORDFISH TILAPIA TROUT	
			<div style="text-align: center;">GRAINS / STARCHES</div> AMARANTH ARROWROOT BUCKWHEAT CORN QUINOA RICE (BRWN/WHT) SORGHUM TAPIOCA TEFF WILD RICE	
			<div style="text-align: center;">HERBS / SPICES</div> ANCHO CHILI PEPP BLACK PEPPER CARDAMOM CAYENNE PEPPER CILANTRO CINNAMON CLOVE CORIANDER SEED CUMIN DILL HORSERADISH NUTMEG PAPRIKA PEPPERMINT ROSEMARY SAGE TARRAGON TURMERIC	
			<div style="text-align: center;">NUTS / OILS AND MISC. FOODS</div> ALMOND BLACK TEA BRAZIL NUT CARAWAY CAROB CHIA COCOA HAZELNUT HEMP MACADAMIA MUSTARD SEED NUTRITIONAL YEAST PEANUT PECAN PSYLLIUM SAFFLOWER SPEARMINT SUNFLOWER WALNUT	

CANDIDA ALBICANS

You have a mild reaction to Candida Albicans, also limit these foods:

CANE SUGAR, FRUCTOSE (HFCS), HONEY, MAPLE SUGAR, MOLASSES

GLUTEN **GLIADIN**

You have a mild reaction to Gliadin and moderate reaction to Gluten, eliminate these foods:

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN **WHEY**

You have no reaction to Whey and mild reaction to Casein, limit these foods:

COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

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	DAY 1	DAY 2	DAY 3	DAY 4
GRAINS / STARCHES	ARROWROOT OAT (GLUTEN FREE)* TAPIOCA	WILD RICE	CORN QUINOA SORGHUM SWEET POTATO TEFF	AMARANTH BUCKWHEAT RICE (BRWN/WHT)
VEGETABLES / LEGUMES	ARTICHOKE BLACK-EYED PEA CAPERS* CELERY* CHICORY EGGPLANT* KALE* LEAF LETT (RED/GRN) MUSTARD GREENS PARSLEY* ROMAINE LETT WAKAME SEAWEED* YAM YELLOW SQUASH*	BELL PEPPER MIX BOSTON BIBB LETTUCE BROCCOLI* BRSSL SPROUT* BUTTON MUSHROOM CABBAGE CAULIFLOWER* ENDIVE ESCAROLE KELP SHIITAKE MUSHRM ZUCCHINI SQUASH*	ARUGULA ASPARAGUS* BLACK BEANS COLLARD GREENS FENNEL SEED GREEN PEA ICEBERG LETTUCE LEEK* LIMA BEAN RADISH* SHALLOTS STRING BEAN WATERCRESS	CUCUMBER* JALAPEÑO PEPP OKRA PARSNIP PORTOBELLO MUSHRM RHUBARB SCALLION SPAGHETTI SQUASH SPINACH* TURNIP* WATER CHESTNUT
Fruit	BANANA BLACK CURRANT* DATE FIG GRAPE GUAVA KIWI MANGO PAPAYA STRAWBERRY*	APPLE AVOCADO* BLUEBERRY* CRANBERRY PEAR POMEGRANATE TANGERINE	BLACKBERRY CHERRY* LIME NECTARINE PEACH PLUM RASPBERRY STAR FRUIT	CANTALOUPE GRAPEFRUIT HONEYDEW MLN LEMON LYCHEE MULBERRY* OLIVE* ORANGE PERSIMMON PUMPKIN WATERMELON
Protein	BEEF BISON CHICKPEA CODFISH CRAB FLOUNDER LAMB OYSTER SARDINE SEA BASS SNAPPER (RED) SWORDFISH VEAL	CATFISH CHICKEN EGG WHITE EGG YOLK LENTIL BEAN MACKEREL MAHI MAHI SQUID TILAPIA	ANCHOVY DUCK HALIBUT KIDNEY BEAN MUNG BEAN NAVY BEAN PORK SOLE SOYBEAN*	ADZUKI BEANS CANNELLINI BEANS* CHICKEN LIVER CLAM HADDOCK LOBSTER MUSSEL SALMON SCALLOP SHRIMP TROUT TURKEY VENISON
MISCELLANEOUS	ANCHO CHILI PEPP CARAWAY CHAMOMILE* CHIA COCONUT* CORIANDER SEED CUMIN FLAXSEED* LICORICE* PISTACHIO* ROSEMARY SAFFLOWER TURMERIC	CAYENNE PEPPER CINNAMON CLOVE GARLIC* GINGER* HAZELNUT HEMP MUSTARD SEED PAPRIKA PEPPERMINT SAFFRON*	ALMOND BRAZIL NUT CARDAMOM CILANTRO COCOA COFFEE* DILL HORSERADISH MACADAMIA PEANUT PSYLLIUM TARRAGON THYME*	BLACK PEPPER BLACK TEA CAROB CURRY* DANDELION LEAF* NUTMEG NUTRITIONAL YEAST PECAN PINE NUT* SAGE SESAME* SPEARMINT SUNFLOWER VANILLA* WALNUT

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ACORN SQUASH

A small squash with golden flesh and dark green skin, shaped like an acorn. **COMMON USES:** Soups, stews, sauces, and purees. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Winter squash, gourd. **BE AWARE:** There are many varieties of winter squash

APRICOT

Apricots are small, golden orange fruits with smooth, sweet but firm flesh. **COMMON USES:** Juice, fruit cocktails, juice blends, jam/jelly, yogurt, desserts, Middle Eastern/Moroccan stews and soups. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Chutney, nectar, fruit preserves. **BE AWARE:** Dried apricots may be treated with sulfites to extend shelf life

BAKER'S YEAST

A leavening agent that must be activated. Found as a active dry yeast (looks like pellets), live yeast (moist and doughy looking), and instant yeast (which is a powder). **COMMON USES:** Baked goods such as breads, pastries, rolls, biscuits, doughs and crackers. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Bread, rolls, crust, active dry yeast, fresh yeast, leavening. **BE AWARE:** Gluten-free bread products may contain bakers yeast

BASIL

Basil is a bright green leaf and is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. **COMMON USES:** Pesto, added to pasta dishes, soups, dips, salads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Herbs, Italian herb blend, tomato sauce, caprese. **BE AWARE:** Alcoholic beverages (bitters, liquors, and spirits) may contain basil, packaged Italian herb blends may contain basil

BAY LEAF

A leaf that is mostly found dried, they can be used fresh as well. Best used whole and added at the beginning of cooking and removed before serving. **COMMON USES:** Soups, sauces, vegetables and meats as an aromatic or flavoring; used fresh or dried. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Bay leaf, laurel leaf, herbs, sachet, bouquet garni

BOK CHOY

A small leafy green cabbage that does not require much cooking for tenderness. **COMMON USES:** Asian cuisine and in Asian inspired stir-fries and soups. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Chinese white cabbage, white stem cabbage, pak choy, pak choi, white mustard cabbage

BREWER'S YEAST

A yeast that has been instrumental in fermenting over a long period of time. **COMMON USES:** Vinegar, apple cider, apple cider vinegar (unless Bragg's Apple Cider or other vinegars naturally brewed). Also can be found in alcoholic beverages, processed juices, processed meats, tomato ketchup, salad dressings & soy sauce. May also be used as an in. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Vinegar, salad dressing, cider, alcohol, ketchup, mustards. **BE AWARE:** Can cause headaches, stomach discomfort and gas. If a person has yeast allergies brewer's yeast is to be avoided

BTRNUT SQUASH

A large winter squash with yellow skin and golden orange pulp. **COMMON USES:** Soups, pies, casseroles, and some baked goods. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Winter squash

CARROT

A root vegetable that can vary in colors but the most common is orange. **COMMON USES:** Salads, sauces, soups, stews, juices, smoothies. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Carrot, vegetable medley, mixed vegetables, vegetable juices. **BE AWARE:** Often found within mixed vegetable dishes and in many prepackaged vegetable juices; comes in many different colors

CASHEW

Cashews are kidney shaped seeds that adhere to the bottom of the fruit on the cashew tree. Cashews are always sold shelled because the inside of their shell contains a resin that is not fit for consumption. **COMMON USES:** Asian and Indian cuisine; used in mixed nuts, for cashew butter, cashew oil, and cashew milk; a common vegan cooking ingredient. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mixed nuts, nut butter, nut milk, nut oil, vegan cream/cheese substitute. **BE AWARE:** Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label. Cashews are high in oxalates and may need to be avoided in individuals with kidney or gallbladder concerns.

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CHIVES

Chives are long slender grass like stalks that have a mild onion flavor and are very popular as a garnish. COMMON USES: Soups, salads, garnish, French cuisine, Mediterranean cuisines, Vichyssoise. OTHER WORDS THAT MIGHT INDICATE PRESENCE: French herbs. BE AWARE: These are not the same as green onions or scallions

FAVA BEAN

A green kidney shaped bean that is a member of the pea family. COMMON USES: Soups, salads, dips. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Broadbean, faba bean, horse bean, field bean, tic bean, habas

FRUCTOSE (HFCS)

Derived from corn and highly processed; very different chemically from natural fructose, which is found in all fruits. COMMON USES: Sweets, candies, yogurts, juices, condiments, cereals, protein bars, prepackaged foods, etc. . BE AWARE: Spikes insulin levels; a known inflammatory and non-healthy weight gaining food

HOPS

Hops are the seeds of the plant Humulus and they are used as a flavoring agent. COMMON USES: Herbal medicine. Most common in flavoring and stabilizing beer. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Nobel hops. BE AWARE: Even gluten- free beers contain hops

MILLET

A gluten free small round grain that is pale yellow in color and mild in flavor much like rice. COMMON USES: Hot cereal, pilaf, flours, puddings, cakes, and breads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: gluten-free. BE AWARE: Can be in gluten-free flour mixes

ONION

A base of flavor in cooking all over the world. Come in many different colors that range in flavor from sweet to pungent. COMMON USES: Soups, stews, relish, stuffing, salads, salsa, dips, mixed vegetables. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Dry rub. BE AWARE: Comes in the form of powder, salt, flakes, and flavoring cubes

OREGANO

Oregano is an important culinary herb. It is particularly widely used in Greek and Italian cuisines. It is the leaves that are used in cooking, and the dried herb is often more flavorful than the fresh. COMMON USES: Tomato sauces, pizza, garlic bread, dressings, vegetable seasoning, and essential in Greek cooking. OTHER WORDS THAT MIGHT INDICATE PRESENCE: "Mountain joy ", wild marjoram, Italian herb seasoning. BE AWARE: Oil is used for antimicrobial properties

PINEAPPLE

A large tropical fruit that has brown rough, thick, thorny skin that must be cut off to eat. The flesh is yellow, sweet and tangy. COMMON USES: Pizza, fruit salads, desserts, salads, sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fruit cocktail, fruit salad, tropical, ananas. BE AWARE: Contains enzyme bromelain which is used in skin care products, fragrances, beauty products, and digestive supplements

PINTO BEAN

Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. COMMON USES: Burritos, savory dishes, refried beans, chili con carne. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Red Mexican Bean

RED BEET / SUGAR

A deep red root vegetable that can be eaten boiled either as a cooked vegetable or cold as a salad. A large proportion of the commercial production is processed into boiled and sterilized beets or into pickles. COMMON USES: Pickled beet mixtures, beet juice, soups (borscht), salads, natural food coloring . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Beet sugar, natural food coloring, beet greens, remolacha, beetroot, betarraga, betterave, fodder beet, garden beet, mangel, mangold . BE AWARE: Items may be sweetened with beet sugar that is found in yellow and red varieties. In the United States, most sugar beets are genetically engineered

SWISS CHARD

Chard is a relative of the beet, grown for its white, fleshy chard and its greens, which resemble spinach. COMMON USES: Gratins, omelettes, soups, stews, salads, sauces, pasta dishes. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mixed greens (baby chard), leafy greens

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TARO ROOT

Taro is a root vegetables that looks similar to a sweet potato but with a rough outer skin. It is primarily grown for its edible starchy corm and as a leaf vegetable. COMMON USES: Chips, can be mashed, roasted, Hawaiian poi, boiled, stewed. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Kaulau, dasheen, satoimo, miso, root vegetable, corm. BE AWARE: Can be highly toxic raw, so always consume after cooking.



TOMATO

Tomatoes can vary in color, shape and size, but the most common variety are red and the size of a fist. They have a high water content and can be tart in flavor unless cooked for long periods of time which enhances their sweetness. COMMON USES: Pizza, salsa, soups, stews, sauces, casseroles, sandwiches, and salads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Marinara, picante, ketchup, chutney, sundried. BE AWARE: Comes in many different varieties, colors and in many forms; always read ingredient labels.



TUNA

Tuna comes in many species. When cooked, tuna is very dense and called a "steak". A delicacy eaten raw and considered a fatty fish. COMMON USES: Salads or snacks; used in sushi and often sold as tuna steaks; can be fresh or canned. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Albacore, bluefin, bigeye, pacific, Atlantic, blackfin, longtail or yellowfin. BE AWARE: Mercury is a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label



WHITE POTATO

A root vegetable with brown skin and white flesh. COMMON USES: Potato salad, as french fried, potato chips, potato starch, hash browns, soups, stews, starches, flours; not related to the sweet potato. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Batatas, soup, stew, root vegetables, pommes, rosti, vichyssoise, gluten-free, gnocchi, modified food starch. BE AWARE: Often used in gluten-free products, and potato starch is used as a thickener for many sauces, soups and stews

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with you rotation diet plan.



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SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 110	
	FLUORIDE	GREEN#3 FAST GREEN* NICKEL SULFATE*	FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS ACID BLUE #3 ACID RED #14 AMMONIUM CHLORIDE ANNATTO ASPARTAME BENZOIC ACID BHA BHT BLUE#1 BRILLIANT BLUE#2 INDIGO CAR BRILLIANT BLACK CHLORINE CITRIC ACID DELTAMETHRIN ERYTHRITOL MSG ORRIS ROOT POLYSORBATE80 RED#4 CARMINE RED#40 ALLURA RED SACCHARIN SODIUM SULFITE SORBIC ACID SUCRALOSE XYLITOL YELLOW#5 TARTRAZI YELLOW#6 SUNSET Y		
	ASPIRIN DICLOFENAC	ACETAMINOPHEN* IBUPROFEN* KETOPROFEN*	ANTIBIOTICS/ANTI INFLAMMATORY AGENTS AMOXICILLIN AMPICILLIN DIFLUNISAL GENTAMICIN INDOMETHACIN NAPROXEN NEOMYCIN NYSTATIN PENICILLAMINE PENICILLIN PIROXICAM STREPTOMYCIN SULFAMETHOXAZOLE SULINDAC TETRACYCLINE		
		TRICHODERMA*	MOLDS ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURV SPECIFERA EPICOCCUM NIGRUM FUSARIUM OXYSPORU GEOTRICHUM CANDID HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA PULLULARIA RHIZOPUS NIGRICAN RHODOTORULA SPONDYLOCLADIUM RUBRA		
		ALUM* GLYCEROL* METHYL ANTHRANILATE* RED#3 ERYTHROSINE*	PRESERVATIVES/EXPANDED ADDITIVES ACACIA GUM ADIPIC ACID ASCORBIC ACID BETA-CAROTENE CALCIUM PHOSPHATE CYCLODEXTRIN D-LACTITOL EDTA FUMARIC ACID HEXYLRESORCINOL INVERTASE ISOMALT LACTIC ACID Lecithin (Soy) LYSOZYME MAGNESIUM PHOSPHA MALIC ACID MALTODEXTRIN MANNITOL METHENAMINE PHOSPHORIC ACID POLYDEXTROSE POTASH POTASSIUM PHOSPHA POTASSIUM SORBATE POTASSIUM TARTRAT RED#2 AMARANTH SODIUM ACETATE SODIUM BENZOATE SODIUM BISULFATE SODIUM LACTATE SODIUM LAURYL SUL SODIUM PROPIONATE SODIUM PYROPHOSPH SODIUM TRIPOLYPHO SUCCINIC ACID		
			Others		



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BLESSED THISTLE
LOBELIA
REHMANNIA
SLIPPERY ELM

AGAVE
FEVERFEW
GINKGO BILOBA
GOTU KOLA
JUNIPER BERRY
NONI BERRY
PINE BARK

ALOE VERA*
BARLEY GRASS*
BURDOCK*
CHLORELLA*
ESSIAC*
FALSE UNICORN*
GOLDENSEAL*
GRAPE SEED EXTRACT*
HORSETAIL*
LAVENDER*
LEMON BALM*
MARSHMALLOW ROOT*
MISTLETOE*
NETTLE LEAF*
PEONY ROOT*
RED RASPBERRY LEAF*
SENNA*
SKULL CAP*
SPIRULINA*
WILD YAM ROOT*

Functional Foods and Medicinal Herbs

ACAI BERRY	ASHWAGANDHA	ASTRAGALUS	BEE POLLEN
BILBERRY	BLACK WALNUT	CASCARA	CHONDROITIN
DANDELION ROOT	ECHINACEA	ELDERBERRY	GLUCOSAMINE
GOJI BERRY	GUARANA SEED	GYMNEMA	HAWTHORN BERRY
HUPERZINE	KAVA KAVA	SYLVESTRE	LUTEIN
MAITAKE MUSHROOM	MILK THISTLE	LUO HAN GUO	PAU DARCO BARK
RED YEAST RICE	REISHI MUSHROOM	MULLEIN LEAF	RHODIOLA
ROOIBOS TEA	SCHISANDRA BERRY	RESVERATROL	STEVIA LEAF
VALERIAN	VINPOCETINE	ST JOHNS WORT	WORMWOOD
YELLOW DOCK		WHEATGRASS	

Herbs: Male/Female

ALFALFA LEAF	ARNICA	BLACK COHOSH	BLUE COHOSH
BOSWELLIA	BUCHU LEAF	BUPLEURUM	BUTCHERS BROOM
CALENDULA	CATS CLAW	CHAPARRAL ROOT	RO
CRAMP BARK	DAMIANA	DONG QUAI	CHASTEBERRY
FO-TI ROOT	HORSE CHESTNUT	IRISH MOSS	EVENING PRIMROSE
MACA ROOT	MOTHERWORT	MYRRH	KOREAN GINSENG
PENNYROYAL	RED CLOVER FLOWER	SARSAPARILLA	PARTRIDGE BERRY
UVA URSI	WHITE WILLOW BARK	YARROW	SIBERIAN GINSENG
			YERBA MATE

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The Alcat Test does not identify the **immediate allergic response** to foods. If you have true food allergies, please **continue to AVOID those foods**, even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have a mild reaction to Candida Albicans, also limit these foods:

CANE SUGAR, FRUCTOSE (HFCS), HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

You have a mild reaction to Gliadin and moderate reaction to Gluten, eliminate these foods:

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

You have no reaction to Whey and mild reaction to Casein, limit these foods:

COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

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CASEIN

WHEY

You have no reaction to Whey and mild reaction to Casein, limit these foods:

COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

BAKER'S YEAST
 BASIL
 OREGANO
 SWISS CHARD
 WHITE POTATO

ACORN SQUASH
 BAY LEAF
 BREWER'S YEAST
 CARROT
 CHIVES
 FRUCTOSE (HFCS)
 MILLET
 PINEAPPLE
 RED BEET / SUGAR
 TOMATO

APRICOT
 BOK CHOY
 BTRNUT SQUASH
 CASHEW
 FAVA BEAN
 HOPS
 ONION
 PINTO BEAN
 TARO ROOT
 TUNA

BAKER'S YEAST
 BASIL
 OREGANO
 SWISS CHARD
 WHITE POTATO

ACORN SQUASH
 BAY LEAF
 BREWER'S YEAST
 CARROT
 CHIVES
 FRUCTOSE (HFCS)
 MILLET
 PINEAPPLE
 RED BEET / SUGAR
 TOMATO

APRICOT
 BOK CHOY
 BTRNUT SQUASH
 CASHEW
 FAVA BEAN
 HOPS
 ONION
 PINTO BEAN
 TARO ROOT
 TUNA

ASPARAGUS*
 BROCCOLI*
 CANNELLINI
 BEANS*
 CHAMOMILE*
 CUCUMBER*
 FLAXSEED*
 LEEK*
 OAT (GLUTEN
 FREE)
 PISTACHIO*
 SOYBEAN*
 TURNIP*
 ZUCCHINI
 SQUASH*

AVOCADO*
 BRSSLS SPROUT*
 CAPERS*
 CHERRY*
 CURRY*
 GARLIC*
 LICORICE*
 OLIVE*
 RADISH*
 SPINACH*
 VANILLA*

BLACK CURRANT*
 CANDIDA
 ALBICANS*
 CAULIFLOWER*
 COCONUT*
 DANDELION LEAF*
 GINGER*
 MAPLE SUGAR*
 PARSLEY*
 SAFFRON*
 STRAWBERRY*
 WAKAME
 SEAWEED*

BLUEBERRY*
 CANE SUGAR*
 CELERY*
 COFFEE*
 EGGPLANT*
 KALE*
 MULBERRY*
 PINE NUT*
 SESAME*
 THYME*
 YELLOW
 SQUASH*

ASPARAGUS*
 BROCCOLI*
 CANNELLINI
 BEANS*
 CHAMOMILE*
 CUCUMBER*
 FLAXSEED*
 LEEK*
 OAT (GLUTEN
 FREE)
 PISTACHIO*
 SOYBEAN*
 TURNIP*
 ZUCCHINI
 SQUASH*

AVOCADO*
 BRSSLS SPROUT*
 CAPERS*
 CHERRY*
 CURRY*
 GARLIC*
 LICORICE*
 OLIVE*
 RADISH*
 SPINACH*
 VANILLA*

BLACK CURRANT*
 CANDIDA
 ALBICANS*
 CAULIFLOWER*
 COCONUT*
 DANDELION LEAF*
 GINGER*
 MAPLE SUGAR*
 PARSLEY*
 SAFFRON*
 STRAWBERRY*
 WAKAME
 SEAWEED*

BLUEBERRY*
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 EGGPLANT*
 KALE*
 MULBERRY*
 PINE NUT*
 SESAME*
 THYME*
 YELLOW
 SQUASH*

VEGETABLES / LEGUMES

ADZUKI BEANS	ARTICHOKE	ARUGULA	BELL PEPPER MIX
BLACK BEANS	BLACK-EYED PEA	BOSTON BIBB LETTU	BUTTON
CABBAGE	CHICKPEA	CHICORY	MUSHROOM
ENDIVE	ESCAROLE	FENNEL SEED	COLLARD GREENS
ICEBERG LETTUCE	JALAPEÑO PEPP	KELP	GREEN PEA
LEAF LETT (RED/GR	LENTIL BEAN	LIMA BEAN	KIDNEY BEAN
MUSTARD GREENS	NAVY BEAN	OKRA	MUNG BEAN
PORTOBELLO	RHUBARB	ROMAINE LETT	PARSNIP
MUSHRM	SHIITAKE MUSHRM	SPAGHETTI SQUASH	SCALLION
SHALLOTS	WATER CHESTNUT	WATERCRESS	STRING BEAN
SWEET POTATO			YAM

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SHALLOTS	WATER CHESTNUT	WATERCRESS	STRING BEAN
SWEET POTATO			YAM

FRUITS

APPLE	BANANA	BLACKBERRY	CANTALOUPE
CRANBERRY	DATE	FIG	GRAPE
GRAPEFRUIT	GUAVA	HONEYDEW MLN	KIWI
LEMON	LIME	LYCHEE	MANGO
NECTARINE	ORANGE	PAPAYA	PEACH
PEAR	PERSIMMON	PLUM	POMEGRANATE
PUMPKIN	RASPBERRY	STAR FRUIT	TANGERINE
WATERMELON			

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CRANBERRY	DATE	FIG	GRAPE
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PEAR	PERSIMMON	PLUM	POMEGRANATE
PUMPKIN	RASPBERRY	STAR FRUIT	TANGERINE
WATERMELON			

MEAT

BEEF	BISON	CHICKEN	CHICKEN LIVER
DUCK	LAMB	PORK	TURKEY
VEAL	VENISON		

MEAT

BEEF	BISON	CHICKEN	CHICKEN LIVER
DUCK	LAMB	PORK	TURKEY
VEAL	VENISON		

DAIRY / EGGS

EGG WHITE	EGG YOLK		
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DAIRY / EGGS

EGG WHITE	EGG YOLK		
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SEAFOOD

ANCHOVY	CATFISH	CLAM	CODFISH
CRAB	FLOUNDER	HADDOCK	HALIBUT
LOBSTER	MACKEREL	MAHI MAHI	MUSSEL
OYSTER	SALMON	SARDINE	SCALLOP
SEA BASS	SHRIMP	SNAPPER (RED)	SOLE
SQUID	SWORDFISH	TILAPIA	TROUT

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CRAB	FLOUNDER	HADDOCK	HALIBUT
LOBSTER	MACKEREL	MAHI MAHI	MUSSEL
OYSTER	SALMON	SARDINE	SCALLOP
SEA BASS	SHRIMP	SNAPPER (RED)	SOLE
SQUID	SWORDFISH	TILAPIA	TROUT

GRAINS / STARCHES

AMARANTH	ARROWROOT	BUCKWHEAT	CORN
QUINOA	RICE (BRWN/WHT)	SORGHUM	TAPIOCA
TEFF	WILD RICE		

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AMARANTH	ARROWROOT	BUCKWHEAT	CORN
QUINOA	RICE (BRWN/WHT)	SORGHUM	TAPIOCA
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NUTS / OILS AND MISC. FOODS

ALMOND	BLACK TEA	BRAZIL NUT	CARAWAY
CAROB	CHIA	COCOA	HAZELNUT
HEMP	MACADAMIA	MUSTARD SEED	NUTRITIONAL
PEANUT	PECAN	PSYLLIUM	YEAST
SPEARMINT	SUNFLOWER	WALNUT	SAFFLOWER

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CAROB	CHIA	COCOA	HAZELNUT
HEMP	MACADAMIA	MUSTARD SEED	NUTRITIONAL
PEANUT	PECAN	PSYLLIUM	YEAST
SPEARMINT	SUNFLOWER	WALNUT	SAFFLOWER

HERBS / SPICES

ANCHO CHILI PEPP	BLACK PEPPER	CARDAMOM	CAYENNE PEPPER
CILANTRO	CINNAMON	CLOVE	CORIANDER SEED
CUMIN	DILL	HORSERADISH	NUTMEG
PAPRIKA	PEPPERMINT	ROSEMARY	SAGE
TARRAGON	TURMERIC		

HERBS / SPICES

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CILANTRO	CINNAMON	CLOVE	CORIANDER SEED
CUMIN	DILL	HORSERADISH	NUTMEG
PAPRIKA	PEPPERMINT	ROSEMARY	SAGE
TARRAGON	TURMERIC		