PreviWell bundle components

PreviWell comes with everything you need to start your personal health and wellness journey. Along with your overall well-being you may also benefit from weight loss, improved digestive health, better metabolism, healthier skin, improved chronic symptoms, and more.

Sensitivity panels

ALCAT WELL

300 sensitivities tested

- 250 Foods
- 50 Nutraceuticals

FREE educational group sessions

Genetic insights

TELOMERE LENGTH TEST

Monitor your health progress

BONUS:

- Prevent age-related disease; Optimize protective function with a health-promoting lifestyle

FREE personal results review

250 food sensitivities

FOOD PANELS

(50 Food Panel)

Apple
Baker's Yeast
Banana
Barley
Beef
Black Pepper
Broccoli
Butternut Squash
Cabbage
Cane Sugar
Cantaloupe
Carrot
Casein
Cauliflower
Chicken
Cinnamon
Cocoa
Corn
Cow's Milk
Egg White
Egg Yolk
Garlic
Gliadin
Gluten
Grape
Green Pea
Iceberg Lettuce
Lamb
Lemon
Mustard Seed
Oat (GF)
Onion
Orange
Peanut
Pear
Pollock
Pork
Rice Brown/White
Shrimp
Soybean
Strawberry
String Bean
Sweet Potato
Tomato
Tuna
Turkey
Vanilla
Wheat
White Potato
Yellow Squash

100 Food Panel

50 Food Panel Plus Items Below

Almond
Asparagus
Avocado
Basil
Bell Pepper Mix
Black Tea
Blueberry
Brewer's Yeast
Brussels Sprout
Button Mushroom
Candida albicans
Carob
Cashew
Celery
Cherry
Clam
Coconut
Codfish
Coffee
Crab
Cranberry
Cucumber
Eggplant
Ginger
Goat's Milk
Grapefruit
Green Tea
Halibut
Honey
Hops
Lime
Lobster
Millet
Olive
Oregano
Parsley
Peach
Pecan
Pineapple
Pinto Bean
Plum
Rye
Salmon
Scallop
Sesame
Snapper (Red)
Sole
Spinach
Watermelon
Whey

150 Food Panel

100 Food Panel Plus Items Below

Amaranth
Apricot
Artichoke
Bay Leaf
Blackberry
Black Beans
Black-Eyed Pea
Buckwheat
Caraway
Cayenne Pepper
Chickpea
Clove
Cumin
Date
Dill
Duck
Fig
Flaxseed
Haddock
Hazelnut
Honeydew Melon
Kidney Bean
Kiwi
Lentil Bean
Lima Bean
Malt
Mango
Navy Bean
Nutmeg
Oyster
Papaya
Paprika
Peppermint
Pistachio
Pumpkin
Radish
Raspberry
Red Beet
Safflower
Sage
Sardine
Sea Bass
Sunflower
Tapioca
Thyme
Tilapia
Trout
Turnip
Veal
Walnut

200 Food Panel

150 Food Panel Plus Items Below

Acorn Squash
Ancho Chili Pepper
Anchovy
Bison
Bok Choy
Brazil Nut
Cardamom
Catfish
Chamomile
Cilantro
Coriander Seed
Endive
Fava Bean
Fennel Seed
Flounder
Grouper
Jalapeño Pepper
Kale
Kelp
Leaf Lettuce (Red/Green)
Leek
Licorice
Macadamia
Mackerel
Mahi Mahi
Maple Sugar
Monk Fruit
Mung Bean
Mussel
Nectarine
Okra
Parsnip
Pine Nut
Pomegranate
Portobello Mushroom
Quinoa
Romaine Lettuce
Rosemary
Saffron
Scallion
Sorghum
Spelt
Swiss Chard
Swordfish
Teff
Turmeric
Venison
Watercress
Wild Rice
Zucchini
Squash

250 Food Panel

200 Food Panel Plus Items Below

Adzuki Beans
Agave
Allspice
Allulose
Arrowroot
Arugula
Black Currant
Boston Bibb
Cannellini Bean
Capers
Chia
Chicory
Chives
Collard Greens
Dragon Fruit
Dandelion Leaf
Escarole
Guava
Habanero Pepper
Hemp
Horseradish
Jackfruit
Jicama
Lactose
Lychee
Molasses
Mulberry
Mustard Greens
Nori
Nutritional Yeast
Persimmon
Plantain
Poppy seed
Rapeseed
Red Palm Fruit
Rhubarb
Rutabaga
Shallot
Sheep's Milk
Shiitake Mushroom
Spaghetti Squash
Spearmint
Star Fruit
Stevia
Tangerine
Taro Root
Tarragon
Wakame
Seaweed
Water Chestnut
Yellow Pea

PreviWell

50 nutraceutical sensitivities

50 Medicinal Herbs & Functional Foods

- Açai Berry
- Aloe Vera
- Ashwagandha
- Astragalus
- Bamboo Shoot
- Barley Grass
- Bee Pollen
- Bilberry
- Black Walnut
- Cascara
- Chlorella
- Chondroitin
- Dandelion Root
- Echinacea angustifolia
- Elderberry
- Essiac
- Feverfew
- Ginkgo Biloba
- Glucosamine
- Goji Berry
- Goldenseal
- Grape Seed Extract
- Guarana Seed
- Gymnema Sylvestre
- Hawthorn Berry
- Heartwood (Red Quebracho)
- Huperzine
- Kava Kava
- Lutein
- Maitake Mushroom
- Milk Thistle (Silymarin)
- Moringa
- Mullein Leaf
- Noni Berry
- Pau d'arco Bark
- Pine Bark (Pycnogenol)
- Red Yeast Rice
- Reishi Mushroom
- Resveratrol
- Rhodiola
- Rooibos Tea
- Schisandra Berry
- Senna
- Spirulina
- St John's Wort
- Valerian
- Vinpocetine
- Wheatgrass
- Wormwood
- Yellow Dock

Also available: 50 Women's Health Nutraceuticals

- Alfalfa Leaf
- Arnica
- Black Cohosh
- Blessed Thistle
- Blue Cohosh
- Boswellia
- Buchu Leaf
- Bupleurum
- Burdock
- Butcher's Broom Root
- Calendula
- Cat's Claw
- Chaparral Root
- Chasteberry
- Cramp Bark
- Damiana
- Dong Quai
- Evening Primrose
- False Unicorn
- Fo-Ti Root
- Gotu Kola
- Horse Chestnut
- Horsetail
- Irish Moss
- Juniper Berry
- Korean Ginseng
- Lavender
- Lemon Balm
- Lobelia
- Maca Root
- Marshmallow Root
- Mistletoe
- Motherwort
- Myrrh
- Nettle Leaf
- Partridge Berry
- Pennyroyal
- Peony Root
- Red Clover Flower
- Red Raspberry Leaf
- Rehmannia
- Sarsaparilla
- Siberian Ginseng
- Skull Cap
- Slippery Elm
- Uva Ursi
- White Willow Bark
- Wild Yam Root
- Yarrow
- Yerba Maté

Also available: 40 Endurance Nutraceuticals

- Alfalfa Leaf
- American Ginseng
- Arnica
- Burdock
- Butcher's Broom Root
- Calendula
- Cat's Claw
- Catuaba
- Chaparral Root
- Cnidium Monnieri
- Damiana
- Deer Antler Velvet
- Dong Quai
- Fo-Ti Root
- Gotu Kola
- Horny Goat Weed
- Irish Moss
- Juniper Berry
- Korean Ginseng
- Lobelia
- Lycopene
- Maca Root
- Mistletoe
- Mucuna Pruriens
- Muira Puama
- Myrrh
- Nettle Leaf
- Pumpkin Seed
- Pygeum Bark
- Rehmannia
- Sarsaparilla
- Saw Palmetto
- Siberian Ginseng
- Skull Cap
- Stinging Nettle Root
- Tribulus Terrestris
- Uva Ursi
- Yarrow
- Yerba Maté
- Yohimbe Bark

BOTANICALS ● FUNCTIONAL FOODS

Telomere Length Test

BONUS

The length of telomeres may be an indicator of aging and may catch early signs of age-related disease. Telomeres are the end pieces of our chromosomes – and just as the plastic end caps on our shoelaces prevents the laces from fraying, the telomeres protect our chromosomes from fraying, thus helping to keep our DNA stable and the cells viable. The test can also be used to monitor your health progress.

Please, don't hesitate to contact us at **855-773-8463** or complete our **contact form**.