

Functional Sensitivity



Alcat Functional Sensitivity Panels

Combination tests

ALCAT PRIME

474 sensitivities tested

- 250 Foods
- 114 Nutraceuticals
- 70 Food Additives/Colorings/Preservatives
- 20 Antibiotics/Anti-Inflammatory Agents
- 20 Molds

Combination tests

ALCAT PLATINUM

370 sensitivities tested

- 250 Foods
- 50 Nutraceuticals
- 30 Food Additives/Colorings/Preservatives
- 20 Antibiotics/Anti-Inflammatory Agents
- 20 molds

Combination tests

ALCAT COMPREHENSIVE

314 sensitivities tested

- 200 Foods
- 114 Nutraceuticals



Alcat Functional Food Sensitivity Panels

Special attention: Gluten, Dairy, *Candida albicans*

Comprehensive diet builder

Previ 250 FOODS

Enhanced & VEG diet builder

Previ 200 FOODS (VEG option)

Previ 150 FOODS

Foundational diet builder

Previ 100 FOODS

Basic diet builder



Alcat Combo Panels (flexible modular add-on templates)

- 50 Basic Nutraceuticals (medicinal herbs & functional foods)
- 50 Women's Health Nutraceuticals
- 40 Endurance Nutraceuticals
- 114 Nutraceuticals
- 64 Nutraceuticals
- 30 Food Additives / Colorings / Preservatives
- 40 Preservatives/ Expanded Additives / Environmental Chemicals
- 20 Antibiotics / Anti-Inflammatory Agents
- 20 Molds



Alcat Test Items: Functional Food Sensitivity

	(50 Food Panel)		100 Food Panel 50 Food Panel Plus Items Below		150 Food Panel 100 Food Panel Plus Items Below		200 Food Panel 150 Food Panel Plus Items Below		250 Food Panel 200 Food Panel Plus Items Below	
FOOD PANELS	Apple	Iceberg	Almond	Goat's Milk	Amaranth	Malt	Acorn Squash	Maple Sugar	Adzuki Beans	Mustard
	Baker's Yeast	Lettuce	Asparagus	Grapefruit	Apricot	Mango	Ancho Chili	Monk Fruit	Agave	Greens
	Banana	Lamb	Avocado	Green Tea	Artichoke	Navy Bean	Pepper	Mung Bean	Allspice	Nori
	Barley	Lemon	Basil	Halibut	Bay Leaf	Nutmeg	Anchovy	Mussel	Allulose	Nutritional
	Beef	Mustard Seed	Bell Pepper Mix	Honey	Blackberry	Oyster	Bison	Nectarine	Arrowroot	Yeast
	Black Pepper	Oat (GF)	Black Tea	Hops	Black Beans	Papaya	Bok Choy	Okra	Arugula	Persimmon
	Broccoli	Onion	Blueberry	Lime	Black-Eyed Pea	Paprika	Brazil Nut	Parsnip	Black Currant	Plantain
	Butternut	Orange	Brewer's Yeast	Lobster	Buckwheat	Peppermint	Cardamom	Pine Nut	Boston Bibb	Poppy seed
	Squash	Peanut	Brussels	Millet	Caraway	Pistachio	Catfish	Pomegranate	Cannellini Bean	Rapeseed
	Cabbage	Pear	Sprout	Olive	Cayenne	Pumpkin	Chamomile	Portobello	Capers	Red Palm Fruit
	Cane Sugar	Pollock	Button	Oregano	Pepper	Radish	Cilantro	Mushroom	Chia	Rhubarb
	Cantaloupe	Pork	Mushroom	Parsley	Chickpea	Raspberry	Coriander Seed	Quinoa	Chicory	Rutabaga
	Carrot	Rice	Candida	Peach	Clove	Red Beet	Endive	Romaine	Chives	Shallot
	Casein	Brown/White	albicans	Pecan	Cumin	Safflower	Fava Bean	Lettuce	Collard Greens	Sheep's Milk
	Cauliflower		Carob	Pineapple	Date	Sage	Fennel Seed	Rosemary	Dragon Fruit	Shiitake
	Chicken	Soybean	Cashew	Pinto Bean	Dill	Sardine	Flounder	Saffron	Dandelion Leaf	Mushroom
	Cinnamon	Strawberry	Celery	Plum	Duck	Sea Bass	Grouper	Scallion	Escarole	Spaghetti
	Cocoa	String Bean	Cherry	Rye	Fig	Sunflower	Jalapeno	Sorghum	Guava	Squash
	Corn	Sweet Potato	Clam	Salmon	Flaxseed	Tapioca	Pepper	Spelt	Habanero	Spearmint
	Cow's Milk	Tomato	Coconut	Scallop	Haddock	Thyme	Kale	Swiss Chard	Pepper	Star Fruit
	Egg White	Tuna	Codfish	Sesame	Hazelnut	Tilapia	Kelp	Swordfish	Hemp	Stevia
	Egg Yolk	Turkey	Coffee	Snapper (Red)	Honeydew	Turnip	Leaf Lettuce	Teff	Horseradish	Tangerine
	Garlic	Vanilla	Crab	Sole	Melon	Veal	(Red/Green)	Turmeric	Jackfruit	Taro Root
	Gliadin	Wheat	Cranberry	Spinach	Kidney Bean	Walnut	Leek	Venison	Jicama	Tarragon
	Gluten	White Potato	Cucumber	Watermelon	Lentil Bean		Licorice	Watercress	Lactose	Wakame
	Grape	Yellow Squash	Eggplant	Whey	Lima Bean		Macadamia	Wild Rice	Lychee	Seaweed
	Green Pea		Ginger				Mackerel	Zucchini	Molasses	Water Chestnut
							Mahi Mahi	Squash	Mulberry	Yellow Pea



Alcat Test Items: Vegetarian Food Panels

VEGETARIAN PANELS	150 Vegetarian Panel					200 Vegetarian Panel 150 Vegetarian Panel Plus Items Below	
	Almond Ancho Chili Pepper Apple Apricot Artichoke Asparagus Avocado Baker's Yeast Banana Barley Basil Bay Leaf Bell Pepper Mix Black Pepper Blackberry Black-Eyed Pea Black Tea Blueberry Brazil Nut Brewer's Yeast Broccoli Brussels Sprout Buckwheat Button Mushroom Cabbage Candida albicans Cane Sugar Cantaloupe Caraway Carob Carrot	Casein Cashew Cauliflower Cayenne Pepper Celery Chamomile Cherry Chickpea Cinnamon Clove Cocoa Coconut Coffee Corn Cow's Milk Cranberry Cucumber Cumin Date Dill Egg White Egg Yolk Eggplant Endive Fava Bean Fig Flaxseed Garlic Ginger Gliadin Gluten	Grape Grapefruit Green Pea Hazelnut Honey Honeydew Melon Hops Iceberg Lettuce Jalapeno Pepper Kale Kelp Kidney Bean Kiwi Leek Lemon Lentil Bean Lima Bean Lime Macadamia Malt Mango Maple Sugar Millet Monk Fruit Mung Bean Mustard Seed Navy Bean Nectarine Nori Nutmeg GF Oat	Okra Olive Onion Orange Oregano Papaya Paprika Parsley Parsnip Pear Pecan Peppermint Pine Nut Pineapple Pinto Bean Pistachio Plum Pomegranate Portobello Mushroom Pumpkin Radish Raspberry Red Beet Rhubarb Rice Romaine Lettuce Rosemary Rye	Saffron Sage Sesame Sorghum Soybean Spinach Strawberry String Bean Sunflower Sweet Potato Swiss Chard Tapioca Tarragon Thyme Tomato Turmeric Turnip Vanilla Wakame Seaweed Walnut Watermelon Wheat Whey White Potato Yellow Pea Yellow Squash Zucchini Squash	Acorn Squash Adzuki Beans Arrowroot Arugula Black Beans Black Currant Bok Choy Boston Bibb Lettuce Butternut Squash Cannellini Beans Capers Cardamom Chia Chicory Chives Cilantro Collard Greens Coriander Dandelion Leaf Escarole Fennel Seed Goat's Milk Guava Hemp Horseradish Lactose Leaf Lettuce Licorice Lychee Molasses Mulberry	Mustard Greens Nutritional Yeast Persimmon Quinoa Safflower Scallion Shallot Shiitake Mushroom Spaghetti Squash Spearmint Spelt Star Fruit Stevia Tangerine Taro Root Teff Water Chestnut Watercress Wild Rice



Alcat Test Items: Nutraceutical Sensitivity Panels

50 Medicinal Herbs & Functional Foods		50 Women's Health Nutraceuticals		40 Endurance Nutraceuticals	
Açaí Berry	Huperzine	Alfalfa Leaf	Korean Ginseng	Alfalfa Leaf	Lycopene
Aloe Vera	Kava Kava	Arnica	Lavender	American Ginseng	Maca Root
Ashwagandha	Lutein	Black Cohosh	Lemon Balm	Arnica	Mistletoe
Astragalus	Maitake Mushroom	Blessed Thistle	Lobelia	Burdock	Mucuna Pruriens
Bamboo Shoot	Milk Thistle (Silymarin)	Blue Cohosh	Maca Root	Butcher's Broom Root	Muir Puama
Barley Grass	Moringa	Boswellia	Marshmallow Root	Calendula	Myrrh
Bee Pollen	Mullein Leaf	Buchu Leaf	Mistletoe	Cat's Claw	Nettle Leaf
Bilberry	Noni Berry	Bupleurum	Motherwort	Catuaba	Pumpkin Seed
Black Walnut	Pau d'arco Bark	Burdock	Myrrh	Chaparral Root	Pygeum Bark
Cascara	Pine Bark (Pycnogenol)	Butcher's Broom Root	Nettle Leaf	Cnidium Monnieri	Rehmannia
Chlorella	Red Yeast Rice	Calendula	Partridge Berry	Damiana	Sarsaparilla
Chondroitin	Reishi Mushroom	Cat's Claw	Pennyroyal	Deer Antler Velvet	Saw Palmetto
Dandelion Root	Resveratrol	Chaparral Root	Peony Root	Dong Quai	Siberian Ginseng
Echinacea angustifolia	Rhodiola	Chasteberry	Red Clover Flower	Fo-Ti Root	Skull Cap
Elderberry	Rooibos Tea	Cramp Bark	Red Raspberry Leaf	Gotu Kola	Stinging Nettle Root
Essiac	Schisandra Berry	Damiana	Rehmannia	Horny Goat Weed	Tribulus Terrestris
Feverfew	Senna	Dong Quai	Sarsaparilla	Irish Moss	Uva Ursi
Ginkgo Biloba	Spirulina	Evening Primrose	Siberian Ginseng	Juniper Berry	Yarrow
Glucosamine	St John's Wort	False Unicorn	Skull Cap	Korean Ginseng	Yerba Maté
Goji Berry	Valerian	Fo-Ti Root	Slippery Elm	Lobelia	Yohimbe Bark
Goldenseal	Vinpocetine	Gotu Kola	Uva Ursi		
Grape Seed Extract	Wheatgrass	Horse Chestnut	White Willow Bark		
Guarana Seed	Wormwood	Horsetail	Wild Yam Root		
Gymnema Sylvestre	Yellow Dock	Irish Moss	Yarrow		
Hawthorn Berry		Juniper Berry	Yerba Maté		
Heartwood (Red Quebracho)					

BOTANICALS • FUNCTIONAL FOODS



Alcat Test Items: Chemical Sensitivity Panels

30 Food Additives/Colorings/Preservatives		40 Preservatives/ Expanded Additives/ Environmental Chemicals		20 Antibiotics/ Anti-Inflammatory Agents	
Acid Blue #3 (Xylene Blue V)	High Fructose Corn Syrup	Acacia Gum	Mannitol	Acetaminophen (Tylenol)	Naproxen (Aleve)
Acid Red #14	Lecithin (soy)	Adipic Acid	Methenamine	Amoxicillin	Neomycin
Annatto	MSG	Ammonium Chloride	Methyl Anthranilate	Ampicillin	Nystatin
Aspartame	(monosodium glutamate)	Ascorbic Acid	Nickel Sulfate	Aspirin	Penicillamine
Benzoic Acid	Orris Root	Calcium Phosphate	Phosphoric Acid	Diclofenac (Voltaren)	Penicillin
Beta-Carotene	Polysorbate 80	Chlorine	Polydextrose	Diffunisal (Dolobid)	Piroxicam (Feldene)
Butylated Hydroxyanisole (BHA)	Red #2 (Amaranth Red)	Cyclodextrin	Potash (Potassium Hydroxide)	Gentamicin	Streptomycin
Butylated Hydroxytoluene (BHT)	Red #3 (Erythrosine)	Deltamethrin	Potassium Phosphate	Ibuprofen (Advil/Motrin)	Sulfamethoxazole
Blue #1 (Brilliant Blue)	Red #4 (Carmine)	D-Lactitol	Potassium Sorbate	Indomethacin (Indocin)	Sulindac (Clinoril)
Blue #2 (Indigo Carmine)	Red #40 (Allura Red)	EDTA	Potassium Tartrate	Ketoprofen	Tetracycline
Brilliant Black	Saccharin	Fluoride	Sodium Acetate		
Citric Acid	Sodium Sulfite	Fumaric Acid	Sodium Benzoate		
Erythritol	Sorbic Acid	Glycerol	Sodium Bisulfate		
Green #3 (Fast Green)	Sucralose (Splenda)	Glyphosate	Sodium Lactate		
	Xylitol	Hexylresorcinol	Sodium Lauryl Sulfate (SLS)		
	Yellow #5 (Tartrazine)	Invertase	Sodium Propionate		
	Yellow #6 (Sunset Yellow)	Isomalt	Sodium Pyrophosphate		
		Lysozyme	Sodium Tripolyphosphate		
		Magnesium Phosphate	Succinic Acid		
		Malic Acid			
		Maltodextrin			

CHEMICAL PANELS



Alcat Test Items: Mold Sensitivity Panels (20 molds)

Alternaria alternata, Aspergillus fumigatus, Botrytis cinerea, Candida albicans, Cephalosporium gramineum, Cladosporium herbarum, Curvularia, Epicoccum nigrum, Fusarium oxysporum, Geotrichum candidum, Helminthosporium, Hormodendrum cladosporium, Monilia sitophila, Mucor racemosus, Penicillium notatum, Phoma herbarum, Pullularia aureobasidium, Rhizopus Nigricans, Rhodotorula rubra, Spondylocadium, Trichoderma

MOLDS



CNA Test Items: 55 Micronutrient Insufficiencies Tested

VITAMINS	MINERALS	AMINO ACIDS	OTHER NUTRIENTS
Thiamine (vitamin B1) Riboflavin (vitamin B2) Biotin Cobalamin (vitamin B12) Folate (vitamin B9) Nicotinamide (Niacin, vitamin B3) Pantothenic Acid Pyridoxine (vitamin B6) Vitamin C Vitamin A Vitamin D Vitamin E (Delta-tocotrienol) Vitamin K1 Vitamin K2-MK7 Vitamin K2-MK4	Boron Calcium Chromium Copper Iodine Iron Lithium Magnesium Manganese Molybdenum Potassium Selenium Strontium Vanadium Zinc	Arginine Asparagine Cysteine Glutamine Glycine Histidine Isoleucine Leucine Lysine Methionine Phenylalanine Serine Taurine Threonine Tryptophan Tyrosine Valine	Carnitine Choline Coenzyme Q10 Docosahexaenoic acid (DHA) Eicosapentaenoic acid (EPA) Glutathione Inositol Lipoic Acid Oleic acid (omega 9)



CNA Test Items: 49 Personalized Antioxidant Protection Items

BOTANICALS, PLANT EXTRACTS, PIGMENTS, PHYTONUTRIENTS	ANTIOXIDANT AND ANTI-INFLAMMATORY NUTRIENTS, FATTY ACIDS, AND ENZYMES
Acai Berry Andrographis Astaxanthin Astragalus Bilberry Boswellia Camu Camu Chlorophyll Cinnamon Echinacea Elderberry Garlic Ginger Gingko biloba Goji Berry Grape Seed Green Tea Lavender	Lycopene Maitake mushroom Mangosteen Melatonin Milk Thistle Moringa Noni Berry Piperine Pomegranate Pycnogenol Quercetin Resveratrol Rhodiola Root Shiitake mushroom Sulforaphane Turmeric Wild Cherry Bark Zeaxanthin