PreviWell bundle components

PreviWell

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

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**.