

# Alcat Food & Chemical Sensitivity Test

## Alcat Test Items: Food Sensitivity Panels

|             | (50 Food Panel)                |               | 100 Food Panel                  |               | 150 Food Panel                  |            | 200 Food Panel                  |             | 250 Food Panel                  |                |
|-------------|--------------------------------|---------------|---------------------------------|---------------|---------------------------------|------------|---------------------------------|-------------|---------------------------------|----------------|
|             | 50 Food Panel Plus Items Below |               | 100 Food Panel Plus Items Below |               | 150 Food Panel Plus Items Below |            | 200 Food Panel Plus Items Below |             | 250 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                    | Shrimp        | Carob                           | Pineapple     | Date                            | Sage       | Fennel Seed                     | Rosemary    | Dragon Fruit                    | Shiitake       |
|             | Chicken                        | Soybean       | Cashew                          | Strawberry    | Dill                            | Sardine    | Flounder                        | Saffron     | Dandelion Leaf                  | Mushroom       |
|             | Cinnamon                       | String Bean   | Celery                          | Plum          | Duck                            | Sea Bass   | Grouper                         | Scallion    | Escarole                        | Spaghetti      |
|             | Cocoa                          | Sweet Potato  | Cherry                          | Rye           | Fig                             | Sunflower  | Jalapeno                        | Sorghum     | Guava                           | Squash         |
|             | Corn                           | Tomato        | Clam                            | Salmon        | Flaxseed                        | Trout      | Pepper                          | Spelt       | Habanero                        | Peppermint     |
|             | Cow's Milk                     | Tuna          | Coconut                         | Scallop       | Haddock                         | Thyme      | Kale                            | Swiss Chard | Pepper                          | Star Fruit     |
|             | Egg White                      | Turkey        | Codfish                         | Sesame        | Hazelnut                        | Tilapia    | Leaf Lettuce                    | Swordfish   | Hemp                            | Stevia         |
|             | Egg Yolk                       | Vanilla       | Coffee                          | Snapper (Red) | Honeydew                        | Turnip     | (Red/Green)                     | Teff        | Horseradish                     | Tangerine      |
|             | Garlic                         | Wheat         | Cranberry                       | Sole          | Melon                           | Veal       | Leek                            | Turmeric    | Jackfruit                       | Taro Root      |
|             | Gliadin                        | White Potato  | Cucumber                        | Spinach       | Kidney Bean                     | Walnut     | Licorice                        | Venison     | Jicama                          | Tarragon       |
|             | Gluten                         | Yellow Squash | Eggplant                        | Watermelon    | Kiwi                            |            | Macadamia                       | Watercress  | Lactose                         | Wakame         |
|             | Grape                          |               | Ginger                          | Whey          | Lentil Bean                     |            | Mackerel                        | Wild Rice   | Lychee                          | Seaweed        |
|             | Green Pea                      |               |                                 |               | Lima Bean                       |            | Mahi Mahi                       | Zucchini    | Molasses                        | Water Chestnut |
|             |                                |               |                                 |               |                                 |            |                                 | Squash      | Mulberry                        | Yellow Pea     |

## Alcat Test Items: Functional Food Sensitivity Panels

| 50 Medicinal Herbs & Functional Foods |                |                           |                          |
|---------------------------------------|----------------|---------------------------|--------------------------|
| FUNCTIONAL FOODS                      | Açai Berry     | Echinacea angustifolia    | Kava Kava                |
|                                       | Aloe Vera      | Elderberry                | Lutein                   |
|                                       | Ashwagandha    | Essiac                    | Maitake Mushroom         |
|                                       | Astragalus     | Feverfew                  | Milk Thistle (Silymarin) |
|                                       | Bamboo Shoot   | Ginkgo Biloba             | Moringa                  |
|                                       | Barley Grass   | Glucosamine               | Mullein Leaf             |
|                                       | Bee Pollen     | Goji Berry                | Noni Berry               |
|                                       | Bilberry       | Goldenseal                | Pau d'arco Bark          |
|                                       | Black Walnut   | Grape Seed Extract        | Pine Bark (Pycnogenol)   |
|                                       | Cascara        | Guarana Seed              | Red Yeast Rice           |
|                                       | Chlorella      | Gymnema Sylvestre         | Reishi Mushroom          |
|                                       | Chondroitin    | Hawthorn Berry            | Resveratrol              |
|                                       | Dandelion Root | Heartwood (Red Quebracho) |                          |
|                                       |                | Huperzine                 |                          |
|                                       |                |                           | Rhodiola                 |
|                                       |                |                           | Rooibos Tea              |
|                                       |                |                           | Schisandra Berry         |
|                                       |                |                           | Senna                    |
|                                       |                |                           | Spirulina                |
|                                       |                |                           | St John's Wort           |
|                                       |                |                           | Valerian                 |
|                                       |                |                           | Vinpocetine              |
|                                       |                |                           | Wheatgrass               |
|                                       |                |                           | Wormwood                 |
|                                       |                |                           | Yellow Dock              |

# Cellular Nutrition Assay



## CNA Test Items: 55 Micronutrient Insufficiencies Tested

| VITAMINS                                                                                                                                                                                                                                                                                                                   | MINERALS                                                                                                                                                 | AMINO ACIDS                                                                                                                                                                                                     | OTHER NUTRIENTS                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Thiamine (vitamin B1)<br>Riboflavin (vitamin B2)<br>Biotin<br>Cobalamin (vitamin B12)<br>Folate (vitamin B9)<br>Nicotinamide (Niacin, vitamin B3)<br>Pantothenic Acid<br>Pyridoxine (vitamin B6)<br>Vitamin A<br>Vitamin C<br>Vitamin D<br>Vitamin E (Delta-tocotrienol)<br>Vitamin K1<br>Vitamin K2-MK7<br>Vitamin K2-MK4 | Boron<br>Calcium<br>Chromium<br>Copper<br>Iodine<br>Iron<br>Lithium<br>Magnesium<br>Manganese<br>Molybdenum<br>Selenium<br>Strontium<br>Vanadium<br>Zinc | Arginine<br>Asparagine<br>Cysteine<br>Glutamine<br>Glycine<br>Histidine<br>Isoleucine<br>Leucine<br>Lysine<br>Methionine<br>Phenylalanine<br>Serine<br>Taurine<br>Threonine<br>Tryptophan<br>Tyrosine<br>Valine | Carnitine<br>Choline<br>Coenzyme Q10<br>Docosahexaenoic acid (DHA)<br>Eicosapentaenoic acid (EPA)<br>Glutathione<br>Inositol<br>Lipoic Acid<br>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<br>Andrographis<br>Astaxanthin<br>Astragalus<br>Bilberry<br>Boswellia<br>Camu Camu<br>Chlorophyll<br>Cinnamon<br>Echinacea<br>Elderberry<br>Garlic<br>Ginger<br>Ginkgo biloba<br>Goji Berry<br>Grape Seed<br>Green Tea<br>Lavender | Lycopene<br>Maitake mushroom<br>Mangosteen<br>Melatonin<br>Milk Thistle<br>Moringa<br>Noni Berry<br>Piperine<br>Pomegranate<br>Pycnogenol<br>Quercetin<br>Resveratrol<br>Rhodiola Root<br>Shiitake mushroom<br>Sulforaphane<br>Turmeric<br>Wild Cherry Bark<br>Zeaxanthin |
|                                                                                                                                                                                                                                               | Beta-carotene<br>Catalase<br>Coenzyme Q10<br>Glutathione<br>Lipoic Acid<br>Lutein<br>NADH                                                                                                                                                                                 |
|                                                                                                                                                                                                                                               | Pyrroloquinoline<br>Selenium<br>Super Oxide Dismutase (SOD)<br>Vitamin C<br>Vitamin E (Delta tocotrienol)<br>Zinc                                                                                                                                                         |

Please don't hesitate to contact us at **855-773-8463** or complete our [contact form](#).