

FOOD SENSITIVITY PANEL ANALYTES

96 GENERAL FOOD PANEL

Dairy	Buckwheat	Fruits	Pork	Beet
Casein	Chestnut	Apple	Turkey	Broccoli / Brussel Sprouts
Cheddar Cheese	Chickpea	Apricot	Egg	Cabbage
Cow's Milk	Coconut	Banana	Chicken Egg White	Carrot
Goat's Milk	Corn	Blueberry	Chicken Egg Yolk	Cauliflower
Whey	Gliadin	Cranberry	Duck Egg Whole	Celery
Fish/Shellfish	Gluten	Grape	Misc/Herbs/Spices	Cucumber
Clam	Green Bean	Grapefruit	Baker's / Brewer's Yeast	Garlic
Cod	Green Pea	Lemon	Button Mushroom	Green Bell Pepper
Crab	Hazelnut	Olive	Cane Sugar	Lettuce
Halibut	Kidney Bean	Orange	Cocoa Bean (Chocolate)	Onion
Lobster	Lentil	Papaya	Coffee	Pumpkin
Salmon	Lima Bean	Peach	Flaxseed	Spinach
Scallop	Oat	Pear	Ginger	Sweet Potato
Shrimp	Peanut	Pineapple	Honey	Tomato
Sole	Pecan	Plum	Oregano	White Potato
Trout	Pinto Bean	Raspberry	Sesame Seed	Candida Screen
Tuna	Rye	Strawberry	Sunflower Seed	Candida albicans
Grains/Legumes/Nuts	Soybean	Meat/Poultry	Vegetables	
Almond	Spelt	Beef	Asparagus	
Barley	Walnut	Chicken	Avocado	
	Wheat	Lamb		
	White Rice			

144 FOOD PANEL

Our 144 Food Panel is an expanded version of the 96 General Food Panel. It includes the foods listed below in addition to the foods tested in the 96 General Food Panel.

Fish/Shellfish	Fruits	Grains/Legumes/Nuts	Meat/Poultry	Coriander
Anchovy	Cantaloupe	Brazil Nut	Duck	Curry Powder
Catfish	Cherry	Cashew Nut	Goose	Fennel Seed
Mackerel	Date	Macadamia Nut	Rabbit	Hops
Mussel	Fig	Malt	Misc/Herbs/Spices	Mustard
Octopus	Guava	Millet	Basil	Parsley
Oyster	Jackfruit	Pine Nut	Black Pepper	Peppermint
Red Snapper	Kiwi	Pistachio Nut	Black Tea	Vanilla
Sardine	Lime	Quinoa	Chili Pepper	Vegetables
Squid	Mango		Cinnamon	Artichoke
Tilapia	Persimmon		Clove	Eggplant
	Watermelon			

208 FOOD PANEL

Our 208 Food Panel is our most comprehensive food panel; it can help to identify both common and less obvious foods that may be contributing to inflammation. Below are the additional foods tested with the foods from the 144 Food Panel.

Dairy	Sea Urchin	Chia Seed	Green Tea	Vegetables
Blue Cheese	Swordfish	Cola Nut / Kola Nut	Hemp	Bamboo Shoot
Cottage Cheese	Fruits	Ginkgo Nut	Shiitake Mushroom	Burdock Root
Mozzarella Cheese	Blackberry	Mung Bean	Stevia	Horseradish
Sheep's Milk	Gogiberry	Navy Bean / White Bean	Herbs/Spices	Kale
Swiss Cheese	Honeydew	Poppy Seed	Bay Leaf	Kelp
Yogurt	Tangerine	Safflower Seed	Dill	Leek
Fish/Shellfish	Grains/Legumes/Nuts	Sorghum	Licorice	Lotus Root
Bass	Adzuki Bean / Red Bean	Teff	Paprika	Okra
Carp	Amaranth	Meat/Poultry	Rosemary	Radish / Daikon
Eel	Black-Eyed Pea	Buffalo	Sage	Rhubarb
Flounder	Bran	Venison	Tarragon	Squash
Herring	Brown Rice	Miscellaneous	Thyme	Turnip
Perch	Canola Seed	Ginseng	Turmeric	Wasabi
Pike				Zucchini Squash