

FOOD SENSITIVITY PANEL ANALYTES

96 GENERAL FOOD PANEL

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

<p>Fish/Shellfish Anchovy Catfish Mackerel Mussel Octopus Oyster Red Snapper Sardine Squid Tilapia</p>	<p>Fruits Cantaloupe Cherry Date Fig Guava Jackfruit Kiwi Lime Mango Persimmon Watermelon</p>	<p>Grains/Legumes/Nuts Brazil Nut Cashew Nut Macadamia Nut Malt Millet Pine Nut Pistachio Nut Quinoa</p>	<p>Meat/Poultry Duck Goose Rabbit</p> <p>Misc/Herbs/Spices Basil Black Pepper Black Tea Chili Pepper Cinnamon Clove</p>	<p>Coriander Curry Powder Fennel Seed Hops Mustard Parsley Peppermint Vanilla</p> <p>Vegetables Artichoke Eggplant</p>
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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 food from the 144 Food Panel.

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