

Food Sensitivities Test Report				PLATINUM PLUS				<div>ALCAT</div>							
Patient Information		PATIENT II, PRETEND		Date of Birth:	09/22/1973	Gender:	M	<div>Lab Director Harold Alvarez, M.D.</div>							
Lab Information		Date Received:	12/12/2023	Date Collected:	12/11/2023	Date Reported:	12/19/2023								
HCP:		(Sample Physician)				Clinic ID:	10804	Lab ID:	68220						
SEVERE															
MODERATE															
MILD*															
ACCEPTABLE / NO REACTION															
Item Count: 250															
<div><div>BLACK BEANS</div><div>ALLULOSE ANCHO CHILI PEPP ANCHOVY APPLE ARUGULA BAY LEAF BEEF BLACK CURRANT CANTALOUPE CAROB CATFISH CELERY CHICKPEA CUCUMBER EGG WHITE FLOUNDER HEMP HORSERADISH MACKEREL MONK FRUIT MUSTARD SEED PARSNIP PEACH PERSIMMON SAGE SEA BASS SOYBEAN TOMATO TROUT TUNA</div><div>AMARANTH* APRICOT* ARTICHOKE* ASPARAGUS* AVOCADO* BAKER'S YEAST* BANANA* BISON* BLACK PEPPER* BLACK-EYED PEA* BOK CHOY* BROCCOLI* BRSSLs SPROUT* BUCKWHEAT* BUTTERNUT SQUASH* BUTTON MUSHROOM* CABBAGE* CANOLA (RAPESEED)* CAPERS* CASHEW* CLAM* COFFEE* CUMIN* DANDELION LEAF* GINGER* HABANERO PEPPER* HADDOCK* HONEYDEW MLN* JACKFRUIT* JALAPEÑO PEPP* JICAMA* KELP* LEAF LETT (RED/GRN)* LIME* MILLET* MUSSEL* NECTARINE* NORI* OYSTER* PAPAYA* PAPRIKA* PLANTAIN* PUMPKIN* QUINOA* RHUBARB* RUTABAGA* SALMON* SCALLION* SHIITAKE MUSHRM* SPAGHETTI SQUASH* SPEARMINT* SPINACH* STAR FRUIT* STEVIA LEAF* STRAWBERRY* STRING BEAN* TANGERINE* TILAPIA* TURNIP* VEAL* VENISON* WATER CHESTNUT* WATERCRESS* WHITE POTATO* YELLOW PEA* ZUCCHINI SQUASH*</div><div><div>VEGETABLES / LEGUMES</div><div>ACORN SQUASH ADZUKI BEANS BELL PEPPER MIX BOSTON BIBB LETTU CANNellini BEANS CARROT CAULIFLOWER CHICORY COLLARD GREENS EGGPLANT ENDIVE FAVA BEAN GREEN PEA ICEBERG LETTUCE KALE LEEK LIMA BEAN MUNG BEAN MUSTARD GREENS OKRA PINTO BEAN RADISH ROMAINE LETT SWEET POTATO TARO ROOT SWISS CHARD WAKAME SEAWEED</div><div>FRUITS</div><div>BLACKBERRY BLUEBERRY CHERRY CRANBERRY DATE DRAGON FRUIT FIG GRAPE GRAPEFRUIT GUAVA KIWI LEMON LYCHEE MANGO MULBERRY OLIVE ORANGE PEAR PINEAPPLE PLUM POMEGRANATE RASPBERRY RED PALM FRUIT WATERMELON</div><div>MEAT</div><div>CHICKEN DUCK LAMB PORK TURKEY</div><div>DAIRY / EGGS</div><div>EGG YOLK</div><div>SEAFOOD</div><div>CODFISH CRAB GROUPER HALIBUT LOBSTER MAHI MAHI POLLOCK SARDINE SCALLOP SHRIMP SNAPPER (RED) SOLE SWORDFISH</div><div>GRAINS / STARCHES</div><div>ARROWROOT CORN OAT (GLUTEN FREE) RICE (BRWN/WHT) SORGHUM TAPIOCA TEFF WILD RICE</div><div>HERBS / SPICES</div><div>ALLSPICE BASIL CARDAMOM CAYENNE PEPPER CHIVES CILANTRO CINNAMON CLOVE CORIANDER SEED DILL LICORICE HOPS PARSLEY PEPPERMINT PEPPER ROSEMARY SAFFRON TARRAGON THYME TURMERIC</div><div>NUTS / OILS AND MISC. FOODS</div><div>ALMOND BLACK TEA BRAZIL NUT BREWER'S YEAST CARAWAY CHAMOMILE CHIA COCOA COCONUT FLAXSEED GARLIC GREEN TEA HAZELNUT HOPS MACADAMIA NUTRITIONAL YEAST PEANUT PECAN PINE NUT PISTACHIO POPPY SEED SAFFLOWER SESAME SUNFLOWER VANILLA WALNUT</div></div></div>															
<div>CANDIDA ALBICANS</div> <div>MODERATE</div> <div>Also eliminate these foods:</div> <div>AGAVE, CANE SUGAR, HONEY, MAPLE SUGAR, MOLASSES</div>			<div>GLUTEN</div> <div>MILD</div> <div>Also eliminate these foods:</div> <div>BARLEY, MALT, RYE, SPELT, WHEAT</div>			<div>GLIADIN</div> <div>MODERATE</div>				<div>CASEIN</div> <div>MILD</div> <div>Also eliminate these foods:</div> <div>COW'S MILK, GOAT'S MILK, SHEEP'S MILK</div>		<div>WHEY</div> <div>NO REACTION</div>		<div>LACTOSE</div> <div>MODERATE</div>	

Test Results Explanation		PLATINUM PLUS				ALCAT	
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HCP:	(Sample Physician)			Clinic ID:	10804	Lab ID:	68220

Lab Director
Harold Alvarez, M.D.

Your Test Results Explained.

Food Sensitivity/Intolerance is not always a straight-forward yes or no. There can be different degrees of reactivity, which can be altered through change of eating habits, stress levels, medical conditions, nutritional status and other factors that affect the body's immune system.

Your test results are divided into four distinct categories (denoted by the colored columns).

Red	These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months.
Orange	These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months.
Yellow	These items indicate a mild sensitivity and are also indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program as they should be eaten on 4 day rotational basis. If the items listed in the yellow section appear on the rotation plan and are consumed frequently, they should be considered for a 3 month avoidance period, especially if there are few red and orange reactive foods.
Green	These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day.
Blue	<p>On your food results you will have 3 distinct blue boxes :</p> <p>Candida Albicans: it will include items that are known to exacerbate the Candida condition. Although you may not be sensitive/intolerant to these, it is recommended to avoid them, suggested by the Candida sensitivity.</p> <p>Gluten/Gliadin: it will include grain products that contain the protein gluten/gliadin, such as wheat, rye, barley, spelt, etc. Although you may not be sensitive/intolerant to these other grains, it is advisable to avoid them due to their gluten/gliadin content. A positive gluten/gliadin reaction result with negative wheat, rye, etc responses can occur when the isolated protein is tested in its more concentrated form.</p> <p>Casein/Whey: it will include products that contain casein/whey such as cow's milk, sheep's milk and goat's milk. Although you may not be sensitive/intolerant to these products listed, it is advisable to avoid or limit them because they contain the protein casein or whey.</p>

Cautions & Notes:

- Any item known to trigger an immediate reaction (Type 1, IgE mediated, allergic reaction) should be avoided. Positive results to molds and candida should be analyzed in conjunction with other results (IgE, skin tests and IgG levels) and not applied in isolation. Positive molds could be considered for desensitization.
- Healthcare providers should be alerted to the possibility that any non-reactive (green) item, to which there as has been no consumption or exposure for six months, should be introduced with caution.
- Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

- Insufficient data exists to determine that non-reactive molds, pharmacoactive agents and environmental chemicals are in fact "safe". Nonetheless, it is reasonable to assume at this time that a moderate or strong cellular reaction on the test is indicative of a clinical sensitivity and avoidance, if possible, is recommended.
- If tested for 50 foods or less, no rotational plan is provided.

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HCP: (Sample Physician)

Clinic ID: 10804

Lab ID: 68220

	DAY 1	DAY 2	DAY 3	DAY 4
GRAINS / STARCHES	ARROWROOT OAT (GLUTEN FREE) TAPIOCA WHITE POTATO*	MILLET* WILD RICE	CORN QUINOA* SORGHUM SWEET POTATO TEFF	AMARANTH* BUCKWHEAT* RICE (BRWN/WHT)
VEGETABLES / LEGUMES	ARTICHOKE* BLACK-EYED PEA* BUTTERNUT SQUASH* CARROT EGGPLANT FAVA BEAN KALE LEAF LETT (RED/GRN)* MUSTARD GREENS ROMAINE LETT RUTABAGA* WAKAME SEAWEED YELLOW PEA* YELLOW SQUASH	BELL PEPPER MIX BOK CHOY* BOSTON BIBB LETTUCE BROCCOLI* BRSSLS SPROUT* BUTTON MUSHROOM* CABBAGE* CAULIFLOWER CHIVES ENDIVE ESCAROLE JICAMA* KELP* LENTIL BEAN SHALLOTS SHIITAKE MUSHRM* ZUCCHINI SQUASH*	ACORN SQUASH ASPARAGUS* COLLARD GREENS FENNEL SEED GREEN PEA HABANERO PEPPER* ICEBERG LETTUCE KIDNEY BEAN LEEK LIMA BEAN MUNG BEAN NAVY BEAN ONION PINTO BEAN RADISH STRING BEAN* TARO ROOT WATERCRESS*	ADZUKI BEANS CANNELLINI BEANS DANDELION LEAF* JALAPEÑO PEPP* NORI* OKRA PORTOBELLO MUSHRM RED BEET RHUBARB* SCALLION* SPAGHETTI SQUASH* SPINACH* SWISS CHARD TURNIP* WATER CHESTNUT*
Fruit	BANANA* CAPERS* DATE FIG GUAVA KIWI LEMON MANGO PAPAYA* STRAWBERRY*	AVOCADO* BLUEBERRY CRANBERRY DRAGON FRUIT JACKFRUIT* PEAR PINEAPPLE POMEGRANATE TANGERINE*	APRICOT* BLACKBERRY CHERRY GRAPE LIME* NECTARINE* PLANTAIN* PLUM RASPBERRY STAR FRUIT*	GRAPEFRUIT HONEYDEW MLN* LYCHEE MULBERRY OLIVE ORANGE PUMPKIN* RED PALM FRUIT WATERMELON
Protein	BISON* CODFISH CRAB LAMB OYSTER* SARDINE SNAPPER (RED) SWORDFISH VEAL*	CHICKEN EGG YOLK MAHI MAHI TILAPIA*	DUCK GROUPE HALIBUT POLLOCK PORK SOLE	CLAM* HADDOCK* LOBSTER MUSSEL* SALMON* SCALLOP SHRIMP TURKEY VENISON*
MISCELLANEOUS	CARAWAY CASHEW* CHAMOMILE CHIA CHICORY COCONUT CORIANDER SEED CUMIN* FLAXSEED LICORICE PARSLEY PISTACHIO ROSEMARY SAFFLOWER TURMERIC	ALLSPICE ALMOND BAKER'S YEAST* BASIL BREWER'S YEAST CAYENNE PEPPER CINNAMON CLOVE GARLIC GINGER* HAZELNUT HOPS PAPRIKA* PEPPERMINT SAFFRON	BRAZIL NUT CANOLA (RAPESEED)* CARDAMOM CILANTRO COCOA COFFEE* DILL MACADAMIA OREGANO PEANUT STEVIA LEAF* TARRAGON THYME	BLACK PEPPER* BLACK TEA GREEN TEA NUTMEG NUTRITIONAL YEAST PECAN PINE NUT POPPY SEED SESAME SPEARMINT* SUNFLOWER VANILLA WALNUT

CELL
SCIENCE
SYSTEMS


Avoiding YOUR Reactive Foods

WHAT YOU NEED TO KNOW

ALCAT


Lab Director
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AGAVE

Agave is a flowering succulent used to make many things, including tequila. Agave syrup can be used as a sugar substitute. The leaves of the agave plant are used to make fibers for ropes and mats. There are spikes on the leaves which are used to make needles, pens, and nails. COMMON USES: Tequila, baked goods, breads, cereals, granolas, pulque, and textiles such as ropes and mats. OTHER WORDS THAT MIGHT INDICATE PRESENCE: American Agave, American Aloe, Amerikanische Agave, Century Plant, Garingboom, Hundertjährige Agave, Maguey, Pita Común, Pite, Spreading Century Plant, Tequil Wild Century. BE AWARE: Topically, fresh agave exposure may cause redness and localized swelling, inflammation of small blood vessels, and/or black, red, or purple skin lesions. Pregnant women should use agave with caution as it may induce labor.




ALLULOSE

Allulose is a rare sugar found naturally in small quantities in plant-based foods like figs, raisins, brown sugar, maple syrup, and wheat, but it can be commercially produced from corn or fructose. It is about 70% as sweet as cane sugar. It is a monosaccharide and has 90% fewer calories than regular sugar.




ANCHO CHILI PEPP

Chili peppers come in a variety of shapes, colors and sizes. The chili has a long association with Mexican cuisine as later adapted into Tex-Mex cuisine. The chili has also become a part of the Korean, Indian, Indonesian, Szechuan, Thai and other cooking traditions. Its popularity has seen it adopted into many cuisines of the World. Chili peppers are also often used around the world to make a wide variety of sauces, known as hot sauce, chili sauce, or pepper sauce. COMMON USES: Hot sauces, chili sauce, pepper sauces, meat rubs and so much more; hundreds of varieties. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Any food/ingredient list with chili or hot pepper, habanero, Scotch bonnet, jalapeno, Spanish pimento, Anaheim and Hungarian cherry peppers. BE AWARE: Comes in many different colors & heat levels-read labels




ANCHOVY

Small common, saltwater forage fish that are very popular for their price. Often found packed in cans and used for their mild briney flavors in dishes. COMMON USES: Pizza, in salads, sauces, pastas. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fish sauce, Caesar, Worcestershire, steak sauce, fish oil, nicoise. BE AWARE: Some brands use anchovy to make fish oil supplements. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label




APPLE

Apples come in many sizes and colors and are considered a fall and winter fruit. COMMON USES: Juice, cider, fruit cocktails, juice blends, yogurt, desserts, salads, pie, crisps, cake, apple butter, apple jelly. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Pectin, cider, fruit juice blend, waldorf salad. BE AWARE: Items labeled no added sugar might be sweetened with apple




ARUGULA

Arugula is an early summer vegetable. It is a green leaf with a long stem that is known for it's somewhat peppery flavor. COMMON USES: Salads, sandwiches, burgers, soups, stews, pastas, sauces, juices, cooked. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Salad rocket, rucola, rucoli, rugula, colewort, roquette. BE AWARE: Can be in pre-mixed salad blends




BAY LEAF

A leaf that is mostly found dried, they can be used fresh as well. Best used whole and added at the beginning of cooking and removed before serving. COMMON USES: Soups, sauces, vegetables and meat as an aromatic or flavoring; used fresh or dried. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bay leaf, laurel leaf, herbs, sachet, bouquet garni




BEEF

Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia. COMMON USES: Meatloaf, pot roast, short ribs, ground, hamburger, steaks, used in broth, stock, bouillon, beef franks, pastrami, brisket, corned beef, soups stew, short ribs. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Gelatin, Bovine, sausage, hot dog, jerky. BE AWARE: Some dietary supplements use a gelatin casing; ("Gelatin" could be a beef or pork source, unless specified "vegetarian")



BLACK BEANS













Dishes may include: tacos, nachos, soups, vegetarian dishes, as well as added to salads. Usually found in Southwestern, Mexican, Cuban and other Spanish cuisines. Are in the legume family, contain protein dietary fiber and flavanoids.















BLACK CURRANT

A small dark blue berry that grows in clusters and somewhat resembled a blueberry. Rarely found fresh in the US. COMMON USES: Preserves, liqueurs, and syrups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Black currant leaf, black currant seed oil. BE AWARE: Commonly used as a natural flavoring

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	<p>CANTALOUPE</p> <p>Cantaloupe is a melon that has thick, rough, veiny looking skin and a bright orange flesh. COMMON USES: Fruit salads, soups, sauces, smoothies. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Melon, fruit salad, muskmelon. BE AWARE: Often found in prepared fruit salads</p>
	<p>CAROB</p> <p>Carob pods grow on the carob tree, are dark brown in color and contains the carob beans inside. Carob is technically a legume. COMMON USES: Cakes, cookies, and soft drinks; used as a chocolate replacement and is popular in the baking and confectionary industry. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Saint Johns bread or locust bean. BE AWARE: Used as a flavoring in baking</p>
	<p>CATFISH</p> <p>Catfish is a fish with "whiskers", called barbels, that varies in size. The most commonly eaten species in the United States are the channel catfish and blue catfish, both of which are common in the wild and increasingly widely farmed. COMMON USES: Soups and stews or cooked alone. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fried fish, hog fish. BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass flounder, cod) in plain English, on the label</p>
	<p>CELERY</p> <p>Long fibrous stalks that are green in color and crunchy with flavorful leaves that can be eaten. COMMON USES: Soups, soup mixes, stews, salads, poultry seasoning, V-8 juice, mixed juices, broths, bouillon cubes. Celery seed is used as a flavoring or spice and mixed with salt as celery salt commonly found in coleslaw. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Celery root, celery seed, celery salt, broth, soup. BE AWARE: Like many produce items, pesticides are a concern; the leaves may be found in salads</p>
	<p>CHICKPEA</p> <p>Chickpeas are grown in the Mediterranean, western Asia and the Indian subcontinent. Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour called gram flour (also known as besan and used in primarily in Indian cuisine), ground and shaped in balls and fried as falafel, fermented to make an alcoholic drink similar to sake, stirred into a batter and baked to make farinata, cooked and ground into a paste called hummus or roasted, spiced and eaten as a snack. For reintroduction into diet, place into day: 1</p>
	<p>CUCUMBER</p> <p>A long, thin, smooth skinned variety of squash that is eaten raw or cooked. The outer skin is dark green while the flesh is light green and has a high water content. COMMON USES: Salads, dips, sauces, cold soups, smoothies, and juice. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Pickles, tzatziki, raita. BE AWARE: Can be found in many fragrances and beauty products</p>
	<p>EGG WHITE</p> <p>Egg white is the common name for the clear liquid contained within an egg. Its primary natural purpose is to protect the egg yolk and provide additional nutrition for the growth of the embryo, as it is rich in proteins and is of high nutritional value. COMMON USES: Merungues, soufflés, mousse, quiche, omelets, baked goods, pasta, glazes and margarines, ice creams. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Albumen, powdered egg whites. BE AWARE: Used to make glazes, margarines, mayonnaise and ice cream</p>
	<p>FLOUNDER</p> <p>Flounder are a flatfish species and encompass a variety of species of fish. They are known for their delicate, white flaky flesh. COMMON USES: Seafood dishes and stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Flatfish. BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label</p>
	<p>HEMP</p> <p>Hemp refers to the green leafy plant that hemp products are derived from. COMMON USES: Baking as an egg substitute, smoothies, hempfu (tofu substitute), protein powder, breadcrumbs substitute, yogurt topping, cereal, salad dressings, hemp milk, jewelry. OTHER WORDS THAT MIGHT INDICATE PRESENCE: hemp seed oil, hemp seeds, hemp hearts. BE AWARE: Although hemp and marijuana are members of the same species, Cannabis sativa, they're in effect completely different plants. Hemp is refined into products such as hemp seed foods, hemp oil, wax, resin, rope, cloth, pulp, paper, and fuel. May be found in some beauty products.</p>
	<p>HORSERADISH</p> <p>Horseradish is a root with white flesh and brown woody skin. COMMON USES: Horseradish sauce, cocktail sauce, drinks, soups, meat and fish seasoning, wasabi substitute. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cranson, Raifort, Mountain Radish, Red Cole, Chrain</p>
	<p>LACTOSE</p> <p>Lactose is a sugar found naturally in milk. COMMON USES: Milk and other dairy products, used to sweeten some items and may also be added th certain pharmaceuticals. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Whey, casein, milk powder. BE AWARE: Alcat does not diagnose a lactose intolerance, only a sensitivity. These are different</p>
	<p>MACKEREL</p> <p>Mackeral is a firm fleshed oil rich fish. COMMON USES: Smoked fish dip, stews, soups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fish oil supplements. BE AWARE: Mercury can be a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label</p>

	MONK FRUIT Monk fruit, also known as Lo Han or Luo Han Guo, is known as the "longevity fruit" in China. It is a small, green gourd and resembles a melon. The fruit is well-known for its sweet taste and is often used in the format of an alternative sweetener. It can be found in liquid, granule, and powder forms
	MUSTARD SEED The seed of the mustard plant, used whole or ground; used to make the condiment mustard. COMMON USES: Mustard and common in honey mustard, dijon, dressings, sauces, seasonings, dry rubs, spicy foods, pickling. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mustard powder. BE AWARE: Three different types are typically used to make the mustard condiment. Black mustard (Brassica nigra) is the most pungent. White mustard (Brassica alba) is the most mild and is used to make traditional American yellow mustard. Brown mustard (Brassica juncea) is dark yellow, has a pungent taste, and is used to make Dijon mustard. It is easier to harvest the brown mustard seed than the black mustard seed, so many mustard condiments now contain brown mustard seed instead of black mustard seed. Used in many food preparations, read labels
	PARSNIP The parsnip is a starchy root vegetable related to the carrot that is pale in color. COMMON USES: Soups, stews, casseroles, purees, sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Root vegetables
	PEACH Peaches are round stone fruits with reddish orange fuzzy skin and light orange flesh. Very sweet and soft to the bite when in season. COMMON USES: Baked goods, pies, fruit juices, preserves, salads and sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cobbler, fruit salad
	PERSIMMON A small round fruit that somewhat resembles a tomato that is orange to red brown in color. COMMON USES: Cookies, cakes, muffins, puddings, salads, fresh, dried, and topping for cereal. OTHER WORDS THAT MIGHT INDICATE PRESENCE: sujeonggwa, gamsikcho
	RYE Rye is a gluten containing grain that is small, long, thin and light brown in color with a very distinct flavor. COMMON USES: Bread, flour, cereals, crackers, whiskey and some vodkas. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Pumpernickel. BE AWARE: Gluten-containing grain; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, require that all packaged food products sold in the U.S. that contain wheat as an ingredient must list the word “wheat” in plain English, on the label
	SAGE Sage is a light green soft leaf that is slightly peppery in flavor. COMMON USES: Rubs/spice/herb blends to flavor meats, stuffing's, sausages, sauces, salads, pizzas, soups, and stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Herbs, seasonings, flavorings
	SEA BASS Many species of fish are called sea bass; all having mildly sweet, buttery flavored white flaky flesh. COMMON USES: Entrees, soups, stews, dips, and ceviche. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Black and striped are true sea bass; white and giant are not. BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label
	SOYBEAN Soybeans come in green pods and must be removed to eat. They are firm and shaped like a kidney.. COMMON USES: Prepackaged and processed foods and is a major protein source for oriental cooking and vegetarian dishes; found in casseroles, soups and stews; comes in the form of oil, paste, cheese, milk, yogurt, nuts, sauce, flours and more. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Vegetarian or vegan, edamame, tofu, miso, tempeh, gluten-free, yuba, soja, tamari. BE AWARE: Most US soybean products are GMO; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain soy as an ingredient must list the word “soy” in plain English, on the label
	TOMATO Tomatoes can vary in color, shape and size, but the most common variety are red and the size of a fist. They have a high water content and can be tart in flavor unless cooked for long periods of time which enhances their sweetness. COMMON USES: Pizza, salsa, soups, stews, sauces, casseroles, sandwiches, and salads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Marinara, picante, ketchup, chutney, sundried. BE AWARE: Comes in many different varieties, colors and in many forms; always read ingredient labels.
	TROUT A freshwater fish who's flesh is white to light pink in color and mild in flavor. COMMON USES: Seafood dishes, fried dishes, dips, smoked. OTHER WORDS THAT MIGHT INDICATE PRESENCE: White fish, comes in many varieties. BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label
	TUNA



Tuna comes in many species. When cooked, tuna is very dense and called a "steak". A delicacy eaten raw and considered a fatty fish. COMMON USES: Salads or snacks; used in sushi and often sold as tuna steaks; can be fresh or canned. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Albacore, bluefin, bigeye, pacific, Atlantic, blackfin, longtail or yellowfin. BE AWARE: Mercury is a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with you rotation diet plan.

Patient Information	PATIENT II, PRETEND	Date of Birth:	09/22/1973	Gender:	M
Lab Information	Date Received: 12/12/2023	Date Collected:	12/11/2023	Date Reported:	12/19/2023
HCP:	(Sample Physician)	Clinic ID:	10804	Lab ID:	68220

Lab Director
Harold Alvarez, M.D.

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 70
	ANNATTO ASPARTAME BLUE#1 BRILLIANT BLUE SODIUM SULFITE SUCRALOSE	ACID BLUE #3* BENZOIC ACID* BRILLIANT BLACK* POLYSORBATE 80* SORBIC ACID* XYLITOL* YELLOW#5 TARTRAZINE*	FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS ACID RED #14 CITRIC ACID MSG SACCHARIN BHA ERYTHRITOL ORRIS ROOT YELLOW#6 SUNSET Y BHT GREEN#3 FAST GREE RED#4 CARMINE BLUE#2 INDIGO CAR HIGH FRUCTOSE COR RED#40 ALLURA RED	
	PENICILLIN TETRACYCLINE	ACETAMINOPHEN* DICLOFENAC* IBUPROFEN* NEOMYCIN* PIROXICAM* STREPTOMYCIN* SULINDAC*	ANTIBIOTICS/ANTI INFLAMMATORY AGENTS AMOXICILLIN GENTAMICIN NYSTATIN AMPICILLIN INDOMETHACIN PENICILLAMINE ASPIRIN KETOPROFEN SULFAMETHOXAZOLE DIFLUNISAL NAPROXEN	
	ASPERGILLUS PHOMA HERBARUM	ALTERNARIA* HELMINTHOSPORIUM* PENICILLIUM* PULLULARIA* RHIZOPUS NIGRICANS* SPONDYLOCLADIUM* TRICHODERMA*	MOLDS BOTRYTIS EPICOCCUM NIGRUM MONILIA SITOPHILA CEPHALOSPORIUM FUSARIUM OXYSPORU MUCOR RACEMOSUS CLADO HERBARUM GEOTRICHUM CANDID RHODOTORULA RUBRA CURV SPECIFERA HORMODENDRUM	
			PRESERVATIVES/EXPANDED ADDITIVES BETA-CAROTENE Lecithin (Soy) RED#2 AMARANTH RED#3 ERYTHROSINE	
			Others	



Functional Foods and Medicinal Herbs			PLATINUM PLUS			ALCAT	
Patient Information		PATIENT II, PRETEND		Date of Birth:	09/22/1973	Gender:	M
Lab Information		Date Received:	12/12/2023	Date Collected:	12/11/2023	Date Reported:	12/19/2023
HCP:		(Sample Physician)			Clinic ID:	10804	Lab ID: 68220

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 50
ALOE VERA	ASHWAGANDHA BEE POLLEN BILBERRY DANDELION ROOT GLUCOSAMINE GOLDENSEAL GRAPE SEED EXTRACT	ACAI BERRY* BARLEY GRASS* CHLORELLA* CHONDROITIN* GUARANA SEED* MORINGA* RED YEAST RICE* REISHI MUSHROOM* SENNA* VALERIAN* WHEATGRASS* WORMWOOD* YELLOW DOCK*	<div>Functional Foods and Medicinal Herbs</div> <div>ASTRAGALUS ECHINACEA GINKGO BILOBA HUPERZINE MILK THISTLE PINE BARK ROOIBOS TEA VINPOCETINE</div> <div>BAMBOO SHOOT ELDERBERRY GOJI BERRY KAVA KAVA MULLEIN LEAF RED QUEBRACHO SCHISANDRA BERRY</div> <div>BLACK WALNUT ESSIAC GYMNEMA SYLVESTRE LUTEIN NONI BERRY RESVERATROL SPIRULINA</div> <div>CASCARA FEVERFEW HAWTHORN BERRY MAITAKE MUSHROOM PAU DARCO BARK RHODIOLA ST JOHNS WORT</div> <div>Herbs: Male/Female</div>	

Patient Information

ALCAT

PATIENT II, PRETEND

Date of Birth: 09/22/1973 Date Reported: 12/19/2023

Date Received: 12/12/2023 Lab ID: 68220

HCP(10804): (Sample Physician)

The Alcat Test does not identify the **immediate allergic response** to foods. If you have true food allergies, please **continue to AVOID those foods**, even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have a moderate reaction to Candida Albicans, also eliminate these foods:

AGAVE, CANE SUGAR, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

You have a mild reaction to Gluten and moderate reaction to Gliadin, eliminate these foods

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

LACTOSE

You have no reaction to Whey and mild reaction to Casein, eliminate these foods:

COW'S MILK, GOAT'S MILK, SHEEP'S MILK

BLACK BEANS

ALLULOSE
ANCHOVY
ARUGULA
BEEF
CANTALOUPE
CATFISH
CHICKPEA
EGG WHITE
HEMP
LACTOSE
MONK FRUIT
PARSNIP
PERSIMMON
SEA BASS
TOMATO
TUNA

ANCHO CHILI PEPP
APPLE
BAY LEAF
BLACK CURRANT
CAROB
CELERY
CUCUMBER
FLOUNDER
HORSERADISH
MACKEREL
MUSTARD SEED
PEACH
SAGE
SOYBEAN
TROUT

Patient Information

ALCAT

PATIENT II, PRETEND

Date of Birth: 09/22/1973 Date Reported: 12/19/2023

Date Received: 12/12/2023 Lab ID: 68220

HCP(10804): (Sample Physician)

The Alcat Test does not identify the **immediate allergic response** to foods. If you have true food allergies, please **continue to AVOID those foods**, even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have a moderate reaction to Candida Albicans, also eliminate these foods:

AGAVE, CANE SUGAR, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

You have a mild reaction to Gluten and moderate reaction to Gliadin, eliminate these foods

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

LACTOSE

You have no reaction to Whey and mild reaction to Casein, eliminate these foods:

COW'S MILK, GOAT'S MILK, SHEEP'S MILK

BLACK BEANS

ALLULOSE
ANCHOVY
ARUGULA
BEEF
CANTALOUPE
CATFISH
CHICKPEA
EGG WHITE
HEMP
LACTOSE
MONK FRUIT
PARSNIP
PERSIMMON
SEA BASS
TOMATO
TUNA

ANCHO CHILI PEPP
APPLE
BAY LEAF
BLACK CURRANT
CAROB
CELERY
CUCUMBER
FLOUNDER
HORSERADISH
MACKEREL
MUSTARD SEED
PEACH
SAGE
SOYBEAN
TROUT

AMARANTH*
AVOCADO*
BLACK PEPPER*
BRSSL SPROUT*
CABBAGE*
CLAM*
GINGER*
JACKFRUIT*
LEAF LETT
(RED/GR
NECTARINE*
PAPRIKA*
RHUBARB*
SHIITAKE
MUSHRM*
STAR FRUIT*
TANGERINE*
VENISON*
YELLOW PEA*

APRICOT*
BAKER'S YEAST*
BLACK-EYED PEA*
BUCKWHEAT*
CANOLA
(RAPESEED)
COFFEE*
HABANERO
PEPPER*
JALAPEÑO PEPP*
LIME*
NORI*
PLANTAIN*
RUTABAGA*
SPAGHETTI
SQUASH*
STEVIA LEAF*
TILAPIA*
WATER CHESTNUT*
ZUCCHINI SQUASH*

ARTICHOKE*
BANANA*
BOK CHOY*
BUTTERNUT
SQUASH*
CAPERS*
CUMIN*
HADDOCK*
JICAMA*
MILLET*
OYSTER*
PUMPKIN*
SALMON*
SPEARMINT*
STRAWBERRY*
TURNIP*
WATERCRESS*

ASPARAGUS*
BISON*
BROCCOLI*
BUTTON
MUSHROOM*
CASHEW*
DANDELION
LEAF*
HONEYDEW MLN*
KELP*
MUSSEL*
PAPAYA*
QUINOA*
SCALLION*
SPINACH*
STRING BEAN*
VEAL*
WHITE POTATO*

AMARANTH*
AVOCADO*
BLACK PEPPER*
BRSSL SPROUT*
CABBAGE*
CLAM*
GINGER*
JACKFRUIT*
LEAF LETT
(RED/GR
NECTARINE*
PAPRIKA*
RHUBARB*
SHIITAKE
MUSHRM*
STAR FRUIT*
TANGERINE*
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SQUASH*
STEVIA LEAF*
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WATER CHESTNUT*
ZUCCHINI SQUASH*

ARTICHOKE*
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BISON*
BROCCOLI*
BUTTON
MUSHROOM*
CASHEW*
DANDELION
LEAF*
HONEYDEW MLN*
KELP*
MUSSEL*
PAPAYA*
QUINOA*
SCALLION*
SPINACH*
STRING BEAN*
VEAL*
WHITE POTATO*

VEGETABLES / LEGUMES

ACORN SQUASH	ADZUKI BEANS	BELL PEPPER MIX	BOSTON BIBB
CANNELLINI BEANS	CARROT	CAULIFLOWER	LETTU
COLLARD GREENS	EGGPLANT	ENDIVE	CHICORY
FAVA BEAN	FENNEL SEED	GREEN PEA	ESCAROLE
KALE	KIDNEY BEAN	LEEK	ICEBERG LETTUCE
LIMA BEAN	MUNG BEAN	MUSTARD GREENS	LENTIL BEAN
OKRA	ONION	PINTO BEAN	NAVY BEAN
RADISH	RED BEET	ROMAINE LETT	PORTOBELLO
SWEET POTATO	SWISS CHARD	TARO ROOT	MUSHRM
YELLOW SQUASH			SHALLOTS
			WAKAME SEAWEED

VEGETABLES / LEGUMES

ACORN SQUASH	ADZUKI BEANS	BELL PEPPER MIX	BOSTON BIBB
CANNELLINI BEANS	CARROT	CAULIFLOWER	LETTU
COLLARD GREENS	EGGPLANT	ENDIVE	CHICORY
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OKRA	ONION	PINTO BEAN	NAVY BEAN
RADISH	RED BEET	ROMAINE LETT	PORTOBELLO
SWEET POTATO	SWISS CHARD	TARO ROOT	MUSHRM
YELLOW SQUASH			SHALLOTS
			WAKAME SEAWEED

FRUITS

BLACKBERRY	BLUEBERRY	CHERRY	CRANBERRY
DATE	DRAGON FRUIT	FIG	GRAPE
GRAPEFRUIT	GUAVA	KIWI	LEMON
LYCHEE	MANGO	MULBERRY	OLIVE
ORANGE	PEAR	PINEAPPLE	PLUM
POMEGRANATE	RASPBERRY	RED PALM FRUIT	WATERMELON

FRUITS

BLACKBERRY	BLUEBERRY	CHERRY	CRANBERRY
DATE	DRAGON FRUIT	FIG	GRAPE
GRAPEFRUIT	GUAVA	KIWI	LEMON
LYCHEE	MANGO	MULBERRY	OLIVE
ORANGE	PEAR	PINEAPPLE	PLUM
POMEGRANATE	RASPBERRY	RED PALM FRUIT	WATERMELON

MEAT

CHICKEN	DUCK	LAMB	PORK
TURKEY			

MEAT

CHICKEN	DUCK	LAMB	PORK
TURKEY			

DAIRY / EGGS

EGG YOLK

DAIRY / EGGS

EGG YOLK

SEAFOOD

CODFISH	CRAB	GROUPE	HALIBUT
LOBSTER	MAHI MAHI	POLLOCK	SARDINE
SCALLOP	SHRIMP	SNAPPER (RED)	SOLE
SWORDFISH			

SEAFOOD

CODFISH	CRAB	GROUPE	HALIBUT
LOBSTER	MAHI MAHI	POLLOCK	SARDINE
SCALLOP	SHRIMP	SNAPPER (RED)	SOLE
SWORDFISH			

GRAINS / STARCHES

ARROWROOT	CORN	OAT (GLUTEN FREE)	RICE (BRWN/WHT)
SORGHUM	TAPIOCA	TEFF	WILD RICE

GRAINS / STARCHES

ARROWROOT	CORN	OAT (GLUTEN FREE)	RICE (BRWN/WHT)
SORGHUM	TAPIOCA	TEFF	WILD RICE

NUTS / OILS AND MISC. FOODS

ALMOND	BLACK TEA	BRAZIL NUT	BREWER'S YEAST
CARAWAY	CHAMOMILE	CHIA	COCOA
COCONUT	FLAXSEED	GARLIC	GREEN TEA
HAZELNUT	HOPS	MACADAMIA	NUTRITIONAL
PEANUT	PECAN	PINE NUT	YEAST
POPPY SEED	SAFFLOWER	SESAME	PISTACHIO
VANILLA	WALNUT		SUNFLOWER

NUTS / OILS AND MISC. FOODS

ALMOND	BLACK TEA	BRAZIL NUT	BREWER'S YEAST
CARAWAY	CHAMOMILE	CHIA	COCOA
COCONUT	FLAXSEED	GARLIC	GREEN TEA
HAZELNUT	HOPS	MACADAMIA	NUTRITIONAL
PEANUT	PECAN	PINE NUT	YEAST
POPPY SEED	SAFFLOWER	SESAME	PISTACHIO
VANILLA	WALNUT		SUNFLOWER

HERBS / SPICES

ALLSPICE	BASIL	CARDAMOM	CAYENNE PEPPER
CHIVES	CILANTRO	CINNAMON	CLOVE
CORIANDER SEED	DILL	LICORICE	NUTMEG
OREGANO	PARSLEY	PEPPERMINT	ROSEMARY
SAFFRON	TARRAGON	THYME	TURMERIC

HERBS / SPICES

ALLSPICE	BASIL	CARDAMOM	CAYENNE PEPPER
CHIVES	CILANTRO	CINNAMON	CLOVE
CORIANDER SEED	DILL	LICORICE	NUTMEG
OREGANO	PARSLEY	PEPPERMINT	ROSEMARY
SAFFRON	TARRAGON	THYME	TURMERIC