

# Alcat Test Panel Contents

## ALCAT TEST - FOOD PANELS

### 50 Food Panel *children 3 and under*

Apple	Green Pea
Baker's Yeast	Iceberg
Banana	Lettuce
Barley	Lamb
Beef	Lemon
Black Pepper	Mustard
Broccoli	Seed
Butternut	Oat (GF)
Squash	Onion
Cabbage	Orange
Cane Sugar	Peanut
Cantaloupe	Pear
Carrot	Pork
Casein	Rice
Cauliflower	Brown/White
Chicken	Shrimp
Cinnamon	Soybean
Cocoa	Strawberry
Corn	String Bean
Cow's Milk	Sweet Potato
Egg White	Tomato
Egg Yolk	Tuna
Fructose	Turkey
(HFCS)	Vanilla
Garlic	Wheat
Gliadin	White Potato
Gluten	Yellow
Grape	Squash

### 100 Food Panel *50 Food Panel Plus Items Below*

Almond	Ginger
Asparagus	Goat's Milk
Avocado	Grapefruit
Basil	Halibut
Bell Pepper	Honey
Mix	Hops
Black Tea	Lime
Blueberry	Lobster
Brewer's	Millet
Yeast	Olive
Brussels	Oregano
Sprout	Parsley
Button	Peach
Mushroom	Pecan
Candida	Pineapple
albicans	Pinto Bean
Carob	Plum
Cashew	Psyllium
Celery	Rye
Cherry	Salmon
Clam	Scallop
Coconut	Sesame
Codfish	Snapper (Red)
Coffee	Sole
Crab	Spinach
Cranberry	Watermelon
Cucumber	Whey
Eggplant	

### 150 Food Panel *100 Food Panel Plus Items Below*

Amaranth	Malt
Apricot	Mango
Artichoke	Navy Bean
Bay Leaf	Nutmeg
Blackberry	Oyster
Black Beans	Papaya
Black-Eyed	Paprika
Pea	Peppermint
Buckwheat	Pistachio
Caraway	Pumpkin
Cayenne	Radish
Pepper	Raspberr
Chickpea	Red Beet
Clove	Safflower
Cumin	Sage
Date	Sardine
Dill	Sea Bass
Duck	Sunflower
Fig	Tapioca
Flaxseed	Thyme
Haddock	Tilapia
Hazelnut	Trout
Honeydew	Turnip
Melon	Veal
Kidney Bean	Walnut
Kiwi	
Lentil Bean	
Lima Bean	

### 200 Food Panel *150 Food Panel Plus Items Below*

Acorn Squash	Mahi Mahi
Ancho Chili	Maple Sugar
Pepper	Mung Bean
Anchovy	Mussel
Bison	Nectarine
Bok Choy	Okra
Brazil Nut	Parsnip
Cardamom	Pine Nut
Catfish	Pomegranate
Chamomile	Portobello
Chicken Liver	Mushroom
Cilantro	Quinoa
Coriander	Romaine
Seed	Lettuce
Endive	Rosemary
Fava Bean	Saffron
Fennel Seed	Scallion
Flounder	Sorghum
Jalapeño	Spelt
Pepper	Squid
Kale	Swiss Chard
Kelp	Swordfish
Leaf Lettuce	Teff
(Red/Green)	Turmeric
Leek	Venison
Licorice	Watercress
Macadamia	Wild Rice
Mackerel	Zucchini
	Squash

### 237 Food Panel *200 Food Panel Plus Items Below*

Adzuki	Persimmon
Beans	Rhubarb
Arrowroot	Shallot
Arugula	Sheep's Milk
Black Currant	Shiitake
Boston Bibb	Mushroom
Lettuce	Spaghetti
Cannellini	Squash
Bean	Spearmint
Capers	Star Fruit
Chia	Tangerine
Chicory	Taro Root
Chives	Tarragon
Collard	Wakame
Greens	Seaweed
Curry	Water
Dandelion	Chestnut
Leaf	Yam

### 150 Vegetarian Panel

Almond	Carrot	Gliadin	Olive	Saffron
Ancho Chili	Casein	Gluten	Onion	Sage
Pepper	Cashew	Grape	Orange	Sesame
Apple	Cauliflower	Grapefruit	Oregano	Sorghum
Apricot	Cayenne Pepper	Green Pea	Papaya	Soybean
Artichoke	Celery	Hazelnut	Paprika	Strawberry
Asparagus	Chamomile	Honey	Parsley	String Bean
Avocado	Cherry	Honeydew Melon	Parsnip	Sunflower
Baker's Yeast	Chickpea	Hops	Peach	Sweet Potato
Banana	Cinnamon	Iceberg Lettuce	Peanut	Swiss Chard
Barley	Clove	Jalapeño Pepper	Pear	Tapioca
Basil	Cocoa	Kale	Pecan	Tarragon
Bay Leaf	Coconut	Kelp	Peppermint	Thyme
Bell Pepper Mix	Coffee	Kidney Bean	Pine Nut	Tomato
Black Pepper	Corn	Kiwi	Pineapple	Turmeric
Blackberry	Cow's Milk	Leek	Pinto Bean	Turnip
Black-Eyed Pea	Cranberry	Lemon	Pistachio	Vanilla
Black Tea	Cucumber	Lentil Bean	Plum	Wakame
Blueberry	Cumin	Lima Bean	Pomegranate	Seaweed
Brazil Nut	Curry	Lime	Portobello	Walnut
Brewer's Yeast	Date	Macadamia	Mushroom	Watermelon
Broccoli	Dill	Malt	Psyllium	Wheat
Brussels Sprout	Egg White	Mango	Pumpkin	Whey
Buckwheat	Egg Yolk	Maple Sugar	Radish	White Potato
Button	Eggplant	Millet	Raspberr	Yellow Squash
Mushroom	Endive	Mung Bean	Red Beet	Zucchini
Cabbage	Fava Bean	Mustard Seed	Rhubarb	
Candida albicans	Fig	Navy Bean	Rice	
Cane Sugar	Flaxseed	Nectarine	Romaine Lettuce	
Cantaloupe	Fructose	Nutmeg	Rosemary	
Caraway	Garlic	Oat	Rye	
Carob	Ginger	Okra		

### 200 Vegetarian Panel

*150 Vegetarian Panel Plus Items Below*

Acorn Squash	Lactose
Adzuki Beans	Leaf Lettuce
Arrowroot	Licorice
Arugula	Lychee
Black Beans	Molasses
Black Currant	Mulberry
Bok Choy	Mustard Greens
Boston Bibb Lettuce	Nutritional Yeast
Butternut Squash	Persimmon
Cannellini Beans	Quinoa
Capers	Safflower
Cardamom	Scallion
Chia	Shallot
Chicory	Shiitake Mushroom
Chives	Spaghetti Squash
Cilantro	Spearmint
Collard Greens	Spelt
Coriander	Star Fruit
Dandelion Leaf	Tangerine
Escarole	Taro Root
Fennel Seed	Teff
Goat's Milk	Water Chestnut
Guava	Watercress
Hemp	Wild Rice
Horseradish	Yam

## ALCAT TEST - VEGETARIAN FOOD PANELS

# Alcat Test Panel Contents

ALCAT TEST - ADDITIONAL PANELS

## 50 Functional Foods & Medicinal Herbs

Açai Berry	Lutein
Agave	Maitake Mushroom
Aloe Vera	Milk Thistle
Ashwagandha	Mullein Leaf
Astragalus	Noni Berry
Barley Grass	Pau d'arco Bark
Bee Pollen	Pine Bark
Bilberry	Red Yeast Rice
Black Walnut	Reishi Mushroom
Cascara	Resveratrol
Chlorella	Rhodiola
Chondroitin	Rooibos Tea
Dandelion Root	Schisandra Berry
Echinacea	Senna
Elderberry	Spirulina
Essiac	St John's Wort
Feverfew	Stevia Leaf
Ginkgo Biloba	Valerian
Glucosamine	Vinpocetine
Goji Berry	Wheatgrass
Goldenseal	Wormwood
Grape Seed Extract	Yellow Dock
Guarana Seed	
Gymnema Sylvestre	
Hawthorn Berry	
Huperzine	
Kava Kava	
Luo Han Guo	

## 50 Female Herbs

Alfalfa Leaf	Lobelia
Arnica	Maca Root
Black Cohosh	Marshmallow Root
Blessed Thistle	Mistletoe
Blue Cohosh	Motherwort
Boswellia	Myrrh
Buchu Leaf	Nettle Leaf
Bupleurum	Partridge Berry
Burdock	Pennyroyal
Butcher's Broom Root	Peony Root
Calendula	Red Clover Flower
Cat's Claw	Red Raspberry Leaf
Chaparral Root	Rehmannia
Chasteberry	Sarsaparilla
Cramp Bark	Siberian Ginseng
Damiana	Skull Cap
Dong Quai	Slippery Elm
Evening Primrose	Uva Ursi
False Unicorn	White Willow Bark
Fo-Ti Root	Wild Yam Root
Gotu Kola	Yarrow
Horse Chestnut	Yerba Maté
Horsetail	
Irish Moss	
Juniper Berry	
Korean Ginseng	
Lavender	
Lemon Balm	

## 40 Male Herbs

Alfalfa Leaf	Lycopene
American Ginseng	Maca Root
Arnica	Mistletoe
Burdock	Mucuna Pruriens
Butcher's Broom Root	Muira Puama
Calendula	Myrrh
Cat's Claw	Nettle Leaf
Catuaba	Pumpkin Seed
Chaparral Root	Pygeum Bark
Cnidium Monnier	Rehmannia
Damiana	Sarsaparilla
Deer Antler Velvet	Saw Palmetto
Dong Quai	Siberian Ginseng
Fo-Ti Root	Skull Cap
Gotu Kola	Stinging Nettle Root
Horny Goat Weed	Tribulus Terrestris
Irish Moss	Uva Ursi
Juniper Berry	Yarrow
Korean Ginseng	Yerba Maté
Lobelia	Yohimbe Bark

## 30 Food Additives/Colorings/Environmental Chemicals

Acid Blue #3	Nickel Sulfate
Acid Red #14	Orris Root
Ammonium Chloride	Polysorbate 80
Annatto	Red #4 (Carmine)
Aspartame	Red #40 (Allura Red)
Benzoic Acid	Saccharin
BHA	Sodium Sulfite
BHT	Sorbic Acid
Blue #1 (Brilliant Blue)	Sucralose (Splenda)
Blue #2 (Indigo Carmine)	Xylitol
Brilliant Black	Yellow #5 (Tartrazine)
Chlorine	Yellow #6 (Sunset Yellow)
Citric Acid	
Deltamethrin	
Erythritol	
Fluoride	
Green #3 (Fast Green)	
MSG	

## 40 Preservatives/Expanded Additives

Acacia Gum	Methyl Anthranilate
Adipic Acid	Phosphoric Acid
Alum	Polydextrose
Ascorbic Acid	Potash
Beta Carotene	Potassium Phosphate
Calcium Phosphate	Potassium Sorbate
Cyclodextrin	Potassium Tartrate
D-Lactitol	Red #2 (Amaranth)
EDTA	Red #3 (Erythrosine)
Fumaric Acid	Sodium Acetate
Glycerol	Sodium Bisulfate
Hexylresorcinol	Sodium Lactate
Invertase	Sodium Lauryl Sulfate (SLS)
Isomalt	Sodium Propionate
Lactic Acid	Sodium Pyrophosphate
Lecithin (Soy)	Sodium Tripolyphosphate
Lysozyme	Sorbitol
Magnesium Phosphate	Succinic Acid
Malic Acid	
Maltodextrin	
Mannitol	
Methenamine	

## 20 Antibiotics/Anti-Inflammatory Agents

Acetaminophen (Tylenol)	Naproxen (Aleve)
Amoxicillin	Neomycin
Ampicillin	Nystatin
Aspirin	Penicillamine
Diclofenac (Voltaren)	Penicillin
Diflunisal (Dolobid)	Piroxicam (Feldene)
Gentamicin	Streptomycin
Ibuprofen (Advil/Motrin)	Sulfamethoxazole
Indomethacin (Indocin)	Sulindal (Clinoril)
Ketoprofen	Tetracycline

## 21/20 Molds

Alternaria	Hormodendrum
Aspergillus	Monilia sitophila
Botrytis	Mucor racemosus
Candida albicans	Penicillium
Cephalosporium	Phoma herbarum
Cladosporium herbarum	Pullularia
Curvularia	Rhizopus stolonifer
Epicoccum nigrum	Rhodotorula rubra
Fusarium oxysporum	Spondylocladium
Geotrichum candidum	Trichoderma
Helminthosporium	