Cell Science Systems

Food Sensitivities Test Report — Platinum Plus

ALCAT

Patient Information	PATIENT II, PRETEND	Date of Birth:	11/04/1977	Gender:	F
Lab Information	Date Received: 02/11/2010	Date Collected:		Date Reported:	02/28/2019
HCP:	Sample Physician			Clinic ID:	10804

Lab Director
Dr.Jennifer Spiegel, M.D.

Lab ID: 68220

Item Count: 250

SEVERE

AVOCADO
GARLIC
ICEBERG LETTUCE
LAMB
SWEET POTATO
SWORDFISH

MODERATE

ANCHOVY
ARTICHOKE
BASIL
BEEF
CATFISH
CLAM
CORN
EGG YOLK
MUSSEL
PINTO BEAN
RADISH
SORGHUM
TUNA
WALNUT

MILD*

ACORN SQUASH*
ALLSPICE*
ALMOND*
BISON*
BLACKBERRY*
BRAZIL NUT*
BROCCOLI*
CHICKEN LIVER*
CHIVES*
CLOVE*
CODFISH*
DILL*
EGG WHITE*
FLOUNDER*
GREEN PEA*
HONEYDEW MLN*
LIMA BEAN*
LIME*
MACADAMIA*
ONION*
PEPPERMINT*
POPPY SEED*
RED PALM FRUIT*
RHUBARB*
SAGE*
TURNIP*
VANILLA*
WAKAME SEAWEED*
WHITE POTATO*

ACCEPTABLE / NO REACTION

VEGETABLES / LEGUMES

ADZUKI BEANS	ARUGULA	ASPARAGUS	BELL PEPPER MIX
BLACK BEANS	BLACK-EYED PEA	BOK CHOY	BOSTON BIBB LETTU
BRSSLS SPROUT	BUTTERNUT SQUASH	BUTTON MUSHROOM	CABBAGE
CANNELLINI BEANS	CAPERS	CARROT	CAULIFLOWER
CELERY	CHICKPEA	CHICORY	COLLARD GREENS
CUCUMBER	EGGPLANT	ENDIVE	ESCAROLE
FAVA BEAN	FENNEL SEED	HABANERO PEPPER	JALAPEÑO PEPP
JICAMA	KALE	KELP	KIDNEY BEAN
LEAF LETT (RED/GR	LEEK	LENTIL BEAN	MUNG BEAN
MUSTARD GREENS	NAVY BEAN	OKRA	PARSNIP
PORTOBELLO MUSHRM	RED BEET / SUGAR	ROMAINE LETT	RUTABAGA
SCALLION	SHALLOTS	SHIITAKE MUSHRM	SOYBEAN
SPAGHETTI SQUASH	SPINACH	STRING BEAN	SWISS CHARD
TARO ROOT	TOMATO	WATER CHESTNUT	WATERCRESS
YAM	YELLOW PEA	YELLOW SQUASH	ZUCCHINI SQUASH

FRUITS

APPLE	APRICOT	BANANA	BLACK CURRANT
BLUEBERRY	CANTALOUPE	CHERRY	CRANBERRY
DATE	DRAGON FRUIT	FIG	GRAPE
GRAPEFRUIT	GUAVA	JACKFRUIT	KIWI
LEMON	LYCHEE	MANGO	MULBERRY
NECTARINE	OLIVE	ORANGE	PAPAYA
PEACH	PEAR	PERSIMMON	PINEAPPLE
PLANTAIN	PLUM	POMEGRANATE	PUMPKIN
RASPBERRY	STAR FRUIT	STRAWBERRY	TANGERINE

MEAT

CHICKEN	DUCK	PORK	TURKEY
VEAL	VENISON		

DAIRY / EGGS

SEAFOOD

CRAB	GROUPER	HADDOCK	HALIBUT
LOBSTER	MACKEREL	MAHI MAHI	OYSTER
SALMON	SARDINE	SCALLOP	SEA BASS
SHRIMP	SNAPPER (RED)	SOLE	TILAPIA
TROUT			

GRAINS / STARCHES

AMARANTH	ARROWROOT	BUCKWHEAT	MILLET
OAT (GLUTEN FREE)	QUINOA	RICE (BRWN/WHT)	TAPIOCA
TEFF	WILD RICE		

HERBS / SPICES

ANCHO CHILI PEPP	BAY LEAF	BLACK PEPPER	CARDAMOM
CAYENNE PEPPER	CINNAMON	CORIANDER SEED	CUMIN
CURRY	GINGER	HORSERADISH	LICORICE
NUTMEG	OREGANO	PAPRIKA	PARSLEY
ROSEMARY	SAFFRON	TARRAGON	THYME
TURMERIC			

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	BLACK TEA	BREWER'S YEAST	CANOLA (RAPESEED)
CARAWAY	CAROB	CASHEW	CHAMOMILE
CHIA	COCOA	COCONUT	COFFEE
DANDELION LEAF	FLAXSEED	GREEN TEA	HAZELNUT
HEMP	HOPS	MUSTARD SEED	NUTRITIONAL YEAST
PEANUT	PECAN	PINE NUT	PISTACHIO
SAFFLOWER	SESAME	SPEARMINT	STEVIA LEAF
SUNFLOWER			

CANDIDA ALBICANS
You have a moderate reaction to Candida Albicans, also eliminate these foods:
AGAVE, CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN **GLIADIN**
You have a mild reaction to Gliadin and severe reaction to Gluten, eliminate these foods:
BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN **WHEY**
You have no reaction to Casein and mild reaction to Whey, eliminate these foods:
COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

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	On your food results you will have 3 distinct blue boxes : Candida AIbicans: 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. 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. 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.

Cautions & Notes:

a. 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.

b. 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.

c. Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

1. 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.

2. If tested for 50 foods or less, no rotational plan is provided.

Cell Science Systems

Personalized Rotation Diet | 4 Day Rotation

ALCAT

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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	QUINOA TEFF	AMARANTH BUCKWHEAT RICE (BRWN/WHT)
VEGETABLES / LEGUMES	BLACK-EYED PEA BUTTERNUT SQUASH CAPERS CARROT CELERY CHICKPEA CHICORY EGGPLANT KALE LEAF LETT (RED/GRN) MUSTARD GREENS PARSLEY ROMAINE LETT TOMATO WAKAME SEAWEED* YAM YELLOW SQUASH	BELL PEPPER MIX BOK CHOY BOSTON BIBB LETTUCE BROCCOLI* BRSSLS SPROUT BUTTON MUSHROOM CABBAGE CAULIFLOWER CHIVES* ENDIVE ESCAROLE KELP LENTIL BEAN SHALLOTS SHIITAKE MUSHRM ZUCCHINI SQUASH	ACORN SQUASH* ARUGULA ASPARAGUS BLACK BEANS COLLARD GREENS FENNEL SEED GREEN PEA* HORSERADISH KIDNEY BEAN LEEK LIMA BEAN* MUNG BEAN NAVY BEAN ONION* STRING BEAN TARO ROOT WATERCRESS	ADZUKI BEANS CANNELLINI BEANS CUCUMBER DANDELION LEAF JALAPEÑO PEPP OKRA PARSNIP PORTOBELLO MUSHRM RED BEET / SUGAR RHUBARB* SCALLION SPAGHETTI SQUASH SPINACH SWISS CHARD TURNIP* WATER CHESTNUT
Fruit	BANANA BLACK CURRANT DATE FIG GUAVA KIWI LEMON MANGO PAPAYA STRAWBERRY	APPLE BLUEBERRY CRANBERRY PEAR PINEAPPLE POMEGRANATE TANGERINE	APRICOT BLACKBERRY* CHERRY GRAPE LIME* NECTARINE PEACH PLUM RASPBERRY STAR FRUIT	CANTALOUPE DRAGON FRUIT GRAPEFRUIT HONEYDEW MLN* JACKFRUIT LYCHEE MULBERRY OLIVE ORANGE PERSIMMON PUMPKIN WATERMELON
Protein	BISON* CODFISH* CRAB FAVA BEAN FLOUNDER* OYSTER SARDINE SEA BASS SNAPPER (RED) VEAL	CHICKEN EGG WHITE* MACKEREL MAHI MAHI TILAPIA	DUCK HALIBUT PORK SOLE SOYBEAN	CHICKEN LIVER* HADDOCK LOBSTER SALMON SCALLOP SHRIMP TROUT TURKEY VENISON
MISCELLANEOUS	ANCHO CHILI PEPP BAY LEAF CARAWAY CASHEW CHAMOMILE CHIA COCONUT CORIANDER SEED CUMIN FLAXSEED LICORICE PISTACHIO ROSEMARY SAFFLOWER TURMERIC	ALLSPICE* BAKER'S YEAST BREWER'S YEAST CAYENNE PEPPER CINNAMON CLOVE* GINGER HAZELNUT HEMP HOPS MUSTARD SEED PAPRIKA PEPPERMINT* SAFFRON	ALMOND* BRAZIL NUT* CANOLA (RAPESEED) CARDAMOM COCOA COFFEE DILL* MACADAMIA* OREGANO PEANUT TARRAGON THYME	BLACK PEPPER BLACK TEA CAROB CURRY GREEN TEA NUTMEG NUTRITIONAL YEAST PECAN PINE NUT SAGE* SESAME SPEARMINT SUNFLOWER VANILLA*

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AGAVE

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

ARTICHOKE

The globe artichoke is a perennial thistle that is green in color. The heart is most often consumed, although the leaves can be as well if prepared in the right way. The leaves can be very sharp. COMMON USES: Stews, soups, salads and dips. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Artichoke crowns, artichoke bottoms, vegetable pizza, poivrade. BE AWARE: Can be found in some herbal teas and the Italian liqueur Cynar

AVOCADO

Haas avocados have a dark, leathery skin and a creamy green flesh. Florida avocados are larger with a bright green shiny skin and a green flesh that is a bit more firm than a Haas avocado. COMMON USES: Sandwiches, salads, in sushi, baby food, and dips, sauces, and smoothies; also an oil. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Guacamole, avocaditos (cocktail avocado), alligator pear, oil blends. BE AWARE: May be used in milkshakes, ice cream, and other desserts/baked goods. Associated with latex-fruit allergy syndrome and may cause cross-reaction

BASIL

Basil is a bright green leaf and is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. COMMON USES: Pesto, added to pasta dishes, soups, dips, salads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Herbs, Italian herb blend, tomato sauce, caprese. BE AWARE: Alcoholic beverages (bitters, liquors, and spirits) may contain basil, packaged Italian herb blends may contain basil

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")

CATFISH

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

CLAM

Clam is a term for any bivalve mollusk; varies in color, size and shape. COMMON USES: Seafood dishes, pastas, soups, and stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mollusk, shellfish, boulliabaise. BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements

CORN

A gluten free grain with yellow kernels that come on a cob inside of a husk. COMMON USES: Corn flour, corn grits, corn oil, corn meal, corn starch, popcorn; some alcohol is derived from corn; found in mixed vegetables, soups, stews, sauces, purees. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Maize, hominy, gluten-free (check labels). BE AWARE: Most corn produced in US is genetically modified, registered as a pesticide

EGG YOLK

An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking. COMMON USES: Mayonnaise, custards, mousse, hollandaise sauce, béarnaise, sauces, crème brulee, baked goods, margarine, glazes, ovalbumin, lecithin. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Powdered eggs

Cell Science Systems

Avoiding YOUR Reactive Foods			WHAT YOU NEED TO KNOW			
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FRUCTOSE

Derived from corn and highly processed; very different chemically from natural fructose, which is found in all fruits. COMMON USES: Sweets, candies, yogurts, juices, condiments, cereals, protein bars, prepackaged foods, etc. . BE AWARE: Spikes insulin levels; a known inflammatory and non-healthy weight gaining food

GARLIC

A head of garlic has white papery skin and the cloves within are off white and must be peeled to consume. Garlic can come in many different forms and is one of the most popular flavorings in the US. COMMON USES: A wide variety of dishes and prepackaged foods as a flavoring and seasoning . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Aioli, spice blend, prepackaged foods, garlic powder, granulated garlic, roasted garlic

ICEBERG LETTUCE

Avoid also bib lettuce & boston lettuce. Mainly used in salads. For reintroduction into diet, place into Day 1.

LAMB

A young sheep, tender red meat with a very distict flavor. COMMON USES: Kebabs, gyros, burgers, stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mutton, spring lamb

MUSSEL

A bivalve mollusk that is commonly found with a black to dark green shell. COMMON USES: Seafood stews, soups, pastas. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bouillabaisse, paella . BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements.

PINTO BEAN

Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. COMMON USES: Burritos, savory dishes, refried beans, chili con carne. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Red Mexican Bean

RADISH

A bulb type vegetable that is reddish in color with white crisp meat. They have a high water content, and are firm to the bite. COMMON USES: Salads, soups, dips, spreads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Crudite. BE AWARE: Can also be consumed in sprout form

SORGHUM

A gluten free grain that is off white in color, round in shape, and larger than rice or millet. Sorghum has a mild flavor similar to rice and millet. COMMON USES: Gluten free cereals, breads, and baked goods. More commonly seen as a flour, but does exist as a whole grain. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sorghum syrup, sorghum molasses, whole grain, ancient grain, gluten free. BE AWARE: Widely used in gluten free beers and as a "cane sugar free" sweetener, and comes in a variety of colors

SWEET POTATO

A root vegetable with skin that is brown/orange in color with bright orange flesh; although it can be found in the white flesh variety. Sweet potatoes are most commonly boiled, baked, roasted or fried. COMMON USES: Baked goods, pies, casseroles, mashes, purees, soups, stews; not related to the white potato . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Root vegetables, yams (used interchangeably but yam is a different species), boniato. BE AWARE: Can also be found in white or purple color

SWORDFISH

Swordfish comes in "steaks" because their white flesh is very thick and meaty; does not flake like a mild white fish does. COMMON USES: Seafood dishes or cooked alone as a "steak". OTHER WORDS THAT MIGHT INDICATE PRESENCE: Broadbills. BE AWARE: Mercury levels are 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

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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

WALNUT

Walnuts are large misshapen light brown nuts that come from a walnut tree. COMMON USES: Salads, baked goods, baklava, desserts, cereals, granola; also used to make walnut oil, walnut milk, black walnut, English walnut. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Nut mixes, blended oil, nut milk, waldorf salad. BE AWARE: Those with tree nut allergies cannot consume; 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 tree nuts as an ingredient must list the specific type of nut in plain English, on the label

WHEAT

Wheat is a gluten containing grain that is light brown and when cooked oval shaped and translucent. COMMON USES: Breads, pastas, crackers, cookies, cereals, chips, baked goods, all purpose flour and much more. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bread, cake, cookies, pie, sauces, stews, soups, farina, semolina, farro, couscous, roux, durum, kamut . BE AWARE: Wheat is also found in beer and certain alcohols; 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 wheat as an ingredient must list the word “wheat” 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.

Cell Science Systems

Chemicals and Molds			Platinum Plus		
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Item Count: 70

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

Cell Science Systems

Functional Foods and Medicinal Herbs			Platinum Plus		
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Item Count: 50

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
	GINKGO BILOBA MAITAKE MUSHROOM WORMWOOD	BILBERRY* CASCARA* CHLORELLA* FEVERFEW* GOJI BERRY* GOLDENSEAL* GUARANA SEED* KAVA KAVA* RED QUEBRACHO* RED YEAST RICE* RHODIOLA* ROOIBOS TEA* ST JOHNS WORT* VALERIAN* VINPOCETINE* WHEATGRASS* YELLOW DOCK*	

Functional Foods and Medicinal Herbs

ACAI BERRY	ALOE VERA	ASHWAGANDHA	ASTRAGALUS
BAMBOO SHOOT	BARLEY GRASS	BEE POLLEN	BLACK WALNUT
CHONDROITIN	DANDELION ROOT	ECHINACEA	ELDERBERRY
ESSIAC	GLUCOSAMINE	GRAPE SEED EXTRAC	GYMNEMA
HAWTHORN BERRY	HUPERZINE	LUO HAN GUO	SYLVESTRE
MILK THISTLE	MULLEIN LEAF	NONI BERRY	LUTEIN
PINE BARK	REISHI MUSHROOM	RESVERATROL	PAU DARCO BARK
SENNA	SPIRULINA		SCHISANDRA BERRY

Herbs: Male/Female

Patient Information

ALCAT

PATIENT II, PRETEND

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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, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN **GLIADIN**

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN **WHEY**

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

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

AVOCADO	ANCHOVY	ARTICHOKE
GARLIC	BASIL	BEEF
ICEBERG LETTUCE	CATFISH	CLAM
LAMB	CORN	EGG YOLK
SWEET POTATO	MUSSEL	PINTO BEAN
SWORDFISH	RADISH	SORGHUM
	TUNA	WALNUT

ACORN SQUASH*	ALLSPICE*	ALMOND*	BISON*
BLACKBERRY*	BRAZIL NUT*	BROCCOLI*	CHICKEN LIVER*
CHIVES*	CLOVE*	CODFISH*	DILL*
EGG WHITE*	FLOUNDER*	GREEN PEA*	HONEYDEW MLN*
LIMA BEAN*	LIME*	MACADAMIA*	ONION*
PEPPERMINT*	POPPY SEED*	RED PALM FRUIT*	RHUBARB*
SAGE*	TURNIP*	VANILLA*	WAKAME
WHITE POTATO*			SEAWEED*

Patient Information

ALCAT

PATIENT II, PRETEND

Date of Birth:	11/04/1977	Date Reported:	02/28/2019
Date Received:	02/11/2010	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, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN **GLIADIN**

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN **WHEY**

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

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

AVOCADO	ANCHOVY	ARTICHOKE
GARLIC	BASIL	BEEF
ICEBERG LETTUCE	CATFISH	CLAM
LAMB	CORN	EGG YOLK
SWEET POTATO	MUSSEL	PINTO BEAN
SWORDFISH	RADISH	SORGHUM
	TUNA	WALNUT

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SAGE*	TURNIP*	VANILLA*	WAKAME
WHITE POTATO*			SEAWEED*

VEGETABLES / LEGUMES

ADZUKI BEANS	ARUGULA	ASPARAGUS	BELL PEPPER MIX
BLACK BEANS	BLACK-EYED PEA	BOK CHOY	BOSTON BIBB
BRSSLS SPROUT	BUTTERNUT SQUASH	BUTTON MUSHROOM	LETTU
CANNELLINI BEANS	CAPERS	CARROT	CABBAGE
CELERY	CHICKPEA	CHICORY	CAULIFLOWER
CUCUMBER	EGGPLANT	ENDIVE	COLLARD GREENS
FAVA BEAN	FENNEL SEED	HABANERO PEPPER	ESCAROLE
JICAMA	KALE	KELP	JALAPEÑO PEPP
LEAF LETT (RED/GR	LEEK	LENTIL BEAN	KIDNEY BEAN
MUSTARD GREENS	NAVY BEAN	OKRA	MUNG BEAN
PORTOBELLO	RED BEET / SUGAR	ROMAINE LETT	PARSNIP
MUSHRM	SHALLOTS	SHIITAKE MUSHRM	RUTABAGA
SCALLION	SPINACH	STRING BEAN	SOYBEAN
SPAGHETTI SQUASH	TOMATO	WATER CHESTNUT	SWISS CHARD
TARO ROOT	YELLOW PEA	YELLOW SQUASH	WATERCRESS
YAM			ZUCCHINI SQUASH

FRUITS

APPLE	APRICOT	BANANA	BLACK CURRANT
BLUEBERRY	CANTALOUPE	CHERRY	CRANBERRY
DATE	DRAGON FRUIT	FIG	GRAPE
GRAPEFRUIT	GUAVA	JACKFRUIT	KIWI
LEMON	LYCHEE	MANGO	MULBERRY
NECTARINE	OLIVE	ORANGE	PAPAYA
PEACH	PEAR	PERSIMMON	PINEAPPLE
PLANTAIN	PLUM	POMEGRANATE	PUMPKIN
RASPBERRY	STAR FRUIT	STRAWBERRY	TANGERINE

MEAT

CHICKEN	DUCK	PORK	TURKEY
VEAL	VENISON		

DAIRY / EGGS

SEAFOOD

CRAB	GROUPER	HADDOCK	HALIBUT
LOBSTER	MACKEREL	MAHI MAHI	OYSTER
SALMON	SARDINE	SCALLOP	SEA BASS
SHRIMP	SNAPPER (RED)	SOLE	TILAPIA
TROUT			

GRAINS / STARCHES

AMARANTH	ARROWROOT	BUCKWHEAT	MILLET
OAT (GLUTEN FREE)	QUINOA	RICE (BRWN/WHT)	TAPIOCA
TEFF	WILD RICE		

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	BLACK TEA	BREWER'S YEAST	CANOLA
CARAWAY	CAROB	CASHEW	(RAPESEED)
CHIA	COCOA	COCONUT	CHAMOMILE
DANDELION LEAF	FLAXSEED	GREEN TEA	COFFEE
HEMP	HOPS	MUSTARD SEED	HAZELNUT
PEANUT	PECAN	PINE NUT	NUTRITIONAL
SAFFLOWER	SESAME	SPEARMINT	YEAST
SUNFLOWER			PISTACHIO
			STEVIA LEAF

HERBS / SPICES

ANCHO CHILI PEPP	BAY LEAF	BLACK PEPPER	CARDAMOM
CAYENNE PEPPER	CINNAMON	CORIANDER SEED	CUMIN
CURRY	GINGER	HORSERADISH	LICORICE
NUTMEG	OREGANO	PAPRIKA	PARSLEY
ROSEMARY	SAFFRON	TARRAGON	THYME
TURMERIC			

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TURMERIC			