

FOOD INFLAMMATION TEST (FIT)

Delayed Food Sensitivity & Gut Barrier Panel

176 Foods, Colorings, Additives & Gut Barrier Panel

132 Foods, Colorings, Additives & Gut Barrier Panel

22 Foods, Colorings & Additives

DAIRY/EGG	FISH	GRAINS	VEGETABLES	FRUITS	NUTS/SEEDS	SPICES/ MISCELLANEOUS
Casein Cow's Milk Egg White Egg Yolk	Salmon	Gliadin Wheat, Gluten Wheat, Whole	Corn Potato, White Tomato	Banana Pineapple	Almond Peanut	Turmeric Yeast, Brewer's
MEATS	SEAFOOD	BEANS				
Beef Chicken	Shrimp	Coffee Soy Bean				
Goat's Milk Whey	Codfish Flounder Halibut Sea Bass Snapper Swordfish Trout Tuna	Barley Millet Oat Quinoa Rice Rye	Artichoke Asparagus Beets Broccoli Butternut Squash Cabbage Carob Carrot Cauliflower Celery Collard Greens Cucumber Lettuce Onion, White	Pea, Chick Pea, Green Pepper, Green Potato, Sweet Spinach Zucchini	Apple Pineapple Avocado Plum Blueberry Pomegranate Cantaloupe Raspberry Strawberry Watermelon Cranberry Grape, White Grapefruit Honeydew Melon Lemon Lime Olive, Green Orange Peach Pear	Cashew Coconut Dill Seed English Walnut Flax Seed Hazelnut Pecan Sesame Seed Sunflower Seed
Bacon Duck Lamb Pork Turkey	Clam Crab Lobster Scallops	Cocoa Kidney Bean Lentils Navy Bean Pinto Bean				Agave Aspartame Basil Benzoic Acid BHA Canola Oil Cinnamon Garlic Ginger Hops MSG Mushroom Mustard Oregano Paprika
Sheep's Milk Venison	Anchovy Mackerel Sardine Oyster Squid	Amaranth Buckwheat Sorghum Spelt Black Bean Green Bean	Arugula Brussel Sprouts Eggplant Kale Summer Squash	Acai Berry Apricot Fig Goji Berry Kiwi Mango Monk Fruit Papaya	Brazil Nut Chia Seed Hemp Seed Macadamia Nut Pine Nut Pistachio	Cilantro Cloves Coconut Oil Cumin Hemp Protein (CBD) Honey Maple Syrup
						Pepper, Black Pepper, Chili Peppermint Polysorbate 80 Red #3 Red #40 Rosemary Saccharin Spirulina Sugarcane Tea, Black Vanilla Wine, Red Yeast, Baker's Yellow #6

Gut Barrier Panel

Candida, Zonulin, Occludin, LPS (Lipopolysaccharides)

Gut Barrier Panel is included on all FIT Tests
The Gut Barrier Panel is also a standalone test

Gut Barrier Panel (GB Panel)

KBMO has created a unique Gut Barrier Panel. In recognition that leaky gut occurs across a spectrum we have included the following gatekeeper markers:

Candida, Zonulin and Occludin.

Candida:

We measure and use any candida overgrowth in the stomach/dysbiosis as a precursor to leaky gut occurrence.

Zonulin:

Zonulin is a marker of intestinal permeability, otherwise known as leaky gut. If a patient has elevated zonulin levels, the normal regulation of the tight junctions is compromised. This zonulin marker is unique to KBMO. Please follow the link for more information:

Occludin:

Occludin is a marker of tight junction stabilization and optimal barrier function. Elevated occludin indicates that the tight junctions are breaking down.

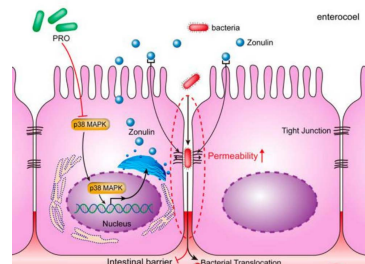
LPS:

Lipopolysaccharides (LPS) are a major structural component of the outer membrane of gram-negative bacteria. Elevated levels of antibody against LPS may be indicative of Leaky Gut Syndrome and other gastrointestinal inflammatory diseases.

SAMPLE

Gut Barrier Panel		
	IgG1-4-C3d	IgA1-2
Candida	Positive	Positive
Zonulin	Negative	Positive
Occludin	Negative	Negative
LPS	Positive	Negative

ZONULIN TEST



Contact Welltitude Coaching, LLC to order FIT test
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