

Alcat Test Panel Contents

ALCAT TEST - FOOD PANELS

50 Food Panel *children 3 and under*

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

100 Food Panel *50 Food Panel Plus Items Below*

Almond	Ginger
Asparagus	Goat's Milk
Avocado	Grapefruit
Basil	Green Tea
Bell Pepper	Halibut
Mix	Honey
Black Tea	Hops
Blueberry	Lime
Brewer's	Lobster
Yeast	Millet
Brussels	Olive
Sprout	Oregano
Button	Parsley
Mushroom	Peach
<i>Candida</i>	Pecan
<i>albicans</i>	Pineapple
Carob	Pinto Bean
Cashew	Plum
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	Raspberry
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	Maple Sugar
Ancho Chili	Monk Fruit
Pepper	Mung Bean
Anchovy	Mussel
Bison	Nectarine
Bok Choy	Okra
Brazil Nut	Parsnip
Cardamom	Pine Nut
Catfish	Pomegranate
Chamomile	Portobello
Cilantro	Mushroom
Coriander	Quinoa
Seed	Romaine
Endive	Lettuce
Fava Bean	Rosemary
Fennel Seed	Saffron
Flounder	Scallion
Grouper	Sorghum
Jalapeño	Spelt
Pepper	Swiss Chard
Kale	Swordfish
Kelp	Teff
Leaf Lettuce	Turmeric
(Red/Green)	Venison
Leek	Watercress
Licorice	Wild Rice
Macadamia	Zucchini
Mackerel	Squash
Mahi Mahi	

250 Food Panel *200 Food Panel Plus Items Below*

Adzuki	Molasses
Beans	Mulberry
Agave	Mustard
Allspice	Greens
Allulose	Nori
Arrowroot	Nutritional
Arugula	Yeast
Black Currant	Persimmon
Boston Bibb	Plantain
Lettuce	Poppy seed
Cannellini	Rapeseed
Bean	Red Palm Fruit
Capers	Rhubarb
Chia	Rutabaga
Chicory	Shallot
Chives	Sheep's Milk
Collard	Shiitake
Greens	Mushroom
Dragon	Spaghetti
Fruit	Squash
Dandelion	Spearmint
Leaf	Star Fruit
Escarole	Stevia
Guava	Tangerine
Habanero	Taro Root
pepper	Tarragon
Hemp	Wakame
Horseradish	Seaweed
Jackfruit	Water
Jicama	Chestnut
Lactose	Yellow Pea
Lychee	

150 Vegetarian Panel

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

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	Stevia Leaf
Escarole	Tangerine
Fennel Seed	Taro Root
Goat's Milk	Teff
Guava	Water Chestnut
Hemp	Watercress
Horseradish	Wild Rice

ALCAT TEST - VEGETARIAN FOOD PANELS

Alcat Test Panel Contents

50 Functional Foods & Medicinal Herbs

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

50 Female Herbs

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

40 Male Herbs

Alfalfa Leaf	Lycopene
American Ginseng	Maca Root
Arnica	Mistletoe
Burdock	Mucuna Pruriens
Butcher's Broom Root	Muiria Puama
Calendula	Myrrh
Cat's Claw	Nettle Leaf
Catuaba	Pumpkin Seed
Chaparral Root	Pygeum Bark
Cnidium Monnieri	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/Preservatives

Acid Blue #3 (Xylenol Blue V)	High Fructose Corn Syrup
Acid Red #14	Lecithin (soy)
Annatto	MSG
Aspartame	(monosodium glutamate)
Benzoic Acid	Orris Root
Beta-Carotene	Polysorbate 80
Butylated Hydroxyanisole (BHA)	Red #2 (Amaranth Red)
Butylated Hydroxytoluene (BHT)	Red #3 (Erythrosine)
Blue #1 (Brilliant Blue)	Red #4 (Carmine)
Blue #2 (Indigo Carmine)	Red #40 (Allura Red)
Brilliant Black	Saccharin
Citric Acid	Sodium Sulfite
Erythritol	Sorbic Acid
Green #3 (Fast Green)	Sucralose (Splenda)
	Xylitol
	Yellow #5 (Tartrazine)
	Yellow #6 (Sunset Yellow)

40 Preservatives/Expanded Additives/Environmental Chemicals

Acacia Gum	Mannitol
Adipic Acid	Methenamine
Ammonium Chloride	Methyl Anthranilate
Ascorbic Acid	Nickel Sulfate
Calcium Phosphate	Phosphoric Acid
Chlorine	Polydextrose
Cyclodextrin	Potash
Deltamethrin	(Potassium Hydroxide)
D-Lactitol	Potassium Phosphate
EDTA	Potassium Sorbate
Fluoride	Potassium Tartrate
Fumaric Acid	Sodium Acetate
Glycerol	Sodium Benzoate
Glyphosate	Sodium Bisulfate
Hexylresorcinol	Sodium Lactate
Invertase	Sodium Lauryl Sulfate (SLS)
Isomalt	Sodium Propionate
Lysozyme	Sodium Pyrophosphate
Magnesium Phosphate	Sodium Tripolyphosphate
Malic Acid	Succinic Acid
Maltodextrin	

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)	Sulindac (Clinoril)
Ketoprofen	Tetracycline

21/20 Molds

Alternaria alternata	Hormodendrum
Aspergillus fumigatus	cladosporium
Botrytis cinera	Monilia sitophila
Candida albicans	Mucor racemosus
Cephalosporium	Penicillium notatum
gramineum	Phoma herbarum
Cladosporium herbarum	Pullularia
Curvularia	aureobasidium
Epicoccum nigrum	Rhizopus nigricans
Fusarium oxysporum	Rhodotorula rubra
Geotrichum candidum	Spondylocadium
Helminthosporium	Trichoderma