

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 (HFCS)	Turkey
Vanilla	Wheat
Garlic	White Potato
Gliadin	Yellow
Gluten	Squash
Grape	

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
Candida	Pecan
albicans	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	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
Grouper	Spelt
Jalapeño	Swiss Chard
Pepper	Swordfish
Kale	Teff
Kelp	Turmeric
Leaf Lettuce	Vanison
(Red/Green)	Watercress
Leek	Wild Rice
Licorice	Zucchini
Macadamia	Squash
Mackerel	

250 Food Panel *200 Food Panel Plus Items Below*

Adzuki	Molasses
Beans	Mulberry
Agave	Mustard
Allspice	Greens
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
Curry	Spaghetti
Dragon	Squash
Fruit	Spearmint
Dandelion	Star Fruit
Leaf	Stevia
Escarole	Tangerine
Guava	Taro Root
Habanero	Tarragon
pepper	Wakame
Hemp	Seaweed
Horseradish	Water
Jackfruit	Chestnut
Jicama	Yam
Lactose	Yellow Pea
Lychee	

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	Spinach
Asparagus	Chamomile	Honey	Parsley	Strawberry
Avocado	Cherry	Honeydew Melon	Parsnip	String Bean
Baker's Yeast	Chickpea	Hops	Peach	Sunflower
Banana	Cinnamon	Iceberg Lettuce	Peanut	Sweet Potato
Barley	Clove	Jalapeño Pepper	Pear	Swiss Chard
Basil	Cocoa	Kale	Pecan	Tapioca
Bay Leaf	Coconut	Kelp	Peppermint	Tarragon
Bell Pepper Mix	Coffee	Kidney Bean	Pine Nut	Thyme
Black Pepper	Corn	Kiwi	Pineapple	Tomato
Blackberry	Cow's Milk	Leek	Pinto Bean	Turmeric
Black-Eyed Pea	Cranberry	Lemon	Pistachio	Turnip
Black Tea	Cucumber	Lentil Bean	Plum	Vanilla
Blueberry	Cumil	Lima Bean	Pomegranate	Wakame
Brazil Nut	Curry	Lime	Portobello	Seaweed
Brewer's Yeast	Date	Macadamia	Mushroom	Walnut
Broccoli	Dill	Malt	Psyllium	Watermelon
Brussels Sprout	Egg White	Mango	Pumpkin	Wheat
Buckwheat	Egg Yolk	Maple Sugar	Radish	Whey
Button	Eggplant	Millet	Raspberry	White Potato
Mushroom	Endive	Mung Bean	Red Beet	Yellow Squash
Cabbage	Fava Bean	Mustard Seed	Rhubarb	Zucchini Squash
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	Huperzine
Aloe Vera	Kava Kava
Ashwagandha	Luo Han Guo
Astragalus	(Lo Han/Monk Fruit)
Bamboo Shoot	Lutein
Barley Grass	Maitake Mushroom
Bee Pollen	Milk Thistle (Silymarin)
Bilberry	Mullein Leaf
Black Walnut	Noni Berry
Cascara	Pau d'arco Bark
Chlorella	Pine Bark (Pycnogenol)
Chondroitin	Red Yeast Rice
Dandelion Root	Reishi Mushroom
Echinacea angustifolia	Resveratrol
Elderberry	Rhodiola
Essiac	Rooibos Tea
Feverfew	Schisandra Berry
Ginkgo Biloba	Senna
Glucosamine	Spirulina
Goji Berry	St John's Wort
Goldenseal	Valerian
Grape Seed Extract	Vinpocetine
Guarana Seed	Wheatgrass
Gymnema Sylvestre	Wormwood
Hawthorn Berry	Yellow Dock
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	Muira 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	Acid Red #14
Annatto	Aspartame
Benzoic Acid	Brilliant Black
Blue #1 (Brilliant Blue)	Blue #2 (Indigo Carmine)
Brilliant Black	Citric Acid
Erythritol	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	Phosphoric Acid
Calcium Phosphate	Polydextrose
Chlorine	Potash (Potassium Hydroxide)
Cyclodextrin	Potassium Phosphate
Deltamethrin	Potassium Sorbate
D-Lactitol	Potassium Tartrate
EDTA	Sodium Acetate
Fluoride	Sodium Benzoate
Fumaric Acid	Sodium Bisulfate
Glycerol	Sodium Lactate
Glyphosate	Sodium Lauryl Sulfate (SLS)
Hexylresorcinol	Sodium Propionate
Invertase	Sodium Pyrophosphate
Isomalt	Sodium Tripolyphosphate
Lysozyme	Succinic Acid
Magnesium Phosphate	
Malic 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 stolonifer
Fusarium oxysporum	Rhodotorula rubra
Geotrichum candidum	Spondylocladium
Helminthosporium	Trichoderma