

## FOOD SENSITIVITY AND INTOLERANCE TEST (150 FOOD PANEL)

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### **DESCRIPTION**

Intolerances differ significantly from allergies. Unlike allergies, intolerances may vary from situation to situation, while an allergy always produces the same reaction. Intolerances are caused by the body's inability to process specific substances and may cause bloating, digestive problems, fatigue, to headaches.

Symptoms may be difficult to link to specific foods, environmental substances or food additives because they may not occur until hours or days later. To complicate the situation, each individual has a different tolerance for specific foods, so even if a person has an intolerance, it may be mild so that a small amount of the food doesn't cause a reaction until enough of the food is eaten or is consumed consistently over time.

This test measures the body's cellular reactivity to:

Almond	Black Pepper	Caraway	Coconut	Fig
Amaranth	Black Tea	Carob	Codfish	Flaxseed
Apple	Black-Eyed Pea	Carrot	Coffee	Garlic
Apricot	Blackberry	Casein	Corn	Ginger
Artichoke	Blueberry	Cashew	Cow's Milk	Gliadin
Asparagus	Brewer's Yeast	Cauliflower	Crab	Gluten
Avocado	Broccoli	Cayenne Pepper	Cranberry	Goat's Milk
Baker's Yeast	Brussels Sprouts	Celery	Cucumber	Grape
Banana	Buckwheat	Cherry	Cumin	Grapefruit
Barley	Butternut Squash	Chicken	Date	Green Pea
Basil	Button Mushrooms	Chickpea	Dill	Green Tea
Bay Leaf	Cabbage	Cinnamon	Duck	Haddock

Beef	Candida albicans	Clam	Egg White	Halibut
Bell Pepper Green	Cane Sugar	Clove	Egg Yolk	Hazelnut
Black Beans	Cantaloupe	Cocoa	Eggplant	Honey
Honeydew Melon	Navy Bean	Peppermint	Salmon	Thyme
Hops	Nutmeg	Pineapple	Sardine	Tilapia
Iceberg Lettuce	Oat (Gluten Free)	Pinto Beans	Scallop	Tomato
Kidney Bean	Olive	Pistachio	Sea Bass	Trout
Kiwi	Onion	Plum	Sesame	Tuna
Lamb	Orange	Pollock	Shrimp	Turkey
Lemon	Oregano	Pork	Snapper	Turnip
Lentil Bean	Oyster	Pumpkin	Sole	Vanilla
Lima Bean	Papaya	Radish	Soybean	Veal
Lime	Paprika	Raspberry	Spinach	Walnut
Lobster	Parsley	Red Beet	Strawberry	Watermelon
Malt	Peach	Rice (Brown/White)	String Bean	Wheat
Mango	Peanut	Rye	Sunflower	Whey
Millet	Pear	Safflower	Sweet Potato	White Potato
Mustard Seed	Pecan	Sage	Tapioca	Yellow Squash

## **WHY DO I NEED THIS TEST?**

Trying to identify the cause of chronic discomfort can be complicated when it doesn't seem linked to a specific food, but the intolerance and sensitivity test can help. Pinpointing specific foods and food additives that should be avoided can produce dramatic relief of uncomfortable symptoms. Because food intolerances develop later in life due to compromised digestive functions brought on by stress, alcohol intake and the use of NSAIDs, adults may find that they have developed intolerances to foods they have been eating their whole lives. In addition, digestive functions become more sluggish as we age so it is common for lactose intolerances, for example, to develop after 40.

## **HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?**

It takes about 5 business days for your store to receive the printable color results from the lab to provide to you; and in 10 business days ALCAT will mail the store a folder that includes your test results plus more information about the company, and the science behind the test, which you can pick up from your ANY LAB TEST NOW location at your convenience.

## **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No. You are not required to fast for this test.

## **OTHER RELEVANT LAB TESTS**

People who purchased the Food Sensitivity and Intolerance – 150 Food Panel also considered one of the other Sensitivity and Intolerance tests to Molds, Environmental Chemicals or an expanded Food Panel.

*Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.*