

## FOOD SENSITIVITY AND INTOLERANCE (200 FOOD PANEL – ALCAT) TEST

### **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 such as gas and/or diarrhea, fatigue, headaches and even the inability to lose weight or weight gain.

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:

Acorn Squash	Black Tea	Casein	Cow's Milk	Gluten
Almond	Black-Eyed Pea	Cashew	Crab	Goat's Milk
Amaranth	Blackberry	Catfish	Cranberry	Grape
Ancho Chili Pepper	Blueberry	Cauliflower	Cucumber	Grapefruit
Anchovy	Bok Choy	Cayenne Pepper	Cumin	Green Pea
Apple	Brazil Nut	Celery	Date	Green Tea
Apricot	Brewer's Yeast	Chamomile	Dill	Grouper
Artichoke	Broccoli	Cherry	Duck	Haddock
Asparagus	Brussels Sprouts	Chicken	Egg White	Halibut
Avocado	Buckwheat	Chickpea	Egg Yolk	Hazelnut
Baker's Yeast	Butternut Squash	Cilantro	Eggplant	Honey
Banana	Button Mushrooms	Cinnamon	Endive	Honeydew Melon

Barley	Cabbage	Clam	Fava Bean	Hops
Basil	Candida albicans	Clove	Fennel Seed	Iceberg Lettuce
Bay Leaf	Cane Sugar	Cocoa	Fig	Jalapeño Pepper
Beef	Cantaloupe	Coconut	Flaxseed	Kale
Bell Pepper Green	Caraway	Codfish	Flounder	Kelp
Bison	Cardamom	Coffee	Garlic	Kidney Bean
Black Beans	Carob	Coriander Seed	Ginger	Kiwi
Black Pepper	Carrot	Corn	Gliadin	Lamb
Leaf Lettuce (Red/Green)	Nectarine	Pinto Beans	Sardine	Thyme
Leek	Nutmeg	Pistachio	Scallion	Tilapia
Lemon	Oat (Gluten Free)	Plum	Scallop	Tomato
Lentil Bean	Okra	Pollock	Sea Bass	Trout
Licorice	Olive	Pomegranate	Sesame	Tuna
Lima Bean	Onion	Pork	Shrimp	Turkey
Lime	Orange	Portobello Mushroom	Snapper	Turmeric
Lobster	Oregano	Pumpkin	Sole	Turnip
Macadamia	Oyster	Quinoa	Sorghum	Vanilla
Mackerel	Papaya	Radish	Soybean	Veal
Mahi Mahi	Paprika	Raspberry	Spelt	Venison
Malt	Parsley	Red Beet	Spinach	Walnut
Mango	Parsnip	Rice (Brown/White)	Strawberry	Watercress
Maple Sugar	Peach	Romaine Lettuce	String Bean	Watermelon
Millet	Peanut	Rosemary	Sunflower	Wheat
Monk Fruit	Pear	Rye	Sweet Potato	Whey

Mung Bean	Pecan	Safflower	Swiss Chard	White Potato
Mussel	Peppermint	Saffron	Swordfish	Wild Rice
Mustard Seed	Pine Nut	Sage	Tapioca	Yellow Squash
Navy Bean	Pineapple	Salmon	Teff	Zucchini Squash

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

Are you experiencing headaches, rashes, chronic digestive discomfort, obesity or the inability to lose weight?

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.

*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.*