

ALCAT Test Panel Contents

ALCAT TEST - FOOD PANELS

50 Food Panel

children 3 and under

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

100 Food Panel

50 Food Panel Plus Items Below

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

237 Food Panel

200 Food Panel Plus Items Below

Adzuki	Nutritional
Beans	Yeast
Arrowroot	Persimmon
Arugula	Rhubarb
Black	Shallot
Currant	Sheep's Milk
Boston Bibb	Shiitake
Lettuce	Mushroom
Cannellini	Spaghetti
Bean	Squash
Capers	Spearmint
Chia	Star Fruit
Chicory	Tangerine
Chives	Taro Root
Collard	Tarragon
Greens	Wakame
Curry	Seaweed
Dandelion	Water
Leaf	Chestnut
Escarole	Yam
Guava	
Hemp	
Horseradish	
Lactose	
Lychee	
Molasses	
Mulberry	
Mustard	
Greens	

Vegetarian Panels available at cellsciencesystems.com

ALCAT TEST - ADDITIONAL PANELS

50 Functional Foods & Medicinal Herbs

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

50 Female Herbs

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

40 Male Herbs

Alfalfa Leaf	Horny Goat	Siberian
American	Weed	Ginseng
Ginseng	Irish Moss	Skull Cap
Arnica	Juniper Berry	Stinging
Burdock	Korean Ginseng	Nettle Root
Butcher's	Lobelia	Tribulus
Broom Root	Lycopene	Terrestris
Calendula	Maca Root	Uva Ursi
Cat's Claw	Mistletoe	Yarrow
Catuaba	Mucuna	Yerba Maté
Chaparral Root	Pruriens	Yohimbe Bark
Cnidium	Muira Puama	
Monnier	Myrrh	
Damiana	Nettle Leaf	
Deer Antler	Pumpkin Seed	
Velvet	Pygeum Bark	
Dong Quai	Rehmannia	
Fo-Ti Root	Sarsaparilla	
Gotu Kola	Saw Palmetto	

30 Food Additives/Colorings/Environmental Chemicals

Acid Blue #3	Nickel Sulfate
Acid Red #14	Orris Root
Ammonium Chloride	Polysorbate 80
Annatto	Red #4 (Carmine)
Aspartame	Red #40 (Allura Red)
Benzoic Acid	Saccharin
BHA	Sodium Sulfite
BHT	Sorbic Acid
Blue #1 (Brilliant Blue)	Sucralose (Splenda)
Blue #2 (Indigo Carmine)	Xylitol
Brilliant Black	Yellow #5 (Tartrazine)
Chlorine	Yellow #6 (Sunset Yellow)
Citric Acid	
Deltamethrin	
Erythritol	
Fluoride	
Green #3 (Fast Green)	
MSG	

40 Preservatives/Expanded Additives

Acacia Gum	Methenamine
Adipic Acid	Methyl Anthranilate
Alum	Phosphoric Acid
Ascorbic Acid	Polydextrose
Beta Carotene	Potash
Calcium Phosphate	Potassium Phosphate
Cyclodextrin	Potassium Sorbate
D-Lactitol	Potassium Tartrate
EDTA	Red #2 (Amaranth)
Fumaric Acid	Red #3 (Erythrosine)
Glycerol	Sodium Acetate
Hexylresorcinol	Sodium Bisulfate
Invertase	Sodium Lactate
Isomalt	Sodium Lauryl Sulfate (SLS)
Lactic Acid	Sodium Propionate
Lecithin (Soy)	Sodium Pyrophosphate
Lysozyme	Sodium Triphosphate
Magnesium Phosphate	Sorbitol
Malic Acid	Succinic Acid
Maltodextrin	
Mannitol	

20 Antibiotics/Anti-Inflammatory Agents

Acetaminophen (Tylenol)	Naproxen (Aleve)
Amoxicillin	Neomycin
Ampicillin	Nystatin
Aspirin	Penicillamine
Diclofenac (Voltaren)	Penicillin
Diffunisal (Dolobid)	Piroxicam (Feldene)
Gentamicin	Streptomycin
Ibuprofen (Advil/Motrin)	Sulfamethoxazole
Indomethacin (Indocin)	Sulindal (Clinoril)
Ketoprofen	Tetracycline

21/20 Molds

Alternaria	Hormodendrum
Aspergillus	Monilia sitophila
Botrytis	Mucor racemosus
Candida albicans	Penicillium
Cephalosporium	Phoma herbarum
Cladosporium herbarum	Pullularia
Curvularia	Rhizopus stolonifer
Epicoccum nigrum	Rhodotorula rubra
Fusarium oxysporum	Spondylocladium
Geotrichum candidum	Trichoderma
Helminthosporium	