\*\*\*\*\*This is the **Platinum Sample Report**, including 200 Foods + 20 Food Additives/Chemicals + 10 Environmental Chemicals + 20 Moulds + 20 Antibiotics/Anti-Inflammatories + 50 Herbs - General.

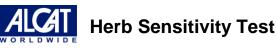
The sample report for other ALCAT tests depends on which of these cartridges are chosen for that test\*\*\*\*\*



Patient:

Test Date: 8/07/2016

WORLDWIDE		Doctor/Clinic:				File:
Severe Intolerance	Moderate Intolerance	Mild Intolerance	No Intolerance			
BLACK BEANS TEFF TURMERIC	ANCHOVY BRAZIL NUT CRANBERRY DATE JALAPENO PEPPER KIWI PEAR RADISH ROSEMARY	ACORN SQUASH APRICOT ARTICHOKE BANANA BAY LEAF BLACK-EYED PEAS Cardamom CAROB EGGPLANT / AUBERGINE FIG GARLIC HADDOCK MALT MANGO MUNG BEAN	ASPARAGUS BROCCOLI CARROT CUCUMBER Green Pea LEAF LETTUCE MUSHROOM PINTO BEAN STRING BEAN WHITE POTATO	BEETROOT BRUSSELS SPROUTS CAULIFLOWER ENDIVE ICEBERG LETTUCE LEEK NAVY BEAN ROMAINE LETTUCE SWEET POTATO Yellow Squash	BELL PEPPERS Butternut Squash CELERY FAVA BEAN KALE LENTIL BEAN OKRA SCALLIONS TOMATO ZUCCHINI / COURGET	BOK CHOY CABBAGE CHICKPEA FENNEL KIDNEY BEAN LIMA BEAN ONION SPINACH TURNIP
		OLIVE PAPAYA PARSNIP PINEAPPLE PLUM POMEGRANATE PORTOBELLO MUSHROOM PUMPKIN SORGHUM SOYBEAN SPELT SQUID SWISS CHARD	APPLE CANTALOUPE HONEYDEW (MELON) ORANGE WATERMELON	AVOCADO CHERRY	Fruit  BLACKBERRY GRAPE LIME RASPBERRY	BLUEBERRY GRAPEFRUIT NECTARINE STRAWBERRY
		SWORDFISH VENISON WILD RICE	BEEF DUCK VEAL	BUFFALO LAMB	Meat CHICKEN PORK	CHICKEN LIVER TURKEY
			Dairy products  EGG WHITE EGG YOLK			
			CATFISH FLOUNDER MAHI MAHI SARDINE SNAPPER TUNA	CLAM HALIBUT MUSSELS SCALLOP SOLE	COD LOBSTER OYSTER SEA BASS TILAPIA	CRAB MACKEREL SALMON SHRIMP TROUT
			AMARANTH CORN QUINOA	BARLEY FLAXSEED RYE	Brown/White Rice MILLET TAPIOCA	BUCKWHEAT OAT WHEAT
You have no reaction to Can	dida Albicans.		BASIL CILANTRO CUMIN MINT PAPRIKA THYME	Herbs BLACK PEPPER CINNAMON DILL MUSTARD PARSLEY	and Spices  CAYENNE PEPPER CLOVE GINGER NUTMEG SAFFRON	CHILLI PEPPER CORIANDER KELP OREGANO SAGE
			Nuts / Oils and Misc. Foods			<u>ls</u>
You have no reaction to Gluten or Gliadin.			ALMOND CARAWAY COCONUT HONEY MAPLE SUGAR PISTACHIO SUNFLOWER WATERCRESS	BAKER'S YEAST CASHEW COFFEE HOPS PEANUT PSYLLIUM TEA	BREWER'S YEAST CHAMOMILE FRUCTOSE LIQUORICE PECAN SAFFLOWER VANILLA	CANE SUGAR COCOA HAZELNUT MACADAMIA PINE NUT SESAME WALNUT
You have no reaction to Casein and a mild reaction to Whey, limit these foods:						
COW'S MILK GOAT'S MILK						



Patient:

Doctor/Clinic:

Test Date: 08 Jul 2016

Moderate **Functional Foods and Medicinal Herbs** Severe Intolerance Intolerance GINKGO BILOBA AGAVE ACAI BERRY ALOE VERA ASHWAGANDHA **ASTRAGALUS** BLACK WALNUT **GOJI BERRY** CHLORELLA BEE POLLEN BILBERRY CASCARA DANDELION GRAPE SEED EXTRAC ELDERBERRY MAITAKE MUSHROOM CHONDROITIN HAWTHORN BERRY MULLEIN LEAF REISHI MUSHROOM LO HAN FEVERFEW ECHINACEA ANGUSTIFOLIA SENNA SPIRULINA STEVIA LEAF VINPOCETINE **ROOIBOS TEA GLUCOSAMINE ESSIAC** WHEATGRASS GYMNEMA SYLVESTR GOLDENSEAL HUPERZINE KAVA KAVA **GUARANA SEED** LUTEIN MILK THISTLE RESVERATROL NONI BERRY PAU D'ARCO BARK PINE BARK RED YEAST RICE RHODIOLA SCHIZANDRA BERRY ST JOHNS WORT VALERIAN WORMWOOD YELLOW DOCK Herbs Male/Female RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months YELLOW indicates a mild intolerance and these foods should be avoided if possible

GREEN indicates acceptable foods / no reaction

ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months



YELLOW #5 TARTRAZINE (E102)

Patient:

Doctor/Clinic:

Test Date: 8/07/2016

File3

Additives a Molds **Environmental Pharmacoactive** Other Colorings **Chemicals Agents** Items Severe Severe Severe Severe Severe Intolerance Intolerance Intolerance Intolerance Intolerance FLUORIDE Moderate Moderate Moderate Moderate **Moderate** Intolerance Intolerance Intolerance Intolerance ASPARTAME (E951) FOOD BLUE 5 (E131) BENZOIC ACID (E210) BHA AMPICILLIN BLUE #2 INDIGO CARMINE (E132) HELMINTHOSPORIUM KETOPROFEN MONILIA SITOPHILA POLYSORBATE 80 (E433) NAPROXEN (ALEVE) YELLOW#6 SUNSET YELLOW TRICHODERMA No No No No No Intolerance Intolerance Intolerance Intolerance Intolerance ANNATTO ALTERNARIA AMM CHLORIDE (E510) ACETAMINOPHEN **ASPIRIN ASPERGILLUS** BHT CHLORINE (E925) AMOXICILLIN BLUE #1 BRILLIANT BLUE (E133) **BORTRYTIS** DELTAMETHRIN CLINORIL DIFLUNISAL (DOLOBID) BRILLIANT BLACK (E151) CEPHALOSPORIUM NICKEL SULFATE CARMINE (E120) CLADO HERBARUS ORRIS ROOT GENTAMICIN CITRIC ACID CLADO HORMODENDRUM **IBUPROFEN ERYTHRITOL CURV SPECIFERA** INDOCIN FAST GREEN (E142) **EPICCOCCUM NIGRUM** NEOMYCIN FOOD RED 3 (E122) FUSARIUM OXYSPORIUM NYSTATIN MSG (E621) MUCOR RACEMOSUS PENICILLAMINE RED#40 ALLURA RED PENICILLIUM PENICILLIN SACCHARINE (E954) PHOMA HERBARUM PIROXICAM (SELDENE) SODIUM SULPHITE (E221) PULLULARIA STREPTOMYCIN SORBIC ACID (E200) RHOD RUBRA SULFAMETHOXAZOLE SUCRALOSE RHYZOPUS NIGRICAN TETRACYCLINE XYLITOL SPONDYLOCLODIUM VOLTAREN



## **Foods to Avoid**

File:

Test Date: 8/07/2016

7/2016 Patient:

**ANCHOVY** 

BLACK BEANS

Black, or turtle, beans are small roughly ovoid legumes with glossy black shells. The scientific name for black beans is Phaselous vulgaris, an epithet shared with many other popular bean varieties such as pinto beans, white beans, and kidney beans. Black beans are associated with Latin American cuisine in particular, although they can complement foods from many places. They are available in most grocery stores in dried and canned forms.

Doctor/Clinic:

**BRAZIL NUT** 



Brazil nut is a large nut with brown skin, and can be used in recipes that call for coconut or macadamia nuts, as they are high in fat content resulting in a rich flavor. Brazil nuts are high in Selenium.

**CRANBERRY** 



Avoid cranberry sauce. Can be used in pies, ices, liqueurs and jellies. For reintroduction into diet, place into Day 2.

DATE



Dates are a yellow / brown fruit and contain a single seed. Three [3] types of Dates exist soft, semi-dry and dry. Dates are a premium source of Vitamin C: Popular varieties include Medjool, Deglet and Noor. Can be bought fresh or dried.

JALAPENO PEPPER

KIWI



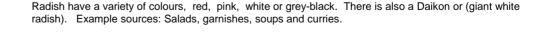
Avoid also chinese gooseberry. Can be found in fruit salads. For reintroduction into diet, place into Day 1.

PEAR



Avoid also pear juice. Can be used in cooking and pickling. Used in desserts, fruit salad, preserves and confectionary. For reintroduction into diet, place into Day 2.

**RADISH** 



ROSEMARY



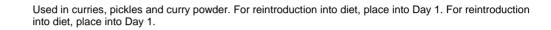
## **Foods to Avoid**

File:

Test Date: 8/07/2016 Patient: Doctor/Clinic:

TEFF

**TURMERIC** 





Patient:

Doctor/Clinic: File3

Test Date: 8/07/2016

WORLDWIDE	Doctor/Clinic:	File3	
Day 1	Day 2	Day 3	Day 4
Starch  CHICKPEA  MILLET  TAPIOCA  WHITE POTATO	Starch BARLEY	Starch  CORN OAT WHEAT	Starch  AMARANTH BUCKWHEAT FLAXSEED QUINOA RYE
Vegetables  BELL PEPPERS CARROT CELERY KALE PARSLEY ROMAINE LETTUCE TOMATO	Vegetables  BOK CHOY BROCCOLI BRUSSELS SPROUTS CABBAGE CAULIFLOWER ENDIVE ICEBERG LETTUCE KELP LEAF LETTUCE MUSHROOM STRING BEAN SWEET POTATO	Vegetables  ASPARAGUS  LEEK  ONION PINTO BEAN	Vegetables  BEETROOT CUCUMBER LIMA BEAN OKRA SCALLIONS SPINACH TURNIP ZUCCHINI / COURGETTE
Fruit GRAPE LIME	Fruit  APPLE AVOCADO BLUEBERRY COCONUT RASPBERRY STRAWBERRY	Fruit  BLACKBERRY  CHERRY  NECTARINE  PEACH	Fruit  CANTALOUPE GRAPEFRUIT HONEYDEW (MELON) LEMON ORANGE WATERMELON
Protein  BEEF BUFFALO COD FAVA BEAN KIDNEY BEAN LAMB PISTACHIO SARDINE	Protein  CATFISH CHICKEN EGG WHITE EGG YOLK LENTIL BEAN MACKEREL MAHI MAHI MUSSELS TILAPIA TUNA	Protein  DUCK HALIBUT NAVY BEAN PEANUT PORK SOLE VEAL	Protein  CHICKEN LIVER CLAM CRAB FLOUNDER LOBSTER OYSTER SALMON SCALLOP SEA BASS SHRIMP SNAPPER TROUT TURKEY
Misc and Sweeteners  CARAWAY CASHEW CAYENNE PEPPER CHAMOMILE CHILLI PEPPER CORIANDER CUMIN DILL HONEY SAGE	Misc and Sweeteners  BAKER'S YEAST BASIL BREWER'S YEAST CANE SUGAR CINNAMON GINGER HAZELNUT HOPS MAPLE SUGAR MINT OREGANO SAFFRON	Misc and Sweeteners  ALMOND CILANTRO COFFEE FENNEL FRUCTOSE LIQUORICE MACADAMIA MUSTARD PECAN PSYLLIUM SAFFLOWER VANILLA WATERCRESS	Misc and Sweeteners  BLACK PEPPER CLOVE NUTMEG PAPRIKA PINE NUT SESAME SUNFLOWER TEA THYME WALNUT