### SEVERE
- AVOCADO
- GARLIC
- ICEBERG LETTUCE
- LAMB
- SWEET POTATO
- SWORDFISH
- ACORN SQUASH*
- ALMOND*
- BLACKBERRY*
- BRAZIL NUT*
- BROCCOLI*
- BROOKLYN BEEF
- BULLFISH
- BURNT MEAT
- CABBAGE
- CARROT
- CASSIA
- CAYENNE PEPPER
- CIDER
- CILANTRO
- CINNAMON
- COLIFLOWER
- CORN
- CORN SUGAR
- CORN SYRUP
- CRANBERRY
- CRAYFISH
- CRÊME
- CUCUMBER
- CUCUMBER SEED
- CUCUMBER SYRUP
- CUMIN
- CURRY
- CYSMINE
- CYTOSINE
- CYTOGEN
- CYTOMEGALOVIRUS
- DANDY LION
- DANDY LION SEED
- DANDY LION SYRUP
- DAIRY
- DAIRY SEED
- DAIRY SYRUP
- DAWSON
- DEHYDRATION
- DEHYDRATION SEED
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- DEFICIENCY
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- DIARRHEA SYRUP
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Your Test Results Explained.

Food Sensitivity/Intolerance is not always a straight-forward yes or no. There can be different degrees of reactivity, which can be altered through change of eating habits, stress levels, medical conditions, nutritional status and other factors that affect the body’s immune system.

Your test results are divided into four distinct categories (denoted by the colored columns).

**RED**
- These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months.

**ORANGE**
- These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months.

**YELLOW**
- These items indicate a mild sensitivity and are also indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program as they should be eaten on a 4 day rotational basis. If the items listed in the yellow section appear on the rotation plan and are consumed frequently, they should be considered for a 3 month avoidance period, especially if there are few red and orange reactive foods.

**GREEN**
- These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day.

**BLUE**
- On your food results you will have 3 distinct blue boxes:
  - Candida Albicans: it will include items that are known to exacerbate the Candida condition. Although you may not be sensitive/intolerant to these, it is recommended to avoid them, suggested by the Candida sensitivity.
  - Gluten/Gliadin: it will include grain products that contain the protein gluten/gliadin, such as wheat, rye, barley, spelt, etc. Although you may not be sensitive/intolerant to these other grains, it is advisable to avoid them due to their gluten/gliadin content. A positive gluten/gliadin reaction result with negative wheat, rye, etc responses can occur when the isolated protein is tested in its more concentrated form.
  - Casein/Whey: it will include products that contain casein/whey such as cow’s milk, sheep’s milk and goat’s milk. Although you may not be sensitive/intolerant to these products listed, it is advisable to avoid or limit them because they contain the protein casein or whey.

Cautions & Notes:

a. Any item known to trigger an immediate reaction (Type 1, IgE mediated, allergic reaction) should be avoided. Positive results to molds and candida should be analyzed in conjunction with other results (IgE, skin tests and IgG levels) and not applied in isolation. Positive molds could be considered for desensitization.

b. Healthcare providers should be alerted to the possibility that any non-reactive (green) item, to which there has been no consumption or exposure for six months, should be introduced with caution.

c. Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

1. Insufficient data exists to determine that non-reactive molds, pharmacoactive agents and environmental chemicals are in fact “safe”. Nonetheless, it is reasonable to assume at this time that a moderate or strong cellular reaction on the test is indicative of a clinical sensitivity and avoidance, if possible, is recommended.

2. If tested for 50 foods or less, no rotational plan is provided.
<table>
<thead>
<tr>
<th><strong>4 Day Rotation</strong></th>
<th><strong>Personalized Rotation Diet</strong></th>
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<tbody>
<tr>
<td><strong>Patient Information</strong></td>
<td>PATIENT II, PRETEND</td>
</tr>
<tr>
<td><strong>Lab Information</strong></td>
<td>Date Received:</td>
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<tr>
<td></td>
<td>Date Reported:</td>
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<tr>
<td><strong>Lab Director</strong></td>
<td>Dr. Jennifer Spiegel, M.D.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th><strong>Day 1</strong></th>
<th><strong>Day 2</strong></th>
<th><strong>Day 3</strong></th>
<th><strong>Day 4</strong></th>
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<tbody>
<tr>
<td><strong>Grains / Starches</strong></td>
<td>Arrowroot</td>
<td>Oat (Gluten Free)</td>
<td>Millet</td>
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<tr>
<td><strong>Fruit</strong></td>
<td>banana</td>
<td>Black Currant</td>
<td>date</td>
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<tr>
<td><strong>Protein</strong></td>
<td>Bison*</td>
<td>Codfish*</td>
<td>Crab</td>
</tr>
<tr>
<td><strong>Miscellaneous</strong></td>
<td>Ancho Chili Pepper</td>
<td>Bay Leaf</td>
<td>Caraway</td>
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### Avoiding YOUR Reactive Foods

<table>
<thead>
<tr>
<th><strong>WHAT YOU NEED TO KNOW</strong></th>
<th><strong>Lab Information</strong></th>
<th><strong>Patient Information</strong></th>
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<td><strong>Date Collected:</strong> 12/12/2010</td>
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<td><strong>Clinic ID:</strong> 10804</td>
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<td><strong>Gender:</strong> F</td>
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### Lab Director

Dr. Jennifer Spiegel, M.D.
Lab ID: 68220

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#### ANCHOVY

Small common, saltwater forage fish that are very popular for their price. Often found packed in cans and used for their mild briney flavors in dishes. **COMMON USES:** Pizza, in salads, sauces, pastas. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Fish sauce, Caesar, Worcestershire, steak sauce, fish oil, nicoise. BE AWARE: Some brands use anchovy to make fish oil supplements. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label.

#### ARTICHOKE

The globe artichoke is a perennial thistle that is green in color. The heart is most often consumed, although the leaves can be as well if prepared in the right way. The leaves can be very sharp. **COMMON USES:** Stews, soups, salads and dips. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Artichoke crowns, artichoke bottoms, vegetable pizza, poivrade. BE AWARE: Can be found in some herbal teas and the Italian liqueur Cynar.

#### AVOCADO

Haas avocados have a dark, leathery skin and a creamy green flesh. Florida avocados are larger with a bright green shiny skin and a green flesh that is a bit more firm than a Haas avocado. **COMMON USES:** Sandwiches, salads, in sushi, baby food, and dips, sauces, and smoothies; also an oil. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Guacamole, avocadoits (cocktail avocado), alligator pear, oil blends. BE AWARE: May be used in milkshakes, ice cream, and other desserts/baked goods. Associated with latex-fruit allergy syndrome and may cause cross-reaction.

#### BASIL

Basil is a bright green leaf and is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. **COMMON USES:** Pesto, added to pasta dishes, soups, dips, salads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Herbs, Italian herb blend, tomato sauce, capreese. BE AWARE: Alcoholic beverages (bitters, liquors, and spirits) may contain basil, packaged Italian herb blends may contain basil.

#### BEEF

Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia. **COMMON USES:** Meatloaf, pot roast, short ribs, ground, hamburger, steaks, used in broth, stock, bouillon, beef franks, pastrami, brisket, corned beef, soups, stew, short ribs. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Gelatin, Bovine, sausage, hot dog, jerky. BE AWARE: Some dietary supplements use a gelatin casing; (“Gelatin” could be a beef or pork source, unless specified “vegetarian”).

#### CATFISH

Catfish is a fish with “whiskers”, called barbels, that varies in size. The most commonly eaten species in the United States are the channel catfish and blue catfish, both of which are common in the wild and increasingly widely farmed. **COMMON USES:** Soups and stews or cooked alone. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Fried fish, hog fish. BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label.

#### CLAM

Clam is a term for any bivalve mollusk; varies in color, size and shape. **COMMON USES:** Seafood dishes, pastas, soups, and stews. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mollusk, shellfish, bouillabaisse. BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements.

#### CORN

A gluten free grain with yellow kernels that come on a cob inside of a husk. **COMMON USES:** Corn flour, corn grits, corn oil, corn meal, corn starch, popcorn; some alcohol is derived from corn; found in mixed vegetables, soups, stews, sauces, purees. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Maize, hominy, gluten-free (check labels). BE AWARE: Most corn produced in US is genetically modified, registered as a pesticide.

#### EGG YOLK

An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking. **COMMON USES:** Mayonnaise, custards, mousse, hollandaise sauce, béarnaise, sauces, crème brûlée, baked goods, margarine, glazes, ovalbumin, lecithin. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Powdered eggs.

#### FRUCTOSE (HFCS)

Derived from corn and highly processed; very different chemically from natural fructose, which is found in all fruits. **COMMON USES:** Sweets, candies, yogurts, juices, condiments, cereals, protein bars, prepackaged foods, etc. BE AWARE: Spikes insulin levels; a known inflammatory and non-healthy weight gaining food.
Avoiding YOUR Reactive Foods

WHAT YOU NEED TO KNOW

| Patient Information | Date of Birth: 11/04/1977 | Gender: F |
| Lab Information | Date Received: 02/11/2010 | Date Collected: | Date Reported: 12/12/2017 |
| HCP: Sample Physician | Clinic ID: 10804 | Lab ID: 68220 |

GARLIC
A head of garlic has white papery skin and the cloves within are off white and must be peeled to consume. Garlic can come in many different forms and is one of the most popular flavorings in the US. COMMON USES: A wide variety of dishes and prepackaged foods as a flavoring and seasoning. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Aioli, spice blend, prepackaged foods, garlic powder, granulated garlic, roasted garlic

ICEBERG LETTUCE
Avoid also bib lettuce & boston lettuce. Mainly used in salads. For reintroduction into diet, place into Day 1.

LAMB
A young sheep, tender red meat with a very distinct flavor. COMMON USES: Kebabs, gyros, burgers, stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mutton, spring lamb

MUSSEL
A bivalve mollusk that is commonly found with a black to dark green shell. COMMON USES: Seafood stews, soups, pastas. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bouillabaisse, paella. BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements.

PINTO BEAN
Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. COMMON USES: Burritos, savory dishes, refried beans, chili con carne. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Red Mexican Bean

RADISH
A bulb type vegetable that is reddish in color with white crisp meat. They have a high water content, and are firm to the bite. COMMON USES: Salads, soups, dips, spreads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Crudite. BE AWARE: Can also be consumed in sprout form

SORGHUM
A gluten free grain that is off white in color, round in shape, and larger than rice or millet. Sorghum has a mild flavor similar to rice and millet. COMMON USES: Gluten free cereals, breads, and baked goods. More commonly seen as a flour, but does exist as a whole grain. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sorghum syrup, sorghum molasses, whole grain, ancient grain, gluten free. BE AWARE: Widely used in gluten free beers and as a "cane sugar free" sweetener, and comes in a variety of colors

SWEET POTATO
A root vegetable with skin that is brown/orange in color with bright orange flesh; although it can be found in the white flesh variety. Sweet potatoes are most commonly boiled, baked, roasted or fried. COMMON USES: Baked goods, pies, casseroles, mashers, purees, soups, stews; not related to the white potato. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Root vegetables, yams (used interchangeably but yam is a different species), boniato. BE AWARE: Can also be found in white or purple color

SWORDFISH
Swordfish comes in "steaks" because their white flesh is very thick and meaty; does not flake like a mild white fish does. COMMON USES: Seafood dishes or cooked alone as a "steak". OTHER WORDS THAT MIGHT INDICATE PRESENCE: Broadbills. BE AWARE: Mercury levels are a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label

TUNA
Tuna comes in many species. When cooked, tuna is very dense and called a "steak". A delicacy eaten raw and considered a fatty fish. COMMON USES: Salads or snacks; used in sushi and often sold as tuna steaks; can be fresh or canned. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Albacore, bluefin, bigeye, pacific, Atlantic, blackfin, longtail or yellowfin. BE AWARE: Mercury is a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label
WALNUT

Walnuts are large misshapen light brown nuts that come from a walnut tree. COMMON USES: Salads, baked goods, baklava, desserts, cereals, granola; also used to make walnut oil, walnut milk, black walnut, English walnut. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Nut mixes, blended oil, nut milk, waldorf salad. BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label.

WHEAT

Wheat is a gluten containing grain that is light brown and when cooked oval shaped and translucent. COMMON USES: Breads, pastas, crackers, cookies, cereals, chips, baked goods, all purpose flour and much more. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bread, cake, cookies, pie, sauces, stews, soups, farina, semolina, farro, couscous, roux, durum, kamut. BE AWARE: Wheat is also found in beer and certain alcohols; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain wheat as an ingredient must list the word "wheat" in plain English, on the label.

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.
### Chemicals and Molds

<table>
<thead>
<tr>
<th>Severe</th>
<th>Moderate</th>
<th>Mild*</th>
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| **SEVERE**
| GREEN #3 FAST GREEN SUCRALOSE |
| **MILD**
| CITRIC ACID* |
| SUGAR* |
| SUCRALOSE |
| NICKEL SULFATE* |
| SACCHARIN* |
| YELLOW #6 SUNSET YELLOW* |
| SULFAMETHOXAZOLE* |

### Antibiotics/Anti Inflammatory Agents

- ACETAMINOPHEN
- DICLOFENAC
- INDOMETHACIN
- NYSTATIN
- STREPTOMYCIN
- AMOXICILLIN
- DIFLUNISAL
- KETOPROFEN
- PENICILLAMINE
- SUFLUDAC
- AMPICILLIN
- GENTAMICIN
- NAPROXEN
- PENICILLIN
- TETRACYCLINE
- ASPIRIN
- IBUPROFEN
- NEOMYCIN
- PIOXICAM

### Molds

- BOTRYTIS GEOTRICHUM CANDID MUCOR RACEOSUS RHODOTORULA RUBRA
- CURV SPECIFERA HEMINTHOSPORIUM PENICILLUM
- EPICOCUM NIGRUM HORMODENDRUM PHOMA DESTRUCTIVA
- FUSARIUM OXSPORE MONILIA SITOPHILA PULLULARIA

### Preservatives/Expanded Additives

### Others
<table>
<thead>
<tr>
<th>Herbs: Male/Female</th>
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<tbody>
<tr>
<td>Acai Berry</td>
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<tr>
<td>Astragalus</td>
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<td>Chondroitin</td>
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<td>Essiac</td>
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<td>Hawthorn Berry</td>
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<td>Milk Thistle</td>
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<td>Senna</td>
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### Functional Foods and Medicinal Herbs

<table>
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<tr>
<th>SEVERE</th>
<th>MODERATE</th>
<th>MILD*</th>
<th>ACCEPTABLE / NO REACTION</th>
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<td>Kava Kava*</td>
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<td></td>
<td>Red Yeast Rice*</td>
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<td>Rhodiola*</td>
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<td></td>
<td>Rooibos Tea*</td>
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<td></td>
<td>St John's Wort*</td>
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<td></td>
<td>Stevia Leaf*</td>
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<td></td>
<td>Valerian*</td>
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<td></td>
<td>Vinpocetine*</td>
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<td></td>
<td>Wheatgrass*</td>
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<td></td>
<td>Yellow Dock*</td>
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</table>

### Lab Information

- **Patient Information**: PATIENT II, PRETEND
- **Date of Birth**: 11/04/1977
- **Gender**: F
- **HCP**: Sample Physician
- **Date Received**: 02/11/2010
- **Date Collected**: Date Reported: 12/12/2017
- **Lab Director**: Dr. Jennifer Spiegel, M.D.
- **Lab ID**: 68220

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**Functional Foods and Medicinal Herbs**

- Acai Berry
- Astragalus
- Chondroitin
- Essiac
- Hawthorn Berry
- Milk Thistle
- Pine Bark
- Senna
- Aloe Vera
- Bee Pollen
- Echinacea
- Grape Seed Extract
- Luo Han Guo
- Noni Berry
- Resveratrol
- Ashwagandha
- Black Walnut
- Elderberry
- Gymnema
- Sylvester
- Lutein
- Pau Darrow Bark
- Schisandra Berry
The Alcat Test does not identify the *immediate allergic response* to foods. If you have true food allergies, please **continue to AVOID those foods** even though they may not appear "reactive" on your Alcat Test results.

### Candida Albicans
You have a moderate reaction to Candida Albicans, also eliminate these foods:
- Cane Sugar
- Fructose (HFCS)
- Honey
- Maple Sugar
- Molasses

### Gluten
You have a mild reaction to Glutin and severe reaction to Gluten, eliminate these foods:
- Barley
- Malt
- Rye
- Spelt
- Wheat

### Casein
You have no reaction to Casein and mild reaction to Whey, eliminate these foods:
- Cow's Milk
- Goat's Milk
- Lactose
- Sheep's Milk

### Whey
You have no reaction to Casein and mild reaction to Whey, eliminate these foods:
- Cow's Milk
- Goat's Milk
- Lactose
- Sheep's Milk

### Additional Foods
- Acorn Squash
- Brazil Nut
- Clove
- Flounder
- Lime
- Rhubarb
- Wakame
- Seaweed
- Almond
- Broccoli
- Codfish
- Green Pea
- Macadamia
- Sage
- White Potato
- Bison
- Chicken Liver
- Dill
- Honeydew Melon
- Onion
- Turnip
- Blackberry
- Chives
- Egg White
- Lima Bean
- Macadamia
- Sage
- White Potato
- Blackberry
- Chives
- Egg White
- Lima Bean
- Macadamia
- Sage
- White Potato

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**Lab ID:** 68220

**Date of Birth:** 11/04/1977

**Date Received:** 02/11/2010

**Date Reported:** 12/12/2017

**HCP(10804):** Sample Physician

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**Patient Information**

Date of Birth: 11/04/1977  Date Reported: 12/12/2017
Date Received: 02/11/2010  Lab ID: 68220
HCP(10804): Sample Physician
<table>
<thead>
<tr>
<th>VEGETABLES / LEGUMES</th>
<th>FRUITS</th>
<th>MEAT</th>
<th>DAIRY / EGGS</th>
<th>SEAFOOD</th>
<th>GRAINS / STARCHES</th>
<th>NUTS / OILS AND MISCELLANEOUS FOODS</th>
<th>HERBS / SPICES</th>
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<tbody>
<tr>
<td><strong>ADZUKI BEANS</strong></td>
<td><strong>APRICOT</strong></td>
<td><strong>CHICKEN VEAL</strong></td>
<td><strong>DAIRY / EGGS</strong></td>
<td><strong>SEAFOOD</strong></td>
<td><strong>AMARANTH OAT (GLUTEN FREE)</strong></td>
<td><strong>BAKER'S YEAST</strong></td>
<td><strong>ANCHO CHILI PEPPER</strong></td>
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<tr>
<td><strong>BLACK BEANS</strong></td>
<td><strong>CANTALOUPE</strong></td>
<td><strong>Duck</strong></td>
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<td><strong>QUINOA</strong></td>
<td><strong>CAROB</strong></td>
<td><strong>CAYENNE PEPPER</strong></td>
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<td><strong>BRASSIL SPROUT</strong></td>
<td><strong>DATE</strong></td>
<td><strong>VENISON</strong></td>
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<td><strong>CURRY</strong></td>
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<td><strong>MILLET</strong></td>
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<td><strong>BAY LEAF</strong></td>
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<td><strong>PUMPKIN</strong></td>
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<td><strong>SOYBEAN</strong></td>
<td><strong>ROAD  (GLUTEN FREE)</strong></td>
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<tr>
<td><strong>SWISS CHARD</strong></td>
<td><strong>TARO ROOT</strong></td>
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</tbody>
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Baker's yeast, cardamom, cayenne pepper, curry, nutmeg, rosemary, turmeric, ancho chili pepper, black pepper, coriander seed, horseradish, paprika, tarragon, thyme, bay leaf, cinnamon, ginger, oregano, saffron.