

# Why Test for Food Sensitivities?

Days may pass before symptoms appear, testing is often the only way to determine which foods are responsible.

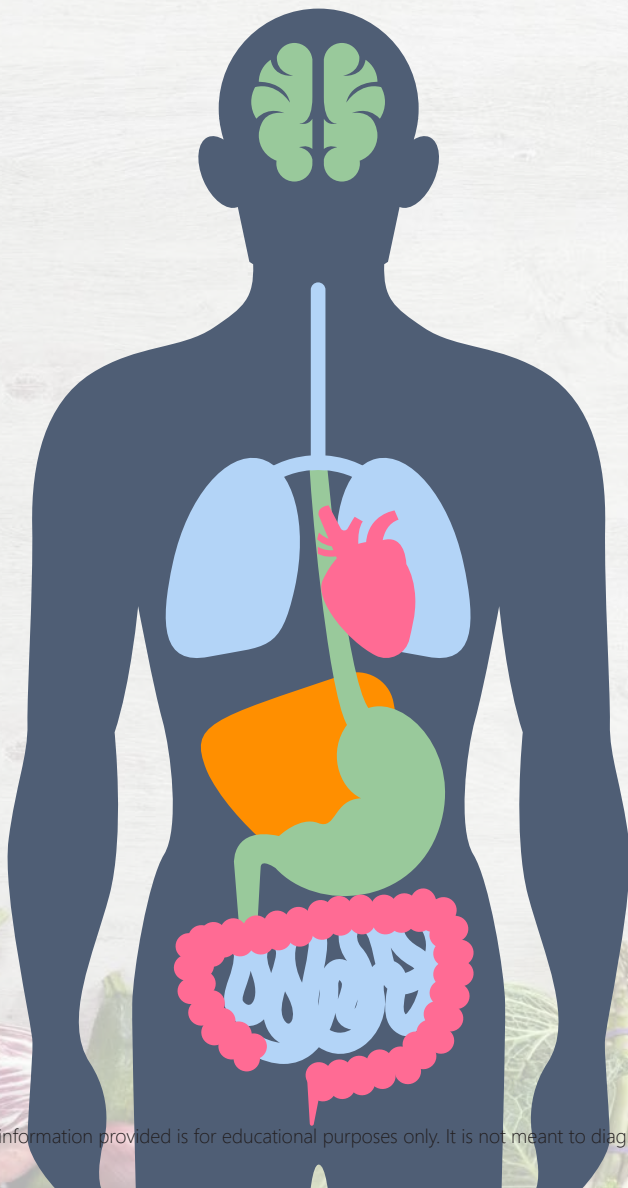
A food sensitivity test can quickly determine reactive foods.

IgG reactions frequently occur to commonly consumed foods such as dairy, wheat, eggs, yeast, pork and soy.

Elimination diets are difficult to follow and can take months to complete.

Studies prove that most patient's symptoms improved when positive foods were removed.

## Food sensitivity symptoms impact all parts of the body



- Fatigue
- Difficulty concentrating
- Joint pain
- Inflammation
- Headaches
- Migraines
- Eczema, rashes, skin irritations
- Stomach aches
- Acid reflux
- Bloating
- Constipation or diarrhea
- Unexplained weight gain or loss
- Behavioral issues (in children)

**Ask your healthcare provider  
about ordering a test today.**



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800-225-5404 | [foodallergy.com](http://foodallergy.com)



# 96 or 184 IgG and/or IgA Food Sensitivity Panel

Finger stick (IgG only) or serum • Easy transport - stable at room temperature

No fasting or need to come off most medications or supplements

Customized Wellness Plan • On site dietitians

Fast turnaround time - 5 to 7 business days • 40 years of proven results!

## 96 Food Panel

<b>Beverages &amp; Misc.</b> Black Tea Cocoa Coffee Honey Yeast, Baker's Yeast, Brewer's	<b>Fruits (continued)</b> Orange Pear Pineapple Strawberry Watermelon	<b>Meat &amp; Poultry</b> Beef Chicken Lamb Pork Turkey
<b>Dairy &amp; Egg</b> Cheddar Cheese Cottage Cheese Egg, White Egg, Yolk Milk, Cow's Mozz. Cheese Yogurt	<b>Grains &amp; Starches</b> Barley Bran Corn Gluten Malt Oats Rice Rye Wheat	<b>Nuts, Seeds &amp; Oils</b> Almond Cashew Chia Seed Cola Safflower Sesame Sunflower Seed Walnut
<b>Fish &amp; Shellfish</b> Clam Codfish Crab Haddock Lobster Salmon Scallop Shrimp Sole Swordfish Tuna	<b>Herbs, Spices &amp; Flavorings</b> Basil Bay Leaf Black Pepper Cinnamon Dill Ginger Mustard Oregano Tarragon	<b>Vegetables</b> Asparagus Bell Pepper Broccoli Cabbage Carrot Cauliflower Celery Cucumber Eggplant Garlic Green Bean Kale Kelp Lettuce Mushroom Olive, Green Onion Potato Potato, Sweet Spinach Squash Tomato
<b>Fruits</b> Apple Avocado Banana Blueberry Cantaloupe Coconut Grape Grapefruit Lemon	<b>Legumes &amp; Pulses</b> Green Pea Lima Bean Peanut Soybean	

## 184 Food Panel

<b>Beverages &amp; Misc.</b> Black Tea Carob Cocoa Coffee Green Tea Honey Yeast, Baker's Yeast, Brewer's	<b>Fish &amp; Shellfish (continued)</b> Scallop Shrimp Sole Squid Swordfish Trout Tuna Walleye Pike	<b>Grains &amp; Starches</b> Amaranth Arrowroot Barley Bran Buckwheat Corn Gluten Hops Malt Millet Oats Quinoa Rice Rye Sorghum Tapioca Teff Wheat	<b>Herbs, Spices &amp; Flavorings (continued)</b> Thyme Turmeric Vanilla Bean	<b>Nuts, Seeds &amp; Oils (continued)</b> Pine Nut Pistachio Poppy Seed Safflower Sesame Sunflower Seed Walnut
<b>Dairy &amp; Egg</b> Blue Cheese Casein Cheddar Cheese Cottage Cheese Egg, White Egg, Yolk Milk, Cow's Milk, Goat's Milk, Sheep's Mozz. Cheese Swiss Cheese Whey Yogurt	<b>Fruits</b> Apple Apricot Avocado Banana Blackberry Blueberry Cantaloupe Cherry Coconut Cranberry Date Fig Grape Grapefruit Honeydew Kiwi Lemon Lime Mango Orange Papaya Peach Pear Pineapple Plum Raspberry Rhubarb Strawberry Tangerine Watermelon	<b>Legumes &amp; Pulses</b> Black-eyed Peas Chickpea Green Pea Kidney Bean Lentil Lima Bean Navy Bean Peanut Soybean	<b>Legumes &amp; Pulses</b> Black-eyed Peas Chickpea Green Pea Kidney Bean Lentil Lima Bean Navy Bean Peanut Soybean	<b>Vegetables</b> Artichoke Asparagus Beets Bell Pepper Broccoli Brussels Sprouts Cabbage Carrot Cauliflower Celery Cucumber Eggplant Garlic Green Bean Kale Kelp Lettuce Mushroom Okra Olive, Green Onion Parsnip Potato Potato, Sweet Pumpkin Radish Spinach Squash Tomato Turnip Zucchini
<b>Fish &amp; Shellfish</b> Anchovy Bass Clam Codfish Crab Flounder Haddock Halibut Herring Lobster Mackerel Mussel Oyster Perch Red Snapper Salmon	<b>Herbs, Spices &amp; Flavorings</b> Basil Bay Leaf Black Pepper Cilantro Cinnamon Cloves Dill Fennel Seed Ginger Ginseng Horseradish Licorice Mustard Nutmeg Oregano Paprika Parsley Peppermint Rosemary Sage Tarragon	<b>Meat &amp; Poultry</b> Beef Buffalo Chicken Duck Lamb Pork Turkey Venison	<b>Nuts, Seeds &amp; Oils</b> Almond Brazil Nut Canola Cashew Chestnut Chia Seed Cola Flaxseed Hazelnut Hemp Macadamia Nut Pecan	

## Wellness Plan: Available with any food sensitivity test



- 15+ page booklet customized for the patient based on their results.
- Custom diets available e.g. vegetarian, vegan, paleo etc.
- Foods to eliminate are clearly identified.
- Resources, such as a shopping list and 4-day rotation diet are included to aid the patient in purchasing or preparing food selections.
- Instructions on how to reintroduce foods are included.
- A wallet size card that lists the foods the patient needs to avoid is provided making it easy to food shop or eat out
- Available as hard-copy or PDF