

The gold standard of accuracy in the lab industry

The Food Sensitivity panel detects IgA and IgG antibodies. It assesses sensitivity to common foods in the Western diet and food additives such as preservatives, artificial sweeteners, emulsifiers, food dyes, and pesticides, which can cause chronic inflammation and intestinal permeability.

Dairy	<ul style="list-style-type: none"> • Beta-Casein • Casomorphin • Cow's Milk • Goat's Milk • Whey Protein
Fish	<ul style="list-style-type: none"> • Catfish • Codfish • Halibut • Lake Trout • Mackerel • Perch • Salmon • Tuna
Meat	<ul style="list-style-type: none"> • Beef • Chicken • Egg white • Egg yolk • Lamb • Pork • Turkey
Shellfish	<ul style="list-style-type: none"> • Crab • Lobster • Shrimp
Mollusks	<ul style="list-style-type: none"> • Clam • Oyster • Scallops

Legumes	<ul style="list-style-type: none"> • Kidney Bean • Navy Bean • Peanuts • Soybean
Spices	<ul style="list-style-type: none"> • Black Pepper • Cinnamon • Nutmeg
Gluten-containing grains	<ul style="list-style-type: none"> • Barley • Malt • Oats • Rye • Wheat
Gluten-free grains/Starches	<ul style="list-style-type: none"> • Amaranth • Brown Rice • Buckwheat • Corn
Miscellaneous	<ul style="list-style-type: none"> • Cocoa • Coffee • Hops • Rosemary • Vanilla Bean • Yeast

Nuts	<ul style="list-style-type: none"> • Almond • Black Walnut • Cashews • English • Pecan
Nightshades	<ul style="list-style-type: none"> • Green Pepper • White Potato
Seeds	<ul style="list-style-type: none"> • Mustard • Sesame
Fruits	<ul style="list-style-type: none"> • Apple • Apricot • Avocado • Banana • Blackberry • Blueberry • Cantaloupe • Cherry • Coconut • Cranberry • Grape • Grapefruit • Lemon • Olive • Orange • Peach • Pear • Pineapple • Raspberry • Strawberry • Tomato • Watermelon

Vegetables	<ul style="list-style-type: none"> • Broccoli • Cabbage • Carrot • Cauliflower • Celery • Cucumber • Garlic • Green Bean • Green Peas • Lettuce • Lima Bean • Mushrooms • Onion • Seaweed (Kelp) • Spinach • Squash • Ginger • Sweet Potato
-------------------	---

Published 1/8/2023