

## 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.

<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Buffalo milk</li> <li>• Buttermilk</li> <li>• Cheese, cheddar</li> <li>• Kefir</li> <li>• Sheep's milk</li> <li>• Yoghurt</li> </ul>
<b>Fish</b>	<ul style="list-style-type: none"> <li>• Alaska pollock</li> <li>• Anchovy</li> <li>• Carp</li> <li>• Eel</li> <li>• Flounder</li> <li>• Sardine</li> <li>• Sea bass</li> <li>• Sole</li> </ul>
<b>Meat</b>	<ul style="list-style-type: none"> <li>• Duck meat</li> <li>• Goose meat</li> <li>• Grapevinesnail</li> <li>• Rabbit</li> <li>• Veal</li> </ul>
<b>Shellfish</b>	<ul style="list-style-type: none"> <li>• Crayfish</li> </ul>

<b>Mollusks</b>	<ul style="list-style-type: none"> <li>• Blue mussel</li> <li>• Octopus</li> <li>• Pacific squid</li> <li>• Squid</li> </ul>
<b>Legumes</b>	<ul style="list-style-type: none"> <li>• Chickpea</li> <li>• Broad bean</li> <li>• Mungbeans</li> </ul>
<b>Spices</b>	<ul style="list-style-type: none"> <li>• Anise</li> <li>• Bay leaf</li> <li>• Caraway</li> <li>• Cayennepepper</li> <li>• Common thyme</li> <li>• Curry powder</li> <li>• Dill</li> <li>• Hot paprika powder</li> <li>• Oregano</li> <li>• Parsley</li> <li>• Woo-hsiang powder</li> </ul>
<b>Gluten-containing grains</b>	<ul style="list-style-type: none"> <li>• Spelt</li> <li>• Cous cous</li> </ul>

<b>Gluten-free grains/Starches</b>	<ul style="list-style-type: none"> <li>• Millet</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Black tea</li> <li>• Cane sugar</li> <li>• Lemon grass</li> <li>• Molasses</li> <li>• Oolong tea</li> </ul>
<b>Nuts</b>	<ul style="list-style-type: none"> <li>• Hazelnut</li> <li>• Pinenut</li> <li>• Pistachionut</li> <li>• Sweet chestnut</li> </ul>
<b>Nightshades</b>	<ul style="list-style-type: none"> <li>• Eggplant</li> </ul>
<b>Seeds</b>	<ul style="list-style-type: none"> <li>• Coriander seed</li> <li>• Flaxseed</li> <li>• Poppy seed</li> <li>• Rape seed</li> <li>• Sunflower seed</li> </ul>

<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Fig</li> <li>• Guava</li> <li>• Honeydew melon</li> <li>• Kiwi fruit</li> <li>• Litchi</li> <li>• Mandarin</li> <li>• Mango</li> <li>• Plum</li> <li>• Capers</li> <li>• Papaya</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Bamboo shoots</li> <li>• Beet root</li> <li>• Endive</li> <li>• Leek</li> <li>• Roquette</li> <li>• Savoycabbage</li> <li>• Turnip</li> <li>• Vine leaf</li> <li>• White radish</li> <li>• Artichoke</li> <li>• Chard</li> <li>• Kale</li> <li>• Shiitake mushroom</li> <li>• Zucchini</li> </ul>
<b>Vegan Foods</b>	<ul style="list-style-type: none"> <li>• Tofu</li> <li>• Tempeh</li> <li>• Vegan Cheese</li> </ul>