



Foods We Test



Dairy

Casein
 Cow's Milk
 Goat's Milk
 Egg Yolk
 Egg White
 Sheep's Milk
 Whey

Grains

Amaranth
 Barley
 Buckwheat
 Gliadin
 Millet
 Oat
 Quinoa
 Rice
 Rye
 Sorghum
 Spelt
 Wheat, Gluten
 Wheat, Whole

Fruits

Acai Berry
 Apple
 Apricot
 Avocado
 Banana
 Blueberry
 Cantaloupe
 Cherry
 Cranberry
 Eggplant
 Fig
 Grape, White
 Seedless
 Kiwi
 Goji Berry
 Grapefruit
 Honeydew Melon
 Lemon
 Lime
 Mango
 Monk Fruit
 Olive, Green
 Onion, White
 Orange
 Papaya
 Peach
 Pear
 Pineapple

Plum
 Pomegranate
 Raspberry
 Strawberry
 Watermelon

Additives

Aspartame
 Benzoic Acid
 BHA
 MSG
 Polysorbate 80
 Red #3
 Red #40
 Saccharin
 Stevia
 Yellow #6

Vegetables

Artichoke
 Arugula
 Asparagus
 Beets
 Broccoli
 Brussel Sprouts
 Butternut Squash
 Cabbage
 Carob
 Carrot
 Cauliflower
 Celery
 Cilantro
 Collard Greens
 Corn
 Cucumber
 Kale
 Lettuce
 Parsley
 Pea, Chick
 Pea, Green
 Pepper, Green
 Potato, Sweet
 Potato, White
 Pumpkin
 Spinach
 Summer Squash
 Tomato
 Zucchini

Microbes

Candida
 Yeast, Baker's
 Yeast, Brewer's

Beans

Black Bean
 Cocoa
 Coffee
 Green Bean
 Kidney Bean
 Lentils
 Navy Bean
 Pinto Bean
 Soybean

Spices

Basil
 Cinnamon
 Cloves
 Cumin
 Garlic
 Ginger
 Hops
 Mustard
 Oregano
 Paprika
 Pepper, Black
 Pepper, Chili
 Peppermint
 Rosemary
 Turmeric
 Vanilla

Fish

Anchovy
 Codfish
 Flounder
 Halibut
 Mackerel
 Sardine
 Salmon
 Sea Bass
 Snapper
 Swordfish
 Trout
 Tuna

Meats

Beef
 Bacon
 Chicken
 Duck
 Lamb
 Pork
 Turkey
 Venison

Extracts & Miscellaneous

Agave
 Canola Oil
 Coconut Oil
 Hemp Protein (CBD)
 Honey
 Maple Syrup
 Mushroom
 Spirulina
 Sugarcane
 Tapioca
 Tea, Black
 Vinegar
 Wine, Red

Seeds

Chia Seed
 Dill Seed
 Flax Seed
 Hemp Seed
 Sesame Seed
 Sunflower Seed



Shellfish

Clam
 Crab
 Lobster
 Oyster
 Scallops
 Shrimp
 Squid

Nuts

Almond
 Brazil nut
 Cashew
 Coconut
 English Walnut
 Hazelnut
 Macadamia Nut
 Peanut
 Pecan
 Pine Nut
 Pistachio

Test Key

FIT 22- 
 FIT 132- 
 FIT 176- 