



LRA by ELISA/ACT® Combination Panels

BASIC TESTING

144 TESTS

FOODS (66 ITEMS)

Almond	Corn (Maize)	Lobster	Salmon/Lox
Apple	Cottonseed Oil	Milk, Pasteurized (Cow)	Shrimp
Banana	Crab	Millet	Squash
Barley	Cranberry	Mustard Greens, Spice	Strawberry
Bean, Soya	Cucumber	Oats	Sugar, Cane
Beef/Veal	Egg, White (Chicken)	Olive	Sugar, Corn
Broccoli	Egg, Yolk (Chicken)	Onion, Yellow	Tea, Black
Cabbage/Brussels Sprouts	Flaxseed / Linseed Oil	Orange	Tobacco
Cantaloupe/Honeydew	Garlic	Peanut	Tomato
Carrot	Ginger	Pear	Tuna
Cauliflower	Gluten	Pepper, Black	Turkey
Cheese, Processed (Cow)	Grape/Raisin, Green	Pork/Bacon/Ham	Vanilla
Chicken	Grape/Raisin, Red	Potato, Sweet / Yam	Wheat
Chocolate/Cocoa	Grapefruit	Potato, White	Yeast, Baker's
Cinnamon	Lamb/Mutton	Rice, Brown	(Geotrichum)
Coffee, Decaf & Reg	Lemon	Rice, White	Yeast, Brewer's (Torula)
Cola	Lettuce, Romaine	Rye	

ENVIRONMENTAL CHEMICALS (15 ITEMS)

1,2 Dichlorobenzene	Chloroform	Methylene Chloride	Vinyl Chloride
2,4,5 T	Cis-Dichloroethylene	(Dichloromethane)	Xylene
Benzene	(1,2 Dichloroethylene)	Organophosphates	
Carbon Tetrachloride	Cyclohexylamine	Soap (SDS/SLS)	
Chlordane	Endrin	Toluene	

ADDITIVES/PRESERVATIVES (15 ITEMS)

Aspartame/Nutrasweet	Diacetyl (2,3-Butanedione)	Nitrates/Nitrites	Saccharine
BHA	Gum, Locust Bean	Polysorbate 60	Sodium Benzoate
BHT	MSG (Monosodium	Potassium Bromate	Sodium Propionate
Calcium Propionate	Glutamate)	Propyl Gallate	Sulfite/Metabisulfite

MOLDS (28 ITEMS)

Alternaria alternata	Epidermophyton floccosum	Penicillium frequentans	Trichoderma harzianum
Aspergillus fumigatus	Fusarium solani	Penicillium notatum/ chrysogenum	Thricothecium roseum
Aspergillus niger	Fusarium vasinfectum	Penicillium roqueforti	Trichophyton mentagrophytes goetzii
Aspergillus oryzae	Geotrichum candidum	Pullularia pullulans	Trichophyton mentagrophytes interdigit
Botrytis cinerea	Helminthosporium halodes	Rhizopus stolonifer/ nigricans	Trichophyton rubrum
Candida albicans	Helminthosporium sativum	Rhodotorula	Trichophyton schoenleinii
Cladosporium cladosporioides	Mucor mucedo		
Cladosporium herbarum	Mucor racemosus		

F, D & C COLOR ADDITIVES (20 ITEMS)

Annatto	Carmoisine	Green #3	Red #3
Blue #1	D & C Green #5	Orange #4	Red #40
Blue #2	D & C Orange #5	Ponceau 2R	Yellow #10
Brilliant Black	D & C Red #33	Ponceau 4R	Yellow #5
Carmine/Cochineal	D & C Violet #2	Red #2	Yellow #6

FOODS (134 ITEMS)

Alfalfa	Cinnamon	Lettuce, Romaine	Rhubarb
Algae (Chorella)	Coffee, Decaf & Reg	Lobster	Rice, Basmati
Algae (Spirulina)	Cola	Macadamia Nut	Rice, Brown
Allspice / Arrowroot	Coriander	Mace	Rice, White
Almond	Corn (Maize)	Marjoram	Rose Hips
Anchovy	Cottonseed Oil	Milk, Pasteurized (Cow)	Rutabaga
Anise Seed	Crab	Milk, Raw (Cow)	Rye
Apple	Cranberry	Millet	Salmon/Lox
Artichoke	Cucumber	Mustard Greens, Spice	Sardine
Baking Powder	Date	Nectarine	Scallion / Spring Onion
Banana	Deer / Venison	Oats	Shrimp
Barley	Duck / Goose	Okra	Spearmint
Bass	Egg, White (Chicken)	Olive	Squash
Bean, Garbanzo	Egg, Yolk (Chicken)	Onion, Yellow	Strawberry
Bean, Navy / Ninja	Endive	Orange	Sugar, Cane
Bean, Soya	Flaxseed / Linseed Oil	Parsnip	Sugar, Corn
Beef/Veal	Garlic	Pea, Black-eyed	Tamarind
Blackberry	Gelatin	Peanut	Tangerine / Mandarin Orange
Bok Choi	Gin (Juniper Berries)	Pear	Tea, Black
Boysenberry	Ginger	Pepper, Black	Tobacco
Brazil Nut	Gluten	Pepper, Cayenne	Tomato
Broccoli	Grape/Raisin, Green	Pepper, White	Tuna
Buffalo	Grape/Raisin, Red	Perch, Mackerel	Turkey
Butter, Clarified	Grapefruit	Pimiento	Turmeric
Cabbage/Brussels Sprouts	Grapeseed Oil	Pistachio	Turnip Greens
Cantaloupe/Honeydew	Hazelnut / Filbert	Poke Weed Mitogen	Vanilla
Caraway Seed	Horseradish	Poppy Seed	Walnut, English
Carrot	Hydrogenated Oil	Pork/Bacon/Ham	Watercress
Catfish	Kelp / Seaweed	Potato, Sweet / Yam	Wheat
Cauliflower	Kombu	Potato, White	Whey
Chard	Lactoglobulin	Psyllium Seed	Yeast, Baker's
Cheese, Processed (Cow)	Lamb/Mutton	Rabbit	(Geotrichum)
Chicken	Leek	Radish	Yeast, Brewer's (Torula)
Chocolate/Cocoa	Lemon	Rapeseed / Canola Oil	

ENVIRONMENTAL CHEMICALS (15 ITEMS)

1,2 Dichlorobenzene	Chloroform	Methylene Chloride	Vinyl Chloride
2,4,5 T	Cis-Dichloroethylene	(Dichloromethane)	Xylene
Benzene	(1,2 Dichloroethylene)	Organophosphates	
Carbon Tetrachloride	Cyclohexylamine	Soap (SDS/SLS)	
Chlordane	Endrin	Toluene	

ADDITIVES/PRESERVATIVES (15 ITEMS)

Aspartame/Nutrasweet	Diacetyl (2,3-Butanedione)	Nitrates/Nitrites	Saccharine
BHA	Gum, Locust Bean	Polysorbate 60	Sodium Benzoate
BHT	MSG (Monosodium	Potassium Bromate	Sodium Propionate
Calcium Propionate	Glutamate)	Propyl Gallate	Sulfite/Metabisulfite

continued

ENHANCED BASIC TESTING**212 TESTS****MOLDS (28 ITEMS)**

Alternaria alternata	Epidermophyton floccosum	Penicillium frequentans	Trichoderma harzianum
Aspergillus fumigatus	Fusarium solani	Penicillium notatum/ chrysogenum	Thricothecium roseum
Aspergillus niger	Fusarium vasinfectum	Penicillium roqueforti	Trichophyton mentagrophytes goetzii
Aspergillus oryzae	Geotrichum candidum	Pullularia pullulans	Trichophyton mentagrophytes interdigit
Botrytis cinerea	Helminthosporium halodes	Rhizopus stolonifer/ nigricans	Trichophyton rubrum
Candida albicans	Helminthosporium sativum	Rhodotorula	Trichophyton schoenleinii
Cladosporium cladosporioides	Mucor mucedo		
Cladosporium herbarum	Mucor racemosus		

F, D & C COLOR ADDITIVES (20 ITEMS)

Annatto	Carmoisine	Green #3	Red #3
Blue #1	D & C Green #5	Orange #4	Red #40
Blue #2	D & C Orange #5	Ponceau 2R	Yellow #10
Brilliant Black	D & C Red #33	Ponceau 4R	Yellow #5
Carmines/Cochineal	D & C Violet #2	Red #2	Yellow #6

Customized LRA by ELISA/ACT tests are available. Please call Client Services at 800-553-5472 for more information on how to pre-design your own test block.

FOODS (166 ITEMS)

Almond	Cheese, Parmesan (Cow)	Ginger	Oyster	Snapper
Amaranth	Cheese, Processed (Cow)	Gliadin	Papaya	Sole/Flounder/Halibut
Apple	Cheese, Romano (Sheep)	Gluten	Paprika	Spelt
Apricot	Cheese/Milk (Goat)	Grape/Raisin, Green	Parsley	Spinach
Asparagus	Cherry	Grape/Raisin, Red	Pea, Green, Snow	Squash
Avocado	Chestnut	Grapefruit	Peach	Strawberry
Banana	Chicken	Haddock	Peanut	Sucanat
Barley	Chive	Honey	Pear	Sugar, Beet
Basil	Chocolate/Cocoa	Hops	Pecan/Pine	Sugar, Cane
Bay Leaf	Cilantro	Kale	Pepper, Black	Sugar, Corn
Bean, Kidney	Cinnamon	Kamut	Pepper, Chili, Red	Sugar, Maple
Bean, Lima	Clam	Kiwi	Pepper, Green, Red, Yellow	Sunflower
Bean, Mung	Clove	Lactalbumin	Peppermint	Swordfish
Bean, Pinto	Coconut	Lamb/Mutton	Pineapple	Tapioca
Bean, Soya	Cod Liver Oil	Lemon	Plum/Prune	Tarragon
Bean, String/Wax	Codfish	Lentils, Red, Green	Pork/Bacon/Ham	Tea, Black
Beef/Veal	Coffee, Decaf & Reg	Lettuce, Iceberg	Potato, Sweet/Yam	Thyme
Beet	Cola	Lettuce, Red Leaf	Potato, White	Tobacco
Blueberry	Collard Greens	Lettuce, Romaine	Pumpkin	Tofu
Broccoli	Corn (Maize)	Lime	Quinoa	Tomato
Buckwheat/Kasha	Cottonseed Oil	Lobster	Raspberry	Triticale
Butter, Whole	Crab	Malt	Rice, Brown	Trout
Cabbage/Brussels Sprouts	Cranberry	Mango	Rice, White	Tuna
Cantaloupe/Honeydew	Cucumber	Milk, Pasteurized (Cow)	Rice, Wild	Turbot/Whitefish
Carob	Cumin	Millet	Rosemary	Turkey
Carrot	Currant	Molasses	Rye	Vanilla
Casein	Curry	Mushroom	Safflower Oil	Walnut Oil, Black
Cashew	Dill	Mustard Greens, Spice	Sage	Watermelon
Cauliflower	Egg, White (Chicken)	Nutmeg	Salicylate	Wheat
Celery	Egg, Yolk (Chicken)	Oats	Salmon/Lox	Yeast, Baker's (Geotrichum)
Chamomile	Eggplant	Olive	Scallop	Yeast, Brewer's (Torula)
Cheese, Brick (Cow)	Fig	Onion, Yellow	Sesame/Tahini	Yogurt (Cow)
Cheese, Cottage (Cow)	Flaxseed/Linseed Oil	Orange	Shrimp	
	Garlic	Oregano		

ENVIRONMENTAL CHEMICALS (60 ITEMS)

1,2 Dichlorobenzene	Cis-Dichloroethylene	Heptachlor	Polyvinylpyrrolidone/Povidone
2,4,5 T	(1,2- Dichloroethylene)	Hexachlorocyclohexane	Propylene Glycol
2,4 D	Cyclohexylamine	Isopropyl Ether	(1,2-Propanediol)
2-Methyl Pentane	DBCP (1,2 Dibromo-3-chloropropane)	Latex	Pyrene
3-Methyl Pentane	DDT	Maleic Anhydride	Selenium Sulfide
Aldrin	DEET	Metallic Catalyst	Silicates/Silicone Dioxide
Benzaldehyde	Detergent (Synthetic)	Methoxychlor	Silicone
Benzene	Dibutyl Phthalate	Methylene Chloride (Dichloromethane)	Soap (SDS/SLS)
Benzopyrene	Dieldrin	Morpholine	Tert-Butyl-Ethyl Ether (TBEE)
Benzyl Acetate	Endrin	Nitrosamine Mix	Tert-Butyl-Methyl Ether (TBME)
Beryllium Oxide	Ethyl Acetate	Organophosphates	Tetrachloroethylene
Carbamates	Ethyl Acetoacetate	Pentachlorophenol (PCP)	Toluene
Carbon Disulfide	Ethyl Butyrate	Petroleum By-Products and Solvents	Trichloroethylene (TCE)
Carbon Tetrachloride	Ethylene Dibromide	Phenol	Vinyl Chloride
Chlordane	Formaldehyde	Phthalates	Xylene
Chloroform	Halogenated Biocide		

continued

COMPREHENSIVE TESTING**315 TESTS****MOLDS (28 ITEMS)**

Alternaria alternata	Epidermophyton floccosum	Penicillium frequentans	Trichoderma harzianum
Aspergillus fumigatus	Fusarium solani	Penicillium notatum/ chrysogenum	Thricothecium roseum
Aspergillus niger	Fusarium vasinfectum	Penicillium roqueforti	Trichophyton mentagrophytes goetzii
Aspergillus oryzae	Geotrichum candidum	Pullularia pullulans	Trichophyton mentagrophytes interdigit
Botrytis cinerea	Helminthosporium halodes	Rhizopus stolonifer/ nigricans	Trichophyton rubrum
Candida albicans	Helminthosporium sativum	Rhodotorula	Trichophyton schoenleinii
Cladosporium cladosporioides	Mucor mucedo		
Cladosporium herbarum	Mucor racemosus		

ADDITIVES/PRESERVATIVES (27 ITEMS)

Aspartame/Nutrasweet	Gum, Carrageenan	Pinene	Sodium Propionate
BHA	Gum, Guar	Polysorbate 60	Sorbitol
BHT	Gum, Locust Bean	Polysorbate 80	Sulfite/Metabisulfite
Caffeine	Gum, Tragacanth	Potassium Bromate	Xylitol
Calcium Propionate	Gum, Xanthan	Propyl Gallate	
Diacetyl (2,3 Butanedione)	MSG (Monosodium Glutamate)	Saccharine	
Gum, Acacia	Nitrates/Nitrites	Sodium Benzoate	
Gum, Agar		Sodium Fluoride	

F, D & C COLOR ADDITIVES (20 ITEMS)

Annatto	Carmoisine	Green #3	Red #3
Blue #1	D & C Green #5	Orange #4	Red #40
Blue #2	D & C Orange #5	Ponceau 2R	Yellow #10
Brilliant Black	D & C Red #33	Ponceau 4R	Yellow #5
Carmine/Cochineal	D & C Violet #2	Red #2	Yellow #6

TOXIC MINERALS/METALS (14 ITEMS)

Aluminum	Cadmium	Mercury	Tin/Stannous Chloride
Antimony	Ethyl Mercury	Methyl Mercury	Titanium Dioxide
Arsenic	Gold	Nickel (II) Chloride	
Barium Sulfate	Lead	Silver	

FOODS (234 ITEMS)

Alfalfa	Celery	Grapeseed Oil	Parsley	Shrimp
Algae (Chlorella)	Chamomile	Grape/Raisin, Green	Parsnip	Sole/Flounder/
Algae (Spirulina)	Chard	Grape/Raisin, Red	Pea, Black-eyed	Halibut
Allspice/Arrowroot	Cheese, Brick (Cow)	Grapefruit	Pea, Green, Snow	Spearmint
Almond	Cheese, Cottage (Cow)	Haddock	Peach	Spelt
Amaranth	Cheese, Parmesan (Cow)	Hazelnut/Filbert	Peanut	Spinach
Anchovy	Cheese, Processed (Cow)	Honey	Pear	Squash
Anise Seed	Cheese, Romano (Sheep)	Hops	Pecan/Pine	Strawberry
Apple	Cheese/Milk (Goat)	Horseradish	Pepper, Black	Sucanat
Apricot	Cherry	Hydrogenated Oil	Pepper, Cayenne	Sugar, Beet
Artichoke	Chestnut	Kale	Pepper, Chili, Red	Sugar, Cane
Asparagus	Chicken	Kamut	Pepper, Green,	Sugar, Corn
Avocado	Chive	Kelp/Seaweed	Red, Yellow	Sugar, Maple
Baking Powder	Chocolate/Cocoa	Kiwi	Pepper, White	Sunflower
Banana	Cilantro	Kombu	Peppermint	Swordfish
Barley	Cinnamon	Lactalbumin	Perch/Mackerel	Tamarind
Basil	Clam	Lactoglobulin	Pimiento	Tangerine/Mandarin
Bass	Clove	Lamb/Mutton	Pineapple	Orange
Bay Leaf	Coconut	Leek	Pistachio	Tapioca
Bean, Garbanzo	Cod Liver Oil	Lemon	Plum/Prune	Tarragon
Bean, Kidney	Codfish	Lentils, Red, Green	<i>Poke Weed Mitogen*</i>	Tea, Black
Bean, Lima	Coffee, Decaf & Reg	Lettuce, Iceberg	Poppy Seed	Thyme
Bean, Mung	Cola	Lettuce, Red Leaf	Pork/Bacon/Ham	Tobacco
Bean, Navy/Ninja	Collard Greens	Lettuce, Romaine	Potato, Sweet/Yam	Tofu
Bean, Pinto/Frijole	Coriander	Lime	Potato, White	Tomato
Bean, Soya	Corn (Maize)	Lobster	Psyllium Seed	Triticale
Bean, String/Wax	Cottonseed Oil	Macadamia	Pumpkin	Trout
Beef/Veal	Crab	Mace	Quinoa	Tuna
Beet	Cranberry	Malt	Rabbit	Turbot/Whitefish
Blackberry	Cucumber	Mango	Radish	Turkey
Blueberry	Cumin	Marjoram	Rapeseed/Canola Oil	Turmeric
Bok Choi	Currant	Milk, Pasteurized (Cow)	Raspberry	Turnip, Greens
Boysenberry	Curry	Milk, Raw (Cow)	Red Snapper	Vanilla
Brazil Nut	Date	Millet	Rhubarb	Walnut, English
Broccoli	Deer/Venison	Molasses	Rice, Basmati	Walnut Oil, Black
Buckwheat/Kasha	Dill	Mushroom	Rice, Brown	Watercress
Buffalo	Duck/Goose	Mustard Greens, Spice	Rice, White	Watermelon
Butter, Clarified (Ghee)	Egg, White (Chicken)	Nectarine	Rice, Wild	Wheat
Butter, Whole	Egg, Yolk (Chicken)	Nutmeg	Rose Hips	Whey
Cabbage/Brussels	Eggplant	Oats	Rosemary	Yeast, Baker's
Sprouts	Endive	Okra	Rutabaga	(Geotrichum)
Cantaloupe/Honeydew	Fig	Olive	Rye	Yeast, Brewer's
Caraway Seed	Flaxseed/Linseed Oil	Onion, Scallion/Spring	Safflower Oil	(Torula)
Carob	Garlic	Onion, Yellow	Sage	Yogurt (Cow)
Carrot	Gelatin	Orange	Salicylate	
Casein	Gin (Juniper Berries)	Oregano	Salmon/Lox	
Cashew	Ginger	Oyster	Sardine	
Catfish	Gliadin	Papaya	Scallop	
Cauliflower	Gluten	Paprika	Sesame/Tahini	

**under guidance may be used for selected therapeutic purposes*

continued

ENVIRONMENTAL CHEMICALS (60 ITEMS)

1,2 Dichlorobenzene	Cis-Dichloroethylene	Heptachlor	Polyvinylpyrrolidone/Povidone
2,4,5 T	(1,2- Dichloroethylene)	Hexachlorocyclohexane	Propylene Glycol
2,4 D	Cyclohexylamine	Isopropyl Ether	(1,2-Propanediol)
2-Methyl Pentane	DBCP (1,2 Dibromo-3-	Latex	Pyrene
3-Methyl Pentane	chloropropane)	Maleic Anhydride	Selenium Sulfide
Aldrin	DDT	Metallic Catalyst	Silicates/Silicone Dioxide
Benzaldehyde	DEET	Methoxychlor	Silicone
Benzene	Detergent (Synthetic)	Methylene Chloride	Soap (SDS/SLS)
Benzopyrene	Dibutyl Phthalate	(Dichloromethane)	Tert-Butyl-Ethyl Ether
Benzyl Acetate	Dieldrin	Morpholine	(TBEE)
Beryllium Oxide	Endrin	Nitrosamine Mix	Tert-Butyl-Methyl Ether
Carbamates	Ethyl Acetate	Organophosphates	(TBME)
Carbon Disulfide	Ethyl Acetoacetate	Pentachlorophenol (PCP)	Tetrachloroethylene
Carbon Tetrachloride	Ethyl Butyrate	Petroleum By-Products	Toluene
Chlordane	Ethylene Dibromide	and Solvents	Trichloroethylene (TCE)
Chloroform	Formaldehyde	Phenol	Vinyl Chloride
	Halogenated Biocide	Phthalates	Xylene

MOLDS (28 ITEMS)

Alternaria alternata	Epidermophyton floccosum	Penicillium frequentans	Trichoderma harzianum
Aspergillus fumigatus	Fusarium solani	Penicillium notatum/ chrysogenum	Thricothecium roseum
Aspergillus niger	Fusarium vasinfectum	Penicillium roqueforti	Trichophyton mentagrophytes
Aspergillus oryzae	Geotrichum candidum	Pullularia pullulans	goetzii
Botrytis cinerea	Helminthosporium halodes	Rhizopus stolonifer/ nigricans	Trichophyton mentagrophytes
Candida albicans	Helminthosporium sativum	Rhodotorula	interdigit
Cladosporium cladosporioides	Mucor mucedo		Trichophyton rubrum
Cladosporium herbarum	Mucor racemosus		Trichophyton schoenleinii

ADDITIVES/PRESERVATIVES (27 ITEMS)

Aspartame/Nutrasweet	Gum, Carrageenan	Pinene	Sodium Propionate
BHA	Gum, Guar	Polysorbate 60	Sorbitol
BHT	Gum, Locust Bean	Polysorbate 80	Sulfite/Metabisulfite
Caffeine	Gum, Tragacanth	Potassium Bromate	Xylitol
Calcium Propionate	Gum, Xanthan	Propyl Gallate	
Diacetyl (2,3 Butanedione)	MSG (Monosodium	Saccharine	
Gum, Acacia	Glutamate)	Sodium Benzoate	
Gum, Agar	Nitrates/Nitrites	Sodium Fluoride	

F, D & C COLOR ADDITIVES (20 ITEMS)

Annatto	Carmoisine	Green #3	Red #3
Blue #1	D & C Green #5	Orange #4	Red #40
Blue #2	D & C Orange #5	Ponceau 2R	Yellow #10
Brilliant Black	D & C Red #33	Ponceau 4R	Yellow #5
Carmine/Cochineal	D & C Violet #2	Red #2	Yellow #6

TOXIC MINERALS/METALS (14 ITEMS)

Aluminum	Cadmium	Mercury	Tin/Stannous Chloride
Antimony	Ethyl Mercury	Methyl Mercury	Titanium Dioxide
Arsenic	Gold	Nickel (II) Chloride	
Barium Sulfate	Lead	Silver	

FOODS (166 ITEMS)

Almond	Cheese, Parmesan (Cow)	Ginger	Oyster	Snapper
Amaranth	Cheese, Processed (Cow)	Gliadin	Papaya	Sole/Flounder/Halibut
Apple	Cheese, Romano (Sheep)	Gluten	Paprika	Spelt
Apricot	Cheese/Milk (Goat)	Grape/Raisin, Green	Parsley	Spinach
Asparagus	Cherry	Grape/Raisin, Red	Pea, Green, Snow	Squash
Avocado	Chestnut	Grapefruit	Peach	Strawberry
Banana	Chicken	Haddock	Peanut	Sucanat
Barley	Chive	Honey	Pear	Sugar, Beet
Basil	Chocolate/Cocoa	Hops	Pecan/Pine	Sugar, Cane
Bay Leaf	Cilantro	Kale	Pepper, Black	Sugar, Corn
Bean, Kidney	Cinnamon	Kamut	Pepper, Chili, Red	Sugar, Maple
Bean, Lima	Clam	Kiwi	Pepper, Green, Red, Yellow	Sunflower
Bean, Mung	Clove	Lactalbumin	Peppermint	Swordfish
Bean, Pinto	Coconut	Lamb/Mutton	Pineapple	Tapioca
Bean, Soya	Cod Liver Oil	Lemon	Plum/Prune	Tarragon
Bean, String/Wax	Codfish	Lentils, Red, Green	Pork/Bacon/Ham	Tea, Black
Beef/Veal	Coffee, Decaf & Reg	Lettuce, Iceberg	Potato, Sweet/Yam	Thyme
Beet	Cola	Lettuce, Red Leaf	Potato, White	Tobacco
Blueberry	Collard Greens	Lettuce, Romaine	Pumpkin	Tofu
Broccoli	Corn (Maize)	Lime	Quinoa	Tomato
Buckwheat/Kasha	Cottonseed Oil	Lobster	Raspberry	Triticale
Butter, Whole	Crab	Malt	Rice, Brown	Trout
Cabbage/Brussels	Cranberry	Mango	Rice, White	Tuna
Sprouts	Cucumber	Milk, Pasteurized (Cow)	Rice, Wild	Turbot/Whitefish
Cantaloupe/Honeydew	Cumin	Millet	Rosemary	Turkey
Carob	Currant	Molasses	Rye	Vanilla
Carrot	Curry	Mushroom	Safflower Oil	Walnut Oil, Black
Casein	Dill	Mustard Greens, Spice	Sage	Watermelon
Cashew	Egg, White (Chicken)	Nutmeg	Salicylate	Wheat
Cauliflower	Egg, Yolk (Chicken)	Oats	Salmon/Lox	Yeast, Baker's (Geotrichum)
Celery	Eggplant	Olive	Scallop	Yeast, Brewer's (Torula)
Chamomile	Fig	Onion, Yellow	Sesame/Tahini	Yogurt (Cow)
Cheese, Brick (Cow)	Flaxseed/Linseed Oil	Orange	Shrimp	
Cheese, Cottage (Cow)	Garlic	Oregano		

ENVIRONMENTAL CHEMICALS (60 ITEMS)

1,2 Dichlorobenzene	Cis-Dichloroethylene	Heptachlor	Polyvinylpyrrolidone/Povidone
2,4,5 T	(1,2- Dichloroethylene)	Hexachlorocyclohexane	Propylene Glycol
2,4 D	Cyclohexylamine	Isopropyl Ether	(1,2-Propanediol)
2-Methyl Pentane	DBCP (1,2 Dibromo-3-chloropropane)	Latex	Pyrene
3-Methyl Pentane	DDT	Maleic Anhydride	Selenium Sulfide
Aldrin	DEET	Metallic Catalyst	Silicates/Silicone Dioxide
Benzaldehyde	Detergent (Synthetic)	Methoxychlor	Silicone
Benzene	Dibutyl Phthalate	Methylene Chloride (Dichloromethane)	Soap (SDS/SLS)
Benzopyrene	Dieldrin	Morpholine	Tert-Butyl-Ethyl Ether (TBEE)
Benzyl Acetate	Endrin	Nitrosamine Mix	Tert-Butyl-Methyl Ether (TBME)
Beryllium Oxide	Ethyl Acetate	Organophosphates	Tetrachloroethylene
Carbamates	Ethyl Acetoacetate	Pentachlorophenol (PCP)	Toluene
Carbon Disulfide	Ethyl Butyrate	Petroleum By-Products and Solvents	Trichloroethylene (TCE)
Carbon Tetrachloride	Ethylene Dibromide	Phenol	Vinyl Chloride
Chlordane	Formaldehyde	Phthalates	Xylene
Chloroform	Halogenated Biocide		

continued

MOLDS (28 ITEMS)

Alternaria alternata	Epidermophyton floccosum	Penicillium frequentans	Trichoderma harzianum
Aspergillus fumigatus	Fusarium solani	Penicillium notatum/ chrysogenum	Thricothecium roseum
Aspergillus niger	Fusarium vasinfectum	Penicillium roqueforti	Trichophyton mentagrophytes goetzii
Aspergillus oryzae	Geotrichum candidum	Pullularia pullulans	Trichophyton mentagrophytes interdigit
Botrytis cinerea	Helminthosporium halodes	Rhizopus stolonifer/ nigricans	Trichophyton rubrum
Candida albicans	Helminthosporium sativum	Rhodotorula	Trichophyton schoenleinii
Cladosporium cladosporioides	Mucor mucedo		
Cladosporium herbarum	Mucor racemosus		

ADDITIVES/PRESERVATIVES (27 ITEMS)

Aspartame/Nutrasweet	Gum, Carrageenan	Pinene	Sodium Propionate
BHA	Gum, Guar	Polysorbate 60	Sorbitol
BHT	Gum, Locust Bean	Polysorbate 80	Sulfite/Metabisulfite
Caffeine	Gum, Tragacanth	Potassium Bromate	Xylitol
Calcium Propionate	Gum, Xanthan	Propyl Gallate	
Diacytyl (2,3 Butanedione)	MSG (Monosodium Glutamate)	Saccharine	
Gum, Acacia	Nitrates/Nitrites	Sodium Benzoate	
Gum, Agar		Sodium Fluoride	

F, D & C COLOR ADDITIVES (20 ITEMS)

Annatto	Carmoisine	Green #3	Red #3
Blue #1	D & C Green #5	Orange #4	Red #40
Blue #2	D & C Orange #5	Ponceau 2R	Yellow #10
Brilliant Black	D & C Red #33	Ponceau 4R	Yellow #5
Carmine/Cochineal	D & C Violet #2	Red #2	Yellow #6

TOXIC MINERALS/METALS (14 ITEMS)

Aluminum	Cadmium	Mercury	Tin/Stannous Chloride
Antimony	Ethyl Mercury	Methyl Mercury	Titanium Dioxide
Arsenic	Gold	Nickel (II) Chloride	
Barium Sulfate	Lead	Silver	

MEDICATIONS (25 ITEMS)

Acetaminophen (Tylenol)	Diazepam (Valium)	Mesalamine (Asacol)	Streptomycin
Amitriptyline (Elavil)	Docosanol (Abreva)	Methylphenidate (Ritalin)	Tetracycline
Amoxicillin	Erythromycin	Naproxen (Aleve)	
Ampicillin	Fluconazole (Diflucan)	Nystatin	
Aspirin/Coal Tar	Guaifenesin (Mucinex)	Omeprazole (Prilosec)	
Cephalexin (Keflex)	Hydroxychloroquine (Plaquenil)	Penicillamine	
Ciprofloxacin (Cipro)	Ibuprofen	Penicillin	
Clarithromycin (Biaxin)		Piroxicam (Feldene)	

FOODS (234 ITEMS)

Alfalfa	Celery	Grapeseed Oil	Parsley	Shrimp
Algae (Chlorella)	Chamomile	Grape/Raisin, Green	Parsnip	Sole/Flounder/
Algae (Spirulina)	Chard	Grape/Raisin, Red	Pea, Black-eyed	Halibut
Allspice/Arrowroot	Cheese, Brick (Cow)	Grapefruit	Pea, Green, Snow	Spearmint
Almond	Cheese, Cottage (Cow)	Haddock	Peach	Spelt
Amaranth	Cheese, Parmesan (Cow)	Hazelnut/Filbert	Peanut	Spinach
Anchovy	Cheese, Processed (Cow)	Honey	Pear	Squash
Anise Seed	Cheese, Romano (Sheep)	Hops	Pecan/Pine	Strawberry
Apple	Cheese/Milk (Goat)	Horseradish	Pepper, Black	Sucanat
Apricot	Cherry	Hydrogenated Oil	Pepper, Cayenne	Sugar, Beet
Artichoke	Chestnut	Kale	Pepper, Chili, Red	Sugar, Cane
Asparagus	Chicken	Kamut	Pepper, Green,	Sugar, Corn
Avocado	Chive	Kelp/Seaweed	Red, Yellow	Sugar, Maple
Baking Powder	Chocolate/Cocoa	Kiwi	Pepper, White	Sunflower
Banana	Cilantro	Kombu	Peppermint	Swordfish
Barley	Cinnamon	Lactalbumin	Perch/Mackerel	Tamarind
Basil	Clam	Lactoglobulin	Pimiento	Tangerine/Mandarin
Bass	Clove	Lamb/Mutton	Pineapple	Orange
Bay Leaf	Coconut	Leek	Pistachio	Tapioca
Bean, Garbanzo	Cod Liver Oil	Lemon	Plum/Prune	Tarragon
Bean, Kidney	Codfish	Lentils, Red, Green	<i>Poke Weed Mitogen*</i>	Tea, Black
Bean, Lima	Coffee, Decaf & Reg	Lettuce, Iceberg	Poppy Seed	Thyme
Bean, Mung	Cola	Lettuce, Red Leaf	Pork/Bacon/Ham	Tobacco
Bean, Navy/Ninja	Collard Greens	Lettuce, Romaine	Potato, Sweet/Yam	Tofu
Bean, Pinto/Frijole	Coriander	Lime	Potato, White	Tomato
Bean, Soya	Corn (Maize)	Lobster	Psyllium Seed	Triticale
Bean, String/Wax	Cottonseed Oil	Macadamia	Pumpkin	Trout
Beef/Veal	Crab	Mace	Quinoa	Tuna
Beet	Cranberry	Malt	Rabbit	Turbot/Whitefish
Blackberry	Cucumber	Mango	Radish	Turkey
Blueberry	Cumin	Marjoram	Rapeseed/Canola Oil	Turmeric
Bok Choi	Currant	Milk, Pasteurized (Cow)	Raspberry	Turnip, Greens
Boysenberry	Curry	Milk, Raw (Cow)	Red Snapper	Vanilla
Brazil Nut	Date	Millet	Rhubarb	Walnut, English
Broccoli	Deer/Venison	Molasses	Rice, Basmati	Walnut Oil, Black
Buckwheat/Kasha	Dill	Mushroom	Rice, Brown	Watercress
Buffalo	Duck/Goose	Mustard Greens, Spice	Rice, White	Watermelon
Butter, Clarified (Ghee)	Egg, White (Chicken)	Nectarine	Rice, Wild	Wheat
Butter, Whole	Egg, Yolk (Chicken)	Nutmeg	Rose Hips	Whey
Cabbage/Brussels	Eggplant	Oats	Rosemary	Yeast, Baker's
Sprouts	Endive	Okra	Rutabaga	(Geotrichum)
Cantaloupe/Honeydew	Fig	Olive	Rye	Yeast, Brewer's
Caraway Seed	Flaxseed/Linseed Oil	Onion, Scallion/Spring	Safflower Oil	(Torula)
Carob	Garlic	Onion, Yellow	Sage	Yogurt (Cow)
Carrot	Gelatin	Orange	Salicylate	
Casein	Gin (Juniper Berries)	Oregano	Salmon/Lox	
Cashew	Ginger	Oyster	Sardine	
Catfish	Gliadin	Papaya	Scallop	
Cauliflower	Gluten	Paprika	Sesame/Tahini	

*under guidance may be used for selected therapeutic purposes

continued

ENVIRONMENTAL CHEMICALS (60 ITEMS)

1,2 Dichlorobenzene	Cis-Dichloroethylene	Heptachlor	Polyvinylpyrrolidone/Povidone
2,4,5 T	(1,2- Dichloroethylene)	Hexachlorocyclohexane	Propylene Glycol
2,4 D	Cyclohexylamine	Isopropyl Ether	(1,2-Propanediol)
2-Methyl Pentane	DBCP (1,2 Dibromo-3-	Latex	Pyrene
3-Methyl Pentane	chloropropane)	Maleic Anhydride	Selenium Sulfide
Aldrin	DDT	Metallic Catalyst	Silicates/Silicone Dioxide
Benzaldehyde	DEET	Methoxychlor	Silicone
Benzene	Detergent (Synthetic)	Methylene Chloride	Soap (SDS/SLS)
Benzopyrene	Dibutyl Phthalate	(Dichloromethane)	Tert-Butyl-Ethyl Ether
Benzyl Acetate	Dieldrin	Morpholine	(TBEE)
Beryllium Oxide	Endrin	Nitrosamine Mix	Tert-Butyl-Methyl Ether
Carbamates	Ethyl Acetate	Organophosphates	(TBME)
Carbon Disulfide	Ethyl Acetoacetate	Pentachlorophenol (PCP)	Tetrachloroethylene
Carbon Tetrachloride	Ethyl Butyrate	Petroleum By-Products	Toluene
Chlordane	Ethylene Dibromide	and Solvents	Trichloroethylene (TCE)
Chloroform	Formaldehyde	Phenol	Vinyl Chloride
	Halogenated Biocide	Phthalates	Xylene

MOLDS (28 ITEMS)

Alternaria alternata	Epidermophyton floccosum	Penicillium frequentans	Trichoderma harzianum
Aspergillus fumigatus	Fusarium solani	Penicillium notatum/ chrysogenum	Thricothecium roseum
Aspergillus niger	Fusarium vasinfectum	Penicillium roqueforti	Trichophyton mentagrophytes
Aspergillus oryzae	Geotrichum candidum	Pullularia pullulans	goetzii
Botrytis cinerea	Helminthosporium halodes	Rhizopus stolonifer/ nigricans	Trichophyton mentagrophytes
Candida albicans	Helminthosporium sativum	Rhodotorula	interdigit
Cladosporium cladosporioides	Mucor mucedo		Trichophyton rubrum
Cladosporium herbarum	Mucor racemosus		Trichophyton schoenleinii

ADDITIVES/PRESERVATIVES (45 ITEMS)

Acesulfame	Gum, Agar	Nitrates/Nitrites	Sodium Benzoate
Agave Nectar	Gum, Carrageenan	Pinene	Sodium Erythroate
Aspartame	Gum, Guar	Polyethylene Glycol	Sodium Propionate
BHA	Gum, Karaya	Polysorbate 20	Sulfite/Metabisulfite
BHT	Gum, Locust Bean	Polysorbate 60	Sodium Fluoride
Caffeine	Gum, Tragacanth	Polysorbate 80	Sorbitol
Calcium Propionate	Gum, Xanthan	Potassium Bromate	Splenda (Sucralose)
Camphor	Magnesium Stearate	Potassium Sorbate	Stevia
Diacetyl	Mannitol	Propyl Gallate	Xylitol
EDTA	Menthol	Propyl Paraben	
Glycerin, Vegetable	Methyl Paraben	Saccharine	
Gum, Acacia/Arabic	MSG (Monosodium Glutamate)	Sodium Alginate	

F, D & C COLOR ADDITIVES (20 ITEMS)

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Barium Sulfate	Lead	Silver	