

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.

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.



The image shows a thumbnail of the 'Wellness Plan' booklet and a corresponding wallet card. The booklet is titled 'Wellness Plan' and features the ALLETESS logo. It includes a list of foods to avoid, a shopping list, and a 4-day rotation diet. The wallet card is a small card that lists the foods to avoid, making it easy to use at the grocery store or when eating out.

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.



Food Sensitivity Panels

96 or 184 - IgG or IgA • 204 - IgG • Vegetarian or Pescatarian - IgG or IgA

Japanese 96 - IgG • Chinese 96 - IgG • Chinese 165 - IgG

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 • Over 40 years of proven results!

96 FOOD SENSITIVITY PANEL (IgG or IgA)

Almond	Black tea	Cheddar cheese	Corn	Grape	Lamb	Mustard	Pinto bean	Shrimp	Tuna
Apple	Blueberry	Chia seed	Crab	Grapefruit	Lemon	Oats	Pork	Sole	Turkey
Asparagus	Bran	Chicken	Cucumber	Green bean	Lettuce	Olive, green	Potato	Soybean	Walnut
Avocado	Broccoli	Cinnamon	Dill	Green pea	Lima Bean	Onion	Potato, sweet	Spinach	Watermelon
Banana	Cabbage	Clam	Egg white	Green pepper	Lobster	Orange	Rice	Squash	Wheat
Barley	Cantaloupe	Cocoa	Egg yolk	(bell)	Malt	Oregano	Rye	Strawberry	Yeast, baker's
Basil	Carrot	Coconut	Eggplant	Haddock	Milk, cow's	Peach	Safflower	Sunflower seed	Yeast, brewer's
Beef	Cashew	Codfish	Garlic	Honey	Mozzarella	Peanut	Salmon	Swordfish	Yogurt
Black bean	Cauliflower	Coffee	Ginger	Kale	cheese	Pear	Scallop	Tarragon	
Black pepper	Celery	Cola	Gluten	Kelp	Mushroom	Pineapple	Sesame	Tomato	

184 FOOD SENSITIVITY PANEL (IgG or IgA)

Almond	Black-eyed pea	Cherry	Dill	Green tea	Lima Bean	Okra	Pistachio	Sesame	Tuna
Amaranth	Blue cheese	Chestnut	Duck	Haddock	Lime	Olive, green	Plum	Shrimp	Turkey
Anchovy	Blueberry	Chia seed	Egg white	Halibut	Lobster	Onion	Poppy seed	Sole	Turmeric
Apple	Bran	Chicken	Egg yolk	Hazelnut	Macadamia nut	Orange	Pork	Sorghum	Turnip
Apricot	Brazil nut	Chickpea	Eggplant	Hemp	Mackerel	Oregano	Potato	Soybean	Vanilla bean
Arrowroot	Broccoli	Cilantro	Fennel seed	Herring	Malt	Oyster	Potato, sweet	Spinach	Venison
Artichoke	Brussel sprouts	Cinnamon	Fig	Honey	Mango	Papaya	Pumpkin	Squash	Walleye pike
Asparagus	Buckwheat	Clam	Flaxseed	Honeydew	Milk, cow's	Paprika	Quinoa	Squid	Walnut
Avocado	Buffalo	Clove	Flounder	Hops	Milk, goat's	Parsley	Radish	Strawberry	Watermelon
Banana	Cabbage	Cocoa	Garlic	Horse radish	Milk, sheep's	Parsnip	Raspberry	Sunflower seed	Wheat
Barley	Canola	Coconut	Ginger	Kale	Millet	Peach	Red snapper	Swiss cheese	Whey
Basil	Cantaloupe	Codfish	Ginseng	Kelp	Mozzarella	Peanut	Rhubarb	Swordfish	Yeast, baker's
Bass	Carob	Coffee	Gluten	Kidney bean	cheese	Pear	Rice	Tangerine	Yeast, brewer's
Beef	Carrot	Cola	Grape	Kiwi	Mushroom	Pecan	Rosemary	Tapioca	Yogurt
Beet	Casein	Corn	Grapefruit	Lamb	Mussel	Peppermint	Rye	Tarragon	Zucchini
Black bean	Cashew	Crab	Green bean	Lemon	Mustard	Perch	Safflower	Teff	
Black pepper	Cauliflower	Cranberry	Green pea	Lentil	Navy bean	Pine nut	Sage	Thyme	
Black tea	Celery	Cucumber	Green pepper	Lettuce	Nutmeg	Pineapple	Salmon	Tomato	
Blackberry	Cheddar cheese	Date	(bell)	Licorice	Oats	Pinto bean	Scallop	Trout	

EXPANDED 204 FOOD SENSITIVITY PANEL (IgG)

Abalone	Black pepper	Celery	Cuttlefish	Grapefruit	Leek	Mustard	Pine nut	Scallop	Tuna
Adzuki bean	Black tea	Cheddar cheese	Daikon	Green bean	Lemon	Navy bean	Pineapple	Sesame	Turkey
Almond	Blackberry	Cherry	Date	Green pea	Lentil	Nutmeg	Pinto bean	Shrimp	Turmeric
Amaranth	Black-eyed pea	Chestnut	Dill	Green pepper	Lettuce	Oats	Pistachio	Sole	Turnip
Anchovy	Blue cheese	Chia seed	Dragon fruit	(bell)	Licorice	Okra	Plum	Sorghum	Vegetable sponge
Apple	Blueberry	Chicken	Duck	Green tea	Lima Bean	Olive, green	Poppy seed	Soybean	
Apricot	Bonito	Chickpea	Duck egg	Guava	Lime	Onion	Pork	Spinach	Venison
Arrowroot	Bran	Chili pepper	Eel	Haddock	Lobster	Oolong tea	Potato	Squash	Walleye pike
Artichoke	Brazil nut	Cinnamon	Egg white	Halibut	Macadamia nut	Orange	Potato, sweet	Squid	Walnut
Asparagus	Broccoli	Clam	Egg yolk	Hazelnut	Mackerel	Oregano	Pumpkin	Strawberry	Watermelon
Avocado	Brussel sprouts	Clove	Eggplant	Hemp	Malt	Oyster	Quinoa	Sunflower seed	Wheat
Bamboo shoots	Buckwheat	Cocoa	Fennel seed	Herring	Mango	Papaya	Radish	Swiss cheese	Whey
Banana	Buffalo	Coconut	Fig	Honey	Milk, cow's	Paprika	Raspberry	Swordfish	Woo-hsiang
Barley	Cabbage	Codfish	Flaxseed	Honeydew	Milk, goat's	Parsley	Red snapper	Tangerine	Yeast, baker's
Basil	Canola	Coffee	Flounder	Hops	Milk, sheep's	Parsnip	Rhubarb	Tapioca	Yeast, brewer's
Bass	Cantaloupe	Cola	Garlic	Horse radish	Millet	Peach	Rice	Taro	Yogurt
Bean sprouts	Carob	Coriander	Ginger	Kale	Mozzarella	Peanut	Rosemary	Tarragon	Zucchini
Beef	Carrot	Corn	Ginseng	Kelp	cheese	Pear	Rye	Teff	
Beet	Casein	Crab	Gluten	Kidney bean	Mung bean	Pecan	Safflower	Thyme	
Bitter gourd	Cashew	Cranberry	Goose	Kiwi	Mushroom	Peppermint	Sage	Tomato	
Black bean	Cauliflower	Cucumber	Grape	Lamb	Mussel	Perch	Salmon	Trout	