

# Sensitivities Tested

## Environmental:

- Cat Hair
- Cat Epithelium
- Dog Hair
- Dog Epithelium
- Animal Hair Mix
- Feathers
- Fabrics
- Pool & Spa Mix
- Fossil Fuels
- Household Chemicals
- Plastic
- Mold
- Ink
- Perfume
- Cacti & Succulents
- Flower Blossoms
- Grasses
- Shrubs
- Trees
- Weeds
- Wood Smoke
- Pollen
- Plastic
- EMFs
- Dust
- Cigarette Smoke

## Food:

### Additives:

- BHA
- BHT
- Carrageenan
- Blue Dye
- Red Dye
- Yellow Dye
- MSG
- Fluoride
- Sodium Metabisulfite
- Sodium Nitrate
- Sodium Sulfate

### Baking & Cooking Ingredients:

- Arrowroot Powder

- Baking Powder
- Chocolate
- Cornstarch
- Tapioca
- Gelatin
- Iodized Salt
- Vanilla
- Soy Sauce
- Vinegar
- Vinegar-Apple Cider
- Salt
- Yeast
- Potato Starch

### Beverages:

- Beer
- Brandy
- Cocoa
- Coffee
- Port
- Rootbeer
- Scotch
- Tea
- Vodka
- Whiskey
- Wine (Red)
- Wine (White)
- Kombucha Tea
- Rum
- Coca Cola
- Cola Light

### Condiments:

- Catsup- tomato
- Mayonnaise
- Miracle Whip
- Mustard- condiment
- Mustard- Dijon
- Pickles- Dill
- Pickles- Sweet

### Cooking Oils:

- Avocado Oil
- Butter
- Canola Oil

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- Coconut Oil
- Corn Oil
- Crisco
- Flaxseed Oil
- Grapeseed Oil
- Olive Oil
- Peanut Oil
- Safflower Oil
- Sesame Oil
- Soy Oil
- Sunflower Oil
- Vegetable Oil

## Dairy:

- Butter
- Cow's Milk
- Cheese
- Yogurt
- Cream
- Cheese

## Non-Dairy Alternatives:

- Coconut Milk
- Almond Milk
- Goat Milk
- Rice Milk
- Soy Milk

## Fish:

- Albacore
- Anchovy
- Bass, Black
- Catfish
- Clam
- Codfish
- Crab
- Crappie
- Flounder
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- MahiMahi

- Oyster
- Perch, Ocean
- Pike, Red Snapper
- Salmon
- Sardines
- Sturgeon
- Swordfish
- Trout
- Tuna Fish
- Whitefish
- Snapper

## Fruit:

- Apple
- Apricot
- Banana
- Black Raspberry
- Blueberry
- Cantaloupe
- Cherry
- Date
- Fig
- Grape (red & green)
- Grapefruit
- Guava
- Honeydew Melon
- Kiwi
- Lemon
- Mango
- Nectarine
- Orange
- Papaya
- Passion Fruit
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Prune
- Raisin
- Raspberry
- Rhubarb
- Strawberry
- Tangerine
- Watermelon

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## Grains:

- Amaranth
- Barley
- Buckwheat
- Corn
- Gluten
- Millet
- Oat
- Popcorn
- Quinoa
- Rice
- Rye
- Spelt
- Teff
- Wheat- Whole
- White Wheat
- Wild Rice
- Rice, Brown
- Rice, White

## Legumes- Beans:

- Bean- Lima
- Bean- Azuki
- Bean- Black
- Bean- Fava
- Bean- Garbanzo
- Bean- Kidney
- Bean- Mung
- Bean- Navy
- Bean- Pinto
- Bean- Red Kidney
- Bean- Soy
- Blackeyed Pea
- Lentil

## Meat/Poultry:

- Bacon
- Beef
- Bison
- Chicken
- Duck
- Egg
- Goat
- Goose

- Ham- Pork
- Lamb
- Pheasant
- Pork
- Quail
- Rabbit
- Turkey
- Veal
- Venison

## Nuts/Seeds:

- Almond
- Brazil Nut
- Cashew
- Chestnut
- Chia Seed
- Coconut
- Fennel Seed
- Flaxseed
- Hazelnut
- Macadamia Nut
- Peanut
- Pecan
- Pine Nut
- Pistachio
- Poppyseed
- Psyllium
- Sesame
- Sunflower
- Walnut

## Shellfish:

- Abalone
- Calamari
- Conch
- Crab
- Crayfish
- Escargot
- Lobster
- Mussel
- Octopus
- Shrimp
- Squid
- Prawns

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## Spices:

- Bay Leaf
- Cardamon
- Chili Powder
- Chives
- Cinnamon
- Curry
- Dill
- Mace
- Oregano
- Paprika
- Pepper, Black
- Pepper, Cayenne
- Rosemary
- Saffron
- Savory
- Tarragon
- Thyme
- Turmeric

## Sugars & Sweeteners:

- Aspartame- Equal
- Butterscotch
- Corn Syrup
- Dextrose
- Fructose
- High Fructose- Corn
- Honey
- Maple Syrup
- Molasses
- Rice Syrup
- Sorbitol
- Sorghum
- Stevia
- Sugar- beet
- Sugar- brown
- Sugar- cane
- Nutrasweet
- Xylitol

## Vegetables:

- Artichoke
- Asparagus
- Avocado
- Bean- Green String

- Beetroot- Beet/Red Beet
- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard, Swiss
- Cucumber
- Eggplant
- Jicama
- Kale
- Lettuce
- Mushroom
- Olive
- Onion
- Parsnip
- Pea- Green
- Pepper- Green Bell
- Pepper- Red Bell
- Potato- Red
- Potato- Sweet
- Potato- White
- Pumpkin
- Radish
- Spinach
- Squash- Winter
- Squash- Yellow
- Tomato
- Turnip
- Yam
- Zucchini
- Cabbage
- Shallot