



ALCAT Laboratory Test

Tel: 0203 750 0870

ALCAT food panels & test substances

ALCAT 150 (100 foods + Balance 50)				
Almond	Casein	Eggplant	Mushroom	Scallop
Apple	Cashew	Fructose	Mustard	Sesame
Asparagus	Cauliflower	Garlic	Oat	Shrimp
Avocado	Celery	Ginger	Olive	Snapper
Baker's yeast	Cherry	Glutadin	Onion	Sole
Banana	Chicken	Gluten	Orange	Soybean
Barley	Cinnamon	Goat's milk	Oregano	Spinach
Basil	Clam	Grape	Parsley	Squash
Beef	Cocoa	Grapefruit	Peach	Strawberry
Black pepper	Coconut	Green pea	Peanut	String bean
Blueberry	Codfish	Green pepper	Pear	Sweet potato
Brewer's yeast	Coffee	Halibut	Pecan	Tea
Broccoli	Corn	Honey	Pineapple	Tomato
Brussel sprouts	Cottonseed	Hops	Pinto bean	Tuna
Cabbage	Cow's milk	Lamb	Plum	Turkey
Candida albican	Crab	Lemon	Pork	Vanilla
Cane sugar	Cranberry	Lettuce	Psyllium	Watermelon
Cantaloupe	Cucumber	Lime	Rice	Wheat
Carob	Egg white	Lobster	Rye	Whey
Carrot	Egg yolk	Millet	Salmon	White potato

ALCAT 200 (50 foods + ALCAT 150)				
Apricot	Chick pea	Herring	Nutmeg	Sage
Artichoke	Clove	Honeydew (melon)	Oyster	Sardine
Bass	Cumin	Kidney bean	Papaya	Sunflower
Bay leaf	Date	Kiwi	Paprika	Tapioca
Beet sugar	Dill mix	Lentil bean	Pistachio	Thyme
Blackberry	Duck	Lima bean	Pumpkin	Trout
Black-eyed pea	Fig	Malt	Radish	Turnip
Buckwheat	Flaxseed	Mango	Raspberry	Veal
Caraway	Haddock	Mint	Red beet	Walnut
Cayenne pepper	Hazelnut	Navy bean	Safflower	Whitefish

ALCAT 300 (50 Foods + ALCAT 200 + CHEM)				
Acorn squash	Coriander	Leek	Parsnip	Sheep milk
Anchovies	Crayfish	Liquorice	Pheasant	Spelt
Anise seed	Curry	Liver (beef)	Pine nut	Squid
Black currant	Endive	Macadamia	Pomegranate	Swiss chard
Bok choy	Fava bean	Mackerel	Quail	Swordfish
Brazil nut	Fennel	Maple sugar	Quinoa	Tarragon
Cardamom	Flounder	Mung bean	Rhubarb	Turmeric
Catfish	Jalapeno pepper	Mussel	Romaine lettuce	Venison
Chamomile	Kale	Nectarine	Rosemary	Watercress
Chili pepper	Kelp	Okra	Saffron	Zucchini

Additional test panels

CHEM (50 chemicals, drugs and additives)				
10 food colourings	10 food additives	10 environmental chemicals	20 drugs & anti-inflammatory medication	
Acid Orange-8	Aspartame	Ammonium Chloride	Acetaminophen	Naproxen
Allura Red	Benzoic acid	Benzene	Amoxicillin	Neomycin
Blue #1 (Erioglaucine)	Monosodium glutamate (MSG)	Chlorine	Ampicillin	Nystatin
Blue #2 (Indigo carmine)	Polysorbate 80	Ethylene Glycol	Aspirin	Penicillamine
Brilliant Black	Potassium nitrate	Flouride	Cephalosporin C	Penicillin
Fast green #3	Potassium nitrite	Formaldehyde	Clinoril	Piroxicam
Red #1	Saccharine	Nickel Sulfate	Diflunisal	Streptomycin
Red #3 (Erythrosin)	Sodium Fluoride	Orris Roots	Gentamicin	Sulfamethoxazol
Yellow #5 (Tartrazine)	Sodium sulfite	Phenol	Ibuprofen	Tetracycline
Yellow #6 (Sunset yellow)	Sorbic Acid	Toluene	Indocin (Indometacin)	Voltaren



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Myk (20 molds)	
Alternaria	Hormodendrum
Aspergillus	Monilia sitophila
Botrytis	Mucor racemosus
Candida albican	Penicillium
Cephalosporium	Phoma herbarum
Clado herbarum	Pullularia
Curvularia	Rhizopus nigricans
Epicoccum nigrum	Rhodotorula rubra
Fusarium oxysporum	Spondylocadium
Helminthosporium	Trichoderma

Pha (20 Pharmacoactive Substances)	
Acetaldehyde	Octopamine
Aflatoxin	Phenylalanine
Caffeic acid	Phenylethylamine
Chlorogenic acid	Piperonal
Coumarin	Pyridine
Dopamine	Rutin
Gallic acid	Serotonin
Histamine	Solanine
Malvin	Tryptophan
Nicotine	Tyramine

Balance (50 Functional Foods and medicinal herbs)				
Açai Berry	Chlorella	Guarana seed	Noni berry	Senna
Agave	Dandelion	Gymnema sylvestre	Pau d'arco bark	Spirulina
Aloe	Echinacea angustifolia	Hawthorn berry	Pine bark	St John's wort
Ashwagandha	Erythritol	Huperzine	Red clover flower	Stevia leaf
Astragalus	Essiac	Kava kava	Red yeast rice	Valerian
Barley grass	Feverfew	Lutein	Reishi mushroom	Vinpocetine
Bee pollen	Ginkgo biloba	Maitake mushroom	Resveratrol	Wheatgrass
Bilberry	Goji berry	Mangosteen	Rhodiola	Wormwood
Black Walnut	Goldenseal	Milk Thistle	Rooibos tea	Xylitol
Cascara	Grape seed extract	Mullein leaf	Schizandra berry	Yellow dock

Status Jan2016 , subject to change