

The gold standard of accuracy in the lab industry

The Food Sensitivity panel detects IgA and IgG antibodies. It assesses sensitivity to common foods in the Western diet and food additives such as preservatives, artificial sweeteners, emulsifiers, food dyes, and pesticides, which can cause chronic inflammation and intestinal permeability.

Dairy	<ul style="list-style-type: none"> • Buffalo milk • Buttermilk • Cheese, cheddar • Kefir • Sheep's milk • Yoghurt
Fish	<ul style="list-style-type: none"> • Alaska pollock • Anchovy • Carp • Eel • Flounder • Sardine • Sea bass • Sole
Meat	<ul style="list-style-type: none"> • Duck meat • Goose meat • Grapevinesnail • Rabbit • Veal
Shellfish	<ul style="list-style-type: none"> • Crayfish

Mollusks	<ul style="list-style-type: none"> • Blue mussel • Octopus • Pacific squid • Squid
Legumes	<ul style="list-style-type: none"> • Chickpea • Broad bean • Mungbeans
Spices	<ul style="list-style-type: none"> • Anise • Bay leaf • Caraway • Cayennepepper • Common thyme • Curry powder • Dill • Hot paprika powder • Oregano • Parsley • Woo-hsiang powder
Gluten-containing grains	<ul style="list-style-type: none"> • Spelt • Cous cous

Gluten-free grains/Starches	<ul style="list-style-type: none"> • Millet
Miscellaneous	<ul style="list-style-type: none"> • Black tea • Cane sugar • Lemon grass • Molasses • Oolong tea
Nuts	<ul style="list-style-type: none"> • Hazelnut • Pinenut • Pistachionut • Sweet chestnut
Nightshades	<ul style="list-style-type: none"> • Spelt • Cous cous
Seeds	<ul style="list-style-type: none"> • Coriander seed • Flaxseed • Poppy seed • Rape seed • Sunflower seed

Fruits	<ul style="list-style-type: none"> • Fig • Guava • Honeydew melon • Kiwi fruit • Litchi • Mandarin • Mango • Plum • Capers • Papaya
Vegetables	<ul style="list-style-type: none"> • Asparagus • Bamboo shoots • Beet root • Endive • Leek • Roquette • Savoycabbage • Turnip • Vine leaf • White radish • Artichoke • Chard • Kale • Shiitake mushroom • Zucchini
Vegan Foods	<ul style="list-style-type: none"> • Tofu • Tempeh • Vegan Cheese