



Patient Information	PATIENT II, PRETEND	Date of Birth:	11/04/1977	Gender:	F
Lab Information	Date Received: 02/02/2019	Date Collected:	02/01/2019	Date Reported:	02/08/2019
HCP:	Sample Physician	Clinic ID:	10804	Lab ID:	68220

Lab Director
Dr. Jennifer Spiegel, M.D.

Item Count: 51

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
SOYBEAN WHITE POTATO	BAKER'S YEAST PORK TURKEY	BEEF* BUTTERNUT SQUASH* CABBAGE* CAULIFLOWER* COCOA* COW'S MILK* ICEBERG LETTUCE* ORANGE* RICE (BRWN/WHT)* STRAWBERRY* TOMATO* TUNA* YELLOW SQUASH*	<p>VEGETABLES / LEGUMES</p> <p>BROCCOLI STRING BEAN</p> <p>CARROT SWEET POTATO</p> <p>GREEN PEA</p> <p>ONION</p> <p>FRUITS</p> <p>APPLE LEMON</p> <p>BANANA PEAR</p> <p>CANTALOUPE</p> <p>GRAPE</p> <p>MEAT</p> <p>CHICKEN</p> <p>LAMB</p> <p>DAIRY / EGGS</p> <p>EGG WHITE</p> <p>EGG YOLK</p> <p>SEAFOOD</p> <p>SHRIMP</p> <p>GRAINS / STARCHES</p> <p>CORN</p> <p>OAT (GLUTEN FREE)</p> <p>HERBS / SPICES</p> <p>BLACK PEPPER</p> <p>CINNAMON</p> <p>NUTS / OILS AND MISC. FOODS</p> <p>CANE SUGAR PEANUT</p> <p>FRUCTOSE VANILLA</p> <p>GARLIC</p> <p>MUSTARD SEED</p>

CANDIDA ALBICANS
You have no reaction to Candida Albicans.

GLUTEN **GLIADIN**
You have no reaction to Gluten and mild reaction to Gliadin, eliminate these foods:
BARLEY, WHEAT

CASEIN
You have no reaction to Casein

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Your Test Results Explained.

Food Sensitivity/Intolerance is not always a straight-forward yes or no. There can be different degrees of reactivity, which can be altered through change of eating habits, stress levels, medical conditions, nutritional status and other factors that affect the body's immune system.

Your test results are divided into four distinct categories (denoted by the colored columns).

RED	These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months.
ORANGE	These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months.
YELLOW	These items indicate a mild sensitivity and are also indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program as they should be eaten on 4 day rotational basis. If the items listed in the yellow section appear on the rotation plan and are consumed frequently, they should be considered for a 3 month avoidance period, especially if there are few red and orange reactive foods.
GREEN	These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day.
BLUE	<p>On your food results you will have 3 distinct blue boxes :</p> <p>Candida Albicans: it will include items that are known to exacerbate the Candida condition. Although you may not be sensitive/intolerant to these, it is recommended to avoid them, suggested by the Candida sensitivity.</p> <p>Gluten/Gliadin: it will include grain products that contain the protein gluten/gliadin, such as wheat, rye, barley, spelt, etc. Although you may not be sensitive/intolerant to these other grains, it is advisable to avoid them due to their gluten/gliadin content. A positive gluten/gliadin reaction result with negative wheat, rye, etc responses can occur when the isolated protein is tested in its more concentrated form.</p> <p>Casein/Whey: it will include products that contain casein/whey such as cow's milk, sheep's milk and goat's milk. Although you may not be sensitive/intolerant to these products listed, it is advisable to avoid or limit them because they contain the protein casein or whey.</p>

Cautions & Notes:

- a. Any item known to trigger an immediate reaction (Type 1, IgE mediated, allergic reaction) should be avoided. Positive results to molds and candida should be analyzed in conjunction with other results (IgE, skin tests and IgG levels) and not applied in isolation. Positive molds could be considered for desensitization.
- b. Healthcare providers should be alerted to the possibility that any non-reactive (green) item, to which there as has been no consumption or exposure for six months, should be introduced with caution.
- c. Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

1. Insufficient data exists to determine that non-reactive molds, pharmacoactive agents and environmental chemicals are in fact "safe". Nonetheless, it is reasonable to assume at this time that a moderate or strong cellular reaction on the test is indicative of a clinical sensitivity and avoidance, if possible, is recommended.
2. If tested for 50 foods or less, no rotational plan is provided.

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BAKER'S YEAST

A leavening agent that must be activated. Found as a active dry yeast (looks like pellets), live yeast (moist and doughy looking), and instant yeast (which is a powder). **COMMON USES:** Baked goods such as breads, pastries, rolls, biscuits, doughs and crackers. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Bread, rolls, crust, active dry yeast, fresh yeast, leavening. **BE AWARE:** Gluten-free bread products may contain bakers yeast



PORK

Meat that comes from a pig; one of the most regulated meats available at this time. **COMMON USES:** Soups, stews, pasta dishes, BBQ, pizza, breakfast meats, salads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Bacon, ham, hot dogs, sausages, pastrami, bologna, salami, pepperoni, chorizo, sopressata, meatballs, choucrute



SOYBEAN

Soybeans come in green pods and must be removed to eat. They are firm and shaped like a kidney.. **COMMON USES:** Prepackaged and processed foods and is a major protein source for oriental cooking and vegetarian dishes; found in casseroles, soups and stews; comes in the form of oil, paste, cheese, milk, yogurt, nuts, sauce, flours and more. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Vegetarian or vegan, edamame, tofu, miso, tempeh, gluten-free, yuba, soja, tamari. **BE AWARE:** Most US soybean products are GMO; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain soy as an ingredient must list the word "soy" in plain English, on the label



TURKEY

Turkey is a poultry that is very similar to chicken but much larger. **COMMON USES:** Soups, stews, casseroles, cold cuts, sausages, bacon, salad and sandwiches, and Thanksgiving. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Cold cut, turkey bacon, turkey sausage, poultry



WHEAT

Wheat is a gluten containing grain that is light brown and when cooked oval shaped and translucent. **COMMON USES:** Breads, pastas, crackers, cookies, cereals, chips, baked goods, all purpose flour and much more. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Bread, cake, cookies, pie, sauces, stews, soups, farina, semolina, farro, couscous, roux, durum, kamut. **BE AWARE:** Wheat is also found in beer and certain alcohols; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain wheat as an ingredient must list the word "wheat" in plain English, on the label



WHITE POTATO

A root vegetable with brown skin and white flesh. **COMMON USES:** Potato salad, as french fried, potato chips, potato starch, hash browns, soups, stews, starches, flours; not related to the sweet potato. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Batatas, soup, stew, root vegetables, pommes, rosti, vichysoisse, gluten-free, gnocchi, modified food starch. **BE AWARE:** Often used in gluten-free products, and potato starch is used as a thickener for many sauces, soups and stews

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with you rotation diet plan.



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Item Count: 30

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
BLUE#1 BRILLIANT BLUE	RED#4 CARMINE	ACID RED #14* POLYSORBATE 80* SORBIC ACID* YELLOW#6 SUNSET YELLOW*	FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS ACID BLUE #3 ANNATTO ASPARTAME BENZOIC ACID BHA BHT BLUE#2 INDIGO CAR BRILLIANT BLACK CITRIC ACID ERYTHRITOL GREEN#3 FAST GREE MSG ORRIS ROOT RED#40 ALLURA RED SACCHARIN SODIUM SULFITE SUCRALOSE XYLITOL YELLOW#5 TARTRAZI
			ANTIBIOTICS/ANTI INFLAMMATORY AGENTS HIGH FRUCTOSE COR
			MOLDS
		RED#3 ERYTHROSINE*	PRESERVATIVES/EXPANDED ADDITIVES BETA-CAROTENE Lecithin (Soy) RED#2 AMARANTH
			Others

Patient Information



PATIENT II, PRETEND

Date of Birth: 11/04/1977 Date Reported: 02/08/2019
Date Received: 02/02/2019 Lab ID: 68220
HCP(10804): Sample Physician

The Alcat Test does not identify the immediate allergic response to foods. If you have true food allergies, please continue to AVOID those foods even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have no reaction to Candida Albicans.

GLUTEN

GLIADIN

You have no reaction to Gluten and mild reaction to Gliadin, eliminate these foods:

BARLEY, WHEAT

CASEIN

WHEY

You have no reaction to Casein

SOYBEAN
WHITE POTATO

BAKER'S YEAST
TURKEY PORK

BEEF* BUTTERNUT CABBAGE* CAULIFLOWER*
COCOA* SQUASH* ICEBERG ORANGE*
RICE (BRWN/WHT)* COW'S MILK* LETTUCE* TUNA*
YELLOW SQUASH* STRAWBERRY* TOMATO*

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SOYBEAN
WHITE POTATO

BAKER'S YEAST
TURKEY PORK

BEEF* BUTTERNUT CABBAGE* CAULIFLOWER*
COCOA* SQUASH* ICEBERG ORANGE*
RICE (BRWN/WHT)* COW'S MILK* LETTUCE* TUNA*
YELLOW SQUASH* STRAWBERRY* TOMATO*

VEGETABLES / LEGUMES

BROCCOLI	CARROT	GREEN PEA	ONION
STRING BEAN	SWEET POTATO		

VEGETABLES / LEGUMES

BROCCOLI	CARROT	GREEN PEA	ONION
STRING BEAN	SWEET POTATO		

FRUITS

APPLE	BANANA	CANTALOUPE	GRAPE
LEMON	PEAR		

FRUITS

APPLE	BANANA	CANTALOUPE	GRAPE
LEMON	PEAR		

MEAT

CHICKEN	LAMB
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MEAT

CHICKEN	LAMB
---------	------

DAIRY / EGGS

EGG WHITE	EGG YOLK
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DAIRY / EGGS

EGG WHITE	EGG YOLK
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SEAFOOD

SHRIMP

SEAFOOD

SHRIMP

GRAINS / STARCHES

CORN	OAT (GLUTEN FREE)
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GRAINS / STARCHES

CORN	OAT (GLUTEN FREE)
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NUTS / OILS AND MISC. FOODS

CANE SUGAR	FRUCTOSE	GARLIC	MUSTARD SEED
PEANUT	VANILLA		

NUTS / OILS AND MISC. FOODS

CANE SUGAR	FRUCTOSE	GARLIC	MUSTARD SEED
PEANUT	VANILLA		

HERBS / SPICES

BLACK PEPPER	CINNAMON
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HERBS / SPICES

BLACK PEPPER	CINNAMON
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