

Severe Intolerance	Moderate Intolerance	Mild Intolerance	VEGETABLES / LEGUMES			
CHICK PEA FENNEL SEED NUTMEG PEPPERMINT RASPBERRY RHUBARB TARO ROOT WAKAME SEAWEED WALNUT	BARLEY BEEF BLACKBERRY BLACK-EYED PEAS BLUEBERRY BRUSSEL SPROUTS CAROB CASHEW CAYENNE PEPPER CHICORY CHIVES DANDELION LEAF EGGPLANT HONEYDEW (MELON) LIMA BEAN MACKEREL MANGO OLIVE OREGANO PAPAYA PARSNIP PEANUT PINTO BEAN PLUM PUMPKIN SARDINE SEA BASS TUNA WATER CHESTNUT	ACORN SQUASH* APRICOT* ARTICHOKE* AVOCADO* BASIL* BAY LEAF* BRAZIL NUT* BREWER'S YEAST* BROCCOLI* BUCKWHEAT* CELERY* CHERRY* CHICKEN* CLAM* CLOVE* COCONUT* COFFEE* CRANBERRY* CUCUMBER* CUMIN* DUCK* ENDIVE* FAVA BEAN* GARLIC* GOAT'S MILK* GREEN PEA* HAZELNUT* LAMB* LEMON* LENTIL BEAN* MACADAMIA* MAHI MAHI* OAT (GLUTEN FREE)* OYSTER* PARSLEY* PEACH* PECAN* PINE NUT* PINEAPPLE* PISTACHIO* PORTOBELLO MUSHROOM* QUINOA* RADISH* RED BEET* RICE* SAFFLOWER* SAFFRON* SAGE* SESAME* SHRIMP* STRAWBERRY* STRING BEAN* THYME* TOMATO* TURNIP* VEAL* WHITE POTATO* YELLOW SQUASH* ZUCCHINI SQUASH*	FRUITS APPLE BANANA DATE GUAVA KIWIFRUIT MULBERRY PERSIMMON WATERMELON BLACK CURRANT GRAPE LIME ORANGE STAR FRUIT CANTALOUPE GRAPEFRUIT LYCHEES PEAR TANGERINE			
			MEAT BISON VENISON CHICKEN LIVER PORK TURKEY			
			DAIRY / EGGS COW'S MILK SHEEP'S MILK EGG WHITE EGG YOLK LACTOSE			
			SEAFOOD ANCHOVY FLOUNDER MUSSEL SOLE TROUT CATFISH HADDOCK SALMON SQUID CODFISH HALIBUT SCALLOP SWORDFISH CRAB LOBSTER SNAPPER TILAPIA			
			GRAINS / STARCHES AMARANTH SORGHUM ARROWROOT TAPIOCA CORN TEFF MILLET WILD RICE			
			HERBS / SPICES ANCHO CHILI PEPPER CINNAMON GINGER ROSEMARY BLACK PEPPER CORIANDER HORSERADISH TARRAGON CARDAMOM CURRY POWDER LICORICE TURMERIC CILANTRO DILL PAPRIKA			
			NUTS/ OILS AND MISC. FOODS ALMOND CHAMOMILE HEMP PSYLLIUM BAKER'S YEAST CHIA HOPS SPEARMINT BLK/GREEN TEA COCOA MUSTARD SEED SUNFLOWER CARAWAY FLAXSEED NUTRITIONAL YEAST VANILLA			

You have a mild reaction to Candida Albicans, also limit these foods:

CANE SUGAR*	FRUCTOSE (HFCS)*	HONEY
MAPLE SUGAR	MOLASSES	

You have a moderate reaction to Gluten and Gliadin, avoid these foods:

BARLEY	MALT*	RYE
SPELT	WHEAT*	

You have no reaction to Casein or Whey.

Sample results. Actual results may vary.

RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months
 YELLOW indicates a mild intolerance and these foods should be avoided if possible
 ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
 GREEN indicates acceptable foods / no reaction

DAY 1

STARCH/GRAINS

ARROWROOT
OAT (GLUTEN FREE)*
TAPIOCA
WHITE POTATO*

VEGETABLES/LEGUMES

ARTICHOKE*
BUTTERNUT SQUASH
CAPERS
CARROT
CELERY*
KALE
MUSTARD GREENS
PARSLEY*
RED/GRN LEAF LETTUCE
ROMAINE LETTUCE
TOMATO*
YAM
YELLOW SQUASH*

FRUIT

BANANA
BLACK CURRANT
DATE
FIG
GRAPE
GUAVA
KIWI
STRAWBERRY*

PROTEIN

BISON
CODFISH
CRAB
FAVA BEAN*
FLOUNDER
LAMB*
OYSTER*
SNAPPER
SWORDFISH
VEAL*

MISCELLANEOUS

ANCHO CHILI PEPPER
BAY LEAF*
CARAWAY
CHAMOMILE
CHIA
COCONUT*
CORIANDER
COW'S MILK
CUMIN*
FLAXSEED
LICORICE
PISTACHIO*
ROSEMARY
SAFFLOWER*
TURMERIC

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

BELL PEPPERS
BOK CHOY
BOSTON BIBB LETTUCE
BROCCOLI*
BUTTON MUSHROOM
CABBAGE
CAULIFLOWER
ENDIVE*
ESCAROLE
KELP
RED BEET*
SHITAKE MUSHROOM
ZUCCHINI SQUASH*

FRUIT

APPLE
AVOCADO*
CRANBERRY*
PEAR
PINEAPPLE*
POMEGRANATE
TANGERINE

PROTEIN

CATFISH
CHICKEN*
EGG WHITE
EGG YOLK
LENTIL BEAN*
MAHI MAHI*
SQUID
TILAPIA

MISCELLANEOUS

BAKER'S YEAST
BASIL*
BREWER'S YEAST*
CINNAMON
CLOVE*
GARLIC*
GINGER
HAZELNUT*
HEMP
HOPS
MUSTARD SEED
PAPRIKA
SAFFRON*

DAY 3

STARCH

CORN
QUINOA*
SORGHUM
SWEET POTATO
TEFF

VEGETABLES

ACORN SQUASH*
ARUGULA
ASPARAGUS
BLACK BEANS
COLLARD GREENS
GREEN PEA*
ICEBERG LETTUCE
LEEK
ONION
RADISH*
SHALLOTS
STRING BEAN*
WATERCRESS

FRUIT

APRICOT*
CHERRY*
LIME
NECTARINE
PEACH*
STAR FRUIT

PROTEIN

ANCHOVY
DUCK*
HALIBUT
KIDNEY BEAN
MUNG BEAN
NAVY BEAN
PORK
SOLE
SOYBEAN

MISCELLANEOUS

ALMOND
BRAZIL NUT*
CARDAMOM
CILANTRO
COCOA
COFFEE*
DILL
GOAT'S MILK*
HORSERADISH
MACADAMIA*
PSYLLIUM
SHEEP'S MILK
TARRAGON
THYME*

DAY 4

STARCH

AMARANTH
BUCKWHEAT*
RICE*

VEGETABLES

CUCUMBER*
JALAPENO PEPPER
OKRA
PORTOBELLO MUSHROOM*
SCALLIONS
SPAGHETTI SQUASH
SPINACH
SWISS CHARD
TURNIP*

FRUIT

CANTALOUPE
GRAPEFRUIT
LEMON*
LYCHEES
MULBERRY
ORANGE
PERSIMMON
WATERMELON

PROTEIN

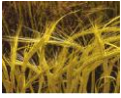
ADZUKI BEANS
CANNELLINI BEANS
CHICKEN LIVER
CLAM*
HADDOCK
LACTOSE
LOBSTER
MUSSEL
SALMON
SCALLOP
SHRIMP*
TROUT
TURKEY
VENISON

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA
CURRY POWDER
NUTRITIONAL YEAST
PECAN*
PINE NUT*
SAGE*
SESAME*
SPEARMINT
SUNFLOWER
VANILLA

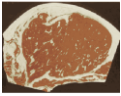
Sample results. Actual results may vary.

BARLEY



Barley is used for malting and is a key ingredient in beer and whisky production. Two-row barley is traditionally used in German and English beers, and six-row barley in American beers. Non-alcoholic drinks such as barley water and mugicha (popular in Korea and Japan) are also made from un-hulled barley. Barley is also used in soups and stews, particularly in Eastern Europe. A small amount is used in health foods and coffee substitutes. Also avoid all-purpose flour, barley flakes and enriched flour. For reintroduction into diet, place into day: 2

BEEF



Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia. Beef can be cut into steaks, pot roasts or short ribs, or it can be ground. Also avoid beef broth, beef franks, beef liver, pastrami, brisket, corned beef, sweetbreads and veal. For reintroduction into diet, place into day: 1

BLACKBERRY



The soft fruit is popular for use in desserts, jams, jellies and sometimes wine. Since the many species form hybrids easily, there are many cultivars with more than one species in their ancestry. Also avoid boysenberry, dewberry and loganberry. For reintroduction into diet, place into day: 3

BLACK-EYED PEAS



The common commercial variety called the California Black-Eye is pale-colored with a prominent black spot. Originally native to Africa, but widely grown in many countries in Asia, the black-eyed pea was introduced into the West Indies and from there to the Southern United States, where it is still a widely used ingredient in soul food and Southern U.S. cuisine. For reintroduction into diet, place into day: 1

BLUEBERRY



Blueberries are sold fresh or processed as individually quick frozen fruit, purée, juice, or dried or infused berries which in turn may be used in a variety of consumer goods such as jellies, jams, pies, muffins, snack foods, and cereals. Blueberry jam is made from blueberries, sugar, water, and fruit pectin. Usually made from wild blueberries, premium blueberry jam is common in Maine, Ontario, Quebec, and British Columbia. Pure or blended blueberry juice has become a popular product in Canada and the United States. Also avoid bearberry and huckleberry. For reintroduction into diet, place into day: 2

BRUSSEL SPROUTS



Brussel sprouts are known to be native to cool regions in northern Europe. They are similar to cabbage in taste, but they are slightly milder in flavor and denser in texture. Brussels sprouts and cabbage are members of the cruciferous vegetable family. These vegetables contain significant amounts of the antioxidants vitamin C and beta-carotene (vitamin A). For reintroduction into diet, place into day: 2

CAROB



Carob is popular in the baking and confectionary industry. Carob powder and carob chips are sometimes used as an ingredient in cakes and cookies instead of chocolate. Carob can also be used in soft drinks. For reintroduction into diet, place into day: 4

CASHEW



Cashew nuts are a common ingredient in Asian cooking. They can also be ground into a spread called cashew butter similar to peanut butter. Cashews have a very high oil content, and they are used in some other nut butters to add extra oil. Also avoid cashew nut milk. For reintroduction into diet, place into day: 1

CAYENNE PEPPER



The fruits are generally dried and ground, or pulped and baked into cakes, which are then ground and sifted to make the powder, Cayenne pepper. Cayenne is used in cooking spicy hot dishes, as a powder or in its whole form (such as in Szechuan cuisine) or in a thin, vinegar-based sauce. For reintroduction into diet, place into day: 2

CHICK PEA



Chickpeas are grown in the Mediterranean, western Asia and the Indian subcontinent. Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour called gram flour (also known as besan and used in primarily in Indian cuisine), ground and shaped in balls and fried as falafel, fermented to make an alcoholic drink similar to sake, stirred into a batter and baked to make farinata, cooked and ground into a paste called hummus or roasted, spiced and eaten as a snack. For reintroduction into diet, place into day: 1

Sample results. Actual results may vary.

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CHICORY


The roots are baked, ground, and used as a coffee substitute and additive in the plant's Mediterranean region of origin, although its use as a coffee additive is still very popular in India, parts of Southeast Asia and the American South, particularly in New Orleans. It is a staple in Cajun-style red-eye gravy. The plant is cultivated and used as endive under the common names radicchio, Belgian endive or French endive. For reintroduction into diet, place into day: 1

CHIVES


Chives are a commonly used herb and can be found in grocery stores or grown in home gardens. In culinary use, the scapes and the unopened, immature flower buds are diced and used as an ingredient for fish, potatoes, soups, and other dishes.

DANDELION LEAF

COMMONLY USED/FOUND IN: Maybe used as salad greens and made into a pesto or sauteed. BE AWARE: Maybe found in mixed salad greens

EGGPLANT


The eggplant is used in cuisines from Japan to Spain. It is often stewed, as in the French ratatouille, the Italian melanzane alla parmigiana, the Greek moussaka, and many South Asian dishes. It may also be roasted in its skin until charred, so that the pulp can be removed and blended with other ingredients such as lemon, tahini, and garlic, as in the Middle Eastern dish baba ghanoush and the similar Greek dish melitzanosalata or the Indian dishes of Baigan Bhartha or Gajju. It can be sliced, battered, and deep-fried, then served with various sauces which may be based on yogurt, tahini, or tamarind. For reintroduction into diet, place into day: 1

FENNEL SEED


The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Fennel is also used as a flavoring in some natural toothpaste. Fennel is most prominently featured in Italian cuisine, where bulbs and fronds appears both raw and cooked in side dishes, salads, pastas, and risottos. Fennel seed is a common ingredient in Italian sausages and meatballs and northern European rye breads. Many egg, fish, and other dishes employ fresh or dried fennel leaves. For reintroduction into diet, place into day: 3

HONEYDEW (MELON)


Avoid also canary melon, casaba melon, cassabanana melon, crenshaw melon, persian melon, santa claus melon & spanish melon. For reintroduction into diet, place into Day 4.

LIMA BEAN


Avoid also butter beans & Madagascar beans. Can be found in salads. For reintroduction into diet, place into Day 3.

MACKEREL


Mackerel is an oily-fleshed sea fish found throughout the oceans of the world. For reintroduction into diet, place into day: 2

MANGO


The fruit flesh of a ripe mango is very sweet, with a unique taste. Mangoes are used in chutneys, preserves and mango juice. The fruit is also widely used as a key ingredient in a variety of cereal products, in particular muesli and granola. For reintroduction into diet, place into day: 1

NUTMEG


Nutmeg is a flavorful addition to cheese sauces. In Indian cuisine, nutmeg powder is used almost exclusively in sweet dishes. In Middle Eastern cuisine, nutmeg powder is often used as a spice for savory dishes. In European cuisine, nutmeg and mace are used especially in potato dishes and in processed meat products; they are also used in soups, sauces and baked goods. Japanese varieties of curry powder include nutmeg as an ingredient. Nutmeg is a traditional ingredient in mulled cider, mulled wine, and eggnog. For reintroduction into diet, place into day: 4

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OLIVE


Avoid also black olives, green olives & olive oil. Used in salads and for cooking. For reintroduction into diet, place into Day 4.

OREGANO


Oregano is an important culinary herb. It is particularly widely used in Greek and Italian cuisines. It is the leaves that are used in cooking, and the dried herb is often more flavorful than the fresh. Oregano is often used in tomato sauces, fried vegetables and grilled meat. Oregano is an indispensable ingredient for Greek cuisine. Oregano adds flavor to Greek salad. The dish most commonly associated with oregano is pizza. For reintroduction into diet, place into day: 3

PAPAYA


Can be used in fruit juice blends, frozen desserts, mixed fruits and digestive enzymes. Also avoid also pawpaw. For reintroduction into diet, place into Day 1.

PARSNIP


The parsnip is a root vegetable related to the carrot. Parsnips can be boiled, roasted or used in stews, soups and casseroles. For reintroduction into diet, place into day: 4

PEANUT


Avoid also peanut butter, satay sauce (as in chicken satay) and other thai dishes, peanut flour & peanut oil. Can be made into peanut brittle (a crisp caramelised sugar sweet studded with peanuts). May be a hidden ingredient in biscuits, marzipan, cakes, cookies, savoury snacks and desserts. Also known as ground nut and monkey nut. For reintroduction into diet, place into Day 3.

PEPPERMINT


Avoid also peppermint tea, spearmint, balm teas, bergamont tea, curry, mint teas, pennyroyal, tea, peppermint & menthol. Also found in chewing gum, mint sauce (especially with lamb), mint jelly, toothpaste, stuffings, salads, flavouring in drinks and sweets, crème de menthe and curries. For reintroduction into diet, place into Day 2.

PINTO BEAN


Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. For reintroduction into diet, place into day: 3

PLUM


Avoid also prune & prune juice. Plums are used in jams, jellies, preserves, liqueurs and compotes. Sloe gin is made from plum. For reintroduction into diet, place into Day 3.

PUMPKIN


When ripe, the pumpkin can be boiled, baked, or roasted. Often, it is made into various kinds of pie which is a traditional staple of the Canadian and American Thanksgiving holiday. Pumpkins can also be eaten mashed or incorporated into soup. In the Middle East, pumpkin is used for sweet dishes. Finally, pumpkin can be used to flavor both alcoholic and nonalcoholic beverages. Also avoid winter squash. For reintroduction into diet, place into day: 4

RASPBERRY


Raspberries are grown for the fresh fruit market and for commercial processing. Avoid purées, juices, teas and flavored yogurts. For reintroduction into diet, place into day: 3

RHUBARB


Can be eaten with sugar and other stewed fruit or used as filling for pies, tarts, and crumbles. Cooked with strawberries or apples as a sweetener, rhubarb makes excellent jam. It can also be used to make wine and as an ingredient in baked goods. For reintroduction into diet, place into day: 4

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SARDINE



Avoid also pilchards, sprats and herring. For reintroduction into diet, place into Day 1.

SEA BASS

Some dishes include; Entrees, Soups, and Ceviche. Maybe found in Latin American, Caribbean and Greek cuisine. Very good source of omega fatty acids a good source of protein and magnesium.

TARO ROOT



This item is primarily grown as a root vegetable for its edible starchy corm, and as a leaf vegetable. It is a food staple in African, Oceanic and South Indian cultures. It can be consumed raw, boiled or dried to make Taro Root flour.

TUNA



Avoid also albacore tuna. Used in "salad Niçoise", pizza and salads. For reintroduction into diet, place into Day 2.

WAKAME SEAWEED



Wakame seaweed is commonly used either dried or salted, and used in soups (particularly miso soup), and salads (tofu salad), or often simply as a side dish to tofu and a salad vegetable like cucumber. These dishes are typically dressed with soy sauce and vinegar/rice vinegar. Goma wakame, also known as seaweed salad, is a popular side dish at American and European sushi restaurants.

WALNUT



Avoid also butternut, hickory nut, pecan & walnut oil. For reintroduction into diet, place into Day 4.

WATER CHESTNUT



The Chinese water chestnut more often called simply the water chestnut, is a grass-like sedge grown for its edible corms. The water chestnut is actually not a nut at all, but an aquatic vegetable. They are a popular ingredient in Chinese dishes. They can also be ground into a flour form used for making water chestnut cake, which is common as part of dim sum cuisine.

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Food Additives Food Colorings	Molds	Environmental Chemicals	Other Items	Other Items
<p>Severe Intolerance</p> <p>BLUE#1 BRILLIANT BLUE RED#3 ERYTHROSINE B</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>
<p>Moderate Intolerance</p> <p>GREEN#3 FAST GREEN</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p> <p>NAPROXEN (ALEVE)</p>
<p>Mild Intolerance</p>	<p>Mild Intolerance</p> <p>RHIZOPUS STOLONIFER</p>	<p>Mild Intolerance</p> <p>NICKEL SULFATE</p>	<p>Mild Intolerance</p> <p>Annatto</p>	<p>Mild Intolerance</p> <p>VOLTAREN</p>
<p>No Intolerance</p> <p>ASPARTAME BENZOIC ACID BHA BHT BLUE#2 INDIGO CARMINE BRILLIANT BLACK CITRIC ACID ERYTHRITOL MSG POLYSORBATE 80 RED#4 CARMINE RED#40 ALLURA RED SACCHARINE SODIUM SULFITE SORBIC ACID SUCRALOSE (SPLENDA) XYLITOL YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW</p>	<p>No Intolerance</p> <p>ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM GEOTRICHUM CANDIDUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA PULLULARIA RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA</p>	<p>No Intolerance</p> <p>AMMONIUM CHLORIDE CHLORINE DELTAMETHRIN FLUORIDE ORRIS ROOT</p>	<p>No Intolerance</p> <p>Acid Blue #3 Acid Red #14</p>	<p>No Intolerance</p> <p>ACETAMINOPHEN AMOXICILLIN AMPICILLIN ASPIRIN CLINORIL DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN KETOPROFEN NEOMYCIN NYSTATIN PENICILLAMINE PENICILLIN PIROXICAM (FELDENE) STREPTOMYCIN SULFAMETHOXAZOLE TETRACYCLINE</p>

Sample results. Actual results may vary.

Food Additives Food Colorings	Molds	Environmental Chemicals	Other Items	Other Items
Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance
Moderate Intolerance	Moderate Intolerance	Moderate Intolerance ALUM	Moderate Intolerance	Moderate Intolerance Adipic Acid CALCIUM PHOSPHATE HEXYLRESORCINOL
Mild Intolerance ASCORBIC ACID BETA-CAROTENE EDTA MALTODEXTRIN MANNITOL RED#2 AMARANTH	Mild Intolerance	Mild Intolerance METHYL ANTHRANILATE	Mild Intolerance	Mild Intolerance CYCLODEXTRIN SODIUM PYROPHOSPHATE
No Intolerance ACACIA GUM D-LACTITOL GLYCEROL INVERTASE ISOMALT LACTIC ACID LECITHIN PHOSPHORIC ACID POLYDEXTROSE POTASSIUM PHOSPHATE POTASSIUM SORBATE SODIUM BENZOATE	No Intolerance	No Intolerance SODIUM LAURYL SULFATE	No Intolerance	No Intolerance FUMARIC ACID LYSOZYME MAGNESIUM PHOSPHATE MALIC ACID METHENAMINE Potash POTASSIUM TARTRATE SODIUM ACETATE SODIUM BISULFATE SODIUM LACTATE SODIUM PROPIONATE SODIUM TRIPOLYPHOSPHATE SUCCINIC ACID

Sample results. Actual results may vary.

Severe Intolerance	Moderate Intolerance	Mild Intolerance	Functional Foods and Medicinal Herbs																																			
BURDOCK CHLORELLA DAMIANA DEER ANTLER VELVE ELDERBERRY FEVERFEW HORNY GOAT WEED LOBELIA PYGEUM BARK SIBERIAN GINSENG	CATUABA ECHINACEA LYCOPENE MISTLETOE RESVERATROL SAW PALMETTO YELLOW DOCK	ALFALFA LEAF ALOE VERA ASTRAGALUS BEE POLLEN BILLBERRY CHONDROITIN DONG QUAI FO-TI ROOT GINKGO BILOBA GLUCOSAMINE GOLDENSEAL GUARANA SEED KOREAN GINSENG LUTEIN MACA ROOT MULLEIN LEAF NONI BERRY REHMANNIA SKULL CAP	<table border="0"> <tr> <td>ACAI BERRY</td> <td>AGAVE</td> <td>ASHWAGANDHA</td> <td>BARLEY GRASS</td> </tr> <tr> <td>BLACK WALNUT</td> <td>CASCARA</td> <td>DANDELION ROOT</td> <td>ESSIAC</td> </tr> <tr> <td>GOJI BERRY</td> <td>GRAPE SEED EXTRACT</td> <td>GYMNEMA SYLVESTRE</td> <td>HAWTHORN BERRY</td> </tr> <tr> <td>HUPERZINE</td> <td>KAVA KAVA</td> <td>LO HAN</td> <td>MAITAKE MUSHROO</td> </tr> <tr> <td>MILK THISTLE</td> <td>PAU DARCO BARK</td> <td>PINE BARK</td> <td>RED YEAST RICE</td> </tr> <tr> <td>REISHI MUSHROOM</td> <td>RHODIOLA</td> <td>ROOIBOS TEA</td> <td>SCHISANDRA BERRY</td> </tr> <tr> <td>SENNA</td> <td>SPIRULINA</td> <td>ST JOHNS WORT</td> <td>STEVIA LEAF</td> </tr> <tr> <td>VALERIAN</td> <td>VINPOCETINE</td> <td>WHEATGRASS</td> <td>WORMWOOD</td> </tr> </table>				ACAI BERRY	AGAVE	ASHWAGANDHA	BARLEY GRASS	BLACK WALNUT	CASCARA	DANDELION ROOT	ESSIAC	GOJI BERRY	GRAPE SEED EXTRACT	GYMNEMA SYLVESTRE	HAWTHORN BERRY	HUPERZINE	KAVA KAVA	LO HAN	MAITAKE MUSHROO	MILK THISTLE	PAU DARCO BARK	PINE BARK	RED YEAST RICE	REISHI MUSHROOM	RHODIOLA	ROOIBOS TEA	SCHISANDRA BERRY	SENNA	SPIRULINA	ST JOHNS WORT	STEVIA LEAF	VALERIAN	VINPOCETINE	WHEATGRASS	WORMWOOD
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VALERIAN	VINPOCETINE	WHEATGRASS	WORMWOOD																																			
			<p style="text-align: center;">Herbs: Male/Female</p> <table border="0"> <tr> <td>AMERICAN GINSENG</td> <td>ARNICA</td> <td>BUTCHERS BROOM ROO</td> <td>CALENDULA</td> </tr> <tr> <td>CATS CLAW</td> <td>CHAPARRAL ROOT</td> <td>CNIDIUM MONNIER</td> <td>GOTU KOLA</td> </tr> <tr> <td>IRISH MOSS</td> <td>JUNIPER BERRY</td> <td>MUCANA PRURIENS</td> <td>MUIRA PUAMA</td> </tr> <tr> <td>MYRRH</td> <td>NETTLE LEAF</td> <td>PUMPKIN SEED</td> <td>SARSAPARILLA</td> </tr> <tr> <td>STINGING NETTLE ROOT</td> <td>TRIBULUS TERRESTRIS</td> <td>UVA URSI</td> <td>YARROW</td> </tr> <tr> <td>YERBA MATE</td> <td>YOHIMBE BARK</td> <td></td> <td></td> </tr> </table>				AMERICAN GINSENG	ARNICA	BUTCHERS BROOM ROO	CALENDULA	CATS CLAW	CHAPARRAL ROOT	CNIDIUM MONNIER	GOTU KOLA	IRISH MOSS	JUNIPER BERRY	MUCANA PRURIENS	MUIRA PUAMA	MYRRH	NETTLE LEAF	PUMPKIN SEED	SARSAPARILLA	STINGING NETTLE ROOT	TRIBULUS TERRESTRIS	UVA URSI	YARROW	YERBA MATE	YOHIMBE BARK										
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RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months
 YELLOW indicates a mild intolerance and these foods should be avoided if possible
 ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
 GREEN indicates acceptable foods / no reaction

Sample results. Actual results may vary.