



Food Sensitivity Test

Patient Name: ##### SAMPLE

Test Date: 30 Sep 2011

Healthcare Provider: FRED PESCATORE MD*

File #: 111124 (200)

Severe Intolerance

- ANCHOVY
- CASHEW
- PINE NUT
- SCALLIONS
- SESAME

Moderate Intolerance

- ARTICHOKE
- AVOCADO
- BAY LEAF
- BROCCOLI
- CAROB
- CATFISH
- CHICK PEA
- CHICKEN LIVER
- CHILI PEPPER
- CRANBERRY
- EGGPLANT
- FENNEL SEED
- FIG
- HALIBUT
- KELP
- LICORICE
- MINT
- OLIVE
- OREGANO
- PAPAYA
- PORTOBELLO MUSHROOM
- SAGE
- SEA BASS
- SQUID
- SWISS CHARD
- TAPIOCA
- THYME
- TILAPIA
- TURKEY
- ZUCCHINI SQUASH

Mild Intolerance

- ACORN SQUASH*
- ALMOND*
- AMARANTH*
- BAKER'S YEAST*
- BANANA*
- BEET*
- BLACK BEANS*
- BLACK CURRANT*
- BLK/GREEN TEA*
- BLUEBERRY*
- BOK CHOY*
- BRAZIL NUT*
- BREWER'S YEAST*
- BUTTERNUT SQUASH
- CARROT*
- CELERY*
- CHAMOMILE*
- CHICKEN*
- CINNAMON*
- CLOVE*
- CORIANDER*
- CUMIN*
- DUCK*
- EGG WHITE*
- EGG YOLK*
- FLOUNDER*
- GINGER*
- HONEYDEW (MELON)
- KIDNEY BEAN*
- LAMB*
- LEEK*
- LENTIL BEAN*
- MUNG BEAN*
- MUSHROOM*
- NAVY BEAN*
- NECTARINE*
- NUTMEG*
- OKRA*
- PEAR*
- PSYLLIUM*
- QUINOA*
- RADISH*
- SAFFLOWER*
- SAFFRON*
- SCALLOP*
- SOYBEAN*
- SPINACH*
- SUNFLOWER*
- SWORDFISH*
- VENISON*
- WALNUT*
- WATERMELON*

VEGETABLES / LEGUMES

- ASPARAGUS
- BELL PEPPERS
- BLACK-EYED PEAS
- BRUSSEL SPROUTS
- CABBAGE
- CAULIFLOWER
- CUCUMBER
- ENDIVE
- FAVA BEAN
- GREEN PEA
- ICEBERG LETTUCE
- JALAPENO PEPPER
- KALE
- LEAF LETTUCE
- LIMA BEAN
- MUSTARD
- ONION
- PARSNIP
- PINTO BEAN
- ROMAINE LETTUCE
- SQUASH (Yellow)
- STRING BEAN
- SWEET POTATO
- TOMATO
- TURNIP
- WATERCRESS
- WHITE POTATO

FRUITS

- APPLE
- APRICOT
- BLACKBERRY
- CANTALOUPE
- CHERRY
- DATE
- GRAPE
- GRAPEFRUIT
- KIWI
- LEMON
- LIME
- MANGO
- ORANGE
- PEACH
- PINEAPPLE
- PLUM
- POMEGRANATE
- PUMPKIN
- RASPBERRY
- STRAWBERRY

MEAT

- BEEF
- BUFFALO
- PORK
- VEAL

DAIRY

- COW'S MILK
- GOAT'S MILK
- SHEEP'S MILK

SEAFOOD

- CLAM
- CODFISH
- CRAB
- HADDOCK
- LOBSTER
- MACKEREL
- MAHI MAHI
- MUSSEL
- OYSTER
- SALMON
- SARDINE
- SHRIMP
- SNAPPER
- SOLE
- TROUT
- TUNA

GRAINS

- BUCKWHEAT
- CORN
- MILLET
- RICE
- WILD RICE

HERBS / SPICES

- BASIL
- BLACK PEPPER
- CARDAMOM
- CAYENNE PEPPER
- DILL
- PAPRIKA
- PARSLEY
- ROSEMARY
- TURMERIC

NUTS/ OILS AND MISC. FOODS

- CANOLA OIL
- CARAWAY
- COCOA
- COCONUT
- COFFEE
- COTTONSEED
- FLAXSEED
- GARLIC
- HAZELNUT
- HOPS
- MACADAMIA
- PEANUT
- PECAN
- PISTACHIO
- VANILLA

You have a moderate reaction to Candida Albicans, also avoid these foods:

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

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

BARLEY	MALT	OAT
RYE*	SPELT	WHEAT

You have no reaction to Casein or Whey.

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



Food Sensitivity Test
4 Day Rotation Diet

Patient Name: ~~#####~~ **SAMPLE**
Healthcare Provider: FRED PESCATORE MD*

Test Date: 9/30/2011
File #: 111124

DAY 1

STARCH

WHITE POTATO

VEGETABLES/LEGUMES

BLACK-EYED PEAS
BUTTERNUT SQUASH*
CARROT*
CELERY*
KALE
LEAF LETTUCE
PARSLEY
ROMAINE LETTUCE
TOMATO

FRUIT

BANANA*
BLACK CURRANT*
DATE
GRAPE
KIWI
MANGO
STRAWBERRY

PROTEIN

BEEF
BUFFALO
CODFISH
CRAB
FAVA BEAN
FLOUNDER*
LAMB*
OYSTER
SARDINE
SNAPPER
SWORDFISH*
VEAL

MISCELLANEOUS

CARAWAY
CHAMOMILE*
COCONUT
CORIANDER*
COW'S MILK
CUMIN*
FLAXSEED
PISTACHIO
ROSEMARY
SAFFLOWER*
TURMERIC

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

BELL PEPPERS
BOK CHOY*
BRUSSEL SPROUTS
CABBAGE
CAULIFLOWER
ENDIVE
MUSHROOM*
MUSTARD

FRUIT

APPLE
BLUEBERRY*
PEAR*
PINEAPPLE
POMEGRANATE

PROTEIN

CHICKEN*
EGG WHITE*
EGG YOLK*
LENTIL BEAN*
MACKEREL
MAHI MAHI
TUNA

MISCELLANEOUS

BAKER'S YEAST*
BASIL
BREWER'S YEAST*
CAYENNE PEPPER
CINNAMON*
CLOVE*
GARLIC
GINGER*
GOAT'S MILK
HAZELNUT
HOPS
PAPRIKA
SAFFRON*

DAY 3

STARCH

CORN
QUINOA*
SWEET POTATO

VEGETABLES

ACORN SQUASH*
ASPARAGUS
BLACK BEANS*
GREEN PEA
ICEBERG LETTUCE
LEEK*
LIMA BEAN
ONION
PINTO BEAN
RADISH*
STRING BEAN

FRUIT

APRICOT
BLACKBERRY
CHERRY
LIME
NECTARINE*
PEACH
PLUM
RASPBERRY

PROTEIN

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

MISCELLANEOUS

ALMOND*
BRAZIL NUT*
CANOLA OIL
CARDAMOM
COCOA
COFFEE
COTTONSEED
DILL
MACADAMIA
PEANUT
PSYLLIUM*
SHEEP'S MILK

DAY 4

STARCH

AMARANTH*
BUCKWHEAT
RICE

VEGETABLES

BEET*
CUCUMBER
JALAPENO PEPPER
OKRA*
PARSNIP
SPINACH*
SQUASH (Yellow)
TURNIP

FRUIT

CANTALOUPE
GRAPEFRUIT
HONEYDEW (MELON)*
LEMON
ORANGE
PUMPKIN
WATERMELON*

PROTEIN

CLAM
HADDOCK
LOBSTER
MUSSEL
SALMON
SCALLOP*
SHRIMP
TROUT
VENISON*

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA*
NUTMEG*
PECAN
SUNFLOWER*
VANILLA
WALNUT*

Foods To Avoid

File: 111124

Date: 9/30/2011

Patient: ~~JUSTIN PRICE~~
#####

Clinic/Doctor: FRED PESCATORE M

ANCHOVY



They are a key ingredient in Spaghetti Puttanesca, and are occasionally used as a pizza topping. Because of the strong flavor they are also an ingredient in several sauces, including Worcestershire sauce, Cesar salad dressing and many fish sauces. They are also marketed in jars and tubes as a paste, mostly for use in making sauces, such as anchovy essence. For reintroduction into diet, place into day:3

ARTICHOKE



The Globe Artichoke is a perennial thistle originating in southern Europe around the Mediterranean. Can be used in teas or pickled whole. The heart of the artichoke is considered to be the best part to eat. Leaves are often removed and eaten one at a time, sometimes dipped in butter, mayonnaise, aioli or other sauces. For reintroduction into diet, place into day: 1

AVOCADO



The avocado is very popular in vegetarian cuisine, making an excellent substitute for meats in sandwiches and salads because of its high fat content. The fruit is not sweet, but fatty, strongly flavored, and of smooth, almost creamy texture. It is used as the base for the Mexican dip, guacamole, as well as a filling for several kinds of sushi, including California rolls. Avocado is popular in chicken dishes and as a spread on toast, served with salt and pepper. In Brazil and Vietnam, avocados are considered sweet fruits, so are frequently used for milk-shakes and occasionally added to ice cream and other desserts. For reintroduction into diet, place into day: 2

BAY LEAF



Bay leaves are a fixture in the cooking of many European cuisines (particularly those of the Mediterranean), as well as in North America. They are used in soups, stews, meat, seafood, and vegetable dishes. The leaves also flavor classic French dishes such as bouillabaisse and bouillon. The leaves are most often used whole and removed before serving. In Indian cuisine, bay leaves are often used in biryani and many salads. For reintroduction into diet, place into day: 1

BROCCOLI



Only one type of broccoli is generally found in markets, but a few close relatives of this vegetable are also available. Broccoli rabe has thinner stalks and is leafier, with smaller bunches of buds. It has a stronger, more bitter flavor, and all of the plant, including its leaves, is edible. Broccolini is a new vegetable that looks just like regular broccoli except that the stalks are delicate, with thin stems; the flower buds are also smaller. Also avoid Bok Choy. 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

CATFISH



Catfish have been widely caught and farmed for food for hundreds of years in Africa, Asia, Europe, and North America. In Central Europe, catfish were often viewed as a delicacy to be enjoyed on feast days and holidays. The most commonly eaten species in the United States are the channel catfish and blue catfish, both of which are common in the wild and increasingly widely farmed. Catfish is eaten in a variety of ways; in Europe it is often cooked in similar ways to carp, but in the United States it is typically breaded with cornmeal and fried. For reintroduction into diet, place into day:

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

CHICKEN LIVER

Dishes that contain chicken livers are pate, fried, chopped, and baked. Good source of protein, Vitamin A and a source of iron, also high in cholesterol.

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 your rotation diet plan.

Foods To Avoid

File: 111124

Date: 9/30/2011

Patient: #####

Clinic/Doctor: FRED PESCATORE M

CHILI PEPPER



The chili has a long association with Mexican cuisine as later adapted into Tex-Mex cuisine. Although unknown in Asia until Europeans introduced it there, chili has also become a part of the Korean, Indian, Indonesian, Szechuan, Thai and other cooking traditions. Its popularity has seen it adopted into many cuisines of the World. Chili peppers are also often used around the world to make a wide variety of sauces, known as hot sauce, chili sauce, or pepper sauce. Also avoid curry, paprika, pimento, red pepper, jalapeno pepper and Tabasco sauce. For reintroduction into diet, place into day: 1

CRANBERRY



Cranberry sauce is regarded an indispensable part of traditional American and Canadian Thanksgiving menus and European winter festivals. About 95% of cranberries are processed into products such as juice drinks, sauce, and sweetened dried cranberries. The remaining 5% is sold fresh to consumers. The berry is also used in baking (muffins, scones and cakes) but, unlike many other berries, is normally considered too sharp to be eaten unaccompanied. For reintroduction into diet, place into day: 2

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 Gojju. 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



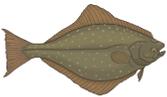
The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Fennel is also used as a flavoring in some natural toothpaste. Fennel is most prominently featured in Italian cuisine, where bulbs and fronds appears both raw and cooked in side dishes, salads, 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

FIG



The Common Fig is widely grown for its edible fruit throughout its natural range Iran and also in the rest of the Mediterranean region and other areas of the world with a similar climate, including Australia, Chile, South Africa, and California, Oregon, Texas, and Washington in the United States. Figs can be eaten fresh or dried, and used in jam-making. For reintroduction into diet, place into day: 1

HALIBUT



Halibut is very versatile in the kitchen, as well, with many recipes for baking, broiling, pan-frying, deep-frying, poaching or barbecuing. For reintroduction into diet, place into day:3

KELP



Alginate, a kelp-derived carbohydrate, is used to thicken products such as ice cream, jelly, salad dressing, and toothpaste, as well as an ingredient in exotic dog food and in manufactured goods. Several Pacific species of kelp are very important ingredients in Japanese cuisine. It is used to flavor broths and stews, as a savory garnish for rice and other dishes, as a vegetable. Transparent sheets of kelp are also used as an edible decorative wrapping for rice and other foods. For reintroduction into diet, place into day: 2

LICORICE



Liquorice flavor is found in a wide variety of liquorice candies. Liquorice is also found in some soft drinks (such as root beer), and is in some herbal teas where it provides a sweet aftertaste. The flavor is common in medicines to disguise unpleasant flavors. Modern cough syrups often include liquorice extract as an ingredient. For reintroduction into diet, place into day:1

MINT



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.

OLIVE



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

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Clinic/Doctor: FRED PESCATORE M

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.

PINE NUT



Pine nuts are frequently added to meat, fish, and vegetable dishes. In Italian culture they are called pinoli and are an essential component of Italian pesto sauce. Pine nut coffee, known as piñón is a specialty found in the southwest United States, especially New Mexico, and is typically a dark roast coffee having a deep, nutty flavor. Pine nuts are also used in chocolates and desserts such as baklava. For reintroduction into diet, place into day: 4

PORTOBELLO MUSHROOM

Some dishes are grilled as a burger substitute. Also used in pizza, stews, Asian dishes, stuffed and casseroles. Low in sodium, very good source of dietary fiber, also low in calories. Good source of niacin folate and selenium.

SAGE



Sage has a slight peppery flavour. It is used to flavour fatty meats and in stuffing for poultry or pork. Sage tea is said to have a calming affect. For reintroduction into diet place on day 4.

SCALLIONS

Some dishes that include scallions; salads, soups, fish, omelet and it may also be used as a garnish. Also called green onions, they are milder than onions, low in sodium, good source of dietary fiber.

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.

SESAME



Seeds are sometimes added to breads, including bagels and the tops of hamburger buns. Sesame seeds may be baked into crackers, often in the form of sticks. Sesame seeds are also sprinkled onto some sushi style foods. Can be made into a paste called tahini (used in various ways, including in hummus) and a Middle Eastern confection called halvah. East Asian cuisines, like Chinese cuisine use sesame seeds and oil in some dishes, such as dim sum. Also avoid sesame milk, sesame oil. For reintroduction into diet, place into day: 4

SQUID



In many of the European languages around the Mediterranean, squid is called calamari, which in English has become a culinary name for Mediterranean dishes involving squid, especially fried squid. For reintroduction into diet, place into day: 2

SWISS CHARD



Chard is a relative of the beet, grown for its white, fleshy chard and its greens, which resemble spinach. Chard is used in gratins, omelettes, and even in dessert tarts with apples and pine nuts. They are also used in southern France in pies or as a filling for ravioli. For reintroduction into diet, place into day:4

TAPIOCA



Used mainly for thickening soups and broths and making puddings and other desserts. A starchy food extracted from the roots of the manioc plant. For Reintroduction, place on Day 1.

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Foods To Avoid

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Patient: #####

Clinic/Doctor: FRED PESCATORE M

THYME



Thyme is used most widely in cooking. Thyme is a basic ingredient in French, Greek, Italian, Persian, Spanish and Turkish cuisines, and in those derived from them. It is also widely used in Lebanese and Caribbean cuisines. Thyme is often used to flavor meats, soups and stews. It has a particular affinity to and is often used as a primary flavor with lamb, tomatoes and eggs. For reintroduction into diet, place into day:3

TILAPIA



TURKEY



Turkeys are sold sliced and ground, as well as "whole" in a manner similar to chicken with the head, feet, and feathers removed. Frozen whole turkeys remain popular. Sliced turkey is frequently used as a sandwich meat or served as cold cuts. Also avoid turkey franks, turkey sausage. For reintroduction into diet, place into day: 4

ZUCCHINI SQUASH



Also known as courgette and Italian squash. Available all Summer, it does not need peeling, but it can be simply topped, tailed, sliced and eaten raw, steamed, backed, pickled etc. For reintroduction into diet, place into Day 2.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
Severe Intolerance	Severe Intolerance	Severe Intolerance AMMONIUM CHLORIDE CHLORINE	Severe Intolerance	Severe Intolerance
Moderate Intolerance ERYTHRITOL SACCHARINE	Moderate Intolerance	Moderate Intolerance PHENOL	Moderate Intolerance	Moderate Intolerance CLINORIL
Mild Intolerance GREEN#3 FAST GREEN RED#1 CRYSTAL PONCEAU RED#40 ALLURA RED XYLITOL	Mild Intolerance	Mild Intolerance FLUORIDE	Mild Intolerance	Mild Intolerance ACETAMINOPHEN PENICILLAMINE TETRACYCLINE
No Intolerance ASPARTAME BENZOIC ACID BHA BHT BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE MSG POLYSORBATE 80 POTASSIUM NITRATE SODIUM SULFITE SORBIC ACID SUCRALOSE (SPLENDA) YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	No Intolerance ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA HERBARUM PULLULARIA RHIZOPUS NIGRICANS RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA	No Intolerance BENZENE DELTAMETHRIN FORMALDEHYDE GLYPHOSATE ORRIS ROOT TOLUENE	No Intolerance	No Intolerance AMOXICILLIN AMPICILLIN ASPIRIN CEPHALOSPORIN C DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN NAPROXEN (ALEVE) NEOMYCIN NYSTATIN PENICILLIN PIROXICAM (FELDENE) STREPTOMYCIN SULFAMETHOXAZOLE VOLTAREN



Food Sensitivity Test

Patient Name: #####

Test Date: 30 Sep 2011

Healthcare Provider: FRED PESCATORE MD*

File #: 111124 (50)

Severe Intolerance

STEVIA LEAF

Moderate Intolerance

BEE POLLEN
ESSIAC
HUPERZINE
PINE BARK

Mild Intolerance

AGAVE
ASHWAGANDHA
BARLEY GRASS
ELDERBERRY
RHODIOLA
YELLOW DOCK

Functional Foods and Medicinal Herbs

ACAI BERRY	ALOE VERA	ASTRAGALUS	BILBERRY
BLACK WALNUT	CASCARA	CHLORELLA	DANDELION
ECHINACEA	FEVERFEW	GINKO BILOBA	GOJI BERRY
GOLDENSEAL	GRAPE SEED EXTRACT	GURANA SEED	GYMNEMA SYLVESTRE
HAWTHORN BERRY	KAVA KAVA	LO HAN	LUTEIN
MAITAKE MUSHROOM	MANGOSTEEN	MILK THISTLE	MULLEIN LEAF
NONI BERRY	PAU DARCO BARK	RED CLOVER SEED	RED YEAST RICE
REISHI MUSHROOM	RESVERATROL	ROOIBOS TEA	SCHISANDRA BERRY
SENNA	SPIRULINA	ST JOHNS WORT	VALERIAN
VINPOCETINE	WHEAT GRASS	WORMWOOD	

Herbs: Male/Female

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