

176 Foods & Gut Barrier Panel

132 Foods & Gut Barrier Panel

22 Foods

DAIRY/EGGS

Casein
Cow's Milk
Egg White
Egg Yolk
MEATS
Beef
Chicken

FISH

Salmon

SEAFOOD

Shrimp

GRAINS

Wheat, Gluten
Wheat, Whole

BEANS

Coffee
Soy Bean

VEGETABLES

Corn
Potato, White
Tomato

FRUITS

Banana
Pineapple

NUTS/SEEDS

Almond
Peanut

SPICES/ MISCELLANEOUS

Candida
Turmeric
Yeast, Brewer's

Goat's Milk
Whey

Codfish
Flounder
Halibut
Sea Bass
Snapper
Swordfish
Trout
Tuna

Bacon
Duck
Lamb
Pork
Turkey

Clam
Crab
Lobster
Scallops

Barley
Millet
Oat
Quinoa
Rice
Rye

Cocoa
Kidney Bean
Lentils
Navy Bean
Pinto Bean

Artichoke
Asparagus
Beets
Broccoli
Butternut Squash
Cabbage
Carob
Carrot
Cauliflower
Celery
Collard Greens
Cucumber
Lettuce
Pea, Chick
Pea, Green
Pepper, Green

Pumpkin
Spinach
Zucchini

Apple
Avocado
Blueberry
Cantaloupe
Cherry
Cranberry
Grape, White
Grapefruit
Honeydew Melon
Lemon
Lime
Olive, Green
Onion, White
Orange
Peach
Pear

Cashew
Coconut
Cola Nut
Dill Seed
English Walnut
Flax Seed
Hazelnut
Pecan
Sesame Seed
Sunflower Seed

Agave
Aspartame
Basil
Benzoic Acid
BHA
Canola Oil
Cinnamon
Garlic
Ginger
Hops
MSG
Mushroom
Mustard
Oregano
Paprika
Pepper, Black

Pepper, Chili
Peppermint
Polysorbate 80
Red #3
Red #40
Rosemary
Saccharin
Spirulina
Sugarcane
Tea, Black
Vanilla
Wine, Red
Yellow #6

Sheep's Milk

Anchovy
Mackerel
Sardine

Amaranth
Buckwheat
Gliadin
Sorghum
Spelt

Black Bean
Green Bean

Arugula
Brussel Sprouts
Cilantro
Kale
Parsley
Summer Squash

Acai Berry
Apricot
Eggplant
Fig
Kiwi
Goji Berry
Mango
Monk Fruit
Papaya

Brazil Nut
Chia Seed
Hemp Seed
Macadamia Nut
Pine Nut
Pistachio

Cloves
Coconut Oil
Cummin
Hemp Protein (CDB)
Honey
Maple Syrup
Stevia
Tapioca
Vinegar

**INTESTINAL
PERMEABILITY
MARKERS**
IgG 1-4 + C3d+
IgA 1+2

CANDIDA

ZONULIN

OCCLUDIN

LPS (Lipopolysaccharides)

Gut Barrier Panel
included on all FIT 176
& FIT 132.

Gut Barrier Panel is also
available as a standalone
test.