Foods We Test

Dairy
Casein
Cow's Milk
Goat's Milk
Egg Yolk
Egg White
Sheep's Milk
Whey

Grains
Amaranth
Barley
Buckwheat
Gliadin
Millet
Oat
Quinoa
Rice
Rye
Sorghum
Spelt
Wheat, Gluten
Wheat, Whole

Fruits
Acai Berry
Apple
Apricot
Avocado
Banana
Blueberry
Cantaloupe
Cherry
Cranberry
Eggplant
Fig
Grape, White
Seedless
Kiwi
Goji Berry
Grapefruit
Honeydew Melon
Lemon
Lime
Mango
Monk Fruit
Olive, Green
Onion, White
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Raspberry
Strawberry
Watermelon

Additives
Aspartame Benzoic
Acid BHA
MSG
Polysorbate 80
Red #3
Red #40
Saccharin
Stevia
Yellow #6

Vegetables
Artichoke
Arugula
Asparagus
Beets
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carob
Carrot
Cauliflower
Celery
Cilantro
Collard Greens
Corn
Cucumber
Kale
Lettuce
Parsley
Pea, Chick
Pea, Green
Pepper, Green
Potato, Sweet
Potato, White
Pumpkin
Spinach
Summer Squash
Tomato
Zucchini

Microbes
Candida
Yeast, Baker's
Yeast, Brewer's

Beans
Black Bean
Cocoa
Coffee
Green Bean
Kidney Bean
Lentils
Navy Bean
Pinto Bean
Soybean

Spices
Basil
Cinnamon
Cloves
Cumin
Garlic
Ginger
Hops
Mustard
Oregano
Paprika
Pepper, Black
Pepper, Chili
Peppermint
Rosemary
Turmeric
Vanilla

Fish
Anchovy
Codfish
Flounder
Halibut
Mackerel
Sardine
Salmon
Snapper
Swordfish
Trout
Tuna

Meats
Beef
Bacon
Chicken
Duck
Lamb
Pork
Turkey
Venison

Extracts & Miscellaneous
Agave
Canola Oil
Coconut Oil
Hemp Protein (CBD)
Honey
Maple Syrup
Mushroom
Spirulina
Sugarcane
Tapioca
Tea, Black
Vinegar
Wine, Red

Seeds
Chia Seed
Dill Seed
Flax Seed
Hemp Seed
Sesame Seed
Sunflower Seed

Shellfish
Clam
Crab
Lobster
Oyster
Scallops
Sea Bass
Shrimp
Squid

Nuts
Almond
Brazil nut
Cashew
Coconut
Cola Nut
English
Walnut
Hazelnut
Macadamia Nut
Peanut
Pecan
Pine Nut
Pistachio

Test Key
FIT 22-
FIT 132-
FIT 176-