



LRA by ELISA/ACT® All-Inclusive Testing Block

ALL-INCLUSIVE TESTING

504 Items

FOODS (238 ITEMS)

Acai Berry	Celery	Gluten	Paprika	Sesame/Tahini
Alfalfa	Chamomile	Grape Seed Oil	Parsley	Shrimp
Algae (Chlorella)	Chard	Grape/Raisin, Green	Parsnip	Sole/Flounder/Halibut
Algae (Spirulina)	Cheese, Brick (Cow)	Grape/Raisin, Red	Pea, Black-eyed	Spearmint
Almond	Cheese, Cottage (Cow)	Grapefruit	Pea, Green, Snow	Spelt
Aloe	Cheese, Parmesan (Cow)	Haddock	Peach	Spinach
Amaranth	Cheese, Processed (Cow)	Hazelnut/Filbert	Peanut	Squash
Anchovy	Cheese, Romano (Sheep)	Honey	Pear	Strawberry
Anise Seed	Cheese/Milk (Goat)	Hops	Pecan	Sugar, Beet
Apple	Cherry	Horseradish	Pepper, Bell	Sugar, Cane/Sucanat
Apricot	Chestnut	Hydrogenated Oil	Pepper, Black	Sugar, Corn
Arrowroot	Chicken	Kale	Pepper, Cayenne	Sugar, Maple
Artichoke	Chive	Kamut	Pepper, Chili, Red	Sunflower
Asparagus	Chocolate/Cocoa	Kelp/Seaweed	Pepper, White	Swordfish
Avocado	Cilantro	Kiwi	Peppermint	Tamarind
Baking Powder	Cinnamon	Kombu	Perch/Mackerel	Tangerine/Mandarin Orange
Banana	Clam	Lactalbumin	Pimiento	Tapioca
Barley	Clove	Lactoglobulin	Pineapple	Tarragon
Basil	Coconut	Lamb/Mutton	Pistachio	Tea, Black
Bass	Cod Liver Oil	Leek	Plum/Prune	Thyme
Bay Leaf	Codfish	Lemon	Pomegranate	Tilapia
Bean, Garbanzo	Coffee, Decaf & Reg	Lentils, Red, Green	Poppy Seed	Tobacco
Bean, Kidney	Cola	Lettuce, Iceberg	Pork/Bacon/Ham	Tofu
Bean, Lima	Collard Greens	Lettuce, Red Leaf	Potato, Sweet/Yam	Tomato
Bean, Mung	Coriander	Lettuce, Romaine	Potato, White	Triticale
Bean, Navy/Ninja	Corn (Maize)	Lime	Psyllium Seed	Trout
Bean, Pinto	Cottonseed Oil	Lobster	Pumpkin	Tuna
Bean, Soya	Crab	Macadamia	Quinoa	Turbot/Whitefish
Bean, String/Wax	Cranberry	Mace	Rabbit	Turkey
Beef/Veal	Cream of Tartar	Malt	Radish	Turmeric
Beet	Cucumber	Mango	Rapeseed/Canola Oil	Turnip Greens
Blackberry	Cumin	Marjoram	Raspberry	Vanilla
Blueberry	Currant	Milk, Pasteurized (Cow)	Red Snapper	Walnut, English
Bok Choi	Curry	Milk, Raw (Cow)	Rhubarb	Walnut Oil, Black
Boysenberry	Date	Millet	Rice, Basmati	Watercress
Brazil Nut	Deer/Venison	Molasses	Rice, Brown	Watermelon
Broccoli	Dill	Mushroom	Rice, White	Wheat
Buckwheat/Kasha	Duck/Goose	Mustard Greens, Spice	Rice, Wild	Whey
Buffalo	Egg, White (Chicken)	Nectarine	Rose Hips	Yeast, Baker's
Butter, Clarified (Ghee)	Egg, Yolk (Chicken)	Nutmeg	Rosemary	Yeast, Brewer's
Butter, Whole	Eggplant	Oats	Rutabaga	Yogurt (Cow)
Cabbage/Brussels Sprouts	Endive	Okra	Rye	
Cantaloupe/Honeydew	Fig	Olive	Safflower Oil	
Caraway Seed	Flaxseed/Linseed Oil	Onion, Scallion/Spring	Sage	
Carob	Garlic	Onion, Yellow	Salicylate	
Carrot	Gelatin	Orange	Salmon/Lox	
Casein	Gin (Juniper Berries)	Oregano	Sardine	
Cashew	Ginger	Oyster	Scallop	
Catfish	Gliadin	Palm Oil		
Cauliflower		Papaya		

continued

ALL INCLUSIVE TESTING**504 Items****ENVIRONMENTAL CHEMICALS (60 ITEMS)**

1,2 Dichlorobenzene	Cis-Dichloroethylene	Heptachlor	Polyvinylpyrrolidone/Povidone
2,4,5 T	(1,2- Dichloroethylene)	Hexachlorocyclohexane	Propylene Glycol
2,4 D	Cyclohexylamine	Isopropyl Ether	(1,2-Propanediol)
2-Methyl Pentane	DBCP (1,2 Dibromo-3-	Latex	Pyrene
3-Methyl Pentane	chloropropane)	Maleic Anhydride	Selenium Sulfide
Aldrin	DDT	Metallic Catalyst	Silicates/Silicone Dioxide
Benzaldehyde	DEET	Methoxychlor	Silicone
Benzene	Detergent (Synthetic)	Methylene Chloride	Soap (SDS/SLS)
Benzopyrene	Dibutyl Phthalate	(Dichloromethane)	Tert-Butyl-Ethyl Ether
Benzyl Acetate	Dieldrin	Morpholine	(TBEE)
Beryllium Oxide	Endrin	Nitrosamine Mix	Tert-Butyl-Methyl Ether
Carbamates	Ethyl Acetate	Organophosphates	(TBME)
Carbon Disulfide	Ethyl Acetoacetate	Pentachlorophenol (PCP)	Tetrachloroethylene
Carbon Tetrachloride	Ethyl Butyrate	Petroleum By-Products	Toluene
Chlordane	Ethylene Dibromide	and Solvents	Trichloroethylene (TCE)
Chloroform	Formaldehyde	Phenol	Vinyl Chloride
	Halogenated Biocide	Phthalates	Xylene

MOLDS (28 ITEMS)

Alternaria alternata	Epidermophyton floccosum	Penicillium notatum	Trichophyton
Aspergillus fumigatus	Fusarium vasinfectum	Penicillium roqueforti	mentagrophytes goetzii
Aspergillus niger	Helminthosporium halodes	Pullularia pullulans	Trichophyton
Aspergillus oryzae	Helminthosporium sativum	Rhizopus nigricans	mentagrophytes interdigit
Botrytis cinerea	Mucor mucedo	Rhizopus stolonifer	Trichophyton rubrum
Candida albicans	Mucor racemosus	Rhodotorula	Trichophyton schoenleinii
Cladosporium cladosporioides	Penicillium chrysogenum	Thricothecium roseum	
Cladosporium herbarum	Penicillium frequentans	Trichophyton	

ADDITIVES/PRESERVATIVES (45 ITEMS)

Acesulfame	Gum, Agar	Nitrates/Nitrites	Sodium Benzoate
Agave Nectar	Gum, Carrageenan	Pinene	Sodium Erythroate
Aspartame	Gum, Guar	Polyethylene Glycol	Sodium Propionate
BHA	Gum, Karaya	Polysorbate 20	Sulfite/Metabisulfite
BHT	Gum, Locust Bean	Polysorbate 60	Sodium Fluoride
Caffeine	Gum, Tragacanth	Polysorbate 80	Sorbitol
Calcium Propionate	Gum, Xanthan	Potassium Bromate	Splenda (Sucralose)
Camphor	Magnesium Stearate	Potassium Sorbate	Stevia
Diacetyl	Mannitol	Propyl Gallate	Xylitol
EDTA	Menthol	Propyl Paraben	
Glycerin, Vegetable	Methyl Paraben	Saccharine	
Gum, Acacia/Arabic	MSG (Monosodium Glutamate)	Sodium Alginate	

F, D & C COLOR ADDITIVES (20 ITEMS)

Annatto	Carmoisine	FD&C Green #3	FD&C Red #3
FD&C Blue #1	D&C Green #5	D&C Orange #4	FD&C Red #40
FD&C Blue #2	D&C Orange #5	Ponceau 2R	D&C Yellow #10
Brilliant Black	D&C Red #33	Ponceau 4R	FD&C Yellow #5
Carmine/Cochineal	D&C Violet #2	FD&C Red #2	FD&C Yellow #6

TOXIC MINERALS/METALS (14 ITEMS)

Aluminum	Cadmium	Mercury	Tin/Stannous Chloride
Antimony	Ethyl Mercury	Methyl Mercury	Titanium Dioxide
Arsenic	Gold	Nickel (II) Chloride	
Barium Sulfate	Lead	Silver	

continued

ALL INCLUSIVE TESTING**504 Items****MEDICATIONS (25 ITEMS)**

Acetaminophen (Tylenol)	Clarithromycin (Biaxin)	(Plaquenil)	Penicillamine
Amitriptyline (Elavil)	Diazepam (Valium)	Ibuprofen	Penicillin
Amoxicillin	Docosanol (Abreva)	Mesalamine (Asacol)	Piroxicam (Feldene)
Ampicillin	Erythromycin	Methylphenidate (Ritalin)	Streptomycin
Aspirin/Coal Tar	Fluconazole (Diflucan)	Naproxen (Aleve)	Tetracycline
Cephalexin (Keflex)	Guaifenesin (Mucinex)	Nystatin	
Ciprofloxacin (Cipro)	Hydroxychloroquine	Omeprazole (Prilosec)	

THERAPEUTIC HERBS (18 ITEMS)

Arnica	Echinacea	Hypericum/St. John's Wort	Slippery Elm
Artemisia Anua	Ephedra	Lemongrass	Valerian
Bergamot	Feverfew	Licorice	White Willow Bark
Black Cohosh	Goldenseal/Hydrastis	Lomatium	
Chrysanthemum	Hawthorne	Primrose Oil	

THERAPEUTIC FOODS (46 ITEMS)

Aduki/Adzuki Bean	Chia Seed	Ginseng (Chinese)	Miso (Brown)	Resin
Allspice	Chicory	Ginseng (Siberian)	Miso (Hatcho)	Royal Jelly
Astragalus	Chinese (Green) Tea	Goji Berry	Miso (White)	Saffron
Bamboo	Cucumber (Japanese)	Gooseberry	Mushroom (Maitake)	Sea Lettuce
Bladderwrack	Dong Quai	Hemp	Mushroom (Reishi)	Star Fruit
Camu Camu	Dragon Fruit	Hijiki	Mushroom (Shiitake)	Tamari
Cardamon	Dulse	Irish Moss	Noni	Wakame
Cassava (Yuca)	Elderberry	Maca	Plum (Umeboshi)	Water Chestnuts
Cellulose	Ginseng(American)	Miso (Barley)	Quail	Yaki Nori/Laver
				Yerba Mate

DANDER/HAIR/FEATHER (10 ITEMS)

Cat Dander (Felis catus)	Goose Feathers (Anser anser)	Sheep Wool (Ovis aries)
Dog Dander (Canis familiaris)	Guinea Pig Hair (Cavia porcellus)	Turkey Feathers (Meleagris gallopavo)
Duck Feathers (Anas platyrhynca)	Horse Dander (Equus caballus)	
Goat Hair/Skin Scraping (Capra hircus)	Rabbit Hair (Oryctolagus cuniculus)	