

## 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

Bacon  
Duck  
Lamb  
Pork  
Turkey

Codfish  
Flounder  
Halibut  
Sea Bass  
Snapper  
Swordfish  
Trout  
Tuna

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

Venison

Anchovy  
Mackerel  
Sardine

Oyster  
Squid

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  
Raspberry

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.