



Alcat Basic - Food Panel

each food panel containing 100 foods or more includes a customized nutritional / rotational concept.

	ALCAT 100 100 food panel	ALCAT 150 100 foods plus items below	ALCAT 200 ² 150 foods plus items below	ALCAT 250 200 foods plus items below
Vegetables	asparagus, bell pepper mix, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celery, cucumber, eggplant, green pea, lettuce, mushrooms, olive, onion, pinto bean, spinach, squash, string bean, soybean, sweet potato, tomato, white potato	artichoke, beet, black-eyed pea, chick pea, kidney bean, lentil bean, lima bean, navy bean, pumpkin, radish, tapioca, turnip	acorn squash, bok choy, endive, fava bean, fennel, kale, leek, mung bean, okra, parsnip, romaine lettuce, rhubarb, swiss chard, zucchini	adzuki bean, arugula, bear's garlic, black bean, boston bibb lettuce, butternut squash, canellini bean, capers, chestnut, chicory, collard greens, escarole, grape leaf, leaf lettuce, lupini bean, mustard greens, savoy cabbage, shallot, shiitake mushroom, scallion, spaghetti squash
Fruit	apple, avocado, banana, blueberry, cantaloupe, cherry, cranberry, grape, grapefruit, lemon, lime, orange, peach, pear, pineapple, plum, strawberry, watermelon	apricot, blackberry, date, fig, honeydew (melon), kiwi, mango, papaya, raspberry	black currant, nectarine, pomegranate	guave, lychee, persimmon, star fruit, tangerine
Sea/Fish	clam, codfish, crab, halibut, lobster, salmon, scallop, shrimp, snapper, sole, tuna	bass, haddock, herring, oyster, sardine, tilapia, trout	anchovies, catfish, crayfish, flounder, mackerel, mussel, squid, swordfish, whitefish	carp, mahi-mahi
Meat	beef, chicken, lamb, pork, rabbit, turkey	duck, veal	beef liver, pheasant, quail, venison	chicken liver, goose
Nuts	almond, cashew, cocoa, coconut, peanut, pecan	hazelnut, pistachio, walnut	brazil nut, macadamia, pine nut	bitter almond
Spices/Herbs/Other	basil, black pepper, cinnamon, coffee, garlic, ginger, green tea, hops, mustard, oregano, parsley, tea, vanilla	bay leaf, caraway, cayenne pepper, clove, cumin, dill mix, mint, nutmeg, paprika, safflower, sage, sunflower, thyme	anise seed, cardamom, chamomile, chili pepper, coriander, curry, jalapeno pepper, kelp, liquorice, rosemary, saffron, tarragon, turmeric	arrow root, canola oil, chives, cilantro, hemp, horseradish, nutritional yeast, seaweed wakame, taro, water chestnut, yam
Candida albicans/Sugar ¹	baker's yeast, brewer's yeast, candida albicans, cane sugar, carob, fructose (HFCS), honey	beet sugar, malt	maple syrup	molasses, nutritional yeast
Gluten/Grains	barley, corn, gliadin, gluten, millet, oat, rice, rye, sesame, wheat	buckwheat, flaxseed	quinoa, spelt	amaranth seed, brown rice, chia, teff, semolina, sorghum, wild rice
Milk/Lactose/Egg	casein, cow's milk, egg white, egg yolk, goat's milk, whey		sheep's milk	

¹Further sugars and/or sugar alternatives in **Wellness Basic**: agave, bee pollen, stevia or **Chem 1/2**: aspartame, saccharine, xylitol, erythritol, invert sugar, malic acid a.o.

²ALCAT 200 is also available as a **vegetarian option** (no fish/meat).



Vegetarian Option

ALCAT Vegetarian Panel 200 vegetarian foods (no fish/meat)	
Vegetables	acorn squash, adzuki bean, asparagus, bay leaf, beet, bell pepper mix, black beans, black-eyed pea, bok choy, boston bibb lettuce, broccoli, brussels sprouts, butternut squash, cabbage, cannellini bean, caper, carrot, cauliflower, celery, chick pea, chicory, chili pepper, chives, cilantro, collard greens, cucumber, eggplant, endive, escarole, fava bean, garlic, green pea, horseradish, iceberg lettuce, kale, kidney bean, leaf lettuce, leek, lentil bean, lima bean, mung bean, mushroom, mustard green, navy bean, okra, olive, onion, parsnip, pinto bean, portobello mushroom, pumpkin, radish, romaine lettuce, scallions, shallots, shitake mushroom, spaghetti squash, spinach, string bean, sweet potato, swiss chard, tomato, turnip, white potato, yam, yellow squash, zucchini squash
Fruit	apple, apricot, arugula, avocado, banana, black currant, blackberry, blueberry, cantaloupe, cherry, cranberry, fig, grape, grapefruit, guava, honeydew (melon), kiwi, lemon, lime, lychees, mango, mulberry, nectarine, orange, papaya, peach, pear, pineapple, plum, pomegranate, raspberry, rhubarb, star fruit, strawberry, tangerine, watermelon
Nuts	almond, brazil nut, cashew, cocoa, coconut, flaxseed, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, safflower, sunflower, walnut
Spices/Herbs/ Other	basil, black pepper, caraway, cardamom, cayenne pepper, chamomile, cinnamon, clove, coffee, coriander, cumin, curry, dandelion leaf, date, dill mix, fennel seed, ginger, hemp, hops, jalapeno pepper, kelp, liquorice, mint, mustard, nutmeg, oregano, paprika, parsley, persimmon, psyllium, rosemary, saffron, sage, seaweed wakame, spearmint, tarragon, tea, thyme, turmeric, vanilla, water chestnut, watercress
Candida albicans/ Sugar ¹	carob, baker's yeast, brewer's yeast, Candida albicans, cane sugar, fructose (HFCS), honey, maple syrup, molasses, nutritional yeast
Gluten/Grains (gluten alternatives)	arrow root, barley, buckwheat, chia, corn, gliadin, gluten, malt, millet, oat, quinoa, rice, rye, sesame, sorghum, soybean, spelt, tapioca, taro, teff, wheat, wild rice
Milk/Lactose/Egg	casein, cow's milk, egg white, egg yolk, goat's milk, lactose, sheep's milk, whey

Pediatric Profiles | children 3 and under

Pediatric Profile 1 | 50 items

Foods	Gluten/Grains	Egg/Milk	Others
apple, banana, beef, broccoli, cabbage, cantaloupe, carrot, cauliflower, chicken, garlic, grape, green pea, lamb, lemon, lettuce, onion, orange, pear, pork, rabbit, squash, strawberry, string bean, sweet potato, tomato, tuna, turkey, white potato	barley, corn, gliadin, gluten, oat, rice, soybean, wheat	casein, cow's milk, egg white, egg yolk	baker's yeast, cane sugar, cinnamon, cocoa, fructose (HFCS), peanut, black pepper, mustard, vanilla

Pediatric Profile 2 | 71 items

Foods	Gluten/Grains	Egg/Milk	Others	+ 20 chemical items colourings, preservatives, environmental chemicals
apple, banana, beef, broccoli, cabbage, cantaloupe, carrot, cauliflower, chicken, garlic, grape, green pea, lamb, lemon, lettuce, onion, orange, pear, pork, rabbit, squash, strawberry, string bean, sweet potato, tomato, tuna, turkey, white potato	barley, corn, gliadin, gluten, oat, rice, soybean, wheat	casein, cow's milk, egg white, egg yolk	baker's yeast, cane sugar, cinnamon, cocoa, fructose (HFCS), peanut, black pepper, mustard, vanilla	annatto yellow/orange (E160b), aspartame (E951), benzoic acid (E210), blue #1 (E133), blue #2 (E132), BHA (E320), BHT (E321), erythritol (E968), lissamine (E142), MSG (E621), polysorbate 80 (E433), red #3 erythrosine (E127), red #40 (E129), saccharine (E954), sodium sulfite (E221), sorbic acid (E200), sucralose (E955), yellow #5 tartrazine (E102), yellow #6 (E110), xylitol (E967)

+ 1 Candida albicans



Alcat Advanced

expanded specialized panel options to configure a comprehensive panel

Phyto Profiles | SuperFoods and Medicinal Herbs; in tea, medicines, nutritional supplements etc.

Phyto Basic 50 Medicinal Herbs & SuperFoods	Phyto Comprehensive Phyto Basic + 50 Fitness Herbs & SuperFoods	Phyto Fem Phyto Basic + 50 Herbs & SuperFoods especially for Women
<p>acai berry, agave, aloe vera, ashwagandha, astragalus, barley grass, bee pollen, bilberry, black nut, cascara, chlorella, cottonseed, dandelion, echinacea, essiac, feverfew, ginkgo biloba, goji berry, goldenseal, grape seed extract, gurana seed, gymnema sylvestre, hawthorn berry, huperzine, kava kava, lutein, maitake mushroom, mangosteen, milk thistle, mullein leaf, noni berry, pau d'arco bark, pine bark, red clover seeds, red yeast rice, reishi mushroom, resveratrol, rhodiola, rooibos tea, schizandra berry, senna, spirulina, st. john wort, stevia leaf, valerian, vinpocetine, watercress, wheatgrass, wormwood, yellow dock</p>	<p>alfalfa, american ginseng, blue green algae, burdock, butcher's broom, calendula, cat's claw, catuaba, chaparral, chondroitin, cnidium monnier, damiana, deer antler velvet, dong quai, elderberry, elderflower, eucalyptus, fo-ti root, glucosamine, goldenrod, gotu kola, horny goat weed, juniper berry, korean ginseng, lobelia, lo han guo, lycopen, maca root, mistletoe, mucuna pruriens, muria puama, myrrh, nettle leaf, pumpkin seed, pygeum bark, rehmannia, rose petal, sarsaparilla, saw palmetto, sea buckthorn, funegreek, siberian ginseng, skull cap, stinging nettle root, sweet woodruff, tribulus terrestris, uva ursi, yarrow, yerba mate, yohimbe bark</p>	<p>alfalfa leaf, arnica, black cohosh, blessed thistle, blue cohosh, boswellia, buchu leaf, bupleurum, burdock, butcher's broom, calendula, cat's claw, chaparral root, chaste berry, cramp bark, damiana, dong quai, evening primrose, false unicorn, fo-ti root, gotu kola, horse chestnut, horsetail, irish moos, juniper berry, korean ginseng, lavender, lemon balm, lobelia, maca root, marshmallow root, mistletoe, motherwort, myrrh, nettle leaf, pennyroyal, peony root, red clover flower, red raspberry leaf, rehmannia root, sarsaparilla, siberian ginseng, skull cap, slippery elm, squaw vine, uva ursi, white willow bark, wild yam root, yarrow, yerba mate</p>

Chemical Agents | in industrial food, cosmetics, detergents, textiles, medicines etc.

Chem 1 | 45 items; basic option

Colourings	Preservatives / Environmental Chemicals* Alternative Sugar / Other	Antibiotics / Anti-Inflammatories
<p>annato yellow/orange (E160b), blue#1 (E133), blue#2 (E132), brilliant black (E151), lissamine (E142), red#3 erythrosine b (E127), red#40 (E129), yellow#5 tartrazine (E102), yellow#6 (E110)</p>	<p>ammonium chloride, aspartame (E951), benzoic acid (E210), chlorine, deltamethrine, ethylene glycol, fluoride, monosodium glutamate (MSG, E621), nickel sulfate, orris root, polysorbate 80 (E433), saccharine (E954), sodium metabisulfite (E223), sodium sulfite (E221), sorbic acid (E200)</p>	<p>acetaminophen, acetylsalicylic acid (aspirin), amoxicillin, ampicillin, clinoril, diclofenac (voltaren), diflunisal, flurbiprofen, gentamicin, ibuprofen, indometacin, ketoprofen, naproxen, neomycin, nystatine, penicillamine, penicilline, piroxicam, streptomycin, sulfamethoxazole, tetracycline</p>

* In addition, glyphosate is available as a single substance.

Chem 2 | 50 items; "advanced E-number panel"

Colourings	Preservatives / Flavour Enhancer Expanded Additives	Food Additives / Alternative Sugar
<p>acid blue#3 (E131), beta-carotene (E160a), carmine (cochineal) (E120), camoisine red#5 (E122), quinoline yellow (E104), red#2 amaranth (E123), Ponceau 6R (E126)</p>	<p>acacia gum (E414), adipic acid (E355), ascorbic acid (E300), BHA (E320), BHT (E321), calcium phosphate (E341), citric acid (E330), EDTA (E385), fumaric acid (E297), lactic acid (E270), lecithin (E322), magnesium phosphate (E343), malic acid (E296), methenamine (E239), phosphoric acid (E338), potassium phosphate PM (E340), potassium sorbate (E202), potassium tartrate (E336), sodium acetate (E262), sodium benzoate (E211), sodium lactate (E325), sodium propionate (E281), succinic acid (E363)</p>	<p>alum, cyclodextrin (E459), d-lactitol (E966), erythritol (E968), glycerol (E422), hexylresorcinol (E586), invert sugar (E1103), isomalt (E953), lysozyme (E1105), mannitol (E421), methyl anthranilate, potash (E501), polydextrose (E1200), sodium bisulfate (E514), sodium cyclamate (E952), sodium pyrophosphate (E450c), sodium triphosphate (E451), sorbitol (E420), sucralose (E955), xylitol (E967)</p>

Moulds | in foods (grains), house, garden, nature etc.

MYK 20 moulds
<p>Acremonium strictum, Alternaria, Aspergillus, Aureobasidium pullulans, Botrytis, (Candida albicans), Cladosporium herbarum, Cladosporium sphaerospermum, Curvularia, Epicoccum nigrum, Fusarium oxysporum, Geotrichum candidum, Helminthosporium, Monilia sitophila, Mucor racemosus, Penicillium, Phoma destructiva, Rhizopus stolonifer, Rhodotorula rubra, Spondylocadium, Trichoderma</p>

Biogenic Amines | in chocolate, cheese, red wine etc.

PHA 18 phytochemicals / pharmacoactive substances
<p>afatoxin, caffeic acid, chlorogenic acid, coumarin, dopamine, gallic acid, histamine, maltodextrin, nicotine, natrium lauryl sulfate, octopamine, phenylalanin, phenylethylamin, piperonal, rutin, serotonin, tryptophan, tyramine</p>