

# ALCATTEST

## Choosing your Alcat Profile



Personalized Food Sensitivity Profiles  
Test Profiles Alcat Test



"North American Food Intolerance Testing Company of the Year"

*„Patients, who followed their diet according to the (Alcat) test showed significant symptom (IBS) improvements.“*

(Researchers of Yale University, BMJ open gastroenterology 2017)

# ▶ Alcat Basic Profiles

**Food Profiles** | gluten, gliadin, wheat, casein, whey, cow's milk, egg and Candida albicans are included in all profiles.

	<b>ALCAT 100</b> 100 foods	<b>ALCAT 150</b> 150 foods / Alcat 100 + 50	<b>ALCAT 200</b> 200 foods / Alcat 150 + 50	<b>ALCAT 250</b> 250 foods / Alcat 200 + 50
<b>Vegetables</b>	asparagus, avocado, bell pepper mix, broccoli, brussels sprouts, butternut squash, 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, swiss chard, zucchini	adzuki bean, arugula, bear's garlic, black bean, boston bibb lettuce, cannellini bean, capers, chestnut, chicory, collard greens, escarole, grape leaf, leaf lettuce, lupini bean, mustard greens, savoy cabbage, shallot, shiitake mushroom, scallion, spaghetti squash
<b>Fruit</b>	apple, 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, rhubarb	guave, lychee, persimmon, star fruit, tangerine
<b>Sea/Fish</b>	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
<b>Meat</b>	beef, chicken, lamb, pork, turkey	duck, veal	beef liver, pheasant, quail, venison	chicken liver, goose, rabbit
<b>Nuts</b>	almond, cashew, cocoa, coconut, peanut, pecan	hazelnut, pistachio, walnut	brazil nut, macadamia, pine nut	bitter almond
<b>Spices/Herbs/Other</b>	basil, black pepper, cinnamon, coffee, garlic, ginger, green tea, 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
<b>Candida albicans/<sup>1</sup>Sugar</b>	baker's yeast, brewer's yeast, candida albicans, cane sugar, carob, fructose (HFCS), honey, hops	beet sugar, malt	maple syrup	molasses, nutritional yeast
<b>Gluten/Grains</b>	barley, corn, gliadin, gluten, millet, oat, rice, rye, sesame, wheat	buckwheat, flaxseed	quinoa, spelt	amaranth seed, brown rice, chia, teff, semolina, sorghum, wild rice
<b>Milk/Lactose/Egg</b>	casein, cow's milk, egg white, egg yolk, goat's milk, whey		sheep's milk	

## **Veggie 200** | 200 vegetarian foods (no fish/meat)

<b>Vegetables</b>	acorn squash, adzuki bean, asparagus, avocado, 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
<b>Fruit</b>	apple, apricot, arugula, 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
<b>Nuts</b>	almond, brazil nut, cashew, cocoa, coconut, flaxseed, hazelnut, macadamia, peanut, pecan, pine nut, pistachio, safflower, sunflower, walnut
<b>Spices / Herbs Other</b>	basil, black pepper, caraway, cardamom, cayenne pepper, chamomile, cinnamon, clove, coffee, coriander, cumin, curry, dandelion leaf, date, dill mix, fennel seed, ginger, hemp, 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
<b>Candida / <sup>1</sup>Sugar</b>	carob, baker's yeast, brewer's yeast, Candida albicans, cane sugar, fructose (HFCS), honey, maple sirup, molasses, nutritional yeast
<b>Gluten / Grains (gluten altern.)</b>	arrow root, barley, buckwheat, chia, corn, gliadin, gluten, hops, malt, millet, oat, quinoa, rice, rye, sesame, sorghum, soybean, spelt, tapioca, taro, teff, wheat, wild rice
<b>Milk/Lactose/Egg</b>	casein, cow's milk, egg white, egg yolk, goat's milk, lactose, sheep's milk, whey

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



Cell Science Systems (Alcat Europe)  
August-Bebel-Str. 68  
D-14482 Potsdam

**Kontakt:**  
Tel.: +49 (0) 331 7400880  
Email: info@alcat-europe.com

Terms and conditions: <https://alcat-europe.de/en/agb/>  
Privacy Policy: <https://alcat-europe.de/en/deutsch-datenschutzerklaerung/>  
As of 2018; subject to change

# + Alcat Advanced Profiles

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

<b>Chem 1</b> basic option   45 items	<b>Colourings</b> 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)	<b>Preservatives / environmental chemicals alternative sugars / other</b> 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)	<b>Antibiotics / Anti-Inflammatories / pain killer</b> acetaminophen, acetylsalicylic acid (aspirin), amoxilin, ampicilin, clinoril, diclofenac (voltaren), diflunisal, flurbiprofen, gentamicin, ibuprofen, indometacin, ketoprofen, naproxen, neomycin, nystatine, penicillamine, penicilline, piroxicam, streptomycin, sulfamethoxazole, tetracycline
--	---	---	---

<b>Chem 2</b> E-Nr. Profile   50 items	<b>Colourings</b> acid blue#3 (E131), beta-carotene (E160a), carmine (cochineal) (E120), camoisine red#5 (E122), quinoline yellow (E104), red#2 amaranth (E123), Ponceau 6R (E126)	<b>Preservatives / flavour enhancer / expanded additives</b> 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)	<b>Food additives / sugar replacements</b> alum, cyclodextrin (E459), d-lactitol (E966), erythritol (E968), glycerol (E422), hexylresorcinol (E586), invert sugar (E1103), isomalt (E953), lysozyme (E1105), mannitol (E421), methyl anthranilate, potassium hydroxide (E525), polydextrose (E1200), sodium bisulfate (E514), sodium cyclamate (E952), sodium pyrophosphate (E450c), sodium triphosphate (E451), sorbitol (E420), sucralose (E955), xylitol (E967)
---	---	---	---

+ **Glyphosate** individual substance on request

**Phytoceutical Panel** | Medicinal herbs and SuperFoods; tea, medicines, nutritional supplements etc.

<b>Phytoceuticals</b> (Med. herbs, SuperFoods, adaptogenes)	<b>Phyto Basic</b> 50 phytoceuticals (herbs, superfoods) acai berry, agave, aloe vera, ashwagandha, astragalus, barley grass, bee pollen, bilberry, black nut, cascara, chlorella, cottonseed, dandelion, echinacea, essiac, feverfew, ginko 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	<b>Phyto Plus</b> Phyto Basic + 50 herbs for energy/fitness alfalfa, american ginseng, blue green algae, burdock, butcher's broom, calendula, cat's claw, catuaba, chaparral, chondroitin, cnidium monnieri, 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	<b>Phyto Fem-Meno</b> Phyto basic + 50 women herbs 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
--	--	---	---

## Moulds

<b>MYK</b> 20/21 items	<b>Moulds found in food (grains), house, garden, nature etc.</b> Alternaria, Aspergillus, Aureobasidium pullulans, Botrytis, Candida albicans, Cladosporium herbarum, Cephalosporium, Cladosporium, Curvularia, Epicoccum nigrum, Fusarium oxysporum, Geotrichum candidum, Helminthosporium, Hormodendrum, Monilia sitophila, Mucor racemosus, Penicillium, Phoma herbarum, Rhizopus, Rhodotorula rubra, Spondylocladium, Trichoderma
---------------------------	--

## Biogenic amines

<b>PHA</b> 18 items	<b>Phytochemicals &amp; pharmacoactive agents; in chocolate, cheese, red wine etc.</b> aflatoxin, caffeic acid, chlorogenic acid, coumarin, dopamine, gallic acid, histamine, nicotine, octopamine, phenylalanin, phenylethylamin, piperonal, rutin, serotonin, tryptophan, tyramine
------------------------	---



Cell Science Systems (Alcat Europe)  
 August-Bebel-Str. 68  
 D-14482 Potsdam

Kontakt:  
 Tel.: +49 (0) 331 7400880  
 Email: info@alcat-europe.com

Terms and conditions: <https://alcat-europe.de/en/agb/>  
 Privacy Policy: <https://alcat-europe.de/en/deutsch-datenschutzerklaerung/>  
 As of 2018; subject to change