

Test Panels I Items

++ Practitioner ++



You're unique. Eat like it.

Alcat Food I Chemical INTOLERANCE Test

combined with the Cellular Nutrition Assays and/or Lifestyle Genetics

ALCATTEST

CNA CELLULAR
NUTRITION
ASSAYS

 **GENOMIC**
INSIGHTS

Most popular test packages

BASIC PROFILE 1	METABOLISM PROFILE 1	COMPREHENSIVE PROFILE 1
● 100 Foods	● 200 Foods ● 45 Chem 1	● 200 Foods ● 45 Chem 1 ● 50 Phyto Basic ● 20 Molds
100 foods	245 items	315 items
BASIC PROFILE 2	METABOLISM PROFILE 2	COMPREHENSIVE PROFILE 2
● 100 Foods ● 45 Chem 1 or ● 50 Phyto Basic	● 150 Foods ● 95 Chem 1 and 2 ● 20 Molds or 18 Biogenic Amines	● 250 Foods ● 95 Chem 1 and 2 ● 100 Phyto Plus or Phyto FEM ● 20 Molds ● 18 Biogenic Amines
145/150 items	263/265 items	483 items

Create a **CUSTOMIZED PANEL** using a flexible modular system

→ Choose a **Food/Basic Panel** (+) **Advanced Profile** (Example: 150 Food Panel + Chem 1 + Phyto Plus)

FOOD/BASIC PANELS	+ ADVANCED PANELS (Add-on panels)
● 100 foods	● 45 CHEM 1 (additives pharmaceutical agents environmental chems)
● 100 foods VEGAN	● 50 CHEM 2 (expanded additives E-panel)
● 150 foods	● 50 PHYTO basic (Medicinal herbs Superfoods)
● 150 foods VEG (no fish/meat)	● 100 PHYTO plus (fitness-balance supplements)
● 200 foods	● 100 PHYTO fem (females menopause supplements)
● 200 foods VEG (no fish/meat)	● 20 MYK (molds)
● 250 foods	● 18 PHA (biogenic amines phytochemicals)

*If added to a food panel. Without a Basic Food Panel an additional **€75 lab fee** applies

Net prices in EUR: Pre-Payment via credit card, bank wire | **Price incl.** testkit, test results (laboratory analysis, guidance notes, rotational concept, foods to avoid list)

Shipping fee (24h courier): EU €39,50 / 59,50; Europe (non-EU) €59,50 / 69,50 (e.g. Switzerland); outside Europe please inquire | GREEN SAVINGS: 4-5 tests can be shipped in 1 bag



Blood Collection (whole blood, requires immediate shipment)

Up to 100 test agents: **10ml** | up to 250 test agents: **20ml** | up to 250 test agents: **30ml** → please follow instruction enclosed in the test kit

CNA (Cellular Nutrition Assays)

Micronutrients, antioxidants, botanical, and other

- **CMA** (Cellular Micronutrient Assay)
Micronutrient insufficiencies
- **Redox** (Overall antioxidative capacity), **APA** (Antioxidant Protection Assay) Particular beneficial antioxidants

Blood Collection: Whole Blood
(requires immediate shipment)



100 items

**SAVE
€ 100**

*Add on to an Alcat Panel

TRIPLE BUNDLES on inquiry



Add a Lifestyle Genetic Profile.

Example: In **combination** with an **Alcat Test** profile, the **Cellular Nutrition Assays**, and the **Methyl Detox Profile**, a comprehensive perspective on foods to avoid, as well as which foods and nutrients (including methyl-donors) to emphasize in the diet and supplementation, is achieved.

Also available:

- **Telomere** Length Test
- **CICA** - Celiac, IBS, Crohn's Array; gut health assessment using different novel genetic, serological/antibody and cellular assessments

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FUNCTIONAL GENETICS | SPECIALTY TESTS

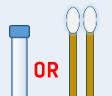
METHYL DETOX PROFILE

Functional Genetics

5 GENES**:

- MTHFR | MTR | MTRR | COMT | AHCY metabolic pathways function

Blood Collection:
(blue tube or swab)



The Methyl Detox Profiles include testing the following SNPs per gene: **MTHFR: C677T and A1298C | **COMT**: G472A and G304A | **MTR**: C3518T and A2756G | **MTRR**: A66G | **AHCY**: C112T, G367A and g.G32878481C

*Add on to an Alcat Panel

CICA /Celiac, IBS, & Crohn's Array

Integrative GI marker

4 GENES**:

Celiac disease - HLA-DQ2.5 | HLA-DQ8
Crohn's disease - ATG16L1 | NOD2

- **ANTIBODY:** Total Serum IgA, tTG (IgG and IgA), DGP Antibody (IgG, IgA), ASCA (IgG, IgA)

Blood Collection:
(requires immediate shipment)



The CICA includes testing the following SNPs per gene: **ATG16L1: T300A | **NOD2**: L1007fsinsC, R702W, G908R

→ Alcat 250 Food Panel and Alcat Comprehensive Profile 2 are compatible with CICA (all gluten containing grains and grain alternatives tested)

TELOMERE LENGTH

Functional Genetics - Protective Telomere Function

- Protecting chromosomes against genome instability

Blood Collection:
(requires immediate shipment)



**GENETIC
ANTIBODY
CELLULAR**
**GUT HEALTH
ASSESSMENT**

Connect with us directly!
info@alcat-europe.com

For QUESTIONS and PANEL OPTIONS feel free to connect with us!



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As of 2020; subject to change

Alcat Basic Profiles

Food Profiles

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

	ALCAT 100 100 foods	ALCAT 150 150 foods / Alcat 100 + 50	ALCAT 200 200 foods / Alcat 150 + 50	ALCAT 250 250 foods / Alcat 200 + 50
Vegetables	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, beetroot, black-eyed pea, chickpea, 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, 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, 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
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, turkey	duck, veal	beef liver, pheasant, quail, venison	chicken liver, goose, rabbit
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, 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	allspice, arrow root, canola oil, chives, cilantro, hemp, horseradish, nutritional yeast, seaweed wakame, taro, water chestnut, yam
Candida albicans¹ Sugar related	baker's yeast, brewer's yeast, candida albicans, cane sugar, carob, fructose (HFCS), honey, hops	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, sorghum, wild rice
Milk/Lactose/Egg	casein, cow's milk, egg white, egg yolk, goat's milk, whey		sheep's milk	

Vegetarian test panels

| vegan, vegetarian (no fish/meat)

	VEGAN 100 100 vegan foods	VEG 150 150 vegetarian / 100 + 50	VEG 200 200 vegetarian / 150 + 50
Vegetables	asparagus, avocado, bell pepper mix, black-eyed pea, broccoli, brussel sprout, cabbage, carrot, cauliflower, celery, chickpea, cucumber, eggplant, garlic, green pea, iceberg lettuce, kidney bean, leek, lentil, lima bean, mushroom, navy bean, olive, onion, pinto bean, pumpkin, radish, red beet, soybean, spinach, string bean, sweet potato, tomato, white potato, yellow squash	endive, fava bean, kale, mung bean, okra, parsnip, portobello mushroom, rhubarb, romaine lettuce, Swiss chard, turnip, zucchini	acorn squash, adzuki bean, arugula, black bean, Bok Choy, Boston bibb lettuce, butternut squash, cannellini bean, chicory, collard greens, dandelion leaf, escarole, leaf lettuce, mustard green, scallions, shallots, Shiitake mushroom, spaghetti squash, yam
Fruits	apple, apricot, banana, blackberry, blueberry, cantaloupe, cherry, cranberry, date, grape, grapefruit, honeydew melon, lemon, lime, orange, papaya, peach, pear, pineapple, plum, raspberry, strawberry, watermelon	fig, kiwi, mango, nectarine, pomegranate	black currant, guava, lychee, mulberry, persimon, starfruit, tangerine
Nuts	almond, cashew, coconut, hazelnut, pecan, walnut	Brasil nut, macadamia nut, peanut, pine nut, pistacio	
Spices Herbs, Other	basil, bay leaf, black pepper, cayenne pepper, cinnamon, clove, cumin, dill, flaxseed, ginger, mustard, oregano, paprika, parsley, peppermint, sage, seaweed, sesame, sunflower, thyme, vanilla	caraway, chamomile, chili pepper, cacao, coffee, curry, jalapeno pepper, kelp, nutmeg, psyllium, rosemary, saffron, tarragon, tea, turmeric	arrow root, carpers, cardamon, chives, cilantro, coriander, fennel seed, hemp, horseradish, licorice, safflower, spearmint, water chestnut, watercress
Candida albicans¹ Sugar related	baker's yeast, brewer's yeast, Candida albicans, cane sugar, carob	fructose (HFCS), honey, hops, malt, maple sugar	molasses, nutritional yeast
Gluten, Grains	barley, buckwheat, corn, gliadin, gluten, millet, oat, rice, rye, wheat	sorghum, tapioca, whey	chia, quinoa, spelt, taro, teff, wild rice
Milk, Egg		casein, cow's milk, egg white, egg yolk, goat's milk	lactose, sheep's milk

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

Alcat Advanced Profiles

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

	Colorings	Preservatives / environmental chemicals alternative sugars / other	Antibiotics / Anti-Inflammatories / pain killer
Chem 1 45 items	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)	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)	acetaminophen, acetylsalicylic acid (aspirin), amoxilin, ampicillin, clinoril, diclofenac (voltaren), diflunisal, flurbiprofen, gentamicin, ibuprofen, indometacin, ketoprofen, naproxen, neomycin, nystatine, penicillamine, penicilline, piroxicam, streptomycin, sulfamethoxazole, tetracycline
Chem 2 Expanded; 50 items	acid blue#3 (E131), beta-carotene (E160a), carmine (cochineal) (E120), camoisine red#5 (E122), quinoline yellow (E104), red#2 amaranth (E123), Ponceau 6R (E126)	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)	alum, cyclodextrin (E459), d-lactitol (E966), erythritol (E968), glycerol (E422), hexylresorcinol (E586), invert sugar (E1103), isomalt (E953), lysozyme (E1105), mannitol (E421), methyl antranilate, 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.

	Phyto Basic 50 phytoceuticals	Phyto Plus Phyto Basic + 50 fitness-balance	Phyto Fem-Meno Phyto basic + 50 female-menopause
Phytoceuticals HHerbs, SuperFoods, Adaptogens	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, gunara seed, gymnema sylvestre, hawthorn berry, hyperzine, kava kava, lutein, maitake mushroom, mangosteen, milk thistle, mullein leaf, noni berry, pau d'arco bark, pine bark, red clover flower, 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	alfalfa, american ginseng, blue green algae, burdock, butcher's broom, calendula, cat's claw, catuaba, chaparral, chondroitin, cnidium monnierii, 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, lycopene, 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	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 moss, 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

Molds

	Molds found in food (grains), house, garden, nature etc.	Phytochemicals & pharmacoactive agents; in chocolate, cheese, red wine etc.
MYK 20 items	Alternaria alternate, Aspergillus fumigatus, Aureobasidium pullulans, Botrytis cinerea, Candida albicans, Cephalosporium, Cladosporium herbarum, Curvularia spicifera, Epicoccum nigrum, Fusarium oxysporum, Geotrichum candidum, Helminthosporium, Hormodendrum, Monilia sitophila, Mucor racemosus, Penicillium, Phoma herbarum, Rhizopus nigricans, Rhodotorula rubra, Spondylocladium, Trichoderma	aflatoxin, caffeic acid, chlorogenic acid, coumarin, dopamine, gallic acid, histamine, maltodextrine, nicotine, octopamine, phenylalanin, phenylethylamin, piperonal, rutin, serotonin, sodium lauryl sulfate, tryptophan, tyramine

✓ **Pediatric Panel** on request: 50 foods (+45/50 additives) recommended for children up to 3 years

Biogenic amines

Intracellular micronutrient insufficiencies | potential intracellular long-term deficiencies

52 test items | CMA (Cellular Micronutritional Assay)

VITAMINS	MINERALS	AMINO ACIDS	OTHER NUTRIENTS
Thiamine (vitamin B1)	Boron	Arginine	Alpha-ketoglutarate
Riboflavin (vitamin B2)	Calcium	Asparagine	Carnitine
Biotin	Chromium	Cysteine	Choline
Cobalamin (vitamin B12)	Copper	Glutamine	Glutathione
Folate (vitamin B9)	Iodine	Glycine	Inositol
Nicotinamide (Niacin, vitamin B3)	Iron	Histidine	
Pantothenic Acid	Lithium	Isoleucine	
Pyridoxine (vitamin B6)	Magnesium	Leucine	
Vitamin C	Manganese	Lysine	
Vitamin A	Molybdenum	Serine	
Vitamin D	Potassium	Methionine	
Vitamin E (Delta-tocotrienol)	Selenium	Phenylalanine	
Vitamin K1	Strontium	Taurine	
Vitamin K2-MK7	Vanadium	Threonine	
Vitamin K2-MK4	Zinc	Tryptophan	
		Tyrosine	
		Valine	

Individually protective antioxidants

48 test items | APA (Antioxidant Protection Assay)

BOTANICALS, PLANT EXTRACTS, PIGMENTS, PHYTONUTRIENTS	Lutein	ANTIOXIDANT AND ANTI- INFLAMMATORY NUTRIENTS, AND ENZYMES	FATTY ACIDS
Acai Berry	Lycopene	Beta-carotene	Docosahexaenoic acid (DHA)
Andrographis	Maitake mushroom	Catalase	Eicosapentaenoic acid (EPA)
Astaxanthin	Mangosteen	Coenzyme Q10	Linoleic Acid
Astragalus	Milk Thistle	Glutathione	Lipoic Acid
Camu Camu	Noni Berry	NADH	Oleic Acid (omega 9)
Chlorophyll	Piperine	Pyrroloquinoline	Palmitoleic acid (omega 7)
Echinacea	Pomegranate	Selenium	
Elderberry	Pycnogenol	Super Oxide Dismutase (SOD)	
Frankincense	Quercetin	Vitamin C	
Ginkgo biloba	Resveratrol	Vitamin E (Delta tocotrienol)	
Goji Berry	Rhodiola Root	Zinc	
Grape Seed	Shiitake mushroom		
Green Tea	Sulforaphane		
Lavender	Turmeric		
	Wild Cherry Bark		
	Zeaxanthin		

Publication **Alcat Test** and the
Cellular Nutrition Assays



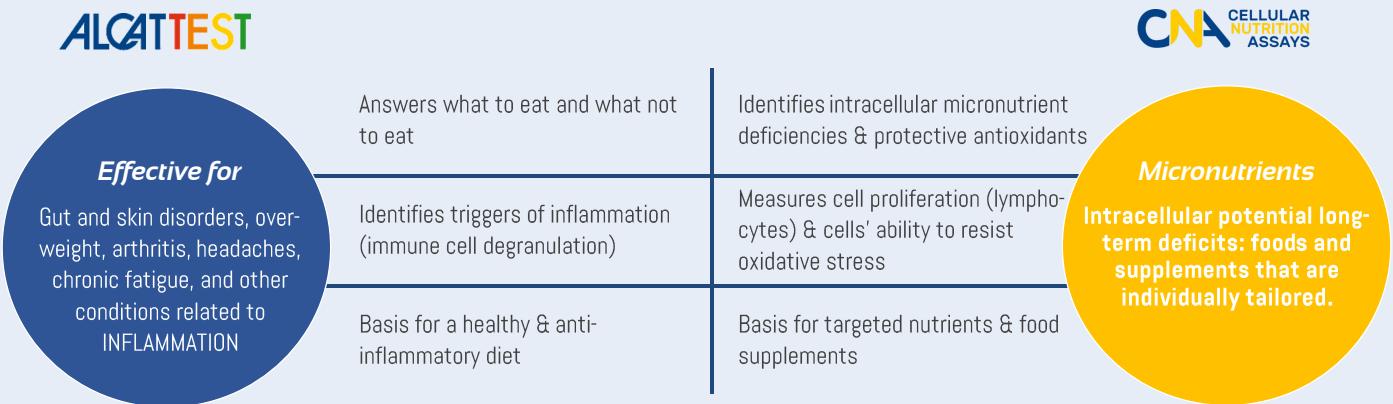
CONCLUSION: This study suggests that high food sensitivity is associated with a higher nutrient deficiency, a stronger oxidative stress response and a lower immune redox status.

→ Interestingly, food sensitivity reactions, not only promote inflammation but also impair nutritional status, according to the study.

Citation: Steele I, Allright D, Deutsch R; A randomized observational analysis examining the correlation between patients' food sensitivities, micronutrient deficiencies, oxidative stress response and immune redox status. **Functional Foods in Health and Disease.** 2020; 10(3): 127- 138. DOI: <https://doi.org/10.31989/ffhd.v10i3.695>

Functional Laboratory Testing aimed at personalized nutrition and prevention of chronic inflammation and autoimmune disease.

Cell Science Systems GmbH (CSS) is the Europe-wide provider of the Alcat Test for food/chemical sensitivity and related health communication. Independent studies of universities e.g. Yale School of Medicine, University of Illinois, Baylor Medical College or the University of Pavia confirm the effectiveness of the Alcat Test and that the direct cell response is a scientifically based way to identify immunologically complex and often delayed immune reactions.



The Cellular Nutrition Assays are now available in combination with the Alcat Test.

Contact:

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Also available from Cell Science Systems:

- Methyl-Detox-Profile
- CICA – Celiac, IBS, Crohn's Assay /genetic, serologic (antibodies) and cellular parameter combined
- Telomere Length test

More information: www.CellScienceSystems.com



Updated 2022; Subject to change

