



## COMPREHENSIVE WELLNESS 2 - 200 FOOD PANEL

Acorn Squash	Almond	Amaranth	Anchovy	Apple	Apricot
Artichoke	Asparagus	Avocado	Baker's Yeast	Banana	Barley
Basil	Bay Leaf	Beef	Bell Pepper Mix (green, red, yellow and orange peppers)		
Blackberry	Black Beans	Black Currant	Black Pepper	Black-Eyed Pea	Blueberry
Bok Choy	Brazil Nut	Brewer's Yeast	Broccoli	Brussels Sprout	Buckwheat
Buffalo	Butternut Squash	Cabbage	Candida Albicans	Cane Sugar	Canola Oil
Cantaloupe	Caraway	Cardamom	Carob	Carrot	Casein
Cashew	Catfish	Cauliflower	Cayenne Pepper	Celery	Chamomile
Cherry	Chicken	Chicken Liver	Chickpea	Chili Pepper	Cinnamon
Clam	Clove	Cocoa	Coconut	Codfish	Coffee
Coriander	Corn	Cottonseed	Cow's Milk	Crab	Cranberry
Cucumber	Cumin	Date	Dill	Duck	Egg White
Egg Yolk	Eggplant	Endive	Fava Bean	Fennel	Fig
Flaxseed	Flounder	Fructose	Garlic	Ginger	Gluten/Gliadin
Goat's Milk	Grape	Grapefruit	Green Pea	Haddock	Halibut
Hazelnut	Honey	Honeydew Melon	Hops	Iceberg Lettuce	Jalapeño Pepper
Kale	Kelp	Kidney Bean	Kiwi	Lamb	Leaf Lettuce
Lemon	Leek	Lentil Bean	Licorice	Lima Bean	Lime
Lobster	Macadamia Nut	Mackerel	Mahi Mahi	Malt	Mango
Maple Sugar	Millet	Mung Bean	Mushroom	Mussel	Mustard
Navy Bean	Nectarine	Nutmeg	Oat	Okra	Olive
Onion	Orange	Oregano	Oyster	Papaya	Paprika
Parsley	Parsnip	Peach	Peanut	Pear	Pecan
Peppermint	Pineapple	Pine Nut	Pinto Bean	Pistachio	Plum
Pomegranate	Pork	Portobello Mushroom	Psyllium	Pumpkin	Quinoa
Radish	Raspberry	Red Beet/Beet Sugar	Rice (Brown/White)	Romaine Lettuce	Rosemary
Rye	Safflower	Saffron	Sage	Salmon	Sardine/Herring
Scallions	Scallop	Sea Bass	Sesame	Shrimp	Snapper
Sole	Sorghum	Soybean	Spelt	Spinach	Squid
Strawberry	String Bean	Sunflower	Sweet Potato	Swiss Chard	Swordfish
Tapioca	Tea	Thyme	Tilapia	Tomato	Trout
Tuna	Turkey	Turmeric	Turnip	Vanilla	Veal
Venison	Walnut	Watercress	Watermelon	Wheat	Whey
White Potato	Wild Rice	Yellow Squash	Zucchini		

## COMPREHENSIVE WELLNESS 2 - 20 FOOD ADDITIVES/COLORINGS

Aspartame	Benzoic Acid	Blue #1	Blue #2	BHA	BHT
Erythritol	Green #3	MSG	Polysorbate 80	Potassium Nitrate	Red #1 & Red #40
Saccharine	Sodium Sulfite	Sorbic Acid	Sucralose	Yellow #5 & Yellow #6	Xylitol