

## LifeLabs FST™ Panel Options

### LIFELABS FST™ ENHANCED+

#### 211 Food Antigens

Cover all of your bases with our most comprehensive panel, the **LifeLabs FST™ Enhanced+**. It has all of the foods tested in the **LifeLabs FST™ Basic+** panel, plus over 110 more!

The LifeLabs FST™ Enhanced+ panel includes some additional popular foods consumed in the North American diet, such as:

- Avocado
- Blueberry
- Crab
- Chia Seed
- Date
- Flounder
- Goose
- Haddock
- Kidney Bean
- Lupini Bean
- Mussels
- Pumpkin
- Quail Egg
- Ricotta
- Shiitake
- Many more

### LIFELABS FST™ VEGETARIAN+

#### 166 Food Antigens

Not worried about fish, seafood and meat? This panel is for you. The **LifeLabs FST™ Vegetarian+** panel has all of the vegetarian foods tested in the **LifeLabs FST™ Enhanced+** panel, including those listed under Dairy/Eggs.

*Excludes the foods listed in the Fish/Seafood and Meat categories, but includes over 70 vegetarian foods not provided in the **LifeLabs FST™ Basic+** panel.*

### LIFELABS FST™ BASIC+

#### 101 Food Antigens

Undiagnosed food sensitivities can affect quality of life. Take back control of your health with the **LifeLabs FST™ Basic+** panel, a personalized report of 101 foods.

# LifeLabs FST™ Antigen List

Category	LifeLabs FST™ Basic+			LifeLabs FST™ Enhanced+ <i>Everything in the Basic+ panel, plus</i>		
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Beetroot</li> <li>• Broccoli</li> <li>• Butterhead lettuce</li> <li>• Carrots</li> <li>• Celeriac</li> <li>• Chili</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Kohlrabi</li> <li>• Lamb's lettuce</li> <li>• Leek</li> <li>• Olive</li> <li>• Onion</li> </ul>	<ul style="list-style-type: none"> <li>• Potato</li> <li>• Red cabbage</li> <li>• Sweet pepper</li> <li>• Tomato</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Artichoke</li> <li>• Arugula</li> <li>• Asparagus</li> <li>• Bok Choi</li> <li>• Brussels sprouts</li> <li>• Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Chard</li> <li>• Endive</li> <li>• Fennel</li> <li>• Iceberg lettuce</li> <li>• Parsnip</li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin</li> <li>• Radish</li> <li>• Savoy cabbage</li> <li>• Spinach</li> <li>• Sweet potato</li> <li>• White cabbage</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricot</li> <li>• Banana</li> <li>• Cherry</li> <li>• Grape</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi</li> <li>• Lemon</li> <li>• Nectarine</li> <li>• Orange</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Raspberry</li> <li>• Strawberry</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Blackberry</li> <li>• Blueberry</li> <li>• Cranberry</li> <li>• Currant</li> <li>• Date</li> <li>• Fig</li> </ul>	<ul style="list-style-type: none"> <li>• Grapefruit</li> <li>• Guava</li> <li>• Lime</li> <li>• Lychee</li> <li>• Mandarin</li> <li>• Mango</li> <li>• Mulberry</li> </ul>	<ul style="list-style-type: none"> <li>• Papaya</li> <li>• Peach</li> <li>• Pear</li> <li>• Plum</li> <li>• Pomegranate</li> <li>• Rhubarb</li> </ul>
<b>Dairy Products &amp; Eggs</b>	<ul style="list-style-type: none"> <li>• Cow's milk</li> <li>• Egg white</li> <li>• Egg yolk</li> </ul>	<ul style="list-style-type: none"> <li>• Fermented dairy</li> <li>• Goat dairy</li> <li>• Rennet</li> </ul>	<ul style="list-style-type: none"> <li>• Sheep dairy</li> </ul>	<ul style="list-style-type: none"> <li>• Quail egg</li> </ul>	<ul style="list-style-type: none"> <li>• Ricotta</li> </ul>	
<b>Gluten-free Grains</b>	<ul style="list-style-type: none"> <li>• Buckwheat</li> <li>• Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Millet</li> <li>• Oats</li> </ul>	<ul style="list-style-type: none"> <li>• Quinoa</li> <li>• Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Cassava</li> </ul>	<ul style="list-style-type: none"> <li>• Lupini bean</li> <li>• Teff</li> </ul>	
<b>Grains Containing Gluten</b>	<ul style="list-style-type: none"> <li>• Barley</li> <li>• Gluten</li> </ul>	<ul style="list-style-type: none"> <li>• Rye</li> <li>• Spelt</li> </ul>	<ul style="list-style-type: none"> <li>• Wheat</li> </ul>			
<b>Mushrooms</b>	<ul style="list-style-type: none"> <li>• Meadow mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Oyster mushrooms</li> </ul>		<ul style="list-style-type: none"> <li>• Chanterelle</li> </ul>	<ul style="list-style-type: none"> <li>• Porcini mushroom</li> </ul>	<ul style="list-style-type: none"> <li>• Shiitake</li> </ul>
<b>Seeds, Legumes &amp; Nuts</b>	<ul style="list-style-type: none"> <li>• Almond</li> <li>• Cashew</li> <li>• Cocoa bean</li> <li>• Flax</li> <li>• Green bean</li> </ul>	<ul style="list-style-type: none"> <li>• Hazelnut</li> <li>• Pea</li> <li>• Peanut</li> <li>• Pistachio</li> <li>• Poppy seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin seeds</li> <li>• Sesame</li> <li>• Soybean</li> <li>• Sunflower seeds</li> <li>• Walnut</li> </ul>	<ul style="list-style-type: none"> <li>• Brazil nut</li> <li>• Broad bean</li> <li>• Chia seeds</li> <li>• Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut</li> <li>• Kidney bean</li> <li>• Lentil</li> <li>• Macadamia nut</li> </ul>	<ul style="list-style-type: none"> <li>• Mung bean</li> <li>• Pine nut</li> <li>• Sweet chestnut</li> <li>• White beans</li> </ul>
<b>Spices &amp; Herbs</b>	<ul style="list-style-type: none"> <li>• Basil</li> <li>• Cinnamon</li> <li>• Curry</li> <li>• Garlic</li> <li>• Horseradish</li> </ul>	<ul style="list-style-type: none"> <li>• Mustard seed</li> <li>• Nutmeg</li> <li>• Oregano</li> <li>• Paprika</li> <li>• Parsley</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper, black</li> <li>• Rosemary</li> <li>• Thyme</li> <li>• Vanilla</li> </ul>	<ul style="list-style-type: none"> <li>• Bay leaf</li> <li>• Black cumin</li> <li>• Capers</li> <li>• Caraway</li> <li>• Cardamom</li> </ul>	<ul style="list-style-type: none"> <li>• Chive</li> <li>• Clove</li> <li>• Coriander</li> <li>• Cumin</li> <li>• Garden cress</li> </ul>	<ul style="list-style-type: none"> <li>• Ginger</li> <li>• Marjoram</li> <li>• Saffron</li> <li>• Sage</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Aspergillus niger</li> <li>• Black tea</li> <li>• Candida albicans</li> </ul>	<ul style="list-style-type: none"> <li>• Cane sugar</li> <li>• Coffee</li> <li>• Guar flour</li> </ul>	<ul style="list-style-type: none"> <li>• Honey</li> <li>• Peppermint</li> <li>• Yeast</li> </ul>	<ul style="list-style-type: none"> <li>• Camomile</li> <li>• Carob bean</li> </ul>	<ul style="list-style-type: none"> <li>• Ginkgo biloba</li> <li>• Green tea</li> </ul>	<ul style="list-style-type: none"> <li>• Nori</li> <li>• Wakame</li> </ul>
<b>BELOW ARE NOT INCLUDED in the <i>LifeLabs FST™ Vegetarian+ panel</i></b>						
<b>Fish &amp; Seafood</b>	<ul style="list-style-type: none"> <li>• Cod</li> <li>• Crayfish</li> <li>• Lobster</li> </ul>	<ul style="list-style-type: none"> <li>• Ocean perch</li> <li>• Pollock</li> <li>• Salmon</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna</li> </ul>	<ul style="list-style-type: none"> <li>• Anchovy</li> <li>• Barnacle</li> <li>• Carp</li> <li>• Crab</li> <li>• Flounder</li> <li>• Gilthead bream</li> <li>• Haddock</li> <li>• Herring</li> </ul>	<ul style="list-style-type: none"> <li>• Mackerel</li> <li>• Monkfish</li> <li>• Mussels</li> <li>• Octopus</li> <li>• Oysters</li> <li>• Pike</li> <li>• Sardine</li> <li>• Scallop</li> </ul>	<ul style="list-style-type: none"> <li>• Sea bass</li> <li>• Shrimp, prawn</li> <li>• Squid/cuttlefish</li> <li>• Swai fish</li> <li>• Trout</li> <li>• Turbut</li> <li>• Zander</li> </ul>
<b>Meat</b>	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Chicken</li> </ul>	<ul style="list-style-type: none"> <li>• Lamb</li> <li>• Pork</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey</li> </ul>	<ul style="list-style-type: none"> <li>• Duck</li> <li>• Goat</li> <li>• Goose</li> </ul>	<ul style="list-style-type: none"> <li>• Ostrich meat</li> <li>• Rabbit/hare</li> <li>• Roe deer</li> </ul>	<ul style="list-style-type: none"> <li>• Veal</li> <li>• Wild boar</li> </ul>