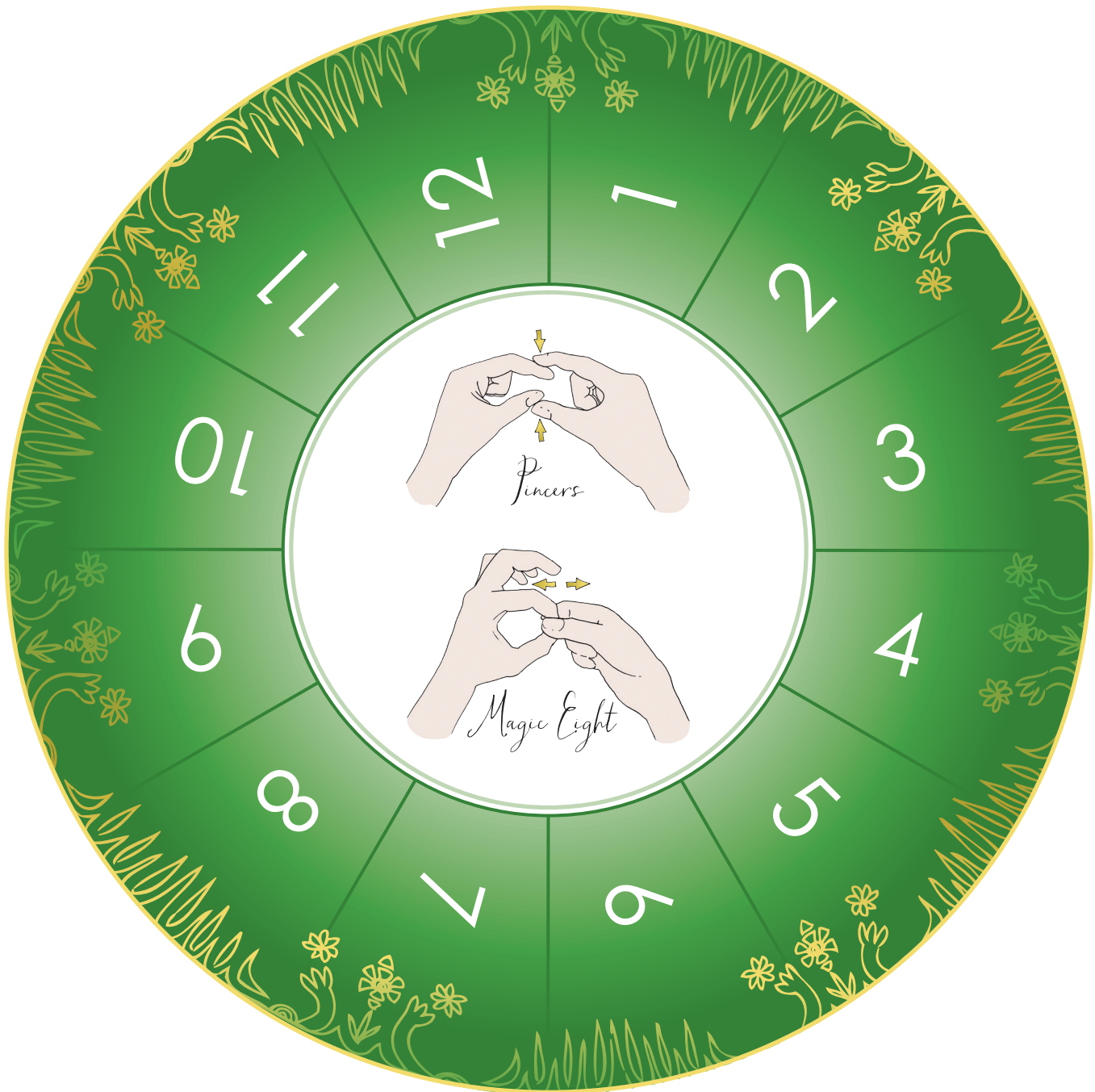


Wholistic®

FOOD SENSITIVITY SELF-TEST





FOOD SENSITIVITY SELF-TEST

1	ALBUMIN / OVALBUMIN Egg protein <i>Found in eggs, baked goods, pasta, mayonnaise, artificial flavoring, vaccines</i>
2	CAFFEINE Potentially toxic stimulant <i>Found in coffee, tea, chocolate, cola, guarana, yerba mate, acai berries</i>
3	CASEIN Dairy protein (highly allergic) <i>Found in milk, cheese, yogurt, pudding, butter</i>
4	LACTOSE Sugar <i>Found in milk, ice cream, whey powder, baked goods, candy, cereals, salad dressings</i>
5	GLIADIN Protein found within wheat gluten (problematic for a high percentage of the population) <i>Found in wheat, baked goods, processed foods, salad dressings, condiments</i>
6	ZEIN Corn Protein <i>Found in corn, grits, processed foods, vegetable oil, artificial flavoring</i>
7	SOLANINE / ALPHA SOLANINE Naturally occurring neurotoxin that acts as an acetylcholinesterase inhibitor <i>Found in nightshades</i>
8	PARAXANTHINE / 1,7-DIMETHYLXANTHINE Potentially toxic stimulants <i>Found in coffee, tea, chocolate, cola, guarana, yerba mate, acai berries</i>
9	THEOBROMINE Potentially toxic stimulant <i>Found in coffee, tea, chocolate, cola, guarana, yerba mate, acai berries</i>
10	THEOPHYLLINE Potentially toxic stimulant <i>Found in coffee, tea, chocolate, cola, guarana, yerba mate, acai berries</i>
11	YEAST Single-celled fungi <i>Found in fermented foods, baked goods, beer/wine/ciders, some dairy, salad dressings</i>
12	SOY Legume protein <i>Found in Asian cuisine, vegetarian dishes, breadings, imitation dairy, meal replacements</i>